

# Herbal Medicinal Importance of Citrullus Lanatus Mentioned in the *Ahadith*: A Precise Overview

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## ABSTRACT

**Background:** This study focuses on the herbal medicinal importance of watermelon (*Citrulluslanatus*) mentioned in the *Ahadith*. **Objective:** The main objective of this study is integration between the *Ahadith* and the modern clinical reports on the herbal medicinal importance of watermelon. **Methods:** It has been discussed in this study followed by botanical name, name mentioned in the Prophetic traditions, Arabic name, English name, family, part used, nature and flavor, basic substance and medicinal use. **Results:** The study proved that there is no contradiction between the *Ahadith* and modern clinical reports on the herbal medicinal importance of this fruit. **Conclusion:** In conclusion, we can say in the light of this study that herbal medicine and modern medicine are complementing each other to promote humans health and comfort and always should be thankful to the Creator for His blessings.

**Keywords-** Watermelon, Herbal medicine, The prophetic traditions, Modern clinical reports, Integration.

## INTRODUCTION

It is impossible to survive on the earth without plants those are the sources of fruit, food, clothing, shelter and manufacturers. At the same time, plants are an original source of medicine, prevention of the disease as well<sup>1,2</sup>.

According to World Health Organization (WHO) about 80% of the world population, especially in developing countries, relies mainly on traditional medicine for their initial healthcare and healing from numerous diseases<sup>21,22</sup>. Internationally, almost 85% of total medicines are derived from plant species<sup>21</sup>.

The messenger of Allah (may Allah peace be upon him) several times used particular herbs and recommended about various medicinal plants to cure of common diseases. The Prophet (may Allah peace be upon him) frequently emphasis on the medicinal plants and importance of various foods<sup>3,2,23</sup>. For instance, Uqbah ibn Amir (may Allah be pleased upon them) narrated that the Messenger of Allah (may Allah peace be upon him) said: “This is blessed tree for you, olive oil, treat by this; because it is medicine for hemorrhoids” (Vol. 17, P. 281, No. 774)<sup>4</sup>. Abu Dawud and At-Tirmidzi narrated that the Prophet (may Allah peace be upon him) used to eat watermelon with ripe dates, saying: “the hotness of this substance (dates) neutralizes the coolness of that (watermelon)<sup>15</sup>.”

Almighty Allah says: “*It is He who created for you all that the earth contains*” [Al-Qur’an, Surah al-Baqarah or the Cow 2: Ayah 29]<sup>5</sup>. This is the wisdom of the Holy Qur’an that this verse included all creations and informed to the mankind that all creation are useful for humans, but it depends on the proper used. Indeed, this *ayah* included all fruit plant species in general with other creations. To be benefited, in consuming the food, Almighty Allah encourages humans to conduct research on their food and says: “*Then let man look at his food*” [Al-Qur’an, Surah ‘Abasa or He Frowned 80: Ayah 24]<sup>5</sup>. According to the finding of nutritionist through their experiment it is recognized that the low level of sodium in fruits is being played the important role for those persons who would prefer to practice of a salt-free diet. In cleaning the digestive tract and fortifying to aids in normal bowel action one or two fruits in a day could play an important role<sup>2,3</sup>.

According to the Imam Ibn Qayyim al-Jauziyyah (691AH-751 AH/1292 AD-1350AD) the life example of Prophet Muhammad (may Allah peace be upon him),

His (*Ahadith*) sayings and traditions are a secondary foundation of Muslims life. Near the beginning in the Islamic era, the *Hadith* literature had accumulated many sayings and traditions entitle of the Prophetic Medicine<sup>6,20</sup>.

The study will focus in exploring the medicinal uses as well as the health benefits of watermelon (*citrulluslanatus*) mentioned in the *Ahadith* in order to integrate with the modern clinical reports on the medicinal importance of this fruit to promote humans health and comfort.

