

DIET, DIETETICS AND FLORA OF THE HOLY BIBLE

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ABSTRACT

The study of history of medical science from non-medical sources needs no apology. At first the discussion of what was thought in the past rather than what is known now appears to be of merely antiquarian value. The knowledge of Diet, Dietetics, medicinal plants dates back to the remote antiquity of mankind. The Hebrews can be proud of having preserved in the Old Testament many old medical practices and traditions, which throw light on ancient medicine. The Bible is genuinely documented book representing the wisdom, medical knowledge and the culture, of a nomadic race. This article contains information of some medicinal plants, which are useful for treating different kinds of ailments and some with nutritious qualities.

Introduction

The development of the medical knowledge from the earliest times to the present day is a fascinating and colourful aspect of the human history. The Hebrews deserve to be proud of having preserved in the Old Testament many old medical practices and traditions which throw light on several ancient practices. Some chapters in the Pentateuch (five books of Moses i.e. first five books of the old testament, Holy Bible), contain various regulations for personal conduct towards food and dietetics and guidelines for maintaining good health. The necessities of life were well recognized in Bible as early as the days of the patriarchs, one incidence was recorded when Jacob insisted upon his right for food and shelter because food is vital for survival (Gen.28-20). This was later guaranteed by the Mosaic code. The author of the Mosaic code, Moses belongs to the 13th B.C who was an Israelite leader, Prophet, legislator and one of the greatest figures in the old testament. He founded the religious community based on covenant and

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relationship with God. He was the organizer of the community's religious and civil tradition. The dietary section of the Mosaic code was the result of careful research by its author. In it, a selection of foods and procedure for sanitary preparation, instruction for cooking, serving and eating of various foods are found i.e. cereals, pulses, meat, nuts, vegetables, fruits, milk, honey and wine.

Diet

In studying the foods listed in the Bible, we must consider them from their ritualistic as well as nutritional standpoint. The religion and science of the Bible go together. As an example the Pomegranate (Rimoin) was considered as a holy fruit not only because it was part of the outfit of the Tabernacle but because a Pomegranate contains seeds, which represent the divine precepts that a pious Hebrew lives up to. In Biblical times this precious fruit was used in many ways including preparing juice to drink. In like manner, fat and blood of the animal were forbidden to be eaten, not only from hygienic but also from ritualistic standpoint.

The first meal described in the Bible is that, which was offered by Abraham to the three strangers. He said to his wife Sarah "Prepare quickly three measure of fine meal, kneed it and make cakes upon the hearth (the area immediately in front of the fire place). Abraham ran and fetched a tender meat from the herd and gave to a servant to dress it quickly . They also served them sweet, cream, milk and the meat which she had prepared and they feasted (Gen, 18; 6-8).

The need of regulating the dietary of wandering nation beset with the vicissitudes of wilderness took into consideration their habitat, mode of living, dress, work and other factors, which controlled their daily life. Moses recognized the dangers of faulty dieting and improper food under those trying conditions and he legislated accordingly not only for their activities of the wilderness but also for the benefit of future generations.

Besides the listing of the fit and unfit foods (see the table), methods of preparation and rules for consumption of edible products are out-lined in a complete and detailed review, which teaches the benefits of moderation and points out the dangers of over indulgences. The reward for observing the Mosaic laws was long-life upon earth "heed and follow the Law's and statutes that given to you, so that you shall enjoy life and the

nation all over the world will look up to you as a wise and intelligent” (Deut. 4.1). Every Hebrew believed, hoped and prayed for longevity. They love life and always long to live to a ripe old age just like the patriarchal fathers, Abraham, Isaac and Jacob. The reasons why they live such long lives was not only because they led clean lives and also because they followed the laws and statutes towards food and dietary section.

The devout Jews all over the world even today observe a dietary system called ‘Kosher’ according to which they restrain themselves from taking dairy products like milk, butter, cheese, curd etc., along with the meat. Mosaic law in Exodus in Bible forbids cooking milk and meat together. During my recent visit to Israel I have found that Kosher is widely practiced among the Jewish community. If somebody consumes even coffee with milk, he will give a gap of three hours before he takes a meal with meat. When the meal is eaten with meat, he will give a gap of at least five hours before he consumes dairy products or even coffee with milk.

