
**THE BENEFITS OF HONEY AND SCIENCE:
QURAA'N AND HADITH PERSPECTIVE**

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ABSTRACT

Honeybees prepare honey by sucking flower juice. Honey is used as a nutritional food and medicine since existence of man. It is tasty and delightful fluid. It also has nourishment of high nutritious esteem and gigantic medical advantages. It is considered as a very good anti-oxidant and ailment from all the diseases. The benefits of honey are countless according to the Holy Quran and Hadiths. Honey is highly admired since antiquities by various globally accepted religions and is documented in the oldest writings and scriptures. Honey is a characteristic fluid specified in the books of religions and acknowledged by all eras, conventions and civic establishments.

Keywords: Quraa'n, Hadith, Honey, Health Benefits.

INTRODUCTION

Honeybees make the delicious sweet liquid by sucking the nectar of flowers. The juice from the flowers is called '*apis mellifera*'. The *apis mellifera* is a traditional and oldest bee which possessed the honey that cured all human ailments (Lu & Callahan, 2014; Purbafrani, *et.al.*, (2014). For preparing the honey, the honeybees fell free to collect sap from flowers or other living part of the plants as its key source of food for their colonies.

Historically, the preservation and collection of honey dates back to 8,000 years ago (Purbafrani *et.al.*, 2014). There is the evidence from the painting in which two honey hunters collect and gather honey from the honeycomb. The painting in a Mesolithic rock which is a cave painting and it is in Valencia, Spain (Crane and Eva, 1983).The honey has been used in daily life for its useful dietary function. Furthermore, honey is considered to be an antiseptic physiotherapy treatment for a number of diseases in all ages. The use of honey is very effective and good for mind and memory (Kamarulzaidi *et.al.*, 2014) Honey can be kept for a longtime with following qualities:

- It never spoils; no need of the refrigerator, it can be placed or stored in a dry cupboard at room temperature.
- It is one of the antique foods in continuation up-to-date and is also found in King Tut's tomb.
- It is 25 % sweeter than table sugar, due to presence of high level of fructose (Bogdanov *et.al.*, 2008).

DISCUSSION

In present study we have elucidated the importance of honey with reference to Islam and other religions, who used honey for multiple purposes.

Chemical Composition and Types of Honey: Honey is a supersaturated elucidation of sugars, which mainly comprises of fructose and glucose. Furthermore, it also contains other significant combinations namely minerals, proteins, enzymes, free amino acids, vitamins, with some organic acids, volatile substances and phenolic compounds as well (Ball, 2007). The composition of honey is moderately variable and chiefly depends upon the origin of the botanical and the floral components. However, some outdoor factors also play key role like environmental processing, handling, storage, and climatic conditions (Scientific Report, 1998).

The Key Contents of Honey: The sweetness and delicious taste of honey is greater than the sugar. There is no parallel of honey in sweetness (when referred to the taste of honey).

Following characteristics are, nevertheless, different sugars in the honey (Eiri & Nieh, 2012):

- (a) Sucrose 2% (b) Dextrose 34%, (c) Fructose or Levulose 40%.

Besides this, honey contains about 17% water and rest of 7% is iron, lime, albumen, sodium, phosphorus, copper, nitrogen, dextrine, magnesium, pollen, manganese, sulphur, aluminum, calcium, and somewhat traces of other constituents besides acids and protein. Because of this 7% of the combination, the excellent quality of the honey is determined (Ball, 2007). Therefore, there is one imperative distinction between honey and the common pure sweetener with which we are all familiar. Sugar enters the circulatory system simply in the wake of experiencing changes in the stomach related framework, while honey can enter quickly, with no processed first. It can be taken plainly. It has been built up that honey blended with warm water supplies vitality to the body in a matter of minutes (Khan *et.al.*, 2014).

