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**Medicinal Plants in The Qur'an and Hadith: *Lens culinaris* and *Vitis vinifera* L.: An Article Review**

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**ABSTRACT**

In various parts of the world, there is biodiversity, including fruits, which is fennel and grapes which have multiple benefits. Fennel nuts and grapes are mentioned in several verses of the Qur'an and Hadith. This article review aims to explain the existence of the contents of fennel nuts and grapes in the Qur'an and describe the contents and benefits/applications of fennel nuts & grapes in everyday life. This article review was compiled using the literature review method from the literature found on Scopus & Google Scholar, and other journal search websites related to fennel and grapes. Fennel nuts contain outstanding nutritional value because they are rich in fiber, and various minerals, and relatively high in protein. Fennel also contains antinutrients (tannins and phytic acid) , so it is not recommended to be consumed raw. In addition, grapes also have many benefits, namely as natural antioxidants because of the polyphenol content in them. At the same time, the seeds contain water, fiber, protein, minerals, and the main compound is proanthocyanidin in grape seed extract. Proanthocyanidins also have intense antioxidant activity, can also activate platelets, inhibit atherosclerosis, prevent the increase of LDL, and can also modulate immune function.

**Keywords:** Medicinal Plants, Fennel Nuts, *Lens culinaris*, Grapes, *Vitis vinifera* L.

## INTRODUCTION

One source of food that comes from plant products is fruit. Several types of fruit have been mentioned in the Al-Quran, which have provided have benefited to human health since ancient times. Several scientific studies have been carried out on these fruits, and most of the research results support this view (Yakob MA, et al., 2016).

Fennel (*Lens culinaris*) or lentils is grain plant mentioned in the Qur'an. The Qur'an s says word 'Adas only in one surah, namely QS. Al-Baqarah verse 61.

وَإِذْ قُلْتُمْ يَا مُوسَىٰ لَنْ نَصْبِرَ عَلَىٰ طَعَامٍ وَاحِدٍ فَادْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنْبِتُ الْأَرْضُ مِنْ بَقْلِهَا وَقِثَّائِهَا وَفُومِهَا وَعَدَسِيهَا وَبَصَلِهَا ۗ قَالَ أَتَسْتَبْدِلُونَ الَّذِي هُوَ أَدْنَىٰ بِالَّذِي هُوَ خَيْرٌ ۗ إِنَّهُ يُطَوِّبُ مِصْرًا فَإِنَّ لَكُمْ مَّا سَأَلْتُمْ ۗ وَضُرِبَتْ عَلَيْهِمُ الذَّلِيلَةُ وَالْمَسْكَنَةُ وَبَاءَؤُا بِغَضَبٍ مِّنَ اللَّهِ ۗ ذَلِكَ بِأَنَّهُمْ كَانُوا يَكْفُرُونَ بِآيَاتِ اللَّهِ وَيَقْتُلُونَ النَّبِيِّنَ بِغَيْرِ الْحَقِّ ۗ ذَلِكَ بِمَا عَصَوْا وَكَانُوا يَعْتَدُونَ

*And (remember), when you said, “O Musa! We cannot stand (eating) only one type of food, so ask your Lord for us, so that He will give us what the earth grows, such as: vegetables, cucumbers, garlic, fennel nuts and shallots.” He (Moses) replied, “Are you asking for something bad in exchange for something good? Go to a city, surely, you will get what you ask for.” Then they were overwritten by humiliation and poverty, and they (again) got the wrath of Allah. That (happened) because they denied the verses of Allah and killed the prophets without rights (valid reasons). That is because they were disobedient and transgressed.*

From the verse, it can be concluded that being grateful for what we have got because what we think is better is not necessarily good in the eyes of Allah and do not deny Allah's verses and kill because in fact Allah's punishment is genuine.

Apart from fennel nuts, grapes are also mentioned in the Qur'an. Grapes are fruits that are thousands of years old. Even grapes are a special fruit because in the Qur'an, the grapes themselves are mentioned 14 times, one of which is in Surah An-Nahl verse 67:

وَمِن ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا ۗ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ

*“And from the fruit of the date palm and the grapes you make an intoxicating minimum and good sustenance. Verily, in that there is a sign (of Allah's greatness) for those who think”.* (QS. An-Nahl: 67)

From the verse above, it can be concluded that dates and grapes were created by Allah and were used as ingredients to make intoxicating khamr -and this was before the revelation of the prohibition verse - and some of them were made into delicious food. The sign of God's power by giving sustenance in the form of great benefits on this fruit for people who understand the truth.

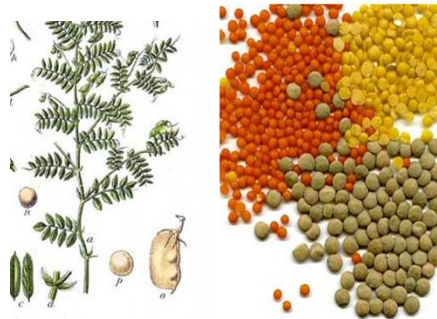
There is also a mention in the Qur'an of this fruit, namely grapes in Surah An-Nahl verse 11:

يُنْبِثُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَعِبَاءَةً لِقَوْمٍ يَتَفَكَّرُونَ

*“He makes plants grow for you by the rain; olives, dates, grapes and all kinds of fruit. Indeed, in that there is a sign (of Allah's power) for people who think”*(QS. An-Nahl: 11).

From the verse above, it can be concluded that Allah sends downrain water so that the plants in the world can live and it is the power of Allah for people who think.

#### 1.4.1 Fennel



(Source:<https://pfaf.org/user/plant.aspx?LatinName=Lens+culinaris>)

Fennel (*Lens culinaris*) is one of the grain plants mentioned in the Qur'an. Fennel has very excellent nutritional value because it is rich in fiber, various minerals, and relatively high in protein. Fennel also contains antinutrients (tannins and phytic acid), so it is not recommended to be consumed raw. In addition, there are also phytate (causing the number of dietary minerals to decrease biologically) and trypsin (digestive enzyme) inhibitors, so to reduce the phytate content, the beans need to be soaked overnight before consumption. Traditional uses of fennel seeds include treating gout, gangrene, boils, and sore throats. In addition, fennel seeds were used by the Greeks and Romans as an antidote to poisons and to heal wounds (Syukri, 2022).

