



Botany in the book Al-Masalik and Al-Mamalik by AL-Bakri Al-Andalusi (died 487 AH/ 1094 AD) and its medical benefits Hijra and its medical benefits

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Abstract

It was recognized a long time ago that historical and geographical literature is the basic and reliable source for studying the past of the Islamic world, as it contains inexhaustible material, not only for the historian or geographer, but also for sociologists, economists, historians of literature, science and religion, linguists, natural scientists and medicine

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Introduction

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This is what the Russian orientalist went for. Krachkovsky. Such a statement had the effect of selecting some texts written by Arab and Muslim travelers, both Eastern and Moroccan, as a resource for writing about botany throughout the fifth century AH. Botany, which researches the properties of plants, their forms, wonders, benefits and harms, is considered one of the important sciences in ancient and modern times because of its connection with the sciences of medicine and pharmacy.

The Arab travelers described everything they saw in the places they passed or traveled, and they recorded their valuable and accurate observations and inspections of minerals, animals, plants, species, rivers, land, and others.

The locals also had a large share in recording what they heard about or asked about from the residents of the countries of the Arab and Islamic world, whether merchants or scholars coming to them, so they built their ideas on that and compiled their works that were characterized by comprehensiveness and scientific interest.

They mentioned some plants and herbs, their locations, and their medicinal benefits as drugs, which were the cornerstone of building the edifice of modern European civilization. Accordingly, my research focused on the lives and writings about one of famous Arab and Muslim internationals and travelers whom the Arab and Islamic civilization gave birth to and is proud of.

With a mention of the most important plants and herbs, their locations, and their medical benefit for treating many diseases that afflict humans as much as possible. They are Al-Bakri, d. 487 AH/1094 AD, and his book Al-Masalik wal-Mamluk, The research relied on a number of sources and references.

Al-Bakri (d. 487 AH/1094 AD)

His name, lineage and nickname:

He is Abu Ubaid Abdullah bin Abdul Aziz bin Muhammad bin Ayoub bin Amr Al-Bakri(1).

His birth: place and date

He was born in the city of Shaltish, west of Seville, in Andalusia, in the year 405 AH / 1014 AD.(2).

His writings:

Al-Bakri left many books on various topics, and the most important ones that have reached us are: -

1- Samat Al-Ali in Sharh Amali Al-Qali(3).

2- Alert on the delusions of Abu Ali Al-Qali(4).

3- Chapter of the article explaining the Book of Proverbs(5).

4- Paths and kingdoms(6).

5- A dictionary of the strange names of countries and places(7). 6-

Morocco when mentioning African countries and Morocco(8). 7-

Geography of Andalusia and Europe.

Plants:

The Book of Paths and Kingdoms contains a large number of plants, amounting to 52 species, arranged according to the letters of the dictionary, which are:

1- Citron: It is found in Bahrain, Cyrenaica, Qastila, Fez, and Tunisia, and it contains the venerable citron with good taste.

Smells wonderful appearance(9). Regarding its benefits, it benefits ailing intestines and the sweat of women as a drink of its promises and love

(1)Al-Bakri: Abu Ubaid Abdullah bin Abdul Aziz (d. 487 AH / 1094 AD). The Geography of Andalusia and Europe from the Book of Paths and Kingdoms, edited by: Abdul Rahman Ali Al-Hajji, 1st edition, Dar Al-Irshad, Beirut, 1387 AH / 1968 AD, p. 29. Ibn Bashkwal: Abu al-Qasim Khalaf bin Abdul-Malik (d. 578 AH / 1182 AD), Book of Connection, Egyptian General Book Authority, Cairo 2008 AD, vol. 1, p. 287.

(2)from . :p. 29

(3)Published by Abdul Aziz Al-Maymani, Cairo, 1936 AD.

(4)Published by the Commercial Office in Cairo in 1970 AD.

(5)Published, edited by Abdul Majeed Abdeen and Ihsan Abbas. Misr Press, Khartoum, 1958 AD.

(6)Verified by Jamal Tolba: 1st edition, Dar Al-Kutub Al-Ilmiyyah, Beirut, Lebanon, 1424 AH / 2003 AD.

(7)Published, edited by Mustafa Al-Saqqa: Cairo, 1945 - 1951 AD.

(8)Published carefully by De Slane, Government Printing Press, Algiers, 1857 AD.

(9)Al-Bakri: Paths and Kingdoms, edited by: Jamal Tolba, p. 1, Dar Al-Kutub Al-Ilmiyyah, Beirut, Lebanon, 1424 AH / 2003

AD, vol. 1, p. 286, vol. 2, pp. 225, 215, 200, 176.1- They are beneficial for pain in the sides, asthma, shortness of breath, lung problems, and indigestion. They purify the stomach, strengthen the liver,

and colic(1)

2- Al-Athel: This tree is found in Sana'a, Yemen(2)It is a tree that resembles tamarisk. It is beneficial for those with a weak liver as a drink

And for itching and scabies. Its ashes are beneficial for the appearance of cripples(3).

