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THERAPEUTIC EFFECT OF APPLES IN NARRATIONS WITH EMPHASIS ON NEW MEDICAL FINDINGS



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**Abstract**

Disease is always present in life, but what can reduce its cost and pain has been considered throughout history. At the present time, the side effects of some drugs and their staggering costs have led one to turn to the Ahl al-Bayt (AS) for the treatment of diseases; Therefore, this article has investigated the therapeutic effect of apples on body health based on narrations by descriptive-analytical method. The results show that apples due to their antioxidant properties and abundant vitamins compensate for some of the body's deficiencies. Eliminates the effects of cardiovascular disease, infections, phlegm, gastrointestinal pain, cholera and fever.

INTRODUCTION

Islam is a perfect religion who has paid attention to all aspects of life and explained it in a complete voice So that man can walk the path of excellence and prosperity properly and traversing this path requires a healthy body along with a pure soul. Islam has paid attention to the body together in such a way that 160 verses in the Qur'an refer to nutrition. On the other hand, in today's world, the treatment of some diseases requires a lot of treatment costs. However, referring to the narrations of their treatment is associated with less complications and costs.

God Almighty did not give any pain unless He recommended a cure for it; Therefore, Imam Reza (AS) is quoted as saying: "God did not afflict the body with any disease except when He gave him medicine to cure it. Every pain is a kind of treatment and there is a cure and a prescription. [1] Therefore, to avoid spending a lot of money on treatment with some chemical drugs that also have side effects by referring to the narrations, the treatment of some diseases becomes easier and this adds to the necessity of the subject. This article seeks to answer the question "What is the therapeutic effect of apples in narrations? is. This article tries to examine the healing properties of apples in narrations according to new medical findings.

Table of nutritional value of apples

Based on research conducted at Harvard University[8], they have determined the nutritional value table for an average apple.

Nutritional Value	Essentials
50 kcal	Energy
13.81 g	carbohydrate
0.26 g	Protein
0.17 g	total fat
0 mg	Cholesterol
2.40 g	Dietary fiber
	vitamins
3 micrograms	folic acid
0.091 mg	Niacin
0.061 mg	Pantothenic acid

0.041 mg	Pyridoxine
0.026 mg	Riboflavin
0.017 mg	Thiamine
4.6 mg	Vitamin C
54 International Union	Vitamin (A) a
0.18 mg	Vitamin E
2.2 micrograms	Vitamin (K) ka
	Electrolyte
1 mg	Na
107 mg	potassium
	minerals
6 mg	Calcium
0.12 mg	Iron
5 mg	magnesium
11 mg	Phosphorus
0.04 mg	Roy
	Plant nutrients (phyto-nutrients)
27 micrograms	Carotene-β (beta)
11 micrograms	Cryptosantine-β (beta)
29 micrograms	Zeaxanthin

According to the table above, an average apple has many minerals and vitamins, each of which has a great effect on the organs of the body.

Vitamin k

It is a fat-soluble vitamin that is used to prevent blood clots and heart attacks. [5]

Vitamin E

It is one of the fat-soluble vitamins that has antioxidant properties and protects the body tissue against the damaging effects of free radicals, and this vitamin helps maintain the immune system, skin and eye health. [4]

Vitamin A

It is one of the fat-soluble vitamins that is necessary for the growth of the body, proper functioning of the immune system, prevention of microbial infections and maintaining the health of the eyes, skin, stomach and heart, and deficiency of this vitamin is seen in patients with cardiovascular complications. [14]

Carotene

It is an organic compound and the main agent of pigments in fruits such as carrots, and in addition to removing its antioxidant properties, it is a valuable source of vitamin A. [21]

Folic acid (vitamins B9, B3)

Folic acid, also known as vitamins B9 and B3, is one of the vitamins that promote nervous system health, prevent blood clots, protect the body against cardiovascular disease, birth defects, osteoporosis and cancer. [11], [12], [28]

Niacin

Niacin is a type of vitamin B3 that has the benefits of treating Pellagra (skin disease), improving blood cholesterol levels, preventing cardiovascular disease, improving brain function, treating arthritis, and treating sexual disorders. [15], [19], [20], [29]

Vitamin C

Vitamin C or ascorbic acid is effective in treating colds, preventing oral diseases, skin diseases, HIV, stomach ulcers, tuberculosis, dysentery, skin infections, cystitis, prostate, depression, Alzheimer's, lowering body temperature. [16]

Riboflavin

Vitamin B2 or riboflavin is one of the valuable vitamins in the growth of cells in the body. Deficiency of this vitamin can cause sores in the corners of the mouth, swelling and cleft lips, hair loss, sore throats and kidney disease, and genital and nerve interactions; Of course, this vitamin is also the activator of two vitamins B3 and B6. [26]

Pyridoxine

Pyridoxine is a type of vitamin B6 that is used to treat anemia, epilepsy, and metabolic disorders. Lack of this vitamin causes stomach upset, heart failure, confusion, depression, seizures and indigestion. [6]