#### 1.4.2 Wine



(Source: <https://pfaf.org/user/plant.aspx?latinname=Vitis+vinifera>)

According to Nabila, et al. (2022), grapes (*Vitis vinifera* L.) are vines with fruits that are not perfectly round and contain a lot of water, and taste sweet and sour due to the presence of citric acid and maleic acid as a source of sour taste, while the sweet taste of fructose and galactose is inside. Grapes are one of the plants also mentioned in the Qur'an. This plant originates from Armenia, its cultivation and processing were later developed in Egypt (4000 BC) and extend to the Black Sea area to Austria. Grapes spread from their origins to Asia (including Indonesia) along with Columbus' journey (Syukri, 2022).

According to Syukri (2022), grapes in *de material medica* have litholytic properties (dissolve urinary tract stones), supported by Al-Razi, who stated their benefits as a diuretic. Grapes contain a variety of bioactive compounds, including flavonoids and resveratrol. The presence of flavonoids and resveratrol makes grapes a source of natural antioxidants, which can be helpful in counteracting free radicals (Nabila, et al., 2022). Grape leaves have benefits as natural antioxidants because of the polyphenol content in them. At the same time, the seeds contain water, fiber, protein, minerals, and the main compound is proanthocyanidin in grape seed extract. Proanthocyanidins also have intense antioxidant activity, can activate platelets, inhibit atherosclerosis, and prevent the increase of LDL (Faradisa and Fakhrudin, 2021). In research Burin, V.M., et al. (2014), explained that the concentration of polyphenols in grapes depended on the type of grape itself rather than the species, and a correlation (highly correlated) was found between the trans-resveratrol content and the antioxidant activity of all evaluated grape samples (Burin, V.M., et al., 2014).

## **MATERIALS AND METHOD**

This article review was compiled using the literature review method from literature found on Scopus, Google Scholar, and other journal search sites related to fennel and grapes.

## RESULT AND DISCUSSION

### 2.1 Existence of Fennel Nuts and Grapes in the Qur'an and Hadith

In Islam, guided by the Al-Qur'an and As-Sunnah (hadith), which are a source of religious teachings for Muslims. One example is the teachings about maintaining health and the healing process which is hinted at a lot in the Qur'an and as-sunnah. The simplest example is maintaining health by repenting for wrongful mistakes and cleaning oneself. In religious teachings, it is explained that maintaining health and treatment, it must be as a whole, not only one can be treated. So, we need to carry out what has been stated in the Qur'an with confidence in carrying it out. With what Allah swt has said in the Qur'an, which explains that Allah has sent down the Qur'an, which can be used as an antidote for physical and mental ailments, we need to study more deeply about the translation that has been said by Allah SWT. This is proven in the letter Al-Isra verse 82, as follows;

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

Meaning: And We send down from the Koran something that is an antidote and mercy for those who believe, and the Koran does not add to the wrongdoers other than losses (Al-Isra; 82).

Apart from being guided by the Qur'an, we also need to set examples from some of the standards of the Prophets of Allah SWT. One of them is our last prophet, the Prophet Muhammad SAW, who is a role model in our lives. Every action he did and what he said, everything contains extraordinary wisdom for us. One example is how he is active in the context of prevention and healing from disease. However, the prophet Muhammad saw is not the source of the cure, but his sunnah that must be used as a guide in health. Thus, in this paper, we choose fennel and grapes, with many health benefits. So, here we will explain some of the quotations of the two fruits in the Qur'an and hadith. Apart from the Qur'an,

لِكُلِّ دَاءٍ دَوَاءٌ، فَإِذَا أُصِيبَ دَوَاءُ الدَّاءِ بَرَأَ بِإِذْنِ اللَّهِ

Meaning: For every disease, there is a cure, if a medicine is under the condition, it will be cured with the permission of Allah SWT (HR. Muslim).

### 2.1.1 Verses of the Qur'an and Hadith about Fennel

Fennel in English is called lentils, which is a grain plant originating from Asia, but is now in various regions. Fennel nuts are included in the type of vegetables, which are commonly used as a food menu. This plant is also found in the Koran, namely in the letter Al-Baqarah verse 61;

وَاذْكُرُوا يَوْمَاسَى لَنْ نَصْبِرَ عَلَى طَعَامٍ وَاحِدٍ فَادْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنْبِتُ الْأَرْضُ مِنْ بَقْلِهَا وَقِثَابِهَا وَفُومِهَا وَعَدَسِيهَا وَبَصَلِهَا<sup>٦١</sup>  
قَالَ أَتَسْتَبْدِلُونَ الَّذِي هُوَ أَدْنَى بِالَّذِي هُوَ خَيْرٌ<sup>٦٢</sup> اهْبِطُوا مِصْرًا فَإِنَّ لَكُمْ مَّا سَأَلْتُمْ<sup>٦٣</sup> وَضُرِبَتْ عَلَيْهِمُ الذَّلِيلَةُ وَالْمَسْكَانَةُ وَبَاءُوا بِغَضَبٍ مِنَ  
اللَّهِ<sup>٦٤</sup> ذَلِكَ بِأَنَّهُمْ كَانُوا يَكْفُرُونَ بِآيَاتِ اللَّهِ وَيَقْتُلُونَ النَّبِيِّينَ بِغَيْرِ الْحَقِّ<sup>٦٥</sup> ذَلِكَ بِمَا عَصَوْا وَكَانُوا يَعْتَدُونَ

Meaning: And (remember), when you said, "O Musa! We cannot stand (eating) only one type of food, so ask your Lord for us, so that He will give us what the earth grows, such as: vegetables, cucumbers, garlic, fennel nuts, and shallots." He (Moses) replied, "Are you asking for something bad in exchange for something good? Go to a city, surely, you will get what you ask for." Then they were overthrown by humiliation and poverty, and they (again) got the wrath of Allah. That (happened) because they denied the verses of Allah and killed the prophets without rights (valid reasons). That is because they were disobedient and transgressed.

