

UTILIZATION OF FIGS (*F. carica* L) FOR TREATMENT GASTROINTESTINAL DISEASES IN THE QUR'AN PERSPECTIVE AND SCIENCE

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ABSTRAK

Indonesia secara global menempati urutan kedua 40,8% dengan angka kejadian gastrointestinal di Asia setelah India 43%. Buah tin atau dalam bahasa latin disebut juga *Ficus carica* merupakan sejenis buah yang berasal dari Asia Barat yang sangat terkenal dalam dunia Islam. Hal ini dikarenakan buah tin disebut oleh Allah SWT dalam firman Allah SWT dalam Al-Quran pada surat At-Tin yaitu surat ke-95. Menurut penelitian yang pernah dilakukan dengan pelarut etanol dan etilasetat buah tin terbukti banyak mengandung metabolit sekunder, salah satunya flavonoid. Flavonoid menunjukkan sejumlah sifat farmakologis di area GIT, bertindak sebagai agen antisekresi, sitoprotektif, dan antioksidan. Sifat antioksidan senyawa fenolik telah dipelajari secara luas, namun menjadi jelas bahwa mekanisme kerjanya melampaui modulasi stres oksidatif. Senyawa flavonoid juga telah dilaporkan memiliki peran yang bermanfaat dalam tukak lambung, karena flavonoid diduga merangsang pembentukan PGE 2. Semua bagian dari tanaman tin dapat dimanfaatkan dalam pengobatan herbal dan telah terbukti khasiatnya dalam menangani berbagai masalah. Buah tin dapat dikonsumsi segar dan kering oleh manusia. Buah tin yang matang dapat dimakan dimana memiliki kulit tebal dengan daging buah yang manis yang terdiri dari biji-biji kecil dan memberikan rasa renyah yang halus saat dikunyah. Tujuan dari penyusunan artikel adalah untuk mengetahui pandangan tafsir tentang Surah At-Tin yang dapat digunakan pada penyakit gastrointestinal.

Kata kunci: Buah Tin, Obat Herbal, Penyakit Gastrointestinal

ABSTRACT

Indonesia ranks second globally at 40.8% in gastrointestinal incidence in Asia, following India at 43%. (Farishal et al, 2018). The fig (*Ficus Carica* L) is a fruit that originated from West Asia and is very well known in the Islamic world, because it is mentioned in the word of God in surah At-tin 95 in the Quran. Research used ethanol and ethyl acetate solvents showed that figs contains many secondary metabolites, including flavonoids which have been used for centuries in traditional medicine for their health-promoting effects addressing gastrointestinal. Flavonoids have been pharmacological effects in the digestive tract, acting as antisecretory agents, cytoprotective agents, and antioxidants. The antioxidant properties of phenolic compounds have been extensively studied, but it has become clear that their mechanisms of action go beyond the modulation of oxidative stress. Flavonoid compounds have also been reported to play a beneficial role in gastric ulcers, as flavonoids are believed to stimulate the formation of PGE 2. All parts of the fig tree can be used as herbal medicine and have been proven to be effective in treating various problems. Figs (*Ficus Carica* L) can be consumed by humans both fresh and dried. Ripe figs have thick skin, the flesh of the small seeds is sweet and soft and crispy when cooked and chewed. This article review aims to know the interpretative views on Surah At-Tin that can be applied to gastrointestinal diseases.