Importance of Honey in the Quran: In Arabic language the name implies for honey is (عسل). In the Holy Quran, there is a complete surah called *Al-Nahl* (the Honey Bee). The importance and usefulness of the honey is evident from the Holy Quran revealed by Allah Almighty. It can, evidently, be said that with the advent of Islam, we knew the importance and usage of honey. Hence, we can say that more than fourteen hundred years ago, Almighty gave us the message through messenger Prophet Mohammad (PBUH) that, honey has healing power to a diversity of medicinal problems. Prophet Hazrat Mohammad (S.A.W.W) strongly recommended honey for the healing purposes. It is mentioned in the Quran as source of nourishment, safe and pure for human consumption (Akanni, 2013 and Kamarulzaidi, *et.al.*, 2014).

وَأَوْحَىٰ رَبُّكَ إِلَى النَّعْلِ كَنِ اتَّخَذِي مِنَ الْجِبَالِ بُيُوتًا
وَمِنَ الشَّجَرِ وَمِمَّا كَرِهَتْ لَهُنَّ ۝

تَعْلَىٰ مِنْ حَيْثُ التَّعَرَّبْتَ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلاً يَخْرُجُ مِنْ
بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ
لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ ۝

Al- Qur'an, Chapter No.16:68-69, stated that: "And your Lord revealed to the honey bee: make homes in the mountains in the trees in the structures they raise then eat from all fruits and go along the path ways of your lord made easy for your lord made easy for you from their bellies comes out a drink of various colours in which there is cure for people. Surely in that there is a sign for people who ponder".

Hadith narrated by *At-Tirmithi* has also quoted about the benefits of wound healing properties which are best for a number of medical problems and ailments of alimentary canal as well. One of the famous Hadith that: an *Ashabi* approached to the Holy Prophet (PBUH) for a stomach disorder of his brother. The Prophet said to take honey. *Ashabi* resumed again asked same matter but twice Holy Prophet (PBUH) commented for the use of honey. *Ashabi* reverted third time, Holy Prophet (PBUH) replied again the use of honey, finally honey makes remedy and he was cured.

Hazrat Abu Huraira R.A. coated as Holy Prophet (PBUH) "A person who consumes honey three times in month he/she be protected from harmful disease" (Bukhari).

Honey as the Favorite of Our Holy Prophet (PBUH): Holy Prophet (PBUH) liked to have honey very much. It is evident from the following Hadiths:

- Hazrat A'isha رضي الله عنها says that "Rasool Allah صلى الله عليه وسلم liked Halwa (الحلوي) (a sweet dish) & honey (عسل) very much." (Bukhari).
- Hazrat A'isha رضي الله عنها says that "Rasool Allah صلى الله عليه وسلم liked Honey (عسل) very much & amongst drinks (sharbats), liked honey water very much & used honey (عسل) daily whole life & was every time healthy" (Musnad Ahmed Hadith 24316).
- Hazrat Jabir Bin Abdullah رضي الله عنه says that honey was gifted to Nabi صلى الله عليه وسلم & Nabi صلى الله عليه وسلم asked everyone to lick little honey. As everybody got it, Hazrat Jabir رضي الله عنه asked for more & he was allowed by (the respected) Nabi صلى الله عليه وسلم to take more (Ibn Ma-jah).

Honey as a Cure for Health Issues: Medication for the betterment of health and cure from any disease is the key point of concentration and

essential consideration. The main focus is paid upon the health and healthy usage of food and drink. There are a number of examples which illustrate the indispensable use of honey in curing the diseases. The following *Ahadith* are worth to mention:

- i) Narrated by Hazrat Abdullah رضي الله عنه, “Prophet صلى الله عليه وسلم said that “For you, to get Shifa (الشفاء) (cure) there are two things: Honey (عسل) & Quran” (القرآن) (Ibn Ma-jah)).
- ii) Hazrat Ibn Abbas رضي الله عنه narrated, Nabi صلى الله عليه وسلم said that “Among your Medicines, which have khair (خير) (cures) is *Hijamah* (Wet Cupping) (blood-letting) and a drink of Honey” (شربه عسل) & cauterization, & said it (cauterization) is disliked by Me. Wet Cupping (bloodletting) is *Hijamah*, a therapy in which blood is removed by vacuum method & it is *Sunnah* (Bukhari).
- iii) Hazrat Ibn Abbas رضي الله عنه says that Rasool Allah صلى الله عليه وسلم said that “Amongst the treatment you do, the best is to put medicine (دواء) in nose (السعوط), to put medicine (دواء) in one side of mouth (اللذود),
- iv) Hazrat A’isha رضي الله عنها narrated that Rasool Allah صلى الله عليه وسلم said that “There is an important part of kidney (called as *khasaura* (الخاصرة), when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الماء المحرق) (muharraq) & Honey (عسل)” (Mustadrak Al Hakim: Hadith No: 8237).
- v) Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab رضي الله عنه wrote to him (saying) cook (boil) your drinks until the share of *shaitaan* is gone, for he has two shares and you have one (means boil till 1/3 is left over and 2/3 is evaporated). An-Nasa’16:5720).
- vi) Hazrat Anas Bin Malik رضي الله عنه says that Nabi صلى الله عليه وسلم said that “With your Halal (حلال) (pure) earnings, buy honey (عسل) & use it (honey) with rain water, this will help in Shifa (شفاء) for all diseases (Kanz al-Ummal 28176).
- vii) Once Ameer Bin Malik رضي الله عنه fell ill and he went to Nabi صلى الله عليه وسلم for Blessings & Medicine, Nabi صلى الله عليه وسلم gave him honey (عسل). (Musannaf Ibn-Abi Shaiba: 33159).
- viii) Once Hazrat Saadbin Abi Waqqas رضي الله عنه fell ill in Makkah, Nabi صلى الله عليه وسلم visited him, and asked to call a doctor, Al Haris Bin Kuladah was called, he came and examined Hazrat Saad رضي الله عنه, and said he is not serious, and advised to take Tamar (تمر) (dates) (khajur), barley (jaw) and boiled Methi (fenugreek) (الحلبة) water & prepare daliy (soup like gravy) than put honey (العسل) in it & give to Hazrat Saad رضي الله عنه at early morning, garma-garam (warm), And Hazrat Saad رضي الله عنه got well; Nabi صلى الله عليه وسلم liked the

- preparation advised by Al Haris Bin Kuladah (Ati-Tibbe Nabawi Harful Haa).
- ix) Hazrat Abu Huraira عنه رضي الله says that Nabi صلى الله عليه وسلم said that in my knowledge Rutab (الرطب) (dates) (fresh ripen dates) are best remedy for excessive menstrual flow and honey (العسل) is best for patients (المريض) (Abu Nu-aim: 459).
 - x) It was narrated by Hakim Bin Mu'awiyah عنه رضي الله the quoting Holy Prophet that there are numeral oceans of honey, water, wine and milk from them rivers be divided (Tirmizi).
 - xi) Abdullah Bin Umar عنه رضي الله narrated that Nabi صلى الله عليه وسلم said “*Al-Kausar* is a river in paradise, whose banks are of gold, and it flows over pearls and corundum. Its sand is purer than musk, and its water is sweeter than honey and whiter than milk” (Tirmizi).
 - xii) Nabi صلى الله عليه وسلم used (شربه عسل) honey *Sharbat* & (الحبة السوداء) (*Kalonji*) Black Seeds together” Abu Nu-aim 459.

IMPORTANCE OF HONEY IN OTHER RELIGIONS

Honey has been widely recognized in all ages, and goes beyond ethnics and culture. The use is grasped by all religions and social convictions. It is a nutritious helpful fluid as written in every single heavenly book, and acknowledged by all eras, customs and civic establishments, both old and present day with no hindrance.

