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Kur'an-ı Kerim'de Balın Faydaları

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ÖZ

Bu derlemede amacımız, Kur'an-ı Kerimde bal hakkında geçen ayetleri incelemek ve konu ile ilgili yeni literatür bilgilerini değerlendirmektir. Derleme hazırlanırken web özellikli akademik veri tabanlarından faydalanıldı. Bunlar arasında; WOS, PubMed, Google Scholars, Online Saü Kütüphanesi yer aldı. Bal için Kur'an-ı Kerim'de, tıbbi nitelikte kullanımdan bahsedilmektedir. Şöyle ki; Kur'an, Rab-bin arılara, kovanlarını tepelere ağaçlara ve insana yakın bir yere inşa etmeleri için ilham verdiğini, vücutlarının içinden gelen, insanlar için şifa veren değişik renklerde bir içecek olduğunu, kesinlikle bu durumun düşünenler için bir işaret olduğunu söyler. Nahl Suresi 68.Ayet: "Rab-bin bal arısına şöyle vahyetti: "Dağlardan, ağaçlardan ve (halkın sizin için) kurdukları çardaklardan (göz göz) evler edin". Nahl Suresi 69. Ayet: "Sonra meyve (ve çiçek) lerden ye. (Bunun için) Rab-binin (bal yapımı için) kolaylıklar gösterdiği (öğreti) yollarına boyun eğerek gir. Onların karınlarından rengârenk bir içecek (bal şerbeti) çıkar ki o, insanlar için bir şifa (kaynağı) dır. Şüphesiz ki bunda düşünecek bir toplum için bir ibret (ve Allah'ın kudretine işaret) vardır". Sonuç olarak bu ayet-i kerimeler şunu göstermektedir ki; Allah (c.c) tabiatı harikulade yarattı ve yarattığı her şeyi insanlar için gerekli kıldı. Hiçbir şey boş yere yaratılmadı. Tıpkı bal örneğinde olduğu gibi, Allah (c.c) biz insanlar için pek çok faydalı eserler yarattı.

Anahtar Kelimeler: *Kur'an, bal, bal arısı, nahl suresi*

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The Benefits of Honey In The Holy Quran

ABSTRACT

In this review, our aim is to examine the verses in the Quran about honey. From this point of view, new literature information about honey will be evaluated. Online academic databases were used in preparing the review. These consist of WOS, PubMed, Google Scholars, Online Sau Library and The Holy Quran.

Honey as medicine is ancient, even the quran has mentioned medical use of honey. The Qur'an says the Lord has inspired the bees to built their hives in hills, on trees, and close to human beings, from within their bodies comes a drink of varying colours, which is healing for human beings, certainly in this is a sign, for those who are thinking. Surat an-Nahl 68-69: "And your Lord inspired the bee: Set up hives in the mountains, and in the trees, and in what they construct". "Then eat of all the fruits (and flowers), and go along the pathways of your Lord (for the making of honey), with precision. From their bellies emerges a fluid of diverse colors, containing healing for the people (honey syrup). Certainly, there is a sign (and a sign of Allah's might) for a society to think about". As a result, these verses show that; Allah created nature wonderfully and made all things necessary for human beings. Nothing was created in vain. Just as in the case of honey, Allah has created many useful works for us.

Keywords: *Quran, honey, honey bee, surat nahl*

INTRODUCTION

Nahl surat talks about honey and took its name from the word en-Nahl which appears in the 68th and 69th verse of this sure and means honey bee. This surat dates to the period of Mecca. This surat talks about the existence of God and the unity of God. So this beautiful animal, the bee and its honey, is a wonderful example of God's existence and his unity. God created the nature wonderful and everything he creates is in some form necessary for human beings. Nothing is wasted. People who think about this verse, can see the greatness of god and his creations. God offers us his creations, which are useful for. We just have to value his creations. People try to murder the bee, because it could be dangerous for us, but they do not think about why this bee exists, the bee has the function to produce honey, which has healing properties, and also play an important role in pollination of plants. You can use honey in so many various purposes, for example as medicine. As a matter of fact, in some new health-related approaches, the medical advice given in the Holy Quran is cited as a reference [3].