The explanation from the translation of the Qur'an above, is that Allah spoke to the Jews at the time of the prophet Musa. At that time, the Jews asked for earth food, some vegetables and nuts because the food they usually ate was boring, so they asked the prophet Musa to ask for other food from the earth. With less gratitude for the Jews, the prophet Musa ordered them to leave the city. Because they were enveloped by gluttony, they left the city. However, from their lack of gratitude and their poverty of Allah's verses and their killing of several prophets as well, Allah became angry with them. So, this verse about fennel reminds us to remain grateful and always worship Allah.

This fennel fruit is often found in several unauthentic hadiths. Which is the hadith is not from the words of the Prophet or unclear lineage. Among them is a hadith which states that, "With this adas Allah SWT has purified seventy prophets. Another hadith also mentions, "Fennel can soften the heart and make it easier for someone to suppress tears. Fennel is the food of pious people.", so it can be said that this hadith is not valid. However, this fennel fruit contains an authentic hadith that states, "fennel is the favorite of the Jews, who prefer it to the manna and the quails of heaven." (Ibn Qoyyim Al-Gauziyah, 2021). This is following the interpretation in Surah Al-Baqarah verse 61.

### 2.1.2 Verses of the Qur'an and Hadith about grapes

Grapes are known by their scientific name "*Vitis vinifera*" are plants in the form of vines belonging to the Vitaceae family. This plant has been known since the time of the prophet Noah *as*. By growing in an upward vine opposite the bud tip, and in the direction of the vine's support. This delicious-tasting fruit is mentioned in the Qur'an 14 times, repeated two times in the mufrod form ('Inab) and nine times in the plural form' (A'naab). Often referred to as fruits in plantations or gardens, as in Al Isro' 91, Al An'am 99, Ar Ro'du 4, Yasin 34. Apart from that, these fruits are also called fruits that thrive in rainwater as in An Nahl 11, Al-An'am 99 and Al Mukminun 19, and Fruits that can be made into intoxicating drinks as in An Nahl 67.

يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالرَّيْثُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ

Meaning: With (the rainwater), He grows for you plants, olives, dates, grapes and all kinds of fruits. Indeed, in that there really is a sign (the greatness of Allah) for people who think (Qs. An-Nahl verse 11).

وَمِنْ ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ

Meaning: And from the fruits of dates and grapes, you make intoxicating drinks and good sustenance. Indeed, in that there is genuinely a sign (of Allah's greatness) for those who understand. (Qs. An-Nahl verse 67).

وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرِجُ مِنْهُ حَبًّا مُتَرَاكِبًا وَمِنَ النَّخْلِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِنْ أَعْنَابٍ وَالرَّيْثُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ انظُرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ

Meaning: And it is He who sends down water from the sky, then We grow with that water all kinds of plants, so We remove from the plants the green plants, We remove from the green plants a lot of grains; and from the mounds of dates, spreading stalks that dangle, and vineyards, and (We also bring out) olives and pomegranates that are like and that are not like. Watch the fruit when it bears fruit, and when it ripens. Indeed, in that there are signs (of Allah's power) for those who believe. (Qs. Al-An'am verse 99).

وَفِي الْأَرْضِ قِطْعٌ مُتَّجِرَاتٌ وَجَنَّاتٌ مِنْ أَعْنَابٍ وَزُرْعٌ وَنَخِيلٌ صِنَوَانٌ وَغَيْرُ صِنَوَانٍ يُسْقَى بِمَاءٍ وَاحِدٍ وَنُفِضَتْ عَلَيْهَا عَلَى بَعْضٍ فِي الْأَكْلِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يَعْقِلُونَ

Meaning: And in the earth, there are parts adjoining, vineyards, plants, date palms that have branches and those that do not have branches; watered with the same water, but We prefer one plant over the other in terms of taste. Indeed, in that there are signs (of Allah's greatness) for people who understand. (Qs. Ar-Ra'd verse 4).

وَجَعَلْنَا فِيهَا جَنَّاتٍ مِّنْ نَّخِيلٍ وَأَعْنَابٍ وَفَجْرْنَا فِيهَا مِنَ الْعُيُونِ

Meaning: And We made him on the earth gardens of dates and grapevines and We poured out springs for him. (Qs. Yasin verse 34).

Several letters in the Qur'an mention a lot about this grape. That is because in grapes there are many benefits from the fruit and the tree. From the word of Allah, these grapes are always paired with dates, which are the two fruits are almost similar. However, these grapes are not always halal if the wrong process is used. Because these grapes can be used as an ingredient for khamr, especially in the current era where there are many khamr products made from grapes. So, we as Muslims need to think about choosing food in the process of making it and the ingredients, because Allah has warned us to always consume halal food and drinks.

There is a Muslim hadith relating to grapes regarding the prohibition of naming grapes with the word karam. This is because in ancient times the vine by the Arabs was called “karam”, which means the tree of glory. The Arabs gave the name of the vine to karam because this tree has many benefits. However, Rasulullah SAW did not like the name sinking on the vine, because the fruit can produce alcohol while alcohol is the mother of all evil. Thus, the Prophet did not like to call something that makes alcohol with the best name. (Ibn Qayyim Al-Jauziyah, 2020). This is in accordance with several Muslim hadiths referred to above.

· Muslim Hadith No. 4171 (Prohibition of naming wines with “karam”)

حَدَّثَنَا عَمْرُو النَّاقِدُ وَابْنُ أَبِي عَمَرَ قَالَ حَدَّثَنَا سُفْيَانُ عَنْ الزُّهْرِيِّ عَنْ سَعِيدٍ عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لَا تَقُولُوا كَرَمًا فَإِنَّ الْكَرَمَ قَلْبُ الْمُؤْمِنِ

Have told us 'Amru An Naqid and Ibn Abu 'Umar both said; Have told us Sufyan from Az Zuhri from Sa'id from Abu Hurairah from the Prophet sallallaahu 'alaihi wasallam he said: "Do not you term wine with the term karm, because Al karm is the heart of a believer.

· Muslim Hadith No. 4172 (Prohibition of naming wine with “karam”)



حَدَّثَنَا زُهَيْرُ بْنُ حَرْبٍ حَدَّثَنَا جَرِيرٌ عَنْ هِشَامٍ عَنْ ابْنِ سِيرِينَ عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لَا تُسَمُّوا الْعَنْبَ الْكَرْمَ فَإِنَّ الْكَرْمَ الرَّجُلُ الْمُسْلِمُ

Has told us Zuhair bin Harb; Have told us Jarir from Hisham from Ibn Sirin from Abu Hurairah from the Prophet sallallaahu 'alaihi wasallam he said: "Don't you call wine with karma, because Al karm is a Muslim man."

