

The Role of "Honey" in the Treatment of Physical Illness in Terms of the Holy Qur'an and the Science of Medicine

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ABSTRACT

Honey is a sweet that is often liquid and comes from honey bee. In the holy Qur'an, various foods have been named, but only in the case of honey, which it calls "healing." Honey has been considered by humans since ancient times. In addition to its nutritional aspect, it has been considered during the "Hippocrates" and in the texts of "Torah" as an antiseptic in skin diseases and wounds. Many scholars, commentators, and doctors have spoken about the importance of food and medicine, and they have said on the Holy Quran that it is "healing." In this research, we try to describe the role and role of honey in the treatment of human physical diseases by descriptive-analytical method.

Keywords: Honey, Healing, Holy Quran, Therapy, Drug

PROBLEM STATEMENT

Natural honey is one of the best and most powerful medicines to treat various diseases. In chapter of Nahl, verses 68 and 69 talk about the creation of bees. Then he introduces honey to the people. In fact, in the Qur'an two things are presented as healing.

The first healing is the Qur'an (chapter, al-Asra) and the second is honey. Of course, it is better to say that God has given the Qur'an the healing of the soul and the honey to heal the body. There are many traditions and narratives regarding the healing properties of honey.

Honey consumption has been part of the life style of the infallible Imams. It should be noted that in all of these cases the use of honey is completely quoted. In fact, it should be noted that Islamic medicine is based on these holy sayings and narratives. Today, with the advancement of science, the validity of the material presented in Islamic medicine has been added and even used in academic therapies.

PROPHET MUHAMMAD (P.B.U.H) SAID

- On you, two important things a) honey treatment b) reciting the holy Qur'an (Majlisi, Mohammad Taghi, 2008, v. 66, p. 290)
- For me, a new therapeutic woman does not have the same treatment as a date, and for a

patient like honey. (Matthew Hindi, Ali, 1376, v. 10, p. 44)

- Honey is a good drink. He cares for the heart and eliminates the chest's pain. (Tabari, Hasan, 2002, v. 1, p. 356)
- If it is a therapeutic thing, it is cupping and a drink of honey. (Ibn Babawayh, Mohammad, 2000, p. 35)
- The body is filled with three things. Good smell, gentle dress and drinking honey. (Javadi Amoli, Abdullah, 1390, p. 159)

Imam Reza (P.B.U.H) said:

- Everyone who wants to stay away from cold during the whole winter, eat three nectars (honey) every day.
- God has blessed honey. The treatment of pain is in it, and seventy Prophets have asked for its beneficial durability. (Tabari, Hasan, 1381, p. 1, p. 358)
- If someone gives you a drink of honey, do not refuse. (Attardo, Aziz Allah, 1307 AH, p. 358)
- Three things increase memory and eliminate the slug, recitation of the Qur'an, honey and frankincense. (Ibid., P. 724)
- Everyone in his spit was defective, eat milk or honey.
- The Almighty God blesses honey and heal the pain in it.

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In this research, we are trying to study the properties of honey in a descriptive-analytical way from the Holy Qur'an and the science of medicine and answer the following questions.

- Does science of medicine agree with the Holy Quran on the healing properties of honey and endorses them?
- Has the holy Quran introduced honey as medicine and treatment?
- What does science say about honey properties?

INTRODUCTION

Many scholars, commentators, and doctors have spoken about the importance of food and medicine (healing) (honey), and they have said on the Holy Quran that it is "healing." One of the most complete researches in this field is considered and some others will mention:

Dr. Abdul Hamid Diab has collected the results of research, experiments and experiments by scholars of the world, especially in Russia and the United States, and report:

First: Honey: Honey has More than 70 Different Substances

- Honey is the most important source of natural sugar, and so far, there have been found 15 types of sugar, the most important of which are fructose (fruit sugar), 40% and glucose (grape juice), 30% and sugarcane, 40% And a total of 3250 calories a kilo of honey.
- Honey is the highest in terms of having some types of fermented food in food exchange and digestion. The most important fermentation products in honey include Amylase, which converts starchy substances and invertase, which converts ordinary sugars into fruit sugar, as well as catalase, peroxidase and lipase.
- Honey is rich in vitamins, the most important of which are vitamins B5, B2, B, Niacin, B6 (Prodoxin), Vitamin C, Vitamin K, Vitamin E and Vitamin A. Although the amount of these vitamins in honey is not high, it is sufficient and useful. Honey is a good place to keep these vitamins, but the amount of these vitamins depends on the type of milk that the bee gets from the flowers. (Cheraghi, Ali, 1384, p. 196)