Holy Bible contains information of several plants, which are useful for treating different kinds of ailments and some with nutritious qualities (Ezc. 47:12). The land of Palestine, Israel consists of large variety of plants since the early times and the ancient Hebrews used these plants, their fruits, nuts and seeds mainly as their food supplement. This article classifies the list of plants referred in Holy Bible with their scientific names and their references and description in Bible. These plants are useful for treating different kinds of ailments and some with nutritious qualities.

Sl. No.	Name of Plant	Context with references	Uses in <i>Āyurvēda</i>	Medical Properties
1.	Almond Botanical Name: <i>Prunus amygdalys</i> Sanskrit: <i>Vātāda</i>	i) Almond nuts were carried to Egypt as a gift to Joseph by his brother (Gen. 43:11) ii) It is earliest to blossom in spring season (Jermiah 1:11) iii) Holy Lamp stand cups are like Almond flowers (Exo.25:33 & 37:19). iv) Aron's walking stick budded and produced Almonds overnight and proved that Aron was God's man next to Moses (Numb.17:8)	It is hot in potency, slightly unctuous mitigates <i>Vāta</i> , increases semen and aphrodisiac and it is hard to digest.	Almonds are emollient and highly nutritive. Excellent vehicle as expectorants. The oil of almonds used medicinally or for flavouring and in Cosmetics and Pharmaceuticals.
2.	Aloes/Eagle wood Botanical Name: <i>Aquillaria agallocha</i> <i>Roxb.</i> Sanskrit: <i>Aguru</i>	i) Mentioned as one of ingredient of anointed oil (Psl. 45:8) ii) Used as perfume (Prov.7; 17, S.of S. 4:14). iii) Applied to body of Christ along with other perfume (John. 19:39).	It is hot in Potency, Pungent, good for skin, bitter taste penetrating, increases <i>Pitta</i> and easily digestable, cures diseases of eyes and ears.	Demulcent, and emollient properties
3.	Anise Botanical Name: <i>Pimpinella anisum</i>	i) Paying the tith of mint, Anise and Cumin (Mat, 23:23). It is native of Egypt, Crete, Cyprus and Greek ilands well known to Ancients.	-	Aromatic, Carminative and Stimulant, Anise is amongst the oldest spices mentioned in Holy Bible.

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4.	Apple Botanical Name: <i>Pyrus malus</i> Sanskrit: <i>Śimbītika</i>	i) Fruit of good taste useful for sick (S.O.S. 2:3 & 5, 7:8) ii) A word spoken is as sweet as Apple. (Pro.25:11)	Mitigates <i>Vāta</i> and <i>Pitta</i> , Stoutenes the body, increases <i>Kapha</i> , Hard for digestion and increases semen.	Highly nutritious
5.	Balm, Balsam. Botanical Name: <i>Balsamoden-drun mukul</i> Sanskrit: <i>Guggulu</i>	i) Ismaelites came from Gilead with spicery and balm; and myrrh (Gen. 37-25). ii) Balm and other valuables were carried to Egypt as gift to Jeseph by his brother (Gen. 43:11). iii) Balm as medicine (Jer. 8-22 and 46:11). iv) Balm as trade product (Ezek: 27:17) Besides its use as medicine, it has been employed from the earliest times as an ingredient in incense and perfumes. One of the ingredients of the holy oil used by Jews and Egyptians for fumigation and embalming.	Bitter, hot in potency, increases <i>Pitta</i> , Laxative, unifies fractures, Ahprodisiac, enters into minute pores. Rejuvenator, cures Ulcers, useful in Diabetes and Rheumatism.	It is stimulant, tonic, expectorant, anti spasmodic, when combined with iron and aloes, very useful in Amenorrhoea, Useful in Bronchitis Phthisis and Dyspepsia.