MATERIAL METHOD

Online academic databases were used in preparing the review. These consist of WOS, PubMed, Google Scholars and Online Sau Library. Qur'anic verses of Surat Nahl and information about the Show, Turkey Religious Affairs Presidential is taken from the Quran, which approved the Presidency [1-2].

RESULTS

Information about Surat an-Nahl

It is a 16th place surah in the Holy Quran. It is located between 266-280 pages in the Holy Quran. Surat an-Nahl, Mecca-i Mukerreme period was downloaded from the sky, through revelation. All are 128 verses. Nahl means "honey bee." In the 68th verse, the inspiration of the Lord to the honey bee is explained and this word is given as a name. Surat an-Nahl; 95-97, 110, 126-128. verses, Medina-i Münevvere period was downloaded from the sky, through revelation.

Surat an-Nahl 68-69

“And your Lord inspired the bee: Set up hives in the mountains, and in the trees, and in what they construct”. “Then eat of all the fruits (and flowers), and go along the pathways of your Lord (for the making of honey), with precision. From their bellies emerges a fluid of diverse colors, containing healing for the people (honey syrup). Certainly, there is a sign (and a sign of Allah's might) for a society to think about” [2].

The use of honey in medicine and some findings obtained in studies

Honey is rich in nutrituions, with 95-97% carbohydrates. Carbohydrates are the main component of honey. Moreover, honey contains low protein content, vitamins (vitamin C, potassium, calcium, phosphorus), amino acids, minerals (folate), organic oil and antioxidants (flavonoids, phenolic acid) [4].

Anti-microbial activity of honey

This effect is shown by the fact that honey does not support the growth of yeast and bacteria. There was also research on a particular honey, Manuka honey, which showed that the growth of E. coli and S. aureus was greatly reduced. In addition, it is the honey with the highest non-peroxide activity. Honey is not only effective against these types of bacteria, but in other pathogenic bacteria and fungi [5]. In a study investigating the healing properties of honey against the bacteria E.coli and S. typhimurium, the honey was stored for a long time and treated with heat, and it was found that the water content in the Honey was reduced, hydroxymethylfurfural (HMF) was formed and the enzyme activity also decreased. The pH did not change. The study was conducted as follows: “25 isolates of E. coil O157:H7 (18.5%) and 49 isolates of S. typhimurium (36.2%) were isolated from 135 samples taken from children and calves (30 stool samples from children and 105 samples from calf organs and faecal swabs). Most E. coli O157:H7 and S. typhimurium isolates were highly resistant to most antibiotic discs. In vitro, the antibacterial effect of honey was more pronounced on E. coil O157:H7 than on S. typhimurium. Water content, pH value, HMF and the presence of H2O, all played an important role in the potency of olover honey as an antibacterial agent. In vivo, mice were used as a model for studying

the parenteral usefulness of honey as an antibacterial agent against both pathogens" [6]. The longer honey is stored, the less effective it is against bacteria. However, it was found that high concentrations of honey have a significantly higher antibacterial effect than low doses of honey. Honey is also known for ist apoptotic activity, which is useful in cancer treatment. Honey helps to kill cancer cells. This is done by depolarization of the mitochondrial membrane. By containing phenol in honey, honey ensures that during apoptosis caspase 3 is activated and poly (ADP-ribose) polymerase (PARP) is cleaved. Another example would be apoptosis in colorectal cancer, here activated honey contains pro- and anti-apoptotic proteins. "Honey induces the expression of p53, caspase 3, and proapoptotic protein Bax and also downregulates the expression of anti-apoptotic protein Bcl2. Honey produces ROS leading to the activation of p53 and p53 in turn modulates the expression of pro- and anti-apoptotic proteins such as Bcl-2 and Bax" [6].

