



SCIENTIFIC MIRACLES OF GRAPES IN THE QUR'AN AND HADITH: Perspectives on Religious Studies and Herbal Treatment

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Abstract

The fruit frequently mentioned in the Qur'an and hadith is grape. The term *inab* is cited eleven times in the Qur'an in relation to the numerous joys that Allah grants to His adherents in this world as well as in the afterlife. In his work *al-Tibb al-Nabawi*, Ibn Qayyim al-Jauziyah cited grape as a type of fruit that the Prophet consumed and that could be used as a remedy. Referring to the previous points of view, this study aims to explore the scientific miracles of grapes in terms of hadith and scientific interpretation, as well as to correlate them with religious scientific studies and herbal treatment using grapes. Grapes have drawn the attention of Muslims and western academics to investigate the content, benefits, and features of grapes as a fruit mentioned 11 times in the Qur'an, as a type of fruits consumed by the Prophet, as well as utilized as a treatment method. Grapes have the highest vitamin contents, including vitamin A, B, and C. Grapes have high mineral contents, with potassium reaching 62%, calcium, magnesium, phosphorus, iron reaching 2.182%, acid and phosphorus reaching 17%. According to several scientific studies, grapes are said to be capable of treating cough, cleansing intestines,

aiding digestion, purifying blood, and even benefiting those with gastric disorders. Grapes can also be used as a medication to support respiratory treatment.

Keywords: Herbal Treatment, Scientific Miracles of Grapes, the Qur'an and Sunnah

Abstrak

Buah yang sering disebutkan dalam al-Qur'an dan hadis adalah anggur. Istilah *inab* disebutkan sebelas kali dalam al-Qur'an sehubungan dengan banyaknya kenikmatan yang Allah berikan kepada para pengikut-Nya di dunia ini maupun di akhirat. Dalam karyanya al-Tibb al-Nabawi, Ibnu Qayyim al-Jauziyah menyebut anggur sebagai salah satu jenis buah yang dikonsumsi Nabi dan bisa dijadikan obat. Mengacu pada pandangan sebelumnya, kajian ini bertujuan untuk menjelaskan tentang mukjizat ilmiah buah anggur dalam tafsir ilmi maupun hadis, dan menghubungkannya dengan riset ilmiah keagamaan dan pengobatan herbal menggunakan anggur. Sebagai buah yang disebut 11 kali dalam al-Qur'an dan anggur juga termasuk jenis buah yang pernah disantap Nabi dan bisa digunakan sebagai sarana pengobatan, anggur menjadi perhatian para sarjana muslim maupun barat untuk meneliti kandungan, manfaat dan khasiat yang dimiliki oleh anggur. Anggur merupakan buah yang paling kaya kandungan vitaminnya, khususnya vitamin A, B, dan C. Kandungan mineral anggur pun cukup tinggi, yaitu potassium yang mencapai 62%, kalsium, magnesium, fosfor, dan zat besi yang mencapai 2,182%, asam dan fosfor sebanyak 17%. Dalam pelbagai penelitian ilmiah, anggur diyakini dapat mengobati batuk, membersihkan usus, pencernaan, memurnikan darah, bahkan bermanfaat untuk orang-orang yang terkena penyakit lambung. Anggur juga memiliki manfaat sebagai obat untuk mendukung pengobatan pernafasan.

Kata kunci: Pengobatan Herbal, Mukjizat ilmiah Anggur, al-Qur'an dan Sunnah

Introduction

The miracles of the Qur'an and hadith take into account a wide range of topics, including language, history, and science (Atabik, 2014, p. 2). Nowadays, the miracles of the Qur'an and hadith have empirically become a significant issue for Muslim scholars. In fact, numerous Muslim intellectuals have addressed this debate in classical and current literature. This study is ongoing because the correlation between scientific studies of the Qur'an and Hadith and scientific findings is mutually supporting. Furthermore, improvements in science and technology have a favorable impact on the lives of Muslim populations. This motivates Muslims to continue debating the correlation between religion (the Qur'an and hadith) and science (Hanafi, 2015).