Second: Anti-Microbial and Anti-Honey Properties

Scientists emphasize that germs that are the cause of human disease are not able to survive in honey, and actually honey will be destroyed. For this honey property, many ideas have been presented, including the following:

- Presence of Formic Acid in honey is an antimicrobial agent.
- The high content of sugar in honey is 80% of its composition. Due to its high sugar content, dates also have the same effect and the microbe does not grow there. (Ibid., P. 197)

Third: Honey and Pediatrics

Honey is a food for the child, and it is also a very valuable drug because:

- Increases red blood cells and brings transparency to the color.
- Improves the general development of the child significantly, especially children suffering from gastrointestinal disorders such as diarrhea, deficiency in food intake, or malnutrition and anemia. (Same, p. 198)

Fourth: Honey and Prevention of Radiation Side Effects of Radiation and Cancer

Occasionally, continuous radiation therapy is harmful to both the patient and the staff at the treatment centers and physicians involved with this device. The harmful effects of this can be seen in the form of anemia, loss of white blood cells, headache, general weakness, vomiting, fever, and so on. It has been proven that these people's enema with honey dissolves these complications quickly. If some honey is given to the patient before the radiation treatment, the patient will be immune to the complications.

Statistics show that, as with other jobs, beekeepers rarely get cancer, although no scientific evidence has so far been proven. According to the statistics, the ratio of the number of employees working in beer factories and beekeepers to cancer is 13. (Ibid., P. 201)

Fifth: Honey Therapy Application

The effect of the improvement of honey is a clear indication of the Qur'anic verse that says: "Honey is healing for you." It's really amazing when human beings understand the power of this medication to improve many diseases,

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including those diseases that human knowledge has not been able to provide effective treatment for. The most important feature that distinguishes honey as a drug from other drugs is the absence of adverse side effects on other organs of the body, but it also improves the general condition of other devices, which is effective in shortening the time of the disease and the speed of treatment.

Honey and Dermatology

The treatment of dermatological diseases, especially bullying and old honey and infectious honey from the old, from Hippocrates and from the texts of the Torah to the era of Ibn Sina, which believed that honey is very beneficial in the treatment of infections and deep ulcerous infections, has been commonplace.

In the present era, many doctors have been experimenting with the use of honey in the treatment of these diseases. The results of these experiments are as follows:

- Honey heals the healing wounds and cleanses them from microbial contamination, because in honey there is a substance known as Glonass that accelerates the repair of lesions of the tissues.
- Honey is an effective and effective medication for the treatment of chronic skin ulcers, especially if it is a combination of honey and Vaseline (Vaseline 5/1 + 5/4 honeys).
- Honey is useful in the treatment of bulbous wounds, such as benign gums and pimples, because it stops the growth of microbes, the skin feeds the nerves.
- In deep-wound bullet-shaped, though fracturing bone, the use of honey in the ointment is very beneficial and accelerates the healing process.

The wounds of some surgical procedures that are likely to be infected are beneficial. (Ibid., P. 203)

Honey and Digestive Diseases

The various chemical elements in honey are of a kind that can have a beneficial effect on some of the digestive diseases. For example:

- It helps digestion because of digestive enzymes. These enzymes are: Amylase, Saccharine, and Lipase.

- Honey reduces stomach acid tightening (it improves the acidification of the stomach acid) for gastric ulcer and inflammation.
- The good effect of honey in the treatment of intestinal infections, especially in children, is completely clear and proven. It was also reported from holy prophet Mohammad (P.B.U.H) that many honeys were eaten in order to treat diarrhea.
- The honey prevents fermentation due to its formal acid because it is effective on microbial contamination.
- Honey prevents constipation, especially constipation that occurs after surgery, because it has escaped oils that increase the activity of the organs. Honey also contains glycosidase acetyls late, which is converted to ox methyl anthrax quinine and prevents constipation.
- In most diseases of the liver and gallbladder, if it is placed in the diet of the patient, it will be beneficial because the honey is a nutrient for liver tissues and increases the storage of sugars in the liver.

Honey and Respiratory Diseases

In tuberculosis: Honey has a beneficial effect on tuberculosis, and perhaps this beneficial effect is that honey increases the body's resistance to inflammation. Eating 100 to 150 grams of honey in a patient with a soloed cause the weight of the patient to increase as compared with other patients who have not eaten honey; a decrease in his coughing rate and increased blood clarity. Black cough and inflammation of the larynx and throat are the diseases that honey is very effective in healing.

Lung Inflammation: Honey is beneficial in lung inflammation and coughing up.