3- Pears: They are found in Turkey and the city of Ouarzega in Morocco, where a thousand pears are sold for a quarter.

Dirham(4)And about its medical benefits. Its gum is soothing and heals wounds, and its Damascus gum makes it easy, and its gum breaks up stones, and its water stimulates menstruation, and if cooked, it becomes beneficial for those who gargle with its water for a tumor in the uvula.(5)

4- Arak: The Arak tree is found in Sanaa and Ajdabiyah in Morocco and in Ghana, which is called a tree. Tadmud has a fruit like a watermelon. Inside it is something resembling a gourd. Its sweetness is tinged with its acidity. It is beneficial for those with fever.(6). It was mentioned in a hadith of the Messenger - he said: ((The siwak cleanses the mouth, pleasing to the Lord))(7)Among its therapeutic benefits, it is used as an anti-septic and anti-bacterial treatment, and in cleaning teeth and preventing tooth decay(8)Arak soothes pain and treats uterine tumors, hemorrhoids, and ringworm(9).

5- Al-Ahlij: It is one of the trees found in Sanhaja and is called Al-Saqni, but it does not bear fruit(10)It is of the same types Multi-colored, yellow, Indian and black(11)It facilitates bile, reduces phlegm, opens obstructions, and tightens the stomach, but it causes colic and harms the liver, which honey repairs. It also stimulates blood circulation and brain cells if ground well or boiled with water and left until it cools and taken daily.(12).

(1)Ibn al-Bitar: Diya al-Din Abu Muhammad Abdullah al-Malqi al-Andalusi (d. 646 AH/1248 AD), al-Durra al-Bahiyya fi Mafa'i' al-Badaan al-Humaniyah, 1st edition, Ministry of Public Knowledge, bla t, p. 186

(2)Al-Bakri: Paths and Kingdoms, vol. 1, p. 281.

(3)Ibn Wafid Al-Andalusi: Abu Al-Mutarraf Abd al-Rahman bin Muhammad bin Abd al-Karim (d. 460 AH / 1067 AD) Individual medicines, compiled and footnoted by Ahmed Hassan Basaj, 1st edition, Dar Al-Kutub Al-Ilmiyyah, Beirut, Lebanon, 1420 AH/2000, p. 48. Ibn Al-Bitar: Al-Durra, p. 182.

(4)Al-Bakri: Al-Masalak, vol. 1, p. 257, vol. 2, p. 341.

(5)Ibn Wafid Al-Andalusi: Single Medicines, p. 48.

(6)Al-Bakri: Al-Masalak, vol. 1, p. 281. Part 2, pp. 365,177.

(7)Al-Bukhari: Abu Abdullah Muhammad bin Ismail (d. 256 AH / 869 AD) Sahih Al-Bukhari, Dar Al-Arqam, Beirut, Lebanon, online, p. 402.

(8)Metwally: Ahmed Mustafa, Alternative Medicine, 2nd edition, Dar Ibn al-Jawzi, Egypt, Cairo, 1433 AH / 2012 AD, p. 589.

(9)Abdel-Aal: Adel et al., Alternative Medicine, 1st edition, Dar Al-Rawda, Cairo, 1428 AH / 2007 AD, p. 88.

(10)Al-Bakri: Al-Masalik, vol. 2, p. 343.

(11)Ibn Al-Bitar: Al-Durra, p. 182.

(12)Metwally: Alternative Medicine, p. 592.

6- Rice: found in the Khazars and Fayoum(1)Regarding its benefits, Ibn Wafid mentioned it by saying, "It has some flavor Seizure...increases semen...good for intestinal ulcers if drunk))(2). As for Ibn al-Bitar, he said: "If it is crushed and sprinkled on wounds, it will benefit them."(3)Cooking it with milk is better(4).

7- Dairy: The dairy tree is abundant in Hijaz(5). It has various benefits for humans, such as strengthening the immune system and treating... Some heart diseases, anemia, rheumatism and diabetes, and it is useful with vinegar in treating scabies(6)

8- Fluorescent onions: found in Tunisia(7)Al-Bakri described it by saying: “The fluorescent onion in the creation of the citron

Rectangular sabari peel, honest sweetness and a lot of water))(8). It was mentioned in the hadith of the Messenger (-) who said: ((Whoever eats garlic or onions should isolate himself from us or our mosque))(9). It has many types and many benefits, including that it is beneficial against fox disease if its water is mixed with honey, the best of which is white, and among it is an onion called bitter onion.

It is useful from poisons and scorpion stings as a drink and bandage if mixed with figs. It produces urine, jaundice, cough, roughness in the chest, and hemorrhoids. Among its harmful effects is that it causes migraines, headaches, produces wind, and changes the smell. Mouth, flavor, and forgetfulness(10).

9- Oak: The oak tree is found in the city of Fez(11)And its benefits: Qastal, which is astringent, cracks and swells The stomach, and if drunk, is beneficial for hemoptysis, stomach ache, and chronic diarrhea(12).