Modern Muslim scholars believe that the Qur'an and hadith have inspired modern science (Umar, 2008). This idea encourages the creation of a scientific interpretation of the Qur'an and comprehension of hadith, which strives to transfer the sphere of knowledge acquired by humans into the interpretation of the Qur'an and narration of hadith, particularly in the Qur'an and Hadith studies dealing with modern studies and findings of modern theories, which are implicitly addressed in the Qur'an and hadith (Saleh, 2011).

As a matter of fact, many scientists have devoted their studies to the Qur'an and hadith, aiming to make sense of verses in the Qur'an and hadith that address astronomy, land and sea, animals, and fruits (Atabik, 2021). In the context of fruit, they have associated it with the prophet's treatment (*al-thibb al-nabawi*). The scientists have attempted to integrate the study of fruits mentioned in the Qur'an with herbal treatment used to cure various diseases.

Numerous verses of the Qur'an and the Prophet's hadith portray the manifestations of this universe, including the creations of humanbeings, earth and sky, sun and moon rotation, as well as routes

of planets, stars, and orbits, clouds, rain, thunder, lightning, plants with their various kinds (botany), animals with their various kinds (zoology), and other science and technology that scientists carefully and thoroughly investigate (Sāwī, 2008, p. 32). Fruits are also mentioned in the Qur'an and the Prophet's treatment, which is frequently studied by scientists.

The fruit frequently mentioned in the Qur'an and hadith is grape (*inab*, in Arabic). The term '*inab*' is cited eleven times in the Qur'an in relation to the numerous joys that Allah grants to His adherents in this world as well as in the afterlife (Shafi'i, 2000). In his work *al-Tibb al-Nabawi*, Ibn Qayyim al-Jauziyah cited grape as a type of fruit that the Prophet consumed and that could be used as a remedy (Jauziyah, 2012, p. 456). Referring to the previous points of view, this article explores the scientific miracles of grapes as an alternative medicine mentioned in the Qur'an and hadith and once illustrated by the Prophet peace be upon him.

Origins of Grapes

Grapes are fruit plants that grow on vines and belong to the Vitaceae family (Prihatman, 2000). Grapes are one of the oldest fruits to have ever existed in human history. This is supported by Torah literature and medieval legends concerning grapes. However, it is unknown when these grapes were discovered for the first time, because this fruits were consistently mentioned in classic stories, starting in China in the Far East and ending in the high peaks of the Indies. However, it is actually quite possible that grapes were discovered and considered as plants that were not planted purposefully by anyone in the West Asia (Ṭayyāra, 2009, p. 464).

According to another version, grape varieties have been recognized since Noah's time as a plant that spreads upwards, opposing

the tip of the bud and in the direction of the vine's support. Grapes were also recognized by early civilizations as a highly nutritious plant with numerous benefits. Grapes, according to Hisham Talbah, are one of the greatest and most healthy fruits (Ṭalbah, 2011, p. 1).

Grapes were early discovered in the mountains of the Southeastern Caucasus, and they moved to Asia Minor, Greece, and Egypt. Then they spread from Greece to the rest of Europe, Africa, Australia, Asia, and America. In the second century AD, people began to recognize grapes. The vines had not been grown at the time, but the products had been converted into beverage (wine). The *Vitis vinifera* vine was identified as a raw composition for beverage by the Romans. This sort of grapes, known as fresh fruit wine, rapidly spread from the Mediterranean to North Africa (de Lange & van de Wiel, 2004).

The most frequently cultivated grape in the world is the *vitis vinifera* species. Therefore, it is not surprising that Nikolai Ivanovich Vavilov, a Soviet botanist who conducted explorations to numerous countries around the world from 1887 to 1942, concluded that the vines (*V. vinifera*) originated in Central Asia and the Near East. The grape cultivation first became known in the Middle East around 4000 BC. However, the Egyptians were the first to discover the technology of converting grapes into beverage (wine) in 2500 BC (Bagchi et al., 2000).

Grape with the scientific name *Vitis Vinifera* is termed as *anggur* in Indonesia and other Malay countries. This plant is recognized with different names in each region. This plant is referred to as *grape* in the United Kingdom, *nho* in Vietnam, *angun* in Thailand, and *ubas* in the Philippines. Grapes are shrubs that produce fruits. Grapes are considered shrubs because they have vines and belong to the *Vitaceae* family. They have a particularly long life cycle (perennial), with plant lengths reaching up to 8 meters (Hendarto, 2019, p. 43).