Anti-inflammatory effect of honey

Hussein MY. et al., made a study to the anti-inflammatory effect of honey. The aim of this study was to investigate the anti-inflammatory effect of Malaysian Gelam honey in inflammation-induced rats. Paw edema was induced by a subplantar injection of 1% carrageenan into the rat's right hind paw. Rats were treated with the nonsteroidal anti-inflammatory drug (NSAID) Indomethacin or Gelam honey at different doses (1 or 2 g/kg). The increase in footpad thickness was considered to be caused by the edema, which was measured using a dial caliper. Plasma and paw tissue were collected to analyze the production of inflammatory mediators, such as NO, PGE(2), TNF-α, and IL-6, as well as iNOS and COX-2. The results showed that Gelam honey could reduce edema in a dose-dependent fashion in inflamed rat paws, decrease the production of NO, PGE(2), TNF-α, and IL-6 in plasma, and suppress the expression of iNOS, COX-2, TNF-α, and IL-6 in paw tissue. Oral pretreatment of Gelam honey at 2 g/kg of body weight at two time points (1 and 7 days) showed a significantly decreased production of proinflammatory cytokines, which was similar to the effect of the anti-inflammatory drug Indomethacin (NSAID), both in plasma and tissue. Thus, our results suggest that Gelam honey has anti-inflammatory

effects by reducing the rat paw edema size and inhibiting the production of proinflammatory mediators. Gelam honey is potentially useful for treating inflammatory conditions [8].

Effect of honey on wound

You can use honey also for wound healing, it is known as the oldest wound-healing agent. Eyarefe D. et al., made a study to the healing wound effect of honey. In a study in which with electroscalpel incisional wound healing potential of honey in wistar rats are studied, they showed wound healiing effect of honey. Honey-activates leukocytes, which induce zytokine and these conditions provide for a repair cascade. In addition, honey is essential for the treatment of wounds. “Electrosurgery reduces surgical bleeding and delayed wound healing. This study evaluated comparative incisional wound healing potential of honey in wound created with electroscalpel and cold scalpel. The study used twelve adult male albino rats, randomly grouped into Electro-cautery and Cold scalpel. Each rat had three full thickness (6 mm diameter) skin wounds (a, b and c) created on its dorsum with either Electroscalpel or Cold blade scalpel, and treated topically with Silver sulphadiazine (SSD, wound a), untreated (control, wound b) and Bee honey (H, wound c). The wounds were evaluated for gross (exudation, edema, hyperemia, contraction), histologic (granulation, angiogenesis, fibroplasia, epithelialization) and immunologic healing indices using standard techniques. Wound hyperemia and edge edema were prominent in the Electroscalpel group from day 4 to 6. Percentage wound contraction was higher in the Cold blade scalpel than Electroscalpel group from days 5 to 7 and in the Cold blade scalpel treated with honey than Electro scalpel treated with honey from days 7 to 14. Granulation tissue reduced in Electro scalpel group treated with SSD than in honey and control wounds. Fibroelastic tissue increased in SSD and honey treated wounds of Electro scalpel group, and higher in honey treated wounds of Cold blade scalpel group. Fibroplasia was sustained in honey and SSD treated wounds than control. As a result, their work ended with the following statements; “Honey can be applied to electroscalpel surgical wound to facilitate rapid healing during surgical management of tumours having vascular network”

[9].

Effect of honey on cardiovascular diseases

Furthermore honey is also helpful in cardiovascular diseases. Antioxidants which are present in honey, for example flavonoids, polyphenolics, Vitamin C, and monophenolics may be associated with a reduced risk of cardiovascular failures. In the coronary heart disease, the protective effects of flavonoids such as antioxidant, antithrombotic, anti-ischemic, and vasorelaxant and flavonoids reduce the risk of coronary heart disorders through three mechanisms: Firstly the improving coronary vasodilatation, secondly reducing the ability of platelets in the blood to clot and finally the inhibiting low-density lipoproteins from oxidizing.