Pantoic acid

Pantoic acid is a type of vitamin B5 that plays an important role in the production of hormones, cholesterol, metabolism and essential vitamins of the body. Deficiency of this vitamin causes malnutrition and gastrointestinal diseases. [25]

The effect of apples in narrations

Apples are good for health and are an irreplaceable medicine before they are fruits. In a narration from Imam Sadeq (AS) it is narrated that if a person falls ill, the healers advise him to abstain; But he asks the Imam questions about abstinence, and he replies:

"But we, the family, abstain only from dates and treat our patients with apples and cold water." [9], [13]; This narration absolutely states that many diseases are cured with apples and even this fruit increases life expectancy, and another narration states that four things increase a person's life: marrying maidens, bathing in hot water, sleeping on the left shoulder. And eating apples at dawn; [22] But this fruit has many therapeutic values that are mentioned below:

Stomach

Vitamins A and C, carotene, pyridoxine and pantoic acid are very effective in treating stomach patients, and these vitamins are all present in apples; Therefore, we have a narration that if someone eats an apple, his stomach will be cleansed; [8] or in another narration it is said that apples make the stomach fragrant. [24] "Nadah" basically means sprinkling water for purity, [7] Wetting something to keep it from breaking [10] Like "naked skin", it is watering, so "naked" is a purifier, perfume and cleanser. Also, for those who have a lack of appetite, eating an apple increases appetite, and in a narration from Imam Sadeq (AS), it is stated that an apple opens the stomach. [3] This opening is the same as the increase in stomach volume, which causes weight gain.

Heart

The heart's job is to pump blood to other vital organs in the body. In some cases, this vital organ of the body has problems with blood circulation, and apples are one of the fruits that eliminate the risk of disease from this organ. Regarding the heart, the Prophet (PBUH) said: "In man, there is a piece of flesh that if it is healthy, the whole body is healthy, and if it is sick, the whole body is sick: it is the human heart" [17]; Therefore, it should be said that the human heart is the king of the body and its health promotes the health of other organs of the body, and to maintain it, things should be done, including eating apples that contain vitamins K, A, folic acid, niacin, pyridoxine and pantoic acid in heart health. Winning heart disease is very

effective. In the narration of Imam Sadeq (AS) it is stated that if human beings knew what properties are in apples, they would not treat their patients except with apples, be aware that apples are the most useful heart medicine that washes the heart and eliminates its disease. [9]

Fever and heat

Body temperature plays an essential role in human behavior. Many aggressions and the like are caused by a rise in human body temperature. Apples cure fever and body heat due to their vitamin A and antioxidant properties. In a narration from Imam Sadeq (AS), it is narrated from Mufaddal Ibn Umar that on a summer day, a container of green apples was with Imam (AS) when I entered. I offered them to be redeemed! Do you eat what people find unpleasant? The Imam said: I had a fever last night. I sent someone to bring me an apple and I ate it. The apple eradicates the fever and suppresses the body heat. I gave him an apple and I eradicated the fever in him. [3], [13] It is also narrated about the heat of the body, quoting Mufaddal, from the same Imam Hammam (AS) that a person mentioned apples to the Imam. We do not cure [23]; Therefore, apples have various properties and vitamins that reduce body temperature and moderate human internal temperature.

Phlegm

Phlegm is one of the four mixtures with a cold and wet nature, and traditional medicine practitioners say that foods with a cold nature increase this sputum in the body. One of the symptoms of mucus predominance in the body is sleep during waking and waking time. To treat this disease, eating apples is mentioned in the narrations mentioned in the narrations. In a narration from Imam Reza (AS) it is stated that apples are good for several things, for poison, magic and insanity that reach someone from the inhabitants of the earth and phlegm that has been overcome. Nothing works sooner than that. [18] Therefore, to treat phlegm in the body, it is necessary for a person to avoid eating cold food, and if this sputum prevails in the body, the best treatment is to eat apples at appropriate intervals such as Dawn is fasting. [27]

Cholera

Cholera is one of the infectious diseases caused by a bacterium that enters the gastrointestinal tract through contaminated water and multiplies and causes excessive excretion of water in the body. [2] In modern medicine to treat this disease is usually done. It is also difficult to treat; However, referring to the narrations of the Ahl al-Bayt (AS), it is clear that one of the cures for this disease is eating apples; [3] because apples have antibacterial and anti-infective properties due to their vitamin A. In another narration from Yaqub Ibn Yazid, it is narrated from Ghandi that the people of Mecca suffered from diarrhea and wrote a letter to Imam Kadhim (AS) asking him to cure his illness. Imam (AS) wrote in reply that he should eat an apple. [3]

Result

Apple fruit is one of the fruits that have high healing properties and in the past, people did not know the properties and vitamins, and on the other hand, the Infallibles (AS) were aware of these properties with the high knowledge that God has bestowed upon them; Therefore, for the treatment of cardiovascular diseases, fever, infections, phlegm and even cholera, which exist in modern times, apples were prescribed because the vitamins and nutrients in apples at appropriate intervals to eat it, God willing, eradicate these diseases. Makes.

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