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6.	Bean Botanical Name: <i>Faba vulgaris</i> Sanskrit: <i>Śimbī</i>	i) As Diet for king David along with other food items (ii Sam.18:28) ii) One of the food items for Israelites (Ezk. 4:9).	Increases <i>Vāta</i> , mitigates <i>Kapha</i> and <i>Pitta</i> . Hinders elimination of urine and faeces cold in potency.	The Common been was much cultivated in Palestine. And used both as a vegetable and flour, it is nutritious.
7.	Calamus Botanical Name: <i>Acorus calamus</i> Sanskrit: <i>Vaca</i> English: <i>Sweet Flag</i>	i) Mentioned as one of the ingredient to make an oil of holy ointment (Exo.30.23). ii) Mentioned as an article of Syrian Commerce (Ezk.27:19).	It is pungent, bitter and hot in potency. Produces Vomiting, digestive, relieves constipation, flatulence, cures epilepsy and pain abdomen, and <i>Vāta</i> origin diseases.	It is an aromatic stimulant and mild tonic, flatulence, useful in Colic and dyspepsia. Sometimes used in the preparation of aromatic Vinegar.
8.	Cassia Botanical Name: <i>Cinnamomum cassia blume</i> Sanskrit: <i>Teja patra</i>	i) Mentioned as one of the ingredients to make an holy oil (Exo. 30:24). ii) Mentioned as an article of Syrian Commerce (Ezk. 27:19).	Easily digest able, hot in potency relieves itching, anorexia, cures diseases of heart and urinary bladder, piles, rhinitis and destroys semen.	Spices, aromatic carminative and stimulant.
9.	Cinnamon Botanical Name: <i>Cinnamomum zeylanicum</i> Sanskrit: <i>Dārusīta</i> (<i>dālcini</i>)	i) One of the ingredient to make an oil of holy ointment (Exo.30:24). ii) An article of Commerce (Rev: 18:13)	Mitigates <i>Vāta</i> and <i>Pitta</i> , aromatic increases semen, bestows strength, cures dryness of mouth and thirst.	Spices, aromatic, carminative and stimulant.

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10.	Citron Botanical Name: <i>Citrus medica</i> Sanskrit: <i>Bijāpūra</i> .	It is used by Rabbis (preists) in feast of the Tabernacle (Lev.23:40). The fruit was well known to the Greeks and Romans at an early period and probably in the third century introduced to Italy through the Mediterranean's regions.	Sweet and sour in taste, increases digestive fire, easily digestable clears the throat, cures dyspnoea, cough and good for heart.	Stimulant, and Carminative when given internally stimulant and rubeficient when applied externally. It is chiefly employed in medicine to communicate agreeable odour to the medicine.
11.	Coriander Botanical Name: <i>Coriandrum sativum</i> Sanskrit: <i>Dhanyaka/ Kustumbari</i> .	The Manna looked like the seeds of Coriander (Exo: 16:31 and Num: 11:17)	Unctuous, diuritic, easily digest able, digestive improves taste, mitigates all the three <i>doṣas</i> useful in thirst burning sensation, vomiting, dispnoea, cough	Aromatic, Aphrodisiac stimulant and carminative properties. Stomachic, tonic, diuretic. Chief consumption of coriander is as a flavouring agent in Cookery.
12.	Cucumber Botanical Name: <i>Ecballium elaterium</i> Sanskrit: <i>Trapuṣa</i>	i) This fruit was largely cultivated in Egypt and Palestine and much used as a food (Num: 11:5 and Isa.1:8).	Easy digestable, cures fatigue, burning sensation, Its seed is diuretic and cures bleeding diseases and dysuria.	It is a valuable remedy in dropsical affections with heart and in Renal dropsy.