(1)Al-Bakri: Al-Masalik, vol. 2, pp. 77, 25.

2)) Single Medicines, p. 43

3)) Al-Durra: p. 111.

(4)Abdel-Al: Alternative Medicine, p. 85

(5)Al-Bakri: Al-Masalak, vol. 1, p. 277.

(6)Ibn Sina: Abu Ali Al-Hussein bin Abdullah (d. 428 AH / 1037 AD),

Single drugs, in the book Al-Qanun fi Medicine, investigated by: Muhannad Abdel-Amir Al-Asam, reviewed by Abdel-Amir Al-Asam.

, Public Cultural Affairs House Press, Baghdad, 1986, p. 41.

(7)Al-Bakri: Al-Masalik, vol. 2, p. 216.

(8)M. n. : Part 2, p. 216.

(9)Muslim: Abu Al-Hussein Muslim bin Al-Hajjaj (d. 261 AH / 874 AD) Sahih Muslim, Dar Ibn Al-Haytham, Cairo, 1422 AH /

2001 AD, p. 135

(10)Ibn al-Bitar: al-Durra, p. 185; Ibn Qayyim al-Jawziyyah: Shams al-Din Muhammad ibn Abi Bakr (d. 751 AH / 1350 AD),

Prophetic Medicine commented on by Atef Saber Shaheen, 1st edition, Dar Al-Ghad Al-Jadeed, Cairo, 1430 AH / 2009, p.

206.

(11)Al-Bakri: Al-Masalak, vol. 2, p. 331.

12))Ibn Wafid Al-Andalusi: Medicines, p. 103.

10- Violet: It is found in the city of Jalula in Morocco(1)And about its benefits and medical treatments, which is a plant

A pleasant smelling gardener relieves headaches and soothes acute tumors. A bandage with barley flour and its leaves is good for scabies,

and its drink is beneficial for pleurisy and lung disease.(2).

11- Apples: Apple trees are found in Turkey, in Istakhr, Fez, and in Galicia in Andalusia.(3).

Al-Bakri described Istakhr apples by saying: ((In the Istakhr district there are apples, some of which are true in sweetness and

some of which are hot in acidity.)(4). He said about the apples of Fez: ((With this fruit, there are sweet apples known as Tripoli, which have a great taste and are suitable for them))(5).

12- Dates: Palm trees and date fruits are found in the city of Biskra in Morocco and in the city of Agdames.

In Sudan(6)He described the dates of Biskra by saying: ((A large city with many palm trees... It has all kinds of dates, including one that is known as kasba, which is Al-Sayhani. It is used as a proverb for its superiority over others, and another type is known as Al-Bari, which is smooth and white.))(7)And regarding its many benefits, it is beneficial for hemorrhoids, saffron, a good black fruit, and Al-Hadari, Al-Hajna, bulrushes, Al-Safra, Al-Qaqa'i, Al-Safa, Al-Safar, Al-Safaya, Al-Taddudh, Al-Omani, Al-Jaab, Al-Marri, Kharif Banu Masoud, Al-Sarfan, Al-Zaghri, Al-Daghana, Jalajal, and Al-Khail. These are all Yamama dates of various colors.”(8).

13- Tamarind: found in Hadramaut(9)Its benefits are many and varied, including: It helps relieve vomiting and thirst

It facilitates bile and is soft and does not wither. It is a laxative, reduces blood pressure and soothes the nerves(10)

(1)Al-Bakri: Al-Masalak, vol. 2, p. 205.

(2)Ibn Sina: Individual Medicines, p. 41, Ibn Wafid Al-Andalusi: Individual Medicines, pp. 127, 128

(3)Al-Bakri: Al-Masalik, vol. 1, p. 257, vol. 2, pp. 399, 210, 17.

(4)M. n., : Part 2, p. 17.

(5)M. n. : Part 2, p. 210.

(6)Al-Bakri: Al-Masalik, vol. 2, pp. 371,230.

(7)M. n. : Part 2, p. 230.

8))Ibn Al-Faqih Al-Hamdhani: Abu Abdullah Ahmad bin Muhammad (d. 290 AH / 902 AD), Al-Buldan, edited by Yusuf Al-Hadi, 2nd edition, Alam Al-Kutub, Beirut, Lebanon 1420 AH / 2009 AD, p. 9; As it is: Omar Reda, History and Geography in the Islamic Ages, Al-Taawoun Press, Damascus 1972 AD, p. 87, p. 211.

(9)Al-Bakri: Al-Masalik, vol. 1, p. 277.

(10)Ibn Sina: Medicines, p. 145. Ibn al-Bitar: Al-Durrah, p. 189. Metwally: Alternative Medicine, p. 599. Abdel-Al: Alternative Medicine, p. 64.

14- Mulberry: The mulberry tree is found in Hadramaut and Fez(1). And its medical benefits. It is useful in treating constipation

It lowers blood sugar, and its leaves and vine leaves are soaked with rain water on the hair and eaten in all its types

before food.(2).