Effect of honey on diabetes

Honey has also a positive effect on Diabetes. In a study of Bahrami et al. in which the effects of natural honey consumption in diabetic people was observed, we can see that honey influenced the blood levels in a positive way. 48 people with diabetic 2 were split into two groups: Group A, did not consume honey, group B cosumed honey for 8 weeks. But at first, their weights and blood samples were taken. As a result of this study they did not see any difference between both groups in their fasting blood sugars. But the honey group was better with their body weight, total cholesterol, low-density lipoprotein-cholesterol and triglyceride decreased and high-density lipoprotein-cholesterol increased significantly. The levels of hemoglobin A1c (HbA1c) increased significantly in this group. As a conclusion we can say that the results of this study shows that honey consumption of just eight weeks is enough to see improvements as in blood lipids, as on body weight of diabetic patients. An increasing in the hemoglobin A levels shows that even though its positive results diabetic patients have to be carefully with honey consumption [10].

DISCUSSION

Natural and healthy nutrition has become a very popular agenda in recent years. Particularly preferred are the foods consumed are natural. Natural monosaccharides mainly fructose are present in honey. From this point of view, it is more important to feed naturally rather than refined carbohydrates or chemical sweeteners. New approaches in medicine also draw attention to this issue. In particular, the "halal life medicine" described by Hayrullah Y. et al., draws our attention on the nutrients mentioned in the Holy Quran. In our review, because it includes the subject of honey in the Holy Quran, can be evaluated within the framework of halal life medicine that they define [3].

Badawy OF. et al., observed the antibacterial activity of bee honey and its therapeutic usefulness against E.coli O157:H7 and S.typhimurium infection. They studied the effect of storage period and heat on the physical and chemical properties of honey [6]. The positive effects of honey on human health and the therapeutic power of diseases continued to be the subject of research. Indeed, the study of cancer patients receiving chemotherapy is among these examples. Rashad U. et al., wanted to show that honey can be used as a protection for cancer patients receiving chemotherap. So, in a study that ran from January 2005 to July 2006 performed at the Assiut University Hospital, 40 patients were diagnosed with head and neck cancer. The subjects were divided into two groups. The first group received a topical application of honey in addition to the radiotherapy, the other group received only the chemo without honey. The radiation mucositis was observed weekly. “Aerobic cultures and candida colonisation assessment were undertaken, via oral and oropharyngeal swabs, prior to and at the completion of irradiation, and when infection was evident. In the treatment group, no patients developed grade four mucositis and only three patients (15 per cent) developed grade three mucositis. In the control group, 13 patients (65 per cent) developed grade three or four mucositis. Candida colonisation was found in 15 per cent of the treatment group and 60 per cent of the control group, either during or after radiotherapy. Positive cultures for aerobic pathogenic bacteria were observed in 15 per cent of the treatment group and 65 per cent of the control group,

during or after radiotherapy” [7].

Although Bahrami B. et al., state that honey is suitable for use in diabetes, it is important to be very careful in honey consumption. As a matter of fact, they gave the following statements in their works; An increasing in the hemoglobin A levels shows that even though its positive results diabetic patients have to be carefully with honey consumption [10]. In our opinion; As is known, the natural pure honey content is predominantly fructose. That is, fructose enters cells independent of insulin hormone. With limited use in this respect, there is no problem, especially in patients with diabetes with insulin resistance.

As a result; there are several studies about honey and its healing capabilities. All these studies shows us the honey has a positive impact on our health. And as the holy Quran says "from their bellies emerges a fluid of diverse colors, containing healing for the people. Surely in this is a sign for people who reflect" [2]. Nowadays we know that honey is useful in medicine, but regardless we do not know everything about this healing qualities yet. We have to make more studies to find out what honey also can do, and maybe the holy Quran wants to tell us this with the last sentence "surely in this is a sign for people who reflect“.

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