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13.	Cumin Botanical Name: <i>Cuminum cyminum</i> Sanskrit: <i>Anjīra/Jīraka</i>	Cumin seeds were well known to the ancients, and is alluded into the Testament (Is. 28:25) and tiathable (Mat. 23:23)	Hot in potency, increases digestive fire, easily digestable, purifies the uterus, cures fevers, digestive and aphrodisiac cures <i>Vāta</i> diseases	Mild stimulant, aromatic and carminative and it is a flavouring agent in cookery.
14.	Fig Botanical Name: <i>Ficus</i> Sanskrit: <i>Anjīra</i>	Fig tree was cultivated in Palestine and other Mediterranean countries. These are three kinds. 1. Ripe in June and green in color. 2. Summer fig. It is sweet and the best. Purple in colour. 3. Winter fig. In biblical times figs were eaten fresh or as Cake made up of figs. (Sam:30.12). It is still used in the east as the best poultice (II. Ki 20:7; Isa 38:21). Sitting under this tree one can get peace and prosperity. (IK 4.23; Micah 4:4; Zek.3.10). Jesus made frequent	The juice of this fruit mixed with honey is said to be immediate cure for hemorrhage. Fresh or dried are said to be demulcent, diuretic, emollient, and nutritive. Usefull in the prevention of nutritional aneamia.	Nutritive, emollient demulcent and laxative used as a supportive poultice in gum boils.

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		use of the fig tree or its fruit as an emblem or a means of instruction, especially in the case of the barren fig tree (Mat-24:23 and Luke 13:6).		
15.	Frankincense Botanical Name: Resin of <i>Boswell serrata</i> . Roxb Sanskrit: <i>Kunduru</i>	An ingredient of the anointing oil (Ex: 30:34). An offering of sweet savor (Lev.2:2) Even today it is in the preparation of the incense used in the Roman Catholic and Greek Churches.	It is sweet, bitter penetrating, good for the skin, cures fever, diseases caused by evil spirits, witch craft and diseases of mouth.	Stimulant, diuretic and diaphoretic. It is used in the form of fumigation for bronchitis. Chronic pulmonary affections, bronchorrhoea. Laryngitis.
16.	Garlic Botanical Name: <i>Ailium sativum</i> Linn. Sanskrit: <i>Laśuna</i>	Israelites used as food in wilderness (Num:11:5).	Aphrodisiac, unctuous, hot in potency, digestive, laxative rejuvenator, good for heart, chronic fevers, dropsy, dyspnoea good for <i>Vāta</i> diseases.	Stimulant, diaphoretic, expectorant diuretic, tonic and rubefacient.
17.	Gourd Botanical Name: <i>Lagenaria siceraria</i> Sanskrit: <i>Alābu</i>	The Gourd protected Jonah (Jonah 4:6-10)	Good for the heart, mitigates <i>Pitta</i> and <i>Kapha</i> , hard for digestion, aphrodisiac, helps nourishment and growth of tissues.	

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18.	Grapes Botanical Name: <i>Vitis vinifera</i> Sanskrit: <i>Drākṣa</i> .	Palestine has been called land of grapes. The Israelites Found enormous clusters of grapes growing in Canaan. (Numb. 13:23) Many varieties of grapes have been cultivated since the earliest times for fruits, wine, juice etc.	Ripe fruits are laxative, cold in potency, good for eyes, stoutening, hard to digest, aphrodisiac, cures thirst, fever, dysponoea, diseases of <i>Vāta</i> , gout, Jaundice dysuria, bleeding diseases burning sensation, and alcoholic intoxications.	Grapes are wholesome and most agreeable desert fruit. They are never used in medicine for their therapeutic properties but used only as flavouring agent. Grapes are refrigerant, diuretic and laxative. They allay thirst and diminish febrile heat and useful in inflammatory complaints.
19.	Hyssop (Common Marjoram) Botanical Name: <i>Origanum majorana</i> Linn. Sanskrit: <i>Marubaka</i>	1) One of the ingredient that cleansed the leprosy patient. (Lev:14:4). 2) King Solomon described about this plant (Kings 4:33)	Increases digestive fire, good for the heart, hot in potency, easily digestible cures poison of scorpion, cures leprosy and other skin diseases.	Stimulant, carminative tonic, diaphoretic. It is used as a seasoning agent in cookery.