15- Al-Turzi: a tree found in Sudan(3). Al-Bakri described it and described it as strange, saying: “And who

Strange things in the country of Sudan: A long, thin-stemmed tree called the torzi that grows in the sand and has large, swollen fruits with white wool inside, from which clothes and cloths are made. Fire does not affect the clothes made from that wool. If you burn it for a whole time, it will not burn.)(4).

16- Figs: Fig trees are found in Istakhar, Damascus, Kairouan, and Tunisia(5). Tin described Tunisia

He said: ((The figs are black, large, thin-skinned, very honey, and have almost no seeds))(6). And about its benefits, it was reported from the Messenger - that he said ((Eat fresh and dried figs, for they increase intercourse, cut off hemorrhoids, and benefit from gout and colds)).(7).

Soft, ripe figs are bad for the stomach, ease the stomach, bring on perspiration, quench thirst, soothe heat, open the clogs of the liver and spleen, and harmonize the kidneys and bladder. Eating them on an empty stomach has

a wonderful benefit in clearing the food tract, especially with walnuts or almonds, and fig milk is beneficial from a scorpion sting and a dog bite. It is beneficial for colic(8). The best types of figs are white, red and black, and the best types are Waziri(9).

Al-Razi (d. 320 AH / 925 AD) mentioned the disadvantages and harms of figs and how to treat them, saying, "Figs are by nature a laxative that is not good for the stomach. Its harm should be corrected by drinking sour grapes or pomegranates."(10).

(1)Al-Bakri: Al-Masalik, vol. 1, p. 277. Part 2, p. 189.

(2)Ibn Sina: Individual Medicines, p. 147. Ibn Wafid Al-Andalusi: Individual Medicines, p. 121. Ibn Al-Bitar: Al-Durrah Al-Bahiyya, p. 188.

(3)Al-Bakri: Al-Masalak, vol. 2, p. 368.

(4)M. n. : Part 2, p. 368.

(5)Al-Bakri: Al-Masalak, vol. 2, pp. 266, 216, 202, 35, 17.

(6)M. n. : Part 2, p. 216.

(7)Al-Tabarsi: Amin al-Din al-Fadl ibn al-Hasan (d. 548 AH/1153 AD), Makarim al-Akhlaq, Dar al-Balagha, Lebanon, Beirut,

vol. 2, p. 277.

8))Ibn Wafid Al-Andalusi: Single Drugs, pp. 176 et seq

9))Ibn al-Awwam: Abu Zakaria Yahya bin Muhammad (d. 580 AH/2185 AD). Farming, edited by Don Joseph Antonio, Madrid, 1802, p. 289

(10)Abu Bakr Muhammad bin Zakaria (d. 320 AH / 925 AD). The benefits of food and avoiding its harms, Al-Khudiya Press, Cairo

1315 AH / 1988 AD, p. 40

17- Carrots: Carrots are abundant in the city of Raqqada in Morocco(1). It is of two types: garden and wild

There are several benefits, including: It is beneficial for pleurisy and chronic cough, relieves colic, and is a diuretic and menstrual diuretic. If its leaves are crushed and mixed with honey and placed on eroded sores, they will be purified. Eating it with cooked sugar is beneficial for leg pain, and its seed and root are beneficial for incontinence.(2).

18- Sycamore: It is a great tree that is abundant in Fayoum and Alexandria(3)And its benefits: It is a laxative for the stomach

Bad for the stomach, surgical plaster, analyzer for difficult tumors(4).

19- Walnut: Walnut trees are found in Jund al-Yaman, Burqa, Fez, and Tibessa in the Maghreb.(5)It has been described

Al-Bakri gives us the nuts of the city of Tebessa, saying: ((It is on a large river, abundant with fruits and trees, especially walnuts. The proverb is of its majesty there, its greatness and its goodness))(6). As for its benefits, it helps relieve back and hip pain as a massage, and its fat is better than ghee and increases stamina.(7)

20- Henna: The henna plant is found in Odaghest and Sanhaja in the Maghreb(8).

As for its benefits, it is useful in treating inflamed tumors and sores in the mouth, as it strengthens the hair if applied to it(9). 21-Chickpeas: found in the city of Baja(10)As for its benefits and types, it is a tonic, beneficial for breathing and lungs, and a laxative

It is beneficial for tumors, pimples, and back pain, and its infusion is beneficial for tooth and head pain, and cooking black from it breaks up stones, is a diuretic, and kills worms if it is soaked in vinegar overnight, eaten on an empty stomach, and is beneficial for cancers.(11)

22- Wheat: The finest types of wheat are found in the city of Ansar, Melilla, Beja and Ternana in Morocco and in Toledo, Fayoum and Amman(12).

(1)Al-Bakri: Al-Masalak, vol. 2, p. 201.

(2)Ibn Sina: Medicines, p. 52. Ibn Wafid Al-Andalusi: Medicines, p. 142. Ibn Al-Bitar: Al-Durrah, p. 190. Metwally: Alternative Medicine, p. 602.