Keywords: Figs, Herbal Medicine, Gastrointestinal Disease

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1. INTRODUCTION

Indonesia is a country with biodiversity which is can be used as a traditional medicine. Which one plant that can be used as a traditional medicine is figs. Fig (*Ficus Carica* L) is an edible fruit of the Moraceae family. The Fig are a type of plant originated from Mediterranean country, West Asia and usually grow in tropical areas. The name "Tin" is taken from the Arabic, also known by the name "Ara" (figs or fig tree) and revealed to the Prophet Muhammad SAW about the reward of the priest and His best creation is alms to humans. All parts of the fig tree can be used as herbal medicine and have been proven to be effective in treating various problems. Figs has a large tree with a soft gray trunk that can reach 10 meters in height. The leaves are quite large, deeply grooved, and have 3 to 5 lobes. The fig flower is not visible because it is protected by the base of the flower that surrounds the fruit. Figs are basically the base of the flowers that form a circle the fruits are 3-5 cm long and green. Some varieties turn purple when ripe. The sap from this tree can irritate the skin. Figs (*Ficus Carica* L) can be consumed by humans both fresh and dried. Ripe figs have thick skin, the flesh of the small seeds is sweet and soft and crispy when cooked and chewed. In addition to medicinal purposes, figs are also used to make various types of food such as cakes, desserts, baked goods, jams or pasta. Figs have also long been used in traditional medicine practices such as Chinese and Indian medicine because of their beneficial effects for a variety of health conditions, including gastrointestinal. According to the report of the scientific study carried out by Subash in 2016, figs have been used to improve digestive health. In a randomized controlled trial conducted in patients with irritable bowel syndrome with constipation (IBS-C), the patient was given dried figs (49 grams) or dry stems (30 grams). The results showed significant improvement in IBS symptoms, including a reduction in the frequency of pain, defecation and hard stools after intake of dried figs or stems.

2. METHOD

The research method employed was a literature review utilizing a descriptive approach. The search was conducted through Google Scholar, PubMed, and Science Direct using the keywords "herbal medicine", "fig" and "gastrointestinal disease".

3. DISCUSSION

a. Interpretation of the Verse About Figs



Gambar 1. Figs

Figs are very famous in the Islamic world. This is because figs are mentioned in the Bible Allah SWT in the Al-Quran in the At-Tin letter, namely the 95th letter. وَالَّتَيْنِ وَالزَّيْتُونِ

Meaning: "For the sake of (fruit) Figs and Olives" (QS: 095: 1)

From the information above, it confirms that fig is a fruit very powerful, has many medical uses. According to Ibn al-Qayyim al-Jouzi reiterated that:

"Considering that tin is not found on the mainland of the Hijaz and the city of Medina, as well this step is mentioned in the Sunnah, because fig land is not in harmony with the date palm fields. However, Allah Swears in al-Qur'an for the sake of tin because of its many benefits and uses that..."

b. Tafsir's View of Surah At-Tin

The interpretations that are currently developing are many opinions regarding the meaning of Surah At-Tin, including the opinion that Surah At-Tin talks about figs which are found in the Mediterranean area, where the Prophet Isa was born and thrived there. Al-Maraghi interpreted the first verse of Surah At-Tin as the tree where Prophet Adam and Siti Hawa took refuge and took fig leaves to cover their bodies. It turns out that the explanation in the Tafsir book is mentioned in verse of the Koran which explains that the leaves of the fig tree used to cover the body or genitals of Prophet Adam and Siti Hawa is stated in the QS. Al-A'raf verse 22.

فَدَلَّهُمَا بِعُرْوَةٍ فَلَمَّا ذَاقَا الشَّجَرَةَ بَدَتَا لَهُمَا سََوَاتُهُمَا وَطَفِقَا يَخْصِفْنَ عَلَيْهِمَا مِنْ وَّرَقِ الْجَنَّةِ وَنَادَاهُمَا رَبُّهُمَا أَلَمْ أَنْهَكُمَا عَن تِلْكَ الشَّجَرَةِ وَأَقُلْتُ لِكُمَا إِنَّ الشَّيْطَانَ لَكُمَا عَدُوٌّ مُّبِينٌ

"He (the devil) entices them with deceit. When they tasted (the fruit of) the tree, they saw its nakedness, so they began to cover it with leaves of paradise. God called to them, "Didn't I forbid you from that tree and I said that Satan is a real enemy for both of you?" (QS. Al-A'raf 7: Verse 22).

c. Digestive Diseases According to Islam

Humans were created by Allah SWT in perfect form to make daily activities easier. One of various kinds of gifts from Allah SWT that we should be grateful for and that Allah has given in humans is the digestive system in humans.