## MATERIALS AND METHODS

The study was conducted by using the inductive methodology to collect the *Ahadith* on *citrullus lanatus* species. In addition, analytical method in analyzing books, articles detailing medicinal importance of *citrullus lanatus*.

## RESULTS

The study shows the *Ahadith* recommended on the fruit species specially watermelon and its health benefits as well as remedial uses almost 1500 years BCE. This study proved the wisdom of the Holy *Ahadith* that there is no contradiction between the *Ahadith* and modern experimental findings, rather it found in the *Ahadith* and modern research finding almost similar benefits of watermelon as an herbal medicine. (See figure 1.)

## DISCUSSION

### General statement of *citrullus lanatus*

Scientific name: *Citrullus lanatus*

Mentioned in the Holy Hadith: Bittikh, Khirbiz

Arabic Name: Bittikh, Khirbiz

English Name: Watermelon

Genus: *Citrullus*

Family: Cucurbitaceae

Species: *C. lanatus*

Variety: Lanatus  
Part used: Fruit, skin and seeds  
Nature and flavor: Sweet and cold<sup>7</sup>.

### Basic constituents

The flesh contains phosphoric acid, malic acid, fructose, glucose, amino acid, lycopene, carotene and vitamin C. watermelon seeds contain vitamin B2. andfat<sup>7</sup>. (See table 1.)

### Citrullus lanatus in the *Ahadith*

Hazrat Aisha (may Allah be pleased upon her) narrated that the Prophet, (may Allah peace be upon him) was combines watermelon with date” (Vol.12, P. 51, No. 5246)<sup>9</sup>.

That the Prophet (may Allah peace be upon him) used to eat ripe dates with (*Kherbaz*) watermelon” (Vol. 1, P. 57, No. 58)<sup>10</sup>.

Narrated from Aisha (may Allah be blessed upon her) that “the Prophet (may Allah peace be upon him) used to eat watermelon with ripe dates” (Vol. 7, P. 29, No. 1766)<sup>11</sup>.

Anas (may Allah be blessed upon him) said, I saw the Messenger of Allah (may Allah peace be upon him) combines ripe dates with (*Khirbiz*) watermelon (Vol. 19, P. 434, No. 12449)<sup>12</sup>.

Narrated by Aisha (may Allah be pleased with her) She said: “The Messenger of Allah (may Allah peace be upon him) used to eat watermelon with date” and He said “We break the hotness of this substance (dates) by the coolness of this substance (watermelon), and the coolness of this (watermelon) by the hotness of this substance (dates)” (Vol. 3, P. 427, No. 3838)<sup>13</sup>. Narrated from Ibn Abbas (may Allah pleased be upon him) that the “watermelon contains ten qualities; (1) It is food. (2) It is drink. (3) Sweet basil. (4) Fruit and potash. (5) Wash the urinary bladder. (6) Wash the abdomen. (7) Increase water for back. (8) Increases in sexual intercourse.

(9) Cut the cold. (10) Purifies the skin”. (Vol. 14, P. 476, No. 14766)<sup>14</sup>.

### Medicinal uses and health benefits of watermelon

There are major ten benefits of watermelon as follows:

(1) Good for the heart - watermelon is helpful in preventing stroke and heart attack. (2) It is helpful in decreasing blood pressure. (3) Reinforce sex drive. (4) Red watermelon playing an important role in preventing cancer, because it contains lycopene (Lycopene is acknowledged which helpful to prevent cancer). Also, it can help in preventing skin, lung, breast, stomach and other types of cancer by up to 40%. (5) Better eyesight watermelon contains vitamin C and vitamin A which are good for our eyes. (6) Contains alkaline water, in a watermelon basically 92% is alkaline water; it is good for stomach especially for those who are suffering from ulcers. (7) Reduces bad breath. (8) Good for the kidney. It can clean our kidneys and bladder. Person who suffering from infected urine he should eat watermelon and drinking water to reduce germs in the bladder. Besides, watermelon leads to remove kidney stones. (9) Helpful in gout. (10) Watermelon is powerful energy drink also<sup>15-18</sup>.