(3)Al-Bakri: Al-Masalak, vol. 2, pp. 160, 76.

(4)Ibn Sina: Medicines, p. 51, Ibn Wafid Al-Andalusi: Individual Medicines, p. 178.

(5)Al-Bakri: Al-Masalik, vol. 1, p. 280. Vol. 2, pp. 330, 299, 176.

(6)M. n. : Part 2, p. 330.

7))Ibn Al-Bitar, Al-Durrah, p. 190.

(8)Al-Bakri: Al-Masalak, vol. 2, pp. 344, 343.

(9)Ibn Sina: Individual Medicines, p. 67. Ibn Wafid Al-Andalusi: Single Medicines, p. 110..

(10)Al-Bakri: Al-Masalik, vol. 2, p. 236.

(11)Ibn Sina: Individual Medicines, p. 68. Ibn Wafid Al-Andalusi: Single Medicines, pp. 91, 92. Ibn Al-Bitar: The Gorgeous Durra. p. 193.

(12)Al-Bakri: Al-Masalik, vol. 2, pp. 423,394,284,266,236,76.As for the benefits of wheat, it purifies the face, its stalk is heavy, and wheat chewed on an empty stomach is beneficial for health(1). 23- Heather: The small-sized heather tree is found in the city of Bardas in the Khazar country, and it is useful For cough(2)

24- Cucumber: Al-Bakri mentioned the Shanbar cucumber, which is found in Yemen(3). It is a tree the size of a carob

Its yellow flower turns white, and it has been said that it is between yellow and red. The best way to use it is to cook it with figs, which removes phlegm and bile, along with tamarind, a purifier for the liver, useful for throat tumors, diuretics, and disintegrates stones.(4)

25- Millet: Millet plants are abundant in (Baragha / Maragha) in Sudan and Galicia.(5). And about its benefits

And its types: It is one of the plants that grow in the form of ears and clusters that resemble wheat, and it is of two types, one of which is scrub from which the peel comes off, and the second is albumen from which the peel does not come off. It is similar to jarus. It is useful in making bread and soothes the stomach.(6).

26- Pomegranate: Pomegranate trees are found in Tunisia(7). And about its types and medicinal properties, it is sour and some is sweet All of it is good for the stomach, and its juice from the sour pomegranate seeds is beneficial for ulcers in the mouth, malignant ulcers, and earaches. It is gargled with its cooking for gums that bleed a lot and for moving teeth, and the acid from it is useful for palpitations of the heart and acute fever.(8).

27- Raisins: They are abundant in Sijilmasa(9). Al-Bakri gave us an accurate and important description of raisins, saying: ((And all fruits and the raisins of their ripened grapes are not touched by the sun. They do not melt except in the shade, and they know them by the shade, and whatever the sun hits of them melts in the sun.))(10). Regarding its benefits and types, white raisins are astringent for the stomach, and the flesh of raisins without seeds is beneficial for the lungs, cough, kidneys, and bladder.(11). 28- Saffron: Good quality

saffron is found in the city of Larbes and Sabiba in Morocco(12).

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- 1))Ibn Al-Bitar, Al-Durrah, p. 194.
- (2)Al-Bakri: Al-Masalik, vol. 1, p. 26
- (3)Al-Bakri: Al-Masalik, vol. 1, p. 277
- (4)Ib Wafid Al-Andalusi: Medicines, p. 42. Ibn Al-Bitar: Al-Durra, p. 195. Metwally: Alternative Medicine, p. 608.
- (5)Al-Bakri: Al-Masalak, vol. 2, pp. 399,256.
- (6)Ibn Sina, Single Drugs, p. 153. Ibn Wafid Al-Andalusi: Single Medicines, p. 105. Ibn Al-Bitar: Al-Durra Al-Bahiyya, p. 195
- (7)Al-Bakri: Al-Masalik, vol. 2, p. 215.
- 8))Ibn Wafid Al-Andalusi: Medicines, p. 119.
- (9)Al-Bakri: Al-Masalik, vol. 2, p. 333.
- (10)M. n. :C2. p. 333.
- 11))Ibn Wafid Al-Andalusi, Medicines, p. 61
- (12)Al-Bakri: Al-Masalak, vol. 2, pp. 330, 223.As for the healing power of saffron, it “strengthens the viscera, improves skin tone, and strengthens the heart.”(1)Ibn Wafid Al-Andalusi said: ((The power of ripe saffron is a laxative and astringent... and it is beneficial if mixed with medicines taken for internal pain... and bandages used for womb pain))(2).
- 29- Olives: The olive tree is found in Damascus, the island of Malta, the Nafusa Mountains, Fez, Sfax, and Kairouan. And Tunisia(3). Concerning its benefits, Ibn al-Faqih al-Hamdhani cited the Almighty’s saying: “From a blessed tree is an olive tree.”
- (4)Olives are both garden and wild, and olive oil is good for the stomach, tightens the gums, strengthens the teeth, and prevents sweating.(5)The Messenger (-) said about the benefits of olive oil: “O Ali, eat the oil and anoint with it, for whoever eats the oil and anoints with it, Satan will not come close to it for forty days.”(6).
- Quince: There are trees in Cyrenaica, Beja, and Tahert(7). Al-Bakri described the Tahert quince to us by saying: ((Her quince surpasses the quince of the horizons in beauty, taste and smell, and its quince is called Al-Faris))(8)And its benefits: It is beneficial for vomiting, produces urine, suppresses the temper, strengthens the stomach, and is an ointment that is beneficial for colds and scabby sores.(9)Grilled and placed on hot eye tumors(10)Its juice has benefited those who suffer from shortness of breath and asthma(11)It is good for chronic diarrhea, intestinal ulcers, hemoptysis, and abdominal cramps(12).
- 30- Ashr sugar: It is less sweet and is found in the country of Al-Yamamah(13). The sugar of the ten was described as the yamama in
- His saying: ((And it is the finest, and it is taken from its buds, and it is a beautiful plant, as if it had been engraved))(14)As for its benefits, it is beneficial for the lungs and is good for the stomach, liver, kidneys and bladder(15).