· Muslim Hadith No. 4173 (Prohibition of naming wine with “karam”)

حَدَّثَنَا زُهَيْرُ بْنُ حَرْبٍ حَدَّثَنَا عَلِيُّ بْنُ حَفْصٍ حَدَّثَنَا وَرْقَاءُ عَنْ أَبِي الزِّنَادِ عَنِ الْأَعْرَجِ عَنْ أَبِي هُرَيْرَةَ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَا يَقُولَنَّ أَحَدُكُمْ الْكَرْمَ فَإِنَّمَا الْكَرْمُ قَلْبُ الْمُؤْمِنِ

Has told us Zuhair bin Harb; Has told us 'Ali bin Hafsh; Having told us Warqa from Abu Az Zinad from Al A'raj from Abu Hurairah he said; Rasulullah shallallahu 'alaihi wasallam said: "Never ever someone of you term wine with the term karm, because Al karm is the heart of a believer."

· Muslim Hadith No. 4175 (Prohibition of naming wines with “karam”)

حَدَّثَنَا عَلِيُّ بْنُ خَشْرَمٍ أَخْبَرَنَا عَيْسَى يَعْنِي ابْنَ يُرْسَانَ عَنْ شُعْبَةَ عَنْ سِمَاكِ بْنِ حَرْبٍ عَنْ عَلْقَمَةَ بِنِ وَائِلٍ عَنْ أَبِيهِ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لَا تَقُولُوا الْكَرْمَ وَلَكِنْ قُولُوا الْحَبْلَةَ يَعْنِي الْعَنْبَ

Has told us 'Ali bin Khasyram; Has informed us 'Isa, namely Ibn Yunus from Syu'bah from Simak bin Harb from 'Alqamah bin Wail from his father from the Prophet sallallaahu 'alaihi wasallam he said: "Do not say 'Al karm,' but say 'al hablah' which is wine .

· Muslim Hadith No. 4176 (Prohibition of naming wine with “karam”)

و حَدَّثَنِيهِ زُهَيْرُ بْنُ حَرْبٍ حَدَّثَنَا عُثْمَانُ بْنُ عُثْمَانَ عَنْ عُمَرَ حَدَّثَنَا شُعْبَةُ عَنْ سِمَاكِ قَالَ سَمِعْتُ عَلْقَمَةَ بِنِ وَائِلٍ عَنْ أَبِيهِ أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لَا تَقُولُوا الْكَرْمَ وَلَكِنْ قُولُوا الْعَنْبَ وَالْحَبْلَةَ

And has told us Zuhair bin Harb; Has told us 'Uthman bin 'Umar; Having told us Syu'bah from Simak he said; I listen; 'Alqamah bin Wail from his father that the Prophet sallallaahu 'alaihi wasallam said: "Do not say 'Al karm,' but say 'grapes' or 'al hablah' (vineyard)."

It can be concluded that the apostle did not dislike grapes, but the Prophet SAW simply did not like the word karma from the Arabs. That is like equating noble Muslims with grapes. Even though the perfect creatures created by Allah SWT are humans, grapes are also creatures

of Allah, but they are not as perfect as humans. So, the term Al-karm is more appropriate for male Muslims who believe in Allah, and for Muslim women it is called al-karamah.

## 2.2 Content in Fennel Nuts and Grapes Each Weight

The content of the fruit contained in the verses of the Koran explains a call to humans to appreciate how Allah SWT makes food for them to live on this earth. Thus, it becomes a guide to humans that food on this earth has its sources. Plants contain various sources, such as grains, wheat, corn, grapes, vegetables, and others. With the intention, all food products on earth become the bottom of sustenance for universal human life. Therefore, all the results that grow are a great pleasure bestowed by Allah SWT to humans.

Fennel nuts contain many nutrients that are important for the body, including rich in vitamin B6, folic acid, and minerals which are iron. In addition, fennel seeds contain 1-6% essential oil (*oleum foeniculi*), 50-60% anetol, approximately 20% fenkon, pinene, limonene, dipenten, felandren, methylchavikon, anisaldehyd, acisitic acid and 12% fatty oil. It is this anetol content that can emit a distinctive aroma and has carminative properties. If the roots contain bergabten and serposterin, while the seeds only contain stigmasterin (serposterin) (Agoes, 2010).

Grapes also have a lot of content, from the skin and seeds. The main compounds are flavonoids which include proanthocyanidins, anthocyanins, and flavonols. These flavonols are found in grape skins as glycosides of kaempferol, quercetin, myricetin, and isorhamnetin. Meanwhile, grape seed contains 74-78% oligometric proanthocyanidin and less than 6% dry weight of grape seed extract contains flavonoids. Grape seed proanthocyanidins are a group of bioflavonoid polyphenols. The reddish color of the seeds with an astringent taste indicates that grape seeds are rich in polyphenolic components, especially their proanthocyanidins (Perumalla and Hettiarachchy, 2011). If on the skin of grapes with a rather dark purplish red color, which is formed from the anthocyanin content. In addition, the skin also contains resveratrol, as much as 40 mg per liter of extract. Resveratrol is also widely found in processed grape products, namely wine. Resveratrol found in grapes can increase blood flow to the brain, thereby reducing stroke, preventing cancer, inhibiting benzopyrene compounds, which can cause cancer, and inhibiting tumor cell growth (Xia et al., 2010). Based on Zhang, et al. (2018), the content of phytochemical compounds in fennel can be seen in the following table:

Table 1. Phytochemical studies related to lentils - (continued)