Grapes in Scientific Interpretation

In the Holy Qur'an, it is mentioned a variety of fresh fruits created by the Creator for humankind. Grape is one of the numerous fruits mentioned by Allah. In several verses, Allah mentions grape '*inab*' eleven times (Bāqī, 1996, p. 489). Twice in the form of *mufrad* (singular), the word '*inabin*' appear in QS. al-Isra': 91 and '*inaban*' in QS. 'Abasa: 28 (Shafi'i, 2000, p. 579). In plural, it is mentioned nine times, with the details of the word '*a'nab*' appearing eight times in QS. al-Baqarah: 266, QS. al-An'am: 99, QS. al-Ra'd: 4, QS. al-Nahl: 11, QS. al-Nahl: 68, al-QS. al-Kahf: 32, QS. al-Mu'minun: 19, and QS. Yasin: 34, while the word '*a'naban*' appears only once in the QS. al-Naba': 32.

One of the verses that mentions it explicitly is QS. an-Nahl: 11: "*With it He produces for you 'various' crops, olives, palm trees, grapevines, and every type of fruit. Surely in this is a sign for those who reflect.*" This verse encourages all living human beings to consider what lies behind the wisdom of fruit creation, particularly grapes, because grapes are one of Allah's creations with numerous benefits and virtues.

The Qur'an states that grapes can be used to gain livelihood, but they can also be used for intoxicating purposes: "*And from the fruits of palm trees and grapevines you derive intoxicants as well as wholesome provision. Surely in this is a sign for those who understand*" (Q.S. An-Nahl (16): 67). It is indicated in this verse that grapes are sometimes used as a beneficial sustenance as well as an intoxicating beverage. In the verse above, the word '*sakaran*', which means an intoxicating liquor, is used to signify the term '*khamr*'; this carries the same meaning as that found in Q.S. Yusuf (12): 36 and 41. In this verse, it is claimed that one form of *khamr* is made from grapes, but those grown through cultivation are good fortune (Alusi, 1997, pp. 354–356).

The majority of the verses dealing with grapes discuss about

powers, benefits, and blessings that Allah has bestowed upon His earthly people, including what was revealed in QS. Al-An'am: 99:

“And He is the One who sends down rain from the sky—causing all kinds of plants to grow—producing green stalks from which We bring forth clustered grain. And from palm trees come clusters of dates hanging within reach. ‘There are’ also gardens of grapevines, olives, and pomegranates, similar ‘in shape’ but dissimilar ‘in taste.’”

According to scholarly commentators, the verses concerning grapes are closely related to the scientific miracles of grapevines and date plants, as in QS. al-Kahf: 32, “Give them ‘O Prophet’ an example of two men. To ‘the disbelieving’ one We gave two gardens of grapevines, which We surrounded with palm trees and placed ‘various’ crops in between”. Many scholarly commentators go into great details about the harmony of the verses that speak to the vineyard by planting grapes that are appropriate for the current times.

According to Quraish Shihab, this verse is an order for the Prophet (pbuh) to give explanation on the vineyards, that *We* surrounded the two vineyards with date palm trees to add to the beauty and material values of the vineyards, and there is still another virtue from *Us* that *We* made between both, that is, fertile fields. The two vineyards produced more and more good fruits, and they did not disgrace their owners, that is, the fruits, which continued to flourish, did not shrink in the least. Besides, we created rivers to connect them, particularly the two gardens, so that they did not go astray even if they were lack of water, nor rain pouring down (Shihab, 2005, p. 122).

In his work entitled ‘*Mausu’ah I’jaz Ilmi fi al-Qur’an wa al-Sunnah*’, Hisham Talba scientifically explained that one of the implications of current knowledge in grape cultivation is the importance of placing a

fence around the grapes. The fence is beneficial for keeping the garden from things that may result in vine ripping as well as storms that can damage it, as well as plants that can protect it from sunlight exposure. This is strengthened by the verse's quotation, "*We surrounded the two gardens with date palms*" (Ṭalbah, 2011, p. 438).

Nadia Tayyara argued that this verse also emphasizes the importance of protecting plant roots from heat and intense sunlight exposure. Furthermore, this verse reveals that the vineyard's water needs are not supplied by the rain that falls, particularly during the dry season when harvest comes. "*We streamed the river between the two gardens*," Allah said since He intended to do it (Ṭayyāra, 2009, p. 466).

