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DARSGAH-E-AHLEBAIT

Islamic Scientific ideology

The Holy Quran narrates about Punica granatum

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Title Reference

And it is He who sends down rain from the sky, and we produce thereby the growth of all things. We produce from it greenery from which we produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] it's ripening. Indeed in that are signs for a people who believe. (Sura Al-An am (The Cattle), verse 99) And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess. (Sura Al-An am (The Cattle), verse 141) In both of them are fruit and palm trees and pomegranates. (Sura Ar-Rahman (The Beneficent),verse 68) Hazrat Anas bin Malik (RadiyallahuAnhu) narrated that the Prophet (SallallahuAlayhiWasallam) said, "There is not a pomegranate which does not have a pip from one of the pomegranates of the Garden (of Jannah) in it". Hazrat Ali bin Abi Talib (RadiyallahuAnhu) narrated that the Prophet (SallallahuAlayhiWassallam) said, "Pomegranate and its rind strengthen digestion (stomach)" (Marwat et al., 2009).

Description

Punica granatum as such bears long history for medicinal use. Many studies have shown roots to have effective anthelmintic properties. It is known to have anti-microbial property against Salmonella typhi and Vibrio cholera, the parasite Giardia and as well as amoeba and includes some viruses too. In particular the peel extract of Punicagranatum has extensively been studied for its antioxidant activity, cytotoxic activity, hypoglycemic activity, hepatoprotective activity and antiinflammatory activity (Rajput, Sagar, & Adiga, 2011). Punicagranatum used as anti-parasitic agent, a blood tonic, and to heal aphtae, diarrhoea and ulcers.

In the Unani system, practiced in the Middle East and India, and according to the same review, pomegranate was described also a remedy for diabetes. A recent review reported the chemical constituents of diverse parts of P. granatum as well as their potential for prevention and treatment of inflammation and cancer. The authors refer that in pericarp, leaf and flower can be detected phenols (flavonoids and tannins) being some of them unique. Complex polysaccharides have also

been detected and characterized in the peels (Rajput et al., 2011).

Today Research

- Study of viability of high pressure extract from pomegranate peel to improve carrot juice characteristics (Trigo et al., 2020).
- Polymeric films containing pomegranate peel extract based on PVA/starch/PAA blends for use as wound dressing: In vitro analysis and physicochemical evaluation (Costa et al., 2020).
- Pomegranate Seeds Extract Possesses a Protective Effect against Tramadol-Induced Testicular Toxicity in Experimental Rats (Minisy et al., 2020).
- Characterization and Application of Pomegranate Epicarp Extracts as Functional Ingredients in a Typical Brazilian Pastry Product (da Silva Veloso et al., 2020).
- Ameliorating effect of pomegranate peel extract supplement against type 1 diabetes-induced hepatic changes in the rat: biochemical, morphological and ultrastructural microscopic studies (Faddladdeen, 2020).

Conclusions

We can develop a research on its compounds by using in-silico studies and can find the synergism of compounds for multiple diseases for new drug combinations. For nutraceutical it has a good combinations of compounds so, we easily make a best nutraceutical.

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