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- (1)Ibn Al-Bitar: Al-Durra, p. 201.
- (2)Medicines, pp. 148, 147. Metwally: Medicine, p. 162.
- (3)Al-Bakri: Al-Masalak, vol. 2, pp. 200, 199, 192, 191, 181, 55, 35.

4))Surah An-Nur: Verse 35.

5))Ibn Wafid Al-Andalusi, Medicines, p. 36.

6))Aqeel: Mohsen, Medicine of Imam Ali, 7th edition, Dar Al-Mahja Al-Bayda, Beirut, Lebanon, 1428 AH / 2007 AD, p. 449,

(7)Al-Bakri: Al-Masalak, vol. 2, pp. 248, 237, 216, 176.

(8)M. n. : Part 2, p. 248.

9))Al-Ghassani: King Al-Muzaffar Yusuf bin Omar (d. 694 AH / 1294 AD), Al-Mu'tamid fi Al-Adwa'il Al-Mufradah, 3rd edition, edited by Mustafa Al-Saqqa, Dar Al-Kutub Al-Ilmiyyah, Beirut, Blatt, p. 160.

10))Ibn Wafid: Single Medicines, p. 123; Al-Ghassani: Al-Mu'tamid, p. 160.

11))M. N: p. 123, p. 124.

12))Ibn Wafid: Medicines, p. 123 and p. 124; Al-Ghassani: Al-Mu'tamid, p. 160.

(13)Al-Bakri: Al-Masalik, vol. 1, p. 277.

(14)M. n. : Part 1, p. 277.

31- Sesame: It is found in Hijaz and Jalula in Morocco(1). As for its benefits, it is a laxative, lubricant, and cooking agent

It is beneficial for fighting discord and drinking, and it is fattening. It is beneficial for shortness of breath and asthma. It purifies the voice, but it causes indigestion

and causes headaches. This is treated with honey.(2)

32- Senna al-Harami: It is found in Mecca(3)It was mentioned in a hadith of the Messenger (-) who said:

((If there was a cure for death in anything, it would be in the Sunnah)) (4)One of its most important therapeutic benefits is for constipation

Drinking its pure water is better than drinking ground water, and it is beneficial for scabies, pimples, and itching. The Messenger(5)And in a hadith

(-) said: ((You should adhere to Sunnah and Sunnah, for in them there is a cure for every disease except poisoning)) (6).It is the most important

Its medicinal benefits are for constipation, and drinking its cooked water is better than drinking ground water, and it is beneficial for scabies, pimples,

and itching.(7)

33- Sunbul: The sunbul plant is found in a mountain in Al-Bireh in Andalusia (8)Al-Bakri described it in his saying:

((And in the mountain of Al-Birah, the very good ear))(9)It is of several types, including the good ear and the turkey, and among its benefits it prevents calamities, produces urine, flatulence, palpitations, jaundice, liver, and menstrual constipation if drunk.(10). 34-

Patience: a tree found in Yemen(11)Among its benefits is that it has astringent power and is beneficial for tumors occurring in

The mouth, nostrils, and eyes. It strengthens the stomach, is a laxative, and heals wounds(12)

35- Pine: Its tree is found on the island of Malta and in Fez(13).

(1)Al-Bakri: Al-Masalik, vol. 1, p. 292. Part 2, p. 205.

(2)Ibn Sina: Single Medicines, p. 110. Ibn Wafid Al-Andalusi: Single medicines p. 94. Ibn Al-Bitar: The Beautiful Durra

. p. 203. Metwally: Alternative medicine. p. 638

(3)Al-Bakri: Al-Masalik, vol. 1, p. 277.

(4)Ibn Majah: Abu Abdullah Muhammad bin Yazid (d. 275 AH / 888 AD), Sunan Ibn Majah, 1st edition, Arab Heritage Revival House, Beirut.

, Lebanon, 1421 AH / 2000 AD, p. 588.