a) Christianity: The usage of honey in Christian community is crystal clear from the writings of the holy Bible. These writings are references to the significance of honey bees, nevertheless, these have been incorporated in the Books of Exodus, Judges, Mathew as well as Proverbs. Samson found a squad of honey bees and honey in the body of a lion as stated in the book of judges (Judges, 1972). Offerings were made in the sanctuary to God as in the law of Old Testament. Leviticus says that “every grain that you offer to the Lord must be without yeast, because you do not consume any yeast or honey in a food offering that is offered to the Lord”. The book of immigration broadly describes the Promised Land as “a land flowing with depletion and honey”. According to the Christian holy book, the Bible, King Solomon has cited: “Eat honey my child, because it is great”. In fact, it has been mentioned in the Bible that John the Baptist really flourished with eating routines including wild honey to stretch out of time when he was in a treacherous zone or while going in the wild (Mathew, 1972).

b) Judaism: The use and importance of honey has a good position in Judaism. Honey symbolizes the image of another year called Rosh Hashanah. On the day of the Jews Rosh Hashanah used to dunk the apple cuts in honey and eat it, they think, and this work brings a sweet new year. In a few associations, a little hay is made from honey to the introduction of the New Year (<https://en.wikipedia.org/wiki/Judais>)

c) Buddhism: When he (Buddha) saw the customs in the forest Parilyuk, she gave him a honey-filled monkey colony. The Buddha admits at this point that the monkeys have been shrouded in the joy of falling from the tree's descent. (He was named this month by Alcatel-Lucent Director of Purnima named his joy). And Moody's director Purnima shows "full honeymoon". In Bangladesh and India, he praised Moody's director Purnima. Little Buddha Demonstration by providing honey is to the director of the town of Purnima. The honey gives the Buddha a couple of dinners at several junctions, including immediately before going away and snatched him away. The Buddha said, "Because the honey of the bees accumulated in full bloom, without damaging or omitting the smell, even so carefully walking in his city tour contribution" (Carter & Palihawardena, 2000).

d) Hinduism: The honey is called *Madhu* in Hinduism, which is one of the five elements of Panchamrit. The Panchamrit is referred as "the five Honeys". The remaining four elements are the sugar, ghee, drain and buttermilk. In sanctuaries, honey is poured over the divinities in a custom called *Madhu abhisheka*. At the point when a tyke is conceived in a Hindu family so-called *Jatakarma* is performed to welcome the youngster into the new family. The *Jatakarma* is done through putting a few drops of honey in the mouth of the tyke and then whispering the God's name in the ear of the kid. According to Rigveda "This herb, conceived of honey, dribbled in honey, sweetened by honey, is the solution for all wounds". "Let each wind that blows drop honey; let the waterways and streams reproduce honey; let every one of our drugs transform into honey; let the first light and the night be loaded with honey; our nourisher, this sky above, be brimming with honey; let our trees be honey; given the sun a chance to be honey, given our dairy animals a chance to emit honey (Antonio, 2003).

SCIENTIFIC BENEFITS ABOUT HEALTH (VARIOUS AREAS)

Natural honey is a panacea to all kind of diseases. It is very useful to stay away from the harmful health problems. Some of the invaluable medicinal treatments of honey are given below:

- i) Honey can be used for the treatment of diarrhea. It is helpful in all diseases and health problems. It is a natural anti-biotic. It is best for typhoid fever, dysentery, internal & external ulcers, lesions, peptic ulcers, gastric ulcers, duodenal ulcers, vomiting, nausea, pain in stomach, liver diseases, blood pressure and skin diseases (Mohamad *et.al.*, 2014)..
- ii) Honey diminishes the secretion of hydrochloric acid, and helps in reduction of acidity. The honey has natural enzymes which help digestion and digestive disorder. It can be used in wounds, lesions and is best for urinary tract infections.

- iii) The honey increases hemoglobin which remedies anemia. Use of honey relaxes the smooth muscles (Intestinal muscles). For eye diseases, it helps in reducing the continuous use of cortisone as eye application. It has effective role in curing the corneal ulcers, scotoma in cornea and conjunctivitis. Additionally, honey reduces dryness of eye, effective in herpes ophthalmus (viral infection of eyes), and chronic eye diseases, (Kumar & Bhowmik, 2010; Mwipatayi, *et.al.*, 2004).
- iv) The honey is effective remedy for measles, congestion in brain, brain tumors, angina, rickets, fever, chronic liver diseases, relaxes the urinary bladder, calms the nerves, cold and cough, flu diseases, throat infections, insomnia (improper sleeps), and bedwetting.
- v) It helps in diminishing the addiction of alcohol because of its anti-oxidant, anti-inflammatory nature (Kumar & Bhowmik, 2010).
- vi) Utilization of honey is vitally effective in increment of complexion, treats roughness of skin, spots on skin, cracks of lips, infection of lips, gum infection, skeletal muscles spasm (reduces pain in muscles), and wound dressing (Molan, 2011).