This scientific interpretation is also verified by botanical studies, which state that the grapevines require enough heat or low humidity levels during fertilization. This plant should not be exposed to excessive humidity levels throughout winter, especially if it rains in areas where grapes are produced. Rain during the rainy season has no direct effect on the vine. However, it is possible to protect the amount of water within the soil. If the volume of intermittent precipitation during the winter is less than 150 ml, it is necessary to irrigate again prior to the onset of the blooming phase to ensure that there is enough water reserve for growing plants. This corresponds to His verse: "*We streamed the river between the two gardens*" (El-Sayed, 2018, p. 345).

In *Mausu'ah I'jaz ilmi fi al-Qur'an*, Yusuf al-Hajj argued that wind speed affects the grapevines. The direction, strength, speed, and weather of the breeze have an impact. Plants suffer from extremely cold winds that are followed by rain or dry conditions. Because wind has a significant impact on grapevines, windbreaks should be created when constructing a garden area by placing windbreaks where the wind normally blows. Planting should be undertaken in more than one row in desert-shaped

area. This is also accordance with His verse: “*We surrounded with palm trees and placed 'various' crops in between*” (Ahmad, 2003, p. 574).

Grapes in the Prophet's Hadith

There are several credible and dubious hadiths from the Prophet regarding grapes. There are some which discuss grapes as a food; some discussing the recommendation to consume grapes for health; moreover, some that are uncertain to derive from the Prophet, discussing the Prophet's morality concerning grapes consumption.

Formerly, grapes were called vineyards, but the Prophet of Allah forbade calling them, thus since grapes were employed in the production of wine, and Arabs respected one another with them. They were known as the wine because they generously give this beverage to one another. The Prophet, peace be upon him, considered this name with generosity, and he said, “*Generation is the heart of the believers*”. Since this term signifies the abundance of kindness and benefits in the name thus called, and the heart of the believers deserves it without a doubt.

Imam Muslim, in his credibility derived from the Wael ibn Hajar's hadith - may Allah be pleased with him - on the Prophet's authority, peace be upon him, he said: “*Do not say: wine, rather say: grapes and rope.*” And there is justification in this hadith to avoid verbal abuse, because grapevine is a banned liquor, then squeezed and fermented, resulting in poor wine, and wine is one of the major sins. It is called by such a name since it ferments the mind, notably, hides it (Naisaburi, 2012, p. 276).

The Prophet, peace be upon him, advised eating raisins (*zabib*), particularly in alms during Ramadan, because they have numerous health benefits that we may overlook. Raisins are dried grapes that are black and yellow in color, some with seeds and some without, and have the qualities of fresh grapevines. On Ibn Abbas's authority, he stated:

“The Messenger of Allah, may God bless him and grant him peace, would soak raisins for him, and he would drink it today, tomorrow, and the day after tomorrow till the evening,” In hadith concerning grapes, Prophet Muhammad suggests that: “You have raisins. It has the ability to lighten the face and reduce mucus” (HR Abu Nuaim).

Grapes, according to Jalaluddin Abdurahman Al-Suyuti in his work *al-Rahma fi al-Tibb wa al-Hikma*, help warm the body and make it fat, release fatigue, soothe rage, stimulate nerves, intensify intimacy, clean face, and make the mind brighter (Suyuthi, 2020). The same argument was stated by Ibn Qayyim. Grapes, he claimed, are one of the fruits with several medical benefits. “Grape is one of many fruits, many nourishing foods, many treatments, and numerous beverages” (Jauziyah, 2012, p. 356). This is also in line with narrations which claim that grapes were one of the Prophet’s favorite delicious fruits. “Get used to consuming a ‘food-drink pair’ of bread and grapevine, because the finest beverage is grapevine and the best food is bread,” he advised.