Honey and Treatment PF Eye Diseases

Honey has been used in the treatment of eye diseases since ancient times, and they have achieved good results. Today, numerous experiments and experiments have shown the effectiveness and benefits of honey in treating the following diseases:

- Inflammation of the eyelids.
- Types of corneal inflammations such as sore throat inflammation, syphilis and trachoma.

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- Infection and corneal ulcer.
- Types of eye irritation (with the combination of honey with fish oil), therefore, most physicians recommend that they also use honey anti-inflammatory drugs for their anti-microbial, refreshing, nourishing and regenerating properties (regeneration) Especially in the cornea.
- The latest article on honey and eye diseases is a book by two researchers, Maximanco and Balotina, on Myopia. In this book the success of honey in preventing the progression of the disease and improving the eyesight and increasing the power of vision have been proven in many experiences.

Honey and Treating Ear, Nose and Throat Diseases

- Honey and all types of colds: It has been said from ancient times that colds (Flu, Influenza and Grip) were treated without treatment within seven days and treated with one week. (As a result of the fact that the medicine has little effect on the rapid recovery of these diseases) But it seems that honey has changed the base, because the experience has proven that the duration of the disease will be reduced to three days if honey is consumed with hot milk or with a lemon extract or with tea.
- Hidden inflammation of the respiratory tract, such as inflammation of the nose and throat which have not been improved by conventional treatments. In these cases, honey is diluted in water and inhaled. This will have great results.
- Chronic inflammation of the sinuses and chronic middle ear inflammation of the middle ear if they are washed with honey solution, because the use of a solution containing 30% of honey is sufficient to stop the growth of various microbes.
- The acute pancreas (rhinitis) and throat and throat inflammation are eliminated.
- In inflammation of the dry mouth and throat, treatment with honey will have beneficial and hopeful results.
- Aphthos has a beneficial reaction to topical treatment with honey for five days.

Honey and Cardiovascular Treatment

Honey makes more blood to the heart muscle and provides more energy to the heart through

its sugar content. It also promotes the expansion of the cardiac arteries and also helps regulate irregular heartbeat. The most important cardiovascular diseases affecting honey are:

- Dysphoric inflammation of the heart, sometimes associated with irregular heart beat.
- After surgery as a booster.
- Chest and burning heart.
- Disability associated with lowering the heart rate, whether or not it is accompanied by irritation of the chest.

Honey and Kidney Disease

In cases where the entire activity is inadequate, honey can be used as a diet due to its small amount of propoils and mineral salts, and it will also be effective as an effective medication. Some physicians have achieved positive results in bladder stones using honey in herbal compounds such as lemon extract or olive oil or lemon extracts.

Honey and Nervous System

Honey will be useful in the following scenarios:

- Capillary cramps.
- In the treatment of chorea.
- As calming the nervous system.
- Silicic nerve inflammation using Malcatin.

And in the end, honey is useful in the treatment of anemia, increases red blood cells and hemoglobin and has anti-hemorrhagic properties, and can compensate for the body's vitamin K deficiency.

At the end of the discussion about this magic medicine, we must note that treatment with honey should be done under the supervision of a physician, not self-administration, as it may not be possible to achieve a desirable outcome.

In light of what has been briefly summarized, we realize the great effect of this strange combination of God that the little insect has given it. It may be small in number, but in terms of order, effort, and effort, and tasks are very knowledgeable and skillful. The discussion of honey does not fit into this brief, and there may be many secrets that have not yet been

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discovered because: "What you have learned from science is very small." (Asra, verse 85)

because it has escaped oils that increase the activity of the organs.

CONCLUSION

- There is no doubt that honey has many nutritional and therapeutic benefits, as the explicit mention of the holy Quran to the "healing" of honey is a scientific matter. "And in your honey is healing" (Asra, v. 85)
- Due to the different types of honey bees and different regions that have different plants, honey is obtained with different colors and properties. Hence, some of these works may not be true for all honey, but this is true for all honey.
- Honey is the most important source of natural sugars, and so far 15 sugars have been discovered.
- Honey has many vitamins. Honey has a variety of proteins, amino acids and organic acids, such as formic acid.
- Many researchers emphasize that honey has strong anti-microbial agents.
- Honey for a child is also a food, and it is also a very valuable drug.
- The effect of honey improvement is fully verified by the Quranic verse.
- Honey is effective in treating skin diseases, especially puffy wounds and old and infected wounds.
- Honey heals the wounds and wipes them out of the microbial existence.
- Honey prevents constipation, especially the constipation that occurs after surgery,

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