Phytochemicals	Samples	Extract solvent	Content	Concentration	Processing effects
	Lentil from Ireland local store	Hexane/diethyl-ether (1:1, v/v)	$\alpha$ -Tocopherol $\beta$ + $\gamma$ -Tocopherol	1.6 mg/100 g 4.5 mg/100 g	
	Lentils cv Agueda, cv Almar, cv Paula, and cv Alcor. From Spain	Pure methanol	$\alpha$ -Tocopherol $\beta$ -Tocopherol $\gamma$ -Tocopherol $\delta$ -Tocopherol	3.84–8.69 $\mu$ g/g 1.94–3.81 $\mu$ g/g 91.11–104.68 $\mu$ g/g 2.01–2.74 $\mu$ g/g	Germination and cooking decreased $\beta$ -, $\gamma$ - and $\delta$ -Tocopherol, increased $\alpha$ -Tocopherol
Saponins	Lentils (Lens esculenta var. Magda 20 and Lyda) from Spain	70% ethanol with 0.01% EDTA and 1-butanol	soyasaponin VI	703–1139 mg/kg DW	Soaking did not modify the saponin content, cooking degraded soyasaponin VI into soyasaponin I
	Lentils from Spain	Methanol	Total saponin content	654–1269 mg/kg DW	
	Lentils from Italian	70% ethanol	soyasaponin I soyasaponin $\beta$ (VI)	28–407 mg/kg DW 110–1242 mg/kg DW	
	Lentils (Lens esculenta var. Magda 20) from Spain	Methanol	Soyasapogenol B	0.34 mg/g DW	Germination significant increased saponin content at day 6
Phytic acid	Lentils (Lens esculenta var. Magda 20) from Spain	0.5 M HCl	IP4 IP5 IP6 Total Inositol phosphates content	0.09 mg/g 0.72 mg/g 4.91 mg/g 5.67 mg/g	Germination significant decreased phytic acid
	Lentils (Lens esculenta var. Angela)	Acetic acid/sodium hydroxide 0.1 N, pH 5.5	IP3 IP4 IP5 IP6	0.27 g/kg 0.48 g/kg 0.75 g/kg 2.69 g/kg	commercial phytase decreased IP4, IP5 and IP6, whereas did not affect IP3
Phytosterols	Lentil from Ireland local store	Hexane/diethyl-ether (1:1, v/v)	$\beta$ -Sitosterol Campesterol Stigmasterol	123.4 mg/100 g 15.0 mg/100 g 20.0 mg/100 g	
	Lentils from Greece (cooked)	Hexane extract after hot saponification	$\beta$ -Sitosterol Campesterol Stigmasterol	15.4–24.2 mg/100 g 2.60–2.63 mg/100 g 2.18–2.58 mg/100 g	

Table 1. Phytochemical studies related to lentils

Phytochemicals	Samples	Extract solvent	Content	Concentration	Processing effects
Extractable Phenolics	Red Chief lentil from Spokane	Acidic 70% acetone	TPC	7.53 mg GAE/g DW	
	Eleven lentils from North Dakota	70% acetone with 0.5% acetic acid	Benzoic acid derivatives Cinnamic acid derivatives Total phenolic acid Flavan-3-ol Flavonols Total Flavonoids	169.7–248.1 $\mu$ g/g 1315.6–2381.7 $\mu$ g/g 1548.7–2553.4 $\mu$ g/g 266.9–4946.7 $\mu$ g/g 38.25–77.33 $\mu$ g/g 35.24–4870.8 $\mu$ g/g	
Green and Red lentil from Poland	Lentil from Spokane (Morton cultivar)	80% acetone	Phenolic acids Flavan-3-ol monomers Proanthocyanidins Flavonoid	6.06–73.45 $\mu$ g/g 6.65–289 $\mu$ g/g 5.3–15.48 $\mu$ g/g 6.25–287.86 $\mu$ g/g	
		70% acetone with 0.5% acetic acid (Crude extract)	TPC	70.0 mg GAE/g	
Lentils from Saskatchewan, Canada	Two lentil (Lens culmaris) cv Pardosa and Crimson	Eluted with 80% MeOH	TPC	37.2 mg GAE/g Extract	
		Supernatants were extracted with diethyl ether and ethyl acetate (Free phenolic fraction)	TPC Hydroxybenzoic acids and derivatives Hydroxycinnamic acids and derivatives Flavonoids and derivatives	1.37–5.94 mg GAE/g defatted sample 0–0.81 $\mu$ g/g 0.63–1.03 $\mu$ g/g 150–270 $\mu$ g/g	
Green and red lentils from Canada	Lentil cv CDC Richlea	Aqueous phase was hydrolyzed by alkali (sterilized phenolic fraction)	TPC Hydroxybenzoic acids and derivatives Hydroxycinnamic acids and derivatives Flavonoids and derivatives	2.32–15.4 $\mu$ g/g 5–7.13 $\mu$ g/g 2.86–15.8 $\mu$ g/g 309–486 $\mu$ g/g	
		70% MeOH with 0.5% HCl	TPC Total Flavonoid index (TFI) Total Phenolic index (TPI)	4.56–8.34 mg/g DW 81.12–528.42 $\mu$ g/g 59.43–952.55 $\mu$ g/g	Domestic cooking decreased the flavonols, and increased the flavonols
Two lentil (Lens culmaris) cv Pardosa and Crimson	Lentil cv CDC Richlea	80% dimethylformamide	TPC	11.8–12.0 mg GAE/g	TPC decreased 80% by deaerification, 16–41% by cooking, 22–42% by soaking
		Acidic 70% acetone	TPC	around 7.8 mg GAE/g	All thermal processing decreased total phenolics by around 60%

Table 1. Phytochemical studies related to lentils - (continued)