(5)Ibn Wafid Al-Andalusi: Medicines, p. 79

(6)Al-Bakri: Al-Masalik, vol. 2, p. 384.

(7)Ibn Wafid Al-Andalusi: Medicines, p. 79.

(8)Al-Bakri: Al-Masalik, vol. 2, p. 384.

(9)M.N.: Part 2, p. 384

(10)Ibn Sina: Medicines, p. 110. Ibn Wafid Al-Andalusi: Medicines, pp. 75, 76

(11)Al-Bakri: Al-Masalik, vol. 1, p. 277

(12)Ibn Sina: Medicines, p. 125. Ibn Wafid Al-Andalusi: Medicines, pp. 82, 81.

(13)Al-Bakri: Al-Masalik, vol. 2, pp. 331,155.here are two types, large and small. The male is rice and the female is pine, which bears fruit(1)As for its benefits, its seed is useful for coughing, and its peel and leaf are useful for liver pain, as a drink, diuretic, and astringent for the stomach.(2). 36-

Juniper: The perennial juniper tree is found on the island of Malta and in Cyrenaica(3)It is called mountain cypress

Small and large, and one of its benefits is that it repels harmful vermin and expels them, and is beneficial for chest pains and coughs

It enhances immunity, expels toxins, and is useful in treating rheumatism(4).

37- Grapes: They are found in the village of Oqab in Yemen and in Oran in Morocco(5). About its types and benefits

White grapes are better than black ones. Grape skins are generally slow in digestion because their skins are bulbous. They are good for nourishing and tonic for the body, and their juice has a quicker effect and is more beneficial.(6).

Grape leaves are used against skin diseases, stopping bleeding in women and from the chest, and liver diseases, and its juice is an antiseptic, diuretic, against fevers, expectorant, and soothing cough.(7).

38- Pistachio: There are pistachio trees in Kairouan(8)And its benefits: It opens clogs and purifies the liver, especially due to its bitterness

It is fragrant, and it is good for the stomach and is beneficial for chest and lung ailments. It is a laxative for the stomach, a balm for the heart, and prevents

vomiting.(9).

39- Cloves: Found on Karatail Island in the China Sea(10)Al-Bakri said about him: "And there are trees in it

Cloves, and the merchants buy them from people who do not see them, but they place them in heaps on the coast, so the merchants take them and

leave there the compensation.)(11)Regarding its benefits mentioned by Ibn al-Bitar, he said, "It is the fruit or flower of a tree that sharpens the sight,

strengthens the mind, and removes colds from the liver, brain, stomach, and dropsy."(12).

(1)Ibn Wafid Al-Andalusi, pp. 81, 82.

(2)Ibn Sina: Medicines, p. 125. Ibn Wafid Al-Andalusi: Medicines, pp. 82, 81.

(3)Al-Bakri: Al-Masalik, vol. 1, p. 52. Part 2, p. 176.

(4)Ibn Sina: Medicines, p. 113. Ibn al-Bitar: Medicines, p. 206. Metwally: Alternative Medicine, p. 622.

(5)Al-Bakri: Al-Masalik, vol. 1, p. 281. Vol. 2, p. 254.

6)) Ibn Al-Bitar: Al-Durra, p. 207.

7)) Aqeel: Imam Ali's Medicine, p. 20

(8)Al-Bakri: Al-Masalik, vol. 2, p. 223.

(9) Ibn Wafid Al-Andalusi: Single Drugs, p. 80, Ibn Al-Bitar: Al-Durra Al-Bahiyya, p. 209. Metwally: Alternative Medicine, p.625.

(10)Al-Bakri: Al-Masalak, Part 1. p. 160.

(11)M. n. : Part 1, p. 160.

12)) Al-Durra Al-Bahiyya: p. 210.

40- Cotton: It is found in Sana'a, Bahrain, the Khazars, Tahert, and Al-Masila(1). As for its benefits, its fat is beneficial

From melasma and effects, and its flower with Darsini is joyful.”(2).

41- Camphor: It is found in the Indian Sea(3)It is a medicinal plant with a pleasant aromatic smell, which Ibn Ibn Al-Khattab said about it Al-Bitar: The eucalyptus tree is large and has great character, and the eucalyptus wood is white, brittle and very light, and that its frequent use speeds up gray hair and prevents severe tumors.(4).

42- Leeks: The leek plant is found in Sijilmasa(5). Regarding its benefits, Ibn al-Bitar mentioned that it is qallut and it is

A sharp, hot soothing agent that stimulates urine and menstruation and reduces moisture(6).

Kinder: There are kinder trees in the city of Shahr in Yemen(7)And its benefits: It burns quickly and prevents vomiting

Its peel strengthens and tightens the stomach and prevents the spread of malignant ulcers in the stomach if wicks are taken from it(8). 43-Almond: Its trees are found in the village of Mariout, near Alexandria(9). Al-Bakri said about him: “The almonds have a thin skin

Taken by hand))(10)And about its benefits, types and properties, it is a lightener for clogged liver and spleen, and its oil has been proven to treat deaf,ears.(11).