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20.	Lentil Botanical Name: <i>Lens culinaris</i> or Lens esculenta Sanskrit: <i>Masur</i> .	Lentils are frequently mentioned in the Bible for instance in the 25 th chapter of Genesis Esau sold his younger brother Jacob for red pottage made of Lentils as a nutritious food (II-Sam: 17-28)	Causes constipation, sweet in taste, easy for digestion mitigates <i>Kapha</i> , <i>Pitta</i> and blood, causes dryness, increases <i>Vāta</i> and cures fevers.	No special value as medicinal agent. But as a food it is highly nutritious. It is one of the most ancient cultivated plants and well known to the Egyptians and Persians and in Europe it has been grown since the days of the Roman Empire.
21.	Mandrake Botanical Name: <i>Mandrigora officinarum</i> , <i>Podo phylum peltatum</i> / <i>Aralia quinquifolia</i> (not been identified satisfactorily) Sanskrit: <i>Lakṣmaṇa</i>	It is common throughout Palestine. Rachel who was barren agreed to let Jacob be with her sister Leah (another wife) for that night in exchange for the Mandrakes. (Genesis 30:14-230)	Drug <i>Lakṣmaṇa</i> is used for <i>Pumsavana</i> ; and in fertility. Constipating mitigates Pitta and semen, cold in potency, hard for digestion. Ripe fruit is hot in potency, slightly alkaline.	Discorides, the Greek physician and Surgeon refers in his book the use of Mandragora wine for anaesthesia. Bartholomenus (12 th century) has suggested Mandrake in wine could deaden sensation during an Operation and as pain killer.

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22.	Melon Botanical Name: <i>Citrullus vulgaris</i> Linn. Sanskrit: <i>Kāṇḍam</i>	Water melon so commonly cultivated throughout the east and; Mediterranean regions. Used as food in wilderness of Israelities (Num 11:5)	Constipating mitigates <i>Pitta</i> and semen, cold in potency, hard for digestion. Ripe fruit is hot in potency, slightly alkaline.	Fruit and seeds are used as food. The broken up pulp freed from seeds is the form in which it is usually supplied to pharmacists (colocynth pulp). It is powerful hydragogue, Cathartic, remedy for constipation dropsical affections, amenorrhoea and other uterine obstructions.
23.	Millet Botanical Name: <i>Panicum miliaceum</i> Sanskrit: <i>Caṇaka</i>	Its cultivation in Egypt extends back to the earliest times and it is used as food (Ezk.4:9)	Unites the broken bones, aggravates <i>Vāta</i> , stoutens the body, and hard to digest, causes dryness mitigates <i>Kapha</i> greatly.	Widely used in Asia and Europe for human food and for birds.
24.	Mint Botanical Name: <i>Mentha piperita</i> . Sanskrit: <i>Pūṭha/Pudīna</i>	Paying tithe of Mint, Anise, etc. (Mat.23:23 Luke 1:42)	Hot in potency mitigates kapha & <i>Vata</i> , digestive, flatulence, cures headache, <i>Vāta</i> diseases and pain abdomen	Mint oil which is employed in medicine useful in flatulence, nausea, colic in children, spasmodic affections of the stomach and is a frequent addition to other medicines for Flavours.