There is a narration, its credibility is in doubt, despite the fact that it teaches the Prophet’s noble character. The Prophet used to teach about morality through a bowl of sour grapes. “One day, a poor man came from the small village with a bowl full of grapes to gift to the Prophet Muhammad.” This impoverished man was very keen on giving the Prophet a present. “O Messenger of Allah, accept this small gift from me,” he added as he retained the grapes. The Prophet took the bowl and started eating. He ate the very first fruit and smiled. Then he ate the second fruit and smiled again. The poor man almost flew away with excitement when he saw the Prophet’s smile. He was so overjoyed to discover that the grapes he had brought was consumed by the Messenger of Allah. This was also witnessed by companions. It was his tradition to share the gifts he got with his companions. The Prophet, on the other hand, kept on eating one by one with smiling. Until the bowl was completely empty,

with not a drop of grapes remaining. The companions were taken aback at the time. Meanwhile, the impoverished man was happy and said his goodbye to the Prophet. Following that, one of the companions asked, "O Messenger of Allah, why did you not bring us (to eat the grapes) with you?" So, the Prophet grinned and remarked, "Didn't you see how delighted he was with the bowl (grapes)? When I ate the grapes, they were sour to me. So I'm concerned that if I told you, you'd respond in a way that would ruin his happiness" (Shahbah, 1988, p. 233).

Contents and Benefits of Grapes

Contents of Grapes

Grape is a commodity with value-added. Compositions such as fresh fruit, grape juices, beverages (wine), raisins, etc. Grapes are hanging shrubs with unique characteristics in that the branches can generate thick bushes. Grapes can be grown in cold, subtropical, and tropical climates. They initially grew and were cultivated in Europe, North America, Iceland, icy places near the North Pole, and Greenland before spreading to Asia, including Indonesia. Local grapes are regarded as a commercially valuable crop in Indonesia.

Grapes contain the highest mineral concentration of any fruits, including potassium and vitamins, and are low in fat and sodium. 100 grams of grapes have 95% water, 1 gram of fat, 16 grams of carbohydrates, 7 grams of glucose, 0.5 grams of protein, 20 milligrams of calcium, 200 milligrams of potassium, 20 milligrams of phosphorus, 0.5 milligrams of iron, 2.5 milligrams of fiber, and vitamin A, B, and C. More details about grapes' contents can be seen below:

Firstly, grapes provide 66 milligrams of Vitamin A per 100 grams of fruit (66 mg/100 g). Grapes include vitamins that the body requires

to preserve eyesight as well as improve the body's resistance to diseases such as measles, diarrhea, and other infectious disorders.

Secondly, the amount of vitamin B₁ in grapes per 100 g is relatively low if compared to the amount of vitamin A, which is only 0.07 mg per 100 g (0.07 mg/100g). Vitamin B₁ is a type of vitamin that plays an important role in skin health by converting carbohydrates into energy that the body need for daily activities. This is due to the fact that certain enzymes require vitamin B₁ as a coenzyme involved in glucose metabolism.

Thirdly, the amount of vitamin B2 in grapes is likewise rather low. Vitamin B2 concentration per 100 g is only 0.07 mg (0.07 mg/100g). Vitamin B2 is a water-soluble vitamin that plays an important role in human and animal health care. Grapes include vitamin B2, which is essential for energy metabolism and the breakdown of fats, ketones, carbohydrates, and proteins.

Fourth, grapes contain 0.09 milligrams of vitamin B6 (pyridoxine) per 100g (0.09 mg/100g). Grapes provide vitamin B6, which helps human brain work normally and contributes to the formation of proteins, hormones, and red blood cells. The body uses vitamin B6 to produce energy by synthesizing fatty acids such as sphingolipids and phospholipids. Grapes offer vitamin B6, which helps in nutrition metabolism by creating antibodies, which serve as the body's defensive system against antigens or foreign chemicals that are harmful to the body.

Fifth, grapes contain vitamin C (Ascorbic Acid), which functions as a component to create collagen (an important protein that makes up skin tissue, joints, bones, and other supporting tissues). Furthermore, vitamin C contributes to the preservation of muscular shape and structure. Grapes also supply vitamin C, which aids in wound closure and protects

against infection with pathogenic microorganisms. The vitamin C level is relatively high, at 10.8 mg per 100 g of fruit. Grapes contain vitamin C, which is required for a variety of important procedures, including the production of collagen (a fibrous protein that forms connective tissue in bones), the transport of fat, the transport of electrons from various enzymatic reactions, and the regulation of cholesterol levels.

