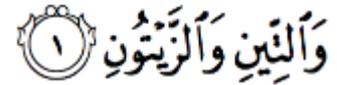


Fruit: Figs
Group: Girls
Age: 10 - 12
Teacher: Sajidah Hameer

The Fig - تين



Where is 'the fig' mentioned in the qu'ran?

The fig is mentioned in just one place in the Holy Qur'an – in Surah Teen. Surah Teen begins with Allah (swt) swearing by a number of things. He swears by: the fig, the olive, Mount Sinai and the city of Makkah. When Allah (swt) swears by anything in the Qur'an, it is like He is making a promise that something important is going to follow, and He is about to announce some news. By swearing by the fig, it highlights the importance and significance of this fruit. He draws attention to the fig by making an oath by it.

Where is 'the fig' found in the world?



The fig tree can be found in Damascus. It is also said to be the tree of Prophet (a) and Bibi Hawwah (a) as, according to hadith, it is the leaves of this tree that they used to clothe themselves with. The fig tree can last for hundreds of years; generations can come and go, but the tree will continue to bear fruit despite its old age.

Are there any ahadith on 'the fig'?

- The Holy Prophet (saw) said: *'Eat figs! If I could say a certain type of fruit was sent down for us from the heavens, I would say it was the fig because it has no seeds and in it there is a shifa'a (remedy)'*
- The 8th holy Imaam, Imaam Ridha (a) also advises eating figs for:
 - Removing bad breath
 - Improving hair growth
 - Curing colic and piles
 - Curing pains, especially joint pains, and strengthening the bones

What are some benefits of eating 'the fig'?

Though the fig was mentioned in the Qur'an hundreds of years ago, and there are numerous hadith on the benefits of eating figs from the a'immah, modern day science has also listed a number of benefits that come from this fruit. Figs are:

- High in dietary fibre and a rich source of magnesium & potassium
- A source of energy to provide strength for long-term patients whilst they recover
- Recommended as a treatment for asthma & coughs (particularly when made into a syrup with methi seeds and honey), chills, diabetes

- Beneficial for pregnant & nursing women, reducing acidity, rheumatism and helping the brain
- Used a treatment for pimples, skin pigmentation and teeth whitening (using their ash and taken with oil)
- Widely used a treatment for major diseases like cancer and paralysis (Dr. Kochi (Japan) has treated 20 types of cancer with figs and their syrup, which are said to shrink tumors)
- A good nourishing toxins and provide protection against the effects of toxins
- Able to dissolve and expel kidney and bladder stones, and can be used to help patients suffering from kidney failure; can clear obstruction of liver and gall bladder, relieves inflammation of kidney and urinary bladder.