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25.	Mustard Botanical Name: <i>Brassica campestris</i> Linn. Sanskrit: Sarṣapa	It is found abundantly in Palestine. It grows large in size on the banks of Jordan like a tree. It is mentioned in the Parable (Mark 4:31, Mat : 13:31-32, 13; 18-19)	Pungent, unctuous Penetrating, hot in potency, mitigates <i>Kapha</i> and <i>Vāta</i> , increases <i>Rakta</i> , <i>Pitta</i> and digestive fire, cures itching, leprosy and intestinal worms.	Black mustard seed is a powerful stimulant. Mustard oil good for skin. It is useful for chronic rheumatism.
26.	Myrrh. Botanical Name: <i>Balsamodendram myrrha</i> or <i>Resin of Commiphora myra</i> . Sanskrit: <i>Bola Gandharasa</i> or <i>Pinda</i>	It was used as an ingredient of the holy anointing oil, (Ex30:23) as a domestic perfume with Cassia etc (Pro. 7:17) for purification (ritual) of women (Esth:2 :12) and as a burial spice (John : 19:39)	Cures the diseases of <i>Rakta</i> origin, cold in potency, Improves intelligence and digestive fire, digestive, relieves burning sensation, cures fever epilepsy and cleanses the uterus.	It is stimulants tonic, expectorant, anti spasmodic, when combined with iron and aloes very useful in bronchitis, phthisis and dyspepsia.
27.	Myrtle/Bay Berry Botanical Name: <i>Myrica nagi</i> or <i>Myrcia acris</i> Sanskrit: <i>Katphala</i> .	Native of Palestine, much used by Hebrews for perfume, ornaments and spicery, Still used in synagogues on feast of Tabernacles. (Neh. 8.15; Isa. 4 : 1, 19,55:13, zech 1:8-11)	Astringent, bitter, mitigates <i>Vāta</i> , <i>Kapha</i> , cures fever, dyspnoea, diabetes, hemorrhoids, cough, diseases of throat and anorexia.	As refreshing perfume in faintness, nervous headache and other nervous affections. It is also used for room refresher especially for sick convalescent.

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28.	Nuts (Walnut) Botanical Name: <i>Juglans regia</i> Linn Sanskrit: <i>Akṣota</i>	Referred as one of the valuable articles carried to Egypt as a gift to Joseph by his brothers (Gen: 43:11)	Hot in potency, slightly unctuous, mitigates <i>Vāta</i> , increases semen, hard to digest, aphrodisiac.	Rind of the fruit useful in Syphilis, oil of the fruit as an anthelmintic.
29.	Olive Botanical Name: <i>Olea eurpeae</i>	The olive is common in Palestine. It resembles the apple tree and bears a plum like fruit, prized for its oil Gen. 8:11: Deut 8:8, Job.24.11 Olive wood used in building and furnishing the temple, Lk : 19;20, Ik : 6:23, 31:33)	-	Olive oil is demulcent, mild laxative. It is an antidote in case of poisoning emollient vehicle for lineaments and other external applications Good for skin diseases. Countries of Europe and East use the oil as a food substance.
30.	Onion Botanical Name: <i>Allium cipa</i> Linn. Sanskrit: <i>Palandu</i>	A single bulged plant cultivated extensively in Egypt and highly prized as food (Num. 11 : 5)	Not hot in potency, increases <i>Kapha</i> mitigates <i>Vāta</i> alone. Bestows strength and vitality, aphrodisiac	-

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31.	Palm (date) Botanical Name: <i>Phoenix dactylifera</i> Sanskrit: <i>Kharjūra.</i>	Palm grew vigorously in Paltestine, It was symbol of elegance and grace. (Ex.15:27, Psl 92:12, John 12 : 13) Jericho was known as the city of Palm trees (Judges 1:16)	Cold in potency, Sweet in potency and sweet in taste after digestion, unctuous, helps taste, good for heart and lungs and consumption, cures blood diseases; bestows nourishment, strengthens semen, cures fever diarrhoea, hunger, thirst, dyspnoea and intoxication.	Highly nutritious, dates are considered to be demulcent, expectorant, laxative and useful in respiratory diseases and fever widely used in bakery and confectionary etc.
32	Pistacho Botanical Name: <i>Pistacia vera</i> Sanskrit: <i>Mukūlaka.</i>	When Jacob sent Gifts to Joseph in Egypt this was one of the valuable (Gen: 43:11)	Its uses are alike almond, bestows strength.	It is highly nutritious, considered to be digestive, sedative and tonic. Oil used in confectionary as spice oil and in medicine.
33	Pomegranate Botanical Name: <i>Punica granatum</i> Sanskrit: <i>Dāḍīma.</i>	These plants were grown in gardens and besides houses (Deut.8.8, S.of. S. 6.11) Decoration of