44- Rose water: It is found in Bakwara and Jur from Persia(12). And it is carried from it to the countries of India and China

And Egypt, Morocco, Yemen and the rest of the countries, and there is no water equal to it in the horizons(13). Ibn Al-Bitar mentioned its benefits by saying: ((It is strong for relief and may facilitate it, and a lot of it stops lust and speeds up gray hair))(14).

45- Bananas: found in Sudan, Zabid and Al-Rashid in Egypt(15).

(1)Al-Bakri: Al-Masalik, vol. 1, pp. 277, 285. Part 2, pp. 251, 238, 205

2)) Al-Durra: p. 210

(3)Al-Bakri: Al-Masalik, vol. 1, p. 148.

(4)Medicines: p. 183.

(5)Al-Bakri: Al-Masalik, vol. 2, p. 337.

6)) Al-Durra: p. 212

(7)Al-Bakri: Al-Masalik, vol. 1, p. 277.

8)) Ibn Al-Bitar: Al-Durra: p. 211.

(9)Al-Bakri: Al-Masalik, vol. 2, p. 172.

(10)M. n. : Part 2, p. 172.

11)) Ibn Al-Bitar: Al-Durra, p. 213

(12)Al-Bakri: Al-Masalik, vol. 2, p. 17.

(13)M. N: Part 2, p. 17.

(14)Al-Durra: p. 215.

15)Al-Bakri: Al-Masalik, vol. 1, pp. 280, 244. Part 2, p. 159.

As for its benefits, it nourishes and softens, and eating it increases bile, is heavy on the stomach, increases semen, harms the kidneys, and produces urine(1).

46- Orange: found in Jalula, Morocco(2)As for its benefits, it is very useful in treating colic and alleviating thirst It soothes the nerves and strengthens the heart(3).

47- Nabq (Sidr): Al-Bakri mentioned that it is found in the soldiers of Yemen(4)Its benefits were mentioned in a hadith

The Messenger(-He said: ((Then he took me to Sidra Al-Muntaha, and behold, its leaves were like the ears of elephants, and behold, its fruits were like the ears of

elephants(5)Itisthe.)) fruit of the Sidr tree, astringent, and its gum removes heat with it, purifies the head and straightens the hair, and its leaf is beneficial for

asthma and lung diseases, tanns the stomach, soothes bile, appetizes food, nourishes the body, and from its harmful effects, it generates phlegm, and

it is slow in digestion, and its harm is warded off with honey.(6).

48- Al-Wars: Found in Yemen(7)About its benefits, it was mentioned in a hadith of the Messenger (-)((The Messenger of God described)-

(From pleurisy, rice, porcelain, and oil with which he gives birth))(8)It is beneficial for melasma and itching. It has strong astringent properties, and its finest red color(9).

49- Jasmine: It is found in the city of Jalula in Morocco(10)And regarding its benefits, jasmine is beneficial for diuresis

It irritates the pain and soothes the dampness, but causes headaches(1)

(1) Ibn Al-Bitar: Al-Durra, p. 215.

(2)Al-Bakri: Al-Masalik, vol. 2, p. 205.

(3)Metwally: Alternative Medicine, p. 637.

(4)Al-Bakri: Al-Masalik, vol. 1, p. 280.

(5)Muslim: Sahih Muslim, p. 50.

(6)Ibn al-Bitar: Durrat al-Bahiyya, p. 216, Ibn Qayyim al-Jawziyyah: Prophetic Medicine, p. 278, Metwally: Alternative Medicine, p. 638.

(7)Al-Bakri: Al-Masalik, vol. 1, p. 277

8))Ibn Al-Bitar: Al-Durra, p. 216.

(9)Ibn Qayyim al-Jawziyyah: Prophetic Medicine, p. 279. Metwally: Alternative Medicine, p. 639.

(10)Al-Bakri: Al-Masalik, vol. 2, p. 205.

(11)Ibn Al-Bitar: Al-Durra, p. 216.

Among the geography books like Al-Masalik and Al-Mamalik left to us by international geographers and Arab and Muslim travelers, especially in the fifth century AH, Al-Bakri they are among the important books, as they provided us with valuable information about the plant wealth found in the countries of the Arab and Islamic world in the East and the West, especially since such wealth was one of the main incentives for industry. Medicines and drugs in those countries, especially since these geographers recorded and recorded in their books what they saw and knew closely about the plants and herbs of those countries to which they traveled or landed. These plants include citron, elderberry, apples, dates, walnuts, dairy seeds, wheat, mustard, heather, millet, plane tree, buckwheat, pomegranate, raisins, and saffron. Olives, quince, Indian hyacinth, iris, perch, oak, barley, grapes, aloes, radishes, cloves, cotton, leeks, pears, kindergarten, cowpea, almonds, khulsa, bananas, mastic, roses, jasmine, and many others, which were the basis for building the edifice of modern European civilization and its progress.

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