Sixth, grapes include Vitamin E (*tocopherol*). Grapes contain 0.19 milligrams of vitamin E per 100 g of fruit. Vitamin E is a type of vitamin that is renowned as a powerful antioxidant because of its ability to protect the body from free radicals. Vitamin E also helps to maintain the health of many tissues in the body, including skin, eyes, red blood cells, and the liver. Furthermore, this vitamin can prevent the human lungs from air pollution.

Grapes, according to Tahlbah, have sugar levels of up to 15%, with roughly 7% being glucose. As the fruit ripens, this level will rise. "As a result, grapes are fruits with moderate sugar content that are readily digested and absorbed by the body," Tahlbah explained. Grapes, in addition to their sugar content, provide 1.5 percent protein and 1.5 percent fat, according to Tahlbah. "Grapes contains sugar that the liver requires, so when it requires a source of sugar, such as during fasting, grapes can be treated as a supplier," he described. Grape peel includes vitamin B Complex, which helps the human body's biological activities. "Vitamin B complex is definitely important for vein protection." Grapes also contain vitamin C, which boosts immunity and reduces the risk of germs and bacteria attacking the body.

According to *The George Mateljan Foundation*, the nutritional contents of grapes can be seen in the following table (Mateljan, 2021):

Nutritional Components	Rate per 100g
Energy (kcal)	69

Protein (g)	0,72
Total fat (g)	0,16
Carbohydrate (g)	18,1
Total fiber (g)	0,9
Total sugar (g)	15,48
Calcium (mg)	10
Iron (mg)	0,36
Magnesium (mg)	7
Phosphor (mg)	20
Calcium (mg)	191
Sodium (mg)	2
Zinc (mg)	0,07
Vitamin C (mg)	10,8

The Efficacy of Grapes as Herbal Treatment

Although grape is made from grapevines, it is one of the fruits of heaven and have many benefits, as mentioned by Ibn Al-Qayyim. It is one of the best and most beneficial fruits. Furthermore, it can be eaten wet and dry, green and ripe. In addition, it is the fruit of fruits, sustenance from food, medicine from medicine, and beverage. Among the beverages, its food is figs and raisins, and it takes medicine for the body. According to the previous argument, by associating it as a fruit that can be consumed directly with other vegetables that are essential for vitamins and calories for the human body, both appear to be equally important as dietary substances.

Although grapes are relatively small in size, they have many nutritional benefits, such as helping to relieve migraines, so they can be used as an emergency treatment, and contributing to the treatment of indigestion and gastric irritation, as well as containing compounds that help lower blood cholesterol levels. Grapes contain a high level of hydration which supports in the asthma treatment.

Grapes have a terrible effect in overcoming constipation.

Digestive, and if eaten in times of distress, it is a nice companion; if eaten in moments of happiness, it stimulates happiness, among other benefits.

The benefits of grapes have previously been thoroughly studied. In 1870, dr. John Harvery Kellogg, a medical expert, published grape recipes for various diseases. The mineral content of grapes, especially manganese, which is beneficial for the body. The body requires this component in energy production to help preserve the sustainability of sugar in the blood. Manganese is also required by the body for fat metabolism, connective tissue production, and bone creation (Kurnia, 2017, p. 22).

Tayyara stated it in her study, which if anything indicates that Allah the Almighty knows best about His people's treatment and diseases. I mentioned this fruit and others, so these verses provide a solid sense of the fruit's significance; the benefits of which scientists are discovering on a daily basis (Ṭayyāra, 2009).

Some of the benefits include: reducing high blood pressure, reducing blood cholesterol, preventing from heart disease, cough relief by consuming raisins boiled in water, expectorant, antimicrobial and antiviral, antioxidant, preventing plaque on teeth, detoxifying the body, lowering blood in a monthly course, tonic for the spleen, liver, and stomach, tonic for memory, protecting from colon cancer, keeping eyes from disease, preventing from osteoporosis, anti-inflammatory, laxative, blood purifier, filter and voice purifier.

Diseases that raisins may help with are such as constipation, hemorrhoids, tooth decay, gingivitis, rheumatism and arthritis, liver and gallbladder disease, malnutrition and weight loss, sore throat, lung and chest diseases, kidney and bladder diseases, stones bladder, malaria, gout, migraine, jaundice, anemia, gastric disease, gastric acidity, stomach fever, scratching and itching, smallpox medicine, premature baldness.