BENEFITS OF HONEY TO MODERN SCIENCE

The benefits of honey as compared to modern science, which is based upon the scientific experiments, are numerous. Historically, the honey has been used and being served not only as a delicious food or drink but also the cure from the hazardous diseases. Today, whatever fruitful benefit of honey science has proved are already evident from the Hadiths. The honey has been utilized and reported as medicinal treatment through all the ages. To illustrate this viewpoint, the honey has been used as apitherapy in modern times. Apitherapy is a method of curing diseases, specifically based on honey and honey bees.

SHOWING THE APITHERAPY BENEFITS OF HONEY (Bogdanov, 2014)

- **Thyme (gloomy and burly) (قودنو):** Treatment of wound against chest organs infection.
- **Sun flower (soft) (سورج مکي):** Spasmodic, gastric, intestinal color in asthma cases
- **Rosmarine (اکليل کوهستاني) (mild):** protective; against static, internal, liver diseases.
- **Rape (soft) (سرنهن جويج):** Relaxing and sedative
- **Manuka (منوکا) (gloomy and burly):** Wound remedial and lofty antibacterial activity against infection.
- **Linden (لندين) (strong, aromatic):** It is good for diaphoretic problems, diuretic, palliative, anabolic. Against cold, flu, cough, sinusitis, headaches, insomnia and anxiety.

- **Lavender (لويڻڀر)**(sweet-smelling): Used to treat wounds, burns, insect bites, infections, respiratory organs and relieve depression.
- **Fir, honeydew (سنوڀر)** (**gloomy and burly**): Against respiratory tract infections high antioxidant activity.
- **Eucalyptus ايڪلپٽش** (**gloomy and burly**): It also increases immunity. Used against infections and diseases of respiratory and urinary tract.
- **Dandelion (ڊينڊلن)**(perfumed): Defensive alongside gastroenteritis, liver, kidney and gallbladder
- **Citrus (سٽرس)**(light and mild): It relieves indigestion and insomnia.
- **Chestnut (fluid and soft) (اخروت)**: Effective against anemia and infection of urinary bladder and also improver blood flow.
- **Calluna (ڪلاتا)** (**dark and strong**): Activity high antioxidant. Activation in fatigue and recovery, against the kidney problems the bladder.
- **Buckwheat (بڪويت)** (**dark and strong**): Lofty antioxidant activity, taken by pregnant women and nursing to improve digestions.
- **Acacia (اڪيڪا)** (**liquid and mild**): Improve digestion and gastrointestinal, liver and kidney diseases, desalination for people with type 2 diabetes.

CONCLUSION

Honey has numerous benefits and is a panacea to all diseases. Form the *Ahadith* and daily life usage of honey by Hazrat Muhammad (S.A.W.W) is the best example of utilization of honey. Indeed, the honey has great nutritional benefits. Today, modern science has proved the beneficial utilization of honey which is also available in the literature. From today's scientific revelation it is, nevertheless evident that the facts on benefits of honey were already mentioned in most religious books long ago. In the religious books, the use of honey and its impact on the health have been addressed in a good deal. Modern scientific and technological findings of the utilization of honey show the essentiality and worth of honey. Honey is very good for health regardless of its medical advantages. In the conclusive remarks, it is interesting and worth to mention that we should use honey in day to day life not only because it is beneficial for health but also as a follower of Islam it is the *Sunnah* of our beloved Prophet Hazrat Muhammad Mujtaba (PBUH) that we must follow. Thus, we will have a healthy life.

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