The food we eat actually goes through a long process and complex in our bodies before being excreted back through discharge is the anus. Allah commands us to eat enough and Rasulullah SAW said that the stomach is the worst bad place to fill. Most diseases originate from the stomach. Disorders of the digestive system are usually caused by eating habits eating wrongly or excessively. As has been explained in the word of Allah SWT QS. Al-A'raf: 31:

يَبْنِي أَدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

"Son of Adam, wear your beautiful clothes everywhere (enter) the mosque, eat and drink, and do not overdo it. Indeed, Allah does not like those who exaggerate" (Qs. Al-A'raf: 31).

According to herbalists, What is meant by "stomach" as mentioned in the hadith refers to the colon (large intestine). Because there are often leftovers accumulate in these organs which can ultimately trigger the development of several diseases including gastrointestinal diseases.

d. Gastrointestinal

Gastrointestinal disorders are one of the digestive problems the most common. Stomach acid causes sores (ulcers) called stomach ulcer. Apart from that, it can be accompanied by hematemesis. Problem Gastrointestinal problems can cause complications if not treated properly time (Sylvia, 2017).

Indonesia accounts for 40.8% of the prevalence of gastrointestinal diseases in Asia, second only to India at 43% (Farishal et al., 2018). The number of ulcer sufferers who are hospitalized throughout hospitals in Indonesia are ranked in the top 10 by number 30,154 cases.

In general, signs and symptoms often occur in patients Gastrointestinal disorders that experience pain include patient behavior, such as sounds (crying, moaning, breathing), body movements (restlessness, muscle tension, pacing), social interactions (avoidance of conversation, disorientation time).

Treatment of gastrointestinal pain problems can be done carried out with action, namely non-pharmacological therapy. One of the non-pharmacological therapies that can be done to reduce the intensity of pain namely by consuming figs.

e. Relationship between Phenolic Compounds and Gastrointestinal Diseases

Phenolic compounds exist as secondary and dispersed metabolites widespread throughout the plant, from roots to seeds. Polyphenolic compounds are reported to be beneficial in ulcers stomach, as phenol is thought to stimulate the formation of PGE 2. Biological mechanisms for possible antioxidant effects, viz the ability to scavenge free radicals, disrupting chain reactions radicals, directly reduces peroxides, and stimulates activity protective antioxidant enzymes.

Helicobacter pylori is a bacteria that can cause severe damage to the digestive tract and cause stomach ulcers, chronic gastritis, and rarely stomach cancer. Mostly damage mucosa caused by significant oxidative stress that occurs during *H. pilori* infection.

Polyphenol compounds have an effect compared to certain compounds namely EGCG because of its antioxidant and anti-inflammatory properties as well its ability to suppress inflammation caused by lipopolysaccharide and its antibacterial activity.

4. CONCLUSION

Figs (*Ficus carica* L) are edible fruits from the Moraceae family. Figs are a type of plant that originates from Mediterranean countries, West Asia and usually grows in tropical areas. The name "Tin" is taken from Arabic, and is very well known in the Islamic world because it is mentioned in the word of God in surah At-tin 95 in the Quran. Figs are also one of the favorite fruits of the Prophet Muhammad SAW. Gastrointestinal is one of the most common digestive tract problems. Treatment of gastrointestinal pain problems can be done with non-pharmacological therapy. One non-pharmacological therapy that can be done to reduce the intensity of pain is by consuming figs. Research found that phenolic compounds are highest in figs. Polyphenol compounds are also reported to have a beneficial role in gastric ulcers, because phenol is thought to stimulate the formation of PGE 2.

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