Phytochemicals	Samples	Extract solvent	Content	Concentration	Processing effects
Insoluble-Bound Phenolics	Lentil cv Pardosa	80% methanol with HCl	Hydroxybenzoic and hydroxycinnamic compounds Flavonols and flavones Stilbenes Proanthocyanidins	0.73–10.02 $\mu$ g/g 0.33–6.20 $\mu$ g/g 0.83 $\mu$ g/g 0.29–31.50 $\mu$ g/g	All enzymatic treatments decreased hydroxycinnamic and proanthocyanidins content, treatment of taraxac increased quercetin 3-O-rutinoside and luteolin content
	Lentils (Lens culmaris L. var Castellana)	80% methanol with HCl	Phenolic acids Flavan-3-ol	13.3–342 $\mu$ g/g 0.3–0.546 $\mu$ g/g	Soaking decreased all of the lentil phenolics, whereas germination resulted in an overall increase of phenolics
Insoluble-Bound Phenolics	Lentil var. Tina from Poland	70% acetone with 1% HCl	TPC Phenolic acids Flavonoids	1838 mg/g FW 0.28–44.46 $\mu$ g/g FW 0.25–33.379 $\mu$ g/g FW	p-hydroxybenzoic, benzoic and cinnamic acids were significant increased on days 3 and 4 after germination
	Lentils from Saskatchewan, Canada	Residue was hydrolyzed with 4 M NaOH	TPC Hydroxybenzoic acids and derivatives Hydroxycinnamic acids and derivatives Flavonoids and derivatives	1.21–9.68 mg GAE/g defatted sample 0.20–1.87 $\mu$ g/g 0.07–4.74 $\mu$ g/g 7.1–45.9 $\mu$ g/g	
Carotenoids and Tocopherols	Lentils from Canada	Residue was hydrolyzed with 2 M NaOH	TPC Phenolic acids Total phenolic index (TPI-8)	0.11–0.29 mg GAE/g 1.09–71.04 $\mu$ g/g 115.72–217.25 $\mu$ g/g	Domestic cooking negatively affected the release of bound phenolics in lentil
	CDC Richlea lentils	Residue was hydrolyzed with 4 M NaOH	TPC	4.78 mg GAE/g	Germination significant increased the phenolic content
Carotenoids and Tocopherols	Green and white lentils from France	Hexane acetone (1:1, v/v)	Carotenoids Retenanthin Lutein	0.020–0.028 mg/100 g edible portion 0.042 mg/100 g edible portion 1.061–1.196 mg/100 g edible portion	
	Green and red lentils from Canada	Hexane/propylalcohol (3:2, v/v)	all-trans-lutein all-trans-Zeaxanthin Total carotenoids, $\alpha$ -Tocopherol $\gamma$ -Tocopherol	3.07–14.31 $\mu$ g/g 0.25–2.09 $\mu$ g/g 4.66–19.63 $\mu$ g/g 0.16–0.90 $\mu$ g/g 36.52–93.54 $\mu$ g/g	Domestic cooking increased release of tocopherols and carotenoids

Based on Parihar & Sharma (2021), the content of phytochemical compounds in grapes can be seen in the following table:

Table-2: Phytochemistry of *Vitis Vinifera*

S.NO.	PLANT PART	CHEMICAL CONSTITUENTS
1	Grapes roots extract	Stilbenoid compounds (Estatbeyoglu <i>et al.</i> , 2016), resveratrol, vitins A, vitins B, piceatannol, miyabenol C, trans-piceid, cis-piceid, vitisinol B, viniferether A, viniferether B, ampelopsin E, hopeaphenol, dan isohopeaphenol (Estatbeyoglu <i>et al.</i> , 2016, Goufo <i>et al.</i> , 2020).
2	Grapes leaves extract	Hydroxybenzoic acid (quinic acid, gallic acid, vanillic acid, syringic acid), hydroxycinnamic acid (caffeic acid, caffeic acid, ferulic acid), coumarin, dihydrochalcone, monomeric stilbenes, dimeric stilbenes, trimeric stilbenes, tetrameric stilbenes, flavan-3-ol, galloocatechin, catechin, procyanidins, procyanidins B1, procyanidins A1, epicatechins, quercetin, quercetin-3-O-glucoside, kaempferol, myricetin, Flavone/apigenin-7-O-glucoside and luteolin-7-O-glucoside), flavanone (taxifolin, naringenin, hesperetin), anthocyanins, coumarin (resculin, fraxin, aesculetin, umbelliferone), condensed tannin (Aouey <i>et al.</i> , 2016, Goufo <i>et al.</i> , 2020).
3	Grapes seeds extract	Procyanidin, gallic acid, epicatechin, catechin, quercetin, white grapes has flavonol glycosides, black grapes has flavonol glycoside, resveratrol, anthocyanidins, phenolic compounds, caffeic acid, coumaric acid, coutric acid, ferulic acid, ferulic acid, rutin, quercetin-3-beta-D-glucoside, quercitrin, myricetin, catechin, epicatechin, linoleic acid, primary acid, caffeic acid, p-hydroxy-phenylacetic acid, gallic acid (Cádiz-Gurrea <i>et al.</i> , 2017, Pérez-Navarro <i>et al.</i> , 2019, Nikami <i>et al.</i> , 2020, Sochoeva <i>et al.</i> , 2020, Felhi <i>et al.</i> , 2016).
4	Grapes skin extract	Flavonols, anthocyanins, flavan-3-ols, stilbenes, phenolic acid, quercetin, vanillic acid, kaempferol, syringic acid, gallic acid (Colombo <i>et al.</i> , 2019, Tkacz <i>et al.</i> , 2019, Cotaras <i>et al.</i> , 2014, Fia, <i>et al.</i> , 2018, Mateo <i>et al.</i> , 2015).
5	Grapes juice	Caffeic acid, coumaric acid, ferulic acid, caffeic acid, coutric acid, ferulic acid, epicatechin, catechin, resveratrol, procyanidin, flavonols, quercetin, rutin, kaempferol, quercetin-3-O-glucoside, quercetin-3-O-glucuronide (Fia <i>et al.</i> , 2018).
6	Grapes stem	Gallic acid, syringic acid, caffeic acid, chloric acid, galloocatechin, caffeic acid, syringic acid, ferulic acid, procyanidin B1, procyanidin A1, procyanidin C1, epicatechin, catechin, catechin gallate, anthocyanin, flavanone, flavone, flavonol (quercetin, kaempferol, quercetin-3-O-glucoside), stilbenic compounds like trans-syringin, trans-resveratrol, ampelopsin A,D, and F, vitisin A,B, and C, miyabenol (Goufo <i>et al.</i> , 2020).
7	Grapevine canes	Gallic acid, protocatechuic acid, vanillic acid, ellagic acid, caffeic acid, coutric acid, caffeic acid, syringic acid, ferulic acid, flavan-3-ol (procyanidin B1, procyanidin A1, procyanidin C1, procyanidin B2, catechin, epicatechin), flavonols like quercetin-3-O-galactoside, quercetin-3-O-arabinose, stilbenic compound, trans-resveratrol-2-C-glucoside, trans-resveratrol, ampelopsin A and D (Goufo <i>et al.</i> , 2020).

