

Imam Kazim Medicine

Reza Rezaie Khanghah¹

¹ Shahid Rajaei Teacher Training University

Potential competing interests: No potential competing interests to declare.

Imam Kazim Medicine ^[1] ^[2] ^[3] ^[4] ^[5] ^[6] ^[7] ^[8] ^[9] ^[10] ^[11] ^[12] ^[13] ^[14]:

Imam Kazim's [IMAM Musa al-Kazim (seventh Imam in Twelver Shia Islam)] medicine consists of:

1. Foeniculum Vulgare 2. Mastic 3. Terminalia Chebula 4. Brown Sugar or the sugar, prepared from Saccharum Officinarum (Sugarcane)

According to the narration narrated by Hasan Ibn Bastam Ibn Sabur (Shapur), known as Ibn Bastam, one day Imam Musa Kazim fell ill and the doctors prescribed various medicines for him. Imam said, "Where are you going? Use this medicine, which is the master of medicine. Terminalia Chebula, Foeniculum Vulgar, Brown Sugar at the beginning of summer for three months, and three times a month, also at the beginning of winter for three months and three times a month, and instead of Foeniculum Vulgare uses Mastic." "So you will not get sick until you die."

Summer Ingredients: Terminalia Chebula, Foeniculum Vulgare & Brown Sugar (Spring and Summer)

Winter Ingredients: Terminalia Chebula and Mastic and Brown Sugar (Autumn and Winter)

In winter for two reasons: 1-Better conditions for some viruses 2-Weakening of the Immune System, Viral infections are more likely to increase. And in winter medicine, instead of Foeniculum Vulgare, there is Mastic that has the ability to regulate and improve the immune system.

Mastic properties: 1. Antiviral Activity 2. Antimicrobial Activity 3. Anti-Cancer activity 4. Antibacterial and Antifungal

Properties of Brown Sugar: 1. Protection of the Immune System 2. Anti-Diabetes 3. Anti-Cancer

Terminalia Chebula: 1. Antibacterial Activity 2. Antiviral Activity 3. Anti-HIV Activity 4. Anti-Cancer activity 5. Anti-Diabetic activity

Properties of Foeniculum Vulgare: 1. Anti-Cancer activity 2. Antivirus Activity 3. Antibacterial Activity

This definition is adapted from a manuscript entitled "Research Into Potential Therapies Against COVID-19, With Focus On Ivermectin^[15]"

References

- ¹ [^] Jayaprakash Narayan Kolla, Nagaraj M. Kulkarni, Rathanakar Reddy Kura, Sravan Kumar Reddy Theepireddy. (2017). *Terminalia chebula Retz. – an important medicinal plant*. doi:10.1515/hepo-2017-0024.
- ² [^] Anwesa Bag, Subir Kumar Bhattacharyya, Rabi Ranjan Chattopadhyay. (2013). *The development of Terminalia chebula Retz. (Combretaceae) in clinical research*. *Asian Pacific Journal of Tropical Biomedicine*, vol. 3 (3), 244-252.

doi:10.1016/s2221-1691(13)60059-3.

3. ^, . (2019). *Antioxidant and Anti-Inflammatory Properties of Mastiha: A Review of Preclinical and Clinical Studies*. *Antioxidants*, vol. 8 (7), 208. doi:10.3390/antiox8070208.
4. ^Hayam Mohamed Ezz Eldin, Abeer Fathy Badawy. (2013). *In vitro anti-Trichomonas vaginalis activity of Pistacia lentiscus mastic and Ocimum basilicum essential oil*. *J Parasit Dis*, vol. 39 (3), 465-473. doi:10.1007/s12639-013-0374-6.
5. ^Syed Rizwan Abbas, Syed Mubashar Sabir, Syed Dilnawaz Ahmad, Aline Augusti Boligon, et al. (2014) *Phenolic profile, antioxidant potential and DNA damage protecting activity of sugarcane (Saccharum officinarum)*. *Food Chemistry*, vol. 147 , 10-16. doi:10.1016/j.foodchem.2013.09.113.
6. ^Shamkant B. Badgujar, Vainav V. Patel, Atmaram H. Bandivdekar. (2014). *Foeniculum vulgare* Mill: A Review of Its Botany, Phytochemistry, Pharmacology, Contemporary Application, and Toxicology. *BioMed Research International*, vol. 2014 , 1-32. doi:10.1155/2014/842674.
7. ^Liang-Tzung Lin, Ting-Ying Chen, Song-Chow Lin, Chueh-Yao Chung, et al. (2013). *Broad-spectrum antiviral activity of chebulagic acid and punicalagin against viruses that use glycosaminoglycans for entry*. *BMC Microbiology*, vol. 13 (1), 187. doi:10.1186/1471-2180-13-187.
8. ^Ajay Kesharwani, Suja Kizhiyedath Polachira, Reshmi Nair, Aakanksha Agarwal, et al. (2017). *Anti-HSV-2 activity of Terminalia chebula Retz extract and its constituents, chebulagic and chebulinic acids*. *BMC Complement Altern Med*, vol. 17 (1). doi:10.1186/s12906-017-1620-8.
9. ^AbdelaatyA Shahat, HanyM. A. Radwan, YehyaM Elkholly, MonaT. M. Ghanem, et al. (2012). *Phenolic compounds from Foeniculum vulgare (Subsp. Piperitum) (Apiaceae) herb and evaluation of hepatoprotective antioxidant activity*. *Phcog Res*, vol. 4 (2), 104. doi:10.4103/0974-8490.94735.
10. ^F. Mouhajir, J.B. Hudson, M. Rejdali, G.H.N. Towers. (2001). *Multiple Antiviral Activities of Endemic Medicinal Plants Used by Berber Peoples of Morocco*. *Pharmaceutical Biology*, vol. 39 (5), 364-374. doi:10.1076/phbi.39.5.364.5892.
11. ^Nabila Benhammou et al.. (2008). *Antioxidant and antimicrobial activities of the Pistacia lentiscus and Pistacia atlantica extracts*. *African Journal of Pharmacy and Pharmacology*.
12. ^Chen J. et al. (2016). *Mastic gum suppresses secretion of thymic stromal lymphopoietin in the asthmatic airway via NF-κB signaling pathway*. *Biology*.
13. ^Kensaku TAKARA, Daigo MATSUI, Koji WADA, Toshio ICHIBA, et al. (2002). *New Antioxidative Phenolic Glycosides Isolated from*Kokuto* Non-centrifuged Cane Sugar*. *Bioscience, Biotechnology, and Biochemistry*, vol. 66 (1), 29-35. doi:10.1271/bbb.66.29.
14. ^Liang-Tzung Lin, Ting-Ying Chen, Song-Chow Lin, Chueh-Yao Chung, et al. (2013). *Broad-spectrum antiviral activity of chebulagic acid and punicalagin against viruses that use glycosaminoglycans for entry*. *BMC Microbiology*, vol. 13 (1), 187. doi:10.1186/1471-2180-13-187.
15. ^Reza Rezaie Khanghah. (2022). *Research Into Potential Therapies Against COVID-19, With Focus On Ivermectin*. doi:10.22541/au.166187029.95255877/v1.