### APPLICATIONS

- Drink a glass of fresh watermelon juice to relieve dizziness in sunstroke and vomiting<sup>19</sup>.
- Eat 500 to 1,000 grams fresh watermelon each time, twice a day to relieve thirst, bitter taste in mouth, discharge of yellowish urine, bad breath, pain in urethra, and a hangover<sup>19</sup>.
- Cut off watermelon peels about 0.5 cm thick and put in the sun to dry, which become dry watermelon peels widely used as herb in Chinese herbalism<sup>19</sup>.

- Diabetes: take 30 grams of watermelon skin and 30 grams of winter melon skin. Steam in water and serve. Do this 3 times a day, every day<sup>16</sup>.
- Fever, with thirst and dry mouth; stomach feeling hot and a bitter taste in the mouth; bad breath. Take 500-1000 grams of melon and eat 1-2 times a day<sup>16</sup>.
- If reduce urine or yellow; feel pain during urinating; feel pain in the auriferous tubule: take 500-1000 grams of fresh melon and eat 2-3 times in a day<sup>16</sup>.
- Hangover. Take 500-1000 grams of fruit, slice and eat, or take 60 grams of skin, steam in water and serve<sup>16</sup>.
- Boil 50 grams of dry watermelon peels in water and drink as tea to treat hypertension, diabetes, nephritis, and a hangover<sup>19</sup>.

### CAUTION

Appropriate time for having watermelon is before having the meals. After having the meals immediately having watermelon will cause for vomiting. According to opinion of physicians if eaten watermelon before the meal clean the stomach and removes illnesses<sup>15</sup>.

### RECOMMENDATION

From above discussion it could be concluded that watermelon would be more effective in healthcare management. However, from this study, researchers can achieve more fruitful information by collaborative research i.e the combination between revelation and reason. More research should be conducted between both the scientists and traditions researchers about watermelon and ripe dates mild (?). Scientists might discover new information by research in the Prophetic traditions about mild of watermelon and ripe dates.

### CONCLUSION

By the grace of Almighty Allah towards humans that watermelon (*Citrullus lanatus*) is a pharmacy; containing active substances. It has proven in the light of *Ahadith* and modern clinical reports on the herbal medicinal importance of this fruit to get rid of a lot of incurable diseases without causing any side effects. As a matter of fact, return to the herbal medicinal plants is necessary and recommended by the light of Holy Qur'an and the Prophetic traditions.

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**Table 1.** Nutrients value in watermelon<sup>8</sup>

Watermelon ( <i>Citrulluslanatus</i> ), fresh, Nutritive Value per 100 g, (Source: USDA National Nutrient data base)		
Principle	Nutrient Value	Percentage of RDA
Energy	30 Kcal	1.5%
Carbohydrates	7.6 g	6%
Protein	0.6 g	1%
Total Fat	0.15 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	0.4 g	1%
Vitamins		
Folates	3 µg	1%
Niacin	0.178 mg	1%
Pantothenic acid	0.221 mg	4.5%
Pyridoxine	0.045 mg	3.5%
Thiamin	0.033 mg	3%
Vitamin A	569 IU	19%
Vitamin C	8.1 mg	13.5%
Vitamin E	0.05 mg	0.5%
Electrolytes		
Sodium	1 mg	0%
Potassium	112 mg	2.5%
Minerals		
Calcium	7 mg	0.7%
Copper	42 µg	4.5%
Iron	0.24 mg	3%
Magnesium	10 mg	2.5%
Manganese	0.038 mg	1.5%
Zinc	0.10 mg	1%
Phyto-nutrients		
Carotene-alpha	303 µg	--
Crypto-xanthin-beta	78 µg	--
Lutein-zeaxanthin	8 µg	--
Lycopene	4532 µg	--



**Our Prophet (saw) used to eat watermelon with ripe dates, saying: "The hotness of this substance (dates) neutralizes the coolness of that (watermelon)." [Tirmidhi]**

Figure 1. Images of watermelon