The tradition of grapes as a medical food can be traced back to ancient Egypt. Grapes, in addition to being served as table food in the Greek Empire and Ancient Egypt, have been used in medicine to treat indigestion. We now understand why grapes have these efficacies, which are due to their high magnesium level. Magnesium is essential for our bodies since it activates digestive system activities (Aadil et al., 2013).

In addition to magnesium, according to Bernard Jensen, author of the best-selling book *Eating Right for Health, Vitality, and Longevity*, grapes are beneficial as a dirt flush (defecation) due to the high crude fiber content in the fruit skin. Grapes' efficacy to cleanse the intestine is improving since the magnesium and fiber content are still boosted with moderate laxatives found in grapes (Jensen, 2017, p. 89).

Consuming grapes with the peel and seeds, despite being advantageous, can irritate individuals with gastric disorders. As a result, if your digestion is sensitive, you should avoid consuming grape seeds. Get your digestive system used to ingesting it in little amounts at first and noting the effect. For those of you who have a sensitive digestive system, seed grape juice processed using a juice extractor, thus drinking crude fiber but high in OPC compounds, is most suggested (Hung et al., 2017).

According to Ibn Qayyim's book *Zadul Ma'ad*, grape is beneficial for strengthening stomach, liver and heart, as well as treating sore throat, chest, lungs, kidneys, and urinary tract. Consuming grapes or grape juice on a regular basis can improve mood, ease fatigue, and boost the immune system (Jauziyah, 2012, p. 232). According to Jensen, this is due to grape juice's potential to cleanse the liver and promote kidney function. Grapes are naturally alkaline-forming foods. Grapes' alkaline-forming nature, combined with their high water content, increases the blood vessels' ability to eliminate toxins and fat deposits. This disorder

prevents blood vessels from constricting or blocking (Jensen, 2017, p. 76).

Grapes also contain enzymes that act as tonic bile activators. Enhanced bile function improves the effectiveness of converting fat into bile acids, which are eliminated outside the body, reducing blood fat increases (hyperlipidemia). As a result, patients with hypertension and high blood cholesterol/triglyceride levels are highly recommended to consume grapes and grape juice on a regular basis (Vlaicu et al., 2020).

Grapes, as Talbah mentioned in respiratory medical books, provide medical qualities that support respiratory treatment. To facilitate this treatment, grapes are processed into beverage in the form of grape juice. "Grape juice is also effective in decreasing body temperature, preventing coughs, and making stomach feel at ease" (Talbah, 2011, p. 455).

Grape juice can be used to treat hemorrhoids, indigestion, kidney stones, and gallbladder disorders. Therefore, scientists suggest taking a glass of grape juice before breakfast and dinner. Even a glass of grape juice before bedtime will help you sleep deeply, without disturbing insomnia. Grape juice is also beneficial to those who are poisoned, weary, in recovery, or with kidney stones (urinary stones) (Nainggolan, 2018, p. 67). Grape juice should be consumed shortly upon preparing it, as it will ferment into intoxicating wine if kept for too long. *"And from the fruits of palm trees and grapevines you derive intoxicants as well as wholesome provision. Surely in this is a sign for those who understand"* (QS Al-Nahl (16) ayat 67).

Conclusion

Grape is a fruit frequently mentioned in the Qur'an and the Prophet's hadith. There are eleven verses that discuss grapes, as well as various hadiths discussing them. Grapes have also been known to

mankind for a long time. It has been around since the time of Noah. Plants that bear sweet and tasty fruits, growing their vines upward, against the tip of the bud, and in the direction of the vine's supports. Grapes were also acknowledged by ancient people as a highly nutritious plant with numerous benefits. Grapes are very good to consume, both fresh and dried, according to several scientific studies, both classical and contemporary. Grapes are easy-to-digest fruits that can be fatty and provide necessary nutrients. Both green and red grapes have the same qualities and can be utilized as fruit, food, beverage, or medicine.

According to Ibn Qayyim in *al-Tibb al-Nabawi*, grape is one of many fruits with numerous benefits. It is one of many fruits, one of many healthy food, one of many medicines, or one of many beverages. It has a high nutritional content when used as a herbal remedy. It is believed to be able to treat coughs, purify the blood, cleanse the intestines, help digestion, and even help those with gastric disease. Not only that, grapes can be consumed by anyone on a diet (regulating food patterns).

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