### **2.3 Benefits of Fennel Nuts and Grapes in Traditional Health**

In the current era, most people have abandoned traditional medicine because in the recent development of the period, it can be said that people trust chemicals more than natural ingredients. That's because most people already believe in chemicals that have proven a lot of definite results, so people are starting to switch from traditional medicine. Even though there are many roads to healing. Not only through modern medical treatment procedures. However, in traditional medicine, there are also all possible methods and examples of the use of traditional medicines, including herbs, spices, to ingredients that have been kept secret from generation to generation. In traditional medicine, there are four types of healing, among others, namely, 1. Skilled traditional medicine, such as massage and broken bones, traditional healers, reflexology, acupuncturists and acupressure, chiropractors, and other traditional healers using similar methods. 2. Traditional medicine with herbs, commonly called herbs, guruh, healers, shinshe, homeopathy, and aromatherapy. 3. Traditional medicine with a religious approach, such as ruqyah. 4. Traditional medicine with a supernatural approach, including using internal energy (prana), psychics, reiki masters, gigongs, and spiritual healers. Which is commonly referred to as herbal medicine, guruh, healer, shinshe, homeopathy, and aromatherapy. 3. Traditional medicine with a religious approach, such as ruqyah. 4. Traditional medicine with a supernatural approach, including using internal energy (prana), psychics, reiki masters, gigongs, and spiritual healers. which is commonly referred to as herbal medicine, guruh, healer, shinshe, homeopathy, and aromatherapy. 3. Traditional medicine with a religious approach, such as ruqyah. 4. Traditional medicine with a supernatural approach, including using internal energy (prana), psychics, reiki masters, gigongs, and spiritual healers.

Fennel nuts are not recommended for consumption in a raw state. This is because it contains antinutrients, such as phytic acid and tannins. It also contains trypsin inhibitors (trypsin inhibitors), and high phytate content. Thus, before consuming fennel nuts it is required to soak the whole night to reduce the phytate content in it. Fennel also has a relatively high protein content, including isoleucine and lysine, a group of essential amino acids. That way, fennel nuts are called a cheap source of protein and are widely used by vegetarians (Muna, 2021). After soaking the fennel beans, it will be followed by cooking and cooling. Because with this process, there are SA, RS, RFO, and FOS content. In the SA content, the amount of sorbitol and mannitol increased after heating and then cooling. The RFO and FOS content also experienced an increase in stachyose and raffinose after heating and then cooling. However, for these three

ingredients, if they are heated again, there will be a decrease in their contents. However, in contrast to the RS content, the starch content is more efficient when it is heated twice, because there is an increase in its content. Therefore most of the fennel nuts are used as flour which can be used as an ingredient in various traditional preparations such as "Z'rira" or "Atamine" in some region of Algeria. Each content has its benefits, such as the SA content in sorbitol and mannitol, which can be used as an alcohol sweetener, but if heated at 100°C it will reduce its content, resulting in a decrease in the prebiotic nutritional value. RFO content is also known as an anti-nutrient that can attack the gastrointestinal tract and cause flatulence (Fleming, 1981). As a result, the side effects of these ingredients can be used as a dietary component, reducing inflammation, eliminating pathogens, and stimulating mineral bioavailability. If the starch content in RS is heated twice, it will result in a more significant increase in nutritional value (Sievert and Pomeranz, 1989). RFO content is also known as an anti-nutrient that can attack the gastrointestinal tract and cause flatulence (Fleming, 1981). As a result, the side effects of these ingredients can be used as a dietary component, reducing inflammation, eliminating pathogens, and stimulating mineral bioavailability. If the starch content in RS is heated twice, it will result in a more significant increase in nutritional value (Sievert and Pomeranz, 1989). RFO content is also known as an anti-nutrient that can attack the gastrointestinal tract and cause flatulence (Fleming, 1981). As a result, the side effects of these ingredients can be used as a dietary component, reducing inflammation, eliminating pathogens, and stimulating mineral bioavailability. If the starch content in RS is heated twice, it will result in a more significant increase in nutritional value (Sievert and Pomeranz, 1989). Grapes themselves are widely used for medicine, drinks, and food. With a sweet taste, this fruit is much loved by the general public, especially children. That is why in contemporary medicine, this fruit is used as a flavoring in modern medicine. Traditionally, most of this fruit is eaten directly or made into juice. Because the content contained in grapes has many benefits, including containing various kinds of nutrients and antioxidants that are useful for health. Apart from that, there are also several vitamins, minerals, and antioxidants in grapes, so it is not surprising that grapes have many benefits (Wiriyanta, 2008). The darker the color of the grapes, the more flavonoids it contains. Thus, it can be used as an antioxidant in the body.

#### **2.4 Empowerment of Fennel Nuts and Grapes in the Medical World Today**

Developments in this modern era, most people have switched from traditional medicine to modern medicine. The development of increasingly advanced science and technology

supports this modern era, and various methods have been developed in the health service process. However, we cannot deny that people still need traditional medicine as an alternative treatment. Health system forms of health services using traditional medicine systems, in addition to bio-medical treatment systems. This is following the decision of the Minister of Health of the Republic of Indonesia Number 99A/Men. Kes./SK/III/1982 concerning, acknowledging the role of traditional medicine. The follow-up of this decision is the implementation of coaching and guidance on traditional medicine and the development of traditional medicine, which turns out to be effective and efficient, and can be accepted by the community. Traditional medicine which is proven to be effective and efficient is fostered, guided, and used for health services (DepKes., 1982: 42-43). Thus, in the end, the community has many alternative treatments that they can choose with the aim of improving and overcoming health problems. One example of traditional medicine itself is using several plants that have been written in the Koran and hadith. It is called Thibbun Nabawi, which according to Ibn Ema Al Ciudadapi in his book.

Drug form traditional form of fruit quoted from one of the surahs of the Qur'an with developments in the current era is the ability of fennel as a gastroprotector and the potential of grapes as a natural antiaging. Fennel fruit can be used as a gastroprotector, because in this fennel fruit, in the health sector it's related to the high content of organic acids, protein, choline, trigonelin, and antioxidants in the form of flavonoids (Badgajar et al., 2014). In this discussion, the content of flavonoids is used. Flavonoids are a type of antioxidant that can act as wound healing, hepatoprotective, and gastroprotective through the process of binding free radicals so that they can inhibit oxidation reactions. (Sudoyo et al., 2014; Poojitha et al., 2016). In the application of fennel fruit as a gastroprotector with the potential to use fennel extract for the prevention of gastritis due to oxidative stress, according to several previous studies. As with the research conducted by Al-Mofleh et al. (2013) that he looked at the protective effect of fennel against gastrointestinal disease, by finding a protective effect of fennel against gastric ulcers. This is due to the high content of antioxidants in fennel. Antioxidants possessed by fennel fruit in the form of flavonoids which have an inhibitory effect on the production of free radicals and have acted as a free radical scavenger or scavenger activity. For the chemical structure of the fennel fruit itself, namely, The presence of a B-hydroxyl ring configuration can donate hydrogen molecules and electrons to hydroxyl, peroxy, and peroxy nitrite radicals so that these free radical compounds will be relatively stable, and the integrity of the gastric cell membrane will be maintained. One example of the case of Bangladesh in the modern era, there are millions

of people who are exposed to arsenic levels in food and drink. Contains the micronutrient selenium as an arsenic antagonist, which can eliminate arsenic from the body through excretion. Thus, research conducted research on lentils or fennel nuts with a high content of selenium, which can be used as a whole food solution that is easy to find and inexpensive, and can improve the health of the arsenic-affected Bangladeshi population. The selenium content of arsenic works antagonistically in the body by competing for many biological functions. In the blood, selenium interacts with arsenic to form complexes that are excreted in the bile, thereby reducing the body's burden of arsenic. Thus, higher selenium intake may be important for combating toxicity from arsenic.

Recently, many skincare products have used synthetic antioxidants, because of their high performance and relatively low cost (Lourenco et al., 2019). However, most synthetic antioxidants are carcinogenic, which can cause dangerous side effects and are not suitable for long-term use (Wulansari, 2018). Therefore, the government limits the use of synthetic antioxidants and other alternatives such as natural antioxidants are needed. One example of a natural source of antioxidants is found in grapes, so grapes are suitable as antiaging for the skin. Phytochemical compounds as bioactive compounds found in grapes are polyphenols, anthocyanins, flavonoids, stilbenes, phenolic acids, proteins, fats, and vitamin C (Insanu et al., 2021). Same with fennel nuts, Grapes also contain flavonoid compounds derived from vitamin E and carotene, and vitamin C is also needed, which is about three times the need for flavonoids to help ward off free radicals (Simanjuntak, 2012). The content of compounds from flavonoids that act as antioxidants. Antioxidants are compounds that can help prevent cellular components from experiencing oxidative damage due to free radical species (Zeghad et al., 2019). Oxidative stress is the unbalanced production of reactive oxygen species (ROS) and antioxidant defense mechanisms, causing damage to lipids, nucleic acids, and proteins involved in several diseases, one of which is aging. The test results of Djenidi et al. in 2020, stated that the antioxidant compounds in black grapes using the DPPH method showed a relatively high value of  $0.74 \pm 0.00$  IC<sub>50</sub> mg/ml and there was a good DPPH radical scavenging effect due to the high polyphenol content so that it could function as a free radical scavenger. The mechanism of antioxidants as free radical scavengers is by consuming free radicals directly or being oxidized by free radicals which produce less reactive and more stable radicals thereby protecting the amino acids or proteins that makeup collagen and elastin. This will cause the formation of stimulated and increased skin collagen production so that smoothness, suppleness, and flexibility can be maintained (anti-aging) (Aizah, 2016). The use of grapes is not only eaten

directly. However, it can also be processed into wine, pickles, fruit juices, ice cream flavors, grape pudding, fruit salads, and others. Although there are many ways to consume grapes, the primary way to maintain the nutritional value of grapes is by consuming them directly because the content is still original in the fruit.

## **CONCLUSION**

1. Al-Qur'an verses that mention fennel nuts are found in QS. Al-Baqarah verse 61. Meanwhile, grapes are mentioned 14 times in the Qur'an, repeated two times in the mufrod form ('Inab) and nine times in the plural form' (A'naab). Grapes are referred to as fruits in plantations or gardens (Al Isro' verse 91, Al An'am verse 99, Ar Ro'du verse 4, Yasin verse 34), fruits that thrive with rainwater (An Nahl verse 11, Al-An'am verse 99, and Al Mukminun verse 19), and fruits that can be made into intoxicating drinks (An Nahl verse 67). As for the hadith, wine is mentioned in HR. Muslim no. 4171, 4172, 4173, 4175, 4176 (prohibition of naming wines with caramels).
2. Fennel nuts contain many essential nutrients for the body such as vitamin B6, folic acid, and minerals. Fennel seeds contain stigmasterin (serposterin), 1-6% essential oil (oleum foeniculi), 50-60% anetol, approximately 20% fencon, pinen, limonen, dipenten, felandren, methylchavikon, anisaldehyde, acisitic acid, and 12% fatty oil. Meanwhile, the roots contain bergabten and serposterin. Meanwhile, grapes have several ingredients, from the skin, as well as the seeds. The main compounds are flavonoids which include proanthocyanidins, anthocyanins and flavonols. Flavonols are found in grape skins. Meanwhile, the grape seed contains oligometric proanthocyanidins and less than 6% dry weight of grape seed extract contains flavonoids.
3. Fennel beans can be helpful as a source of protein because of their high protein content, there are also many nutrients that are important for the body, such as vitamin B6, folic acid, and minerals. Traditionally, fennel seeds are used to treat gout, boils, sore throats, as an antidote to poisons, and to heal wounds. Meanwhile, grapes are widely used for medicine, food, and drinks. Grapes contain a variety of nutrients and polyphenol compounds which are useful as antioxidants, preventing skin aging, etc.
4. Empowerment of fennel in medicine today is a gastroprotector because of its antioxidant (flavonoid) content. Similar to fennel fruit, grapes also contain flavonoid compounds that



have the potential to be a source of natural antioxidants, so grapes are suitable as anti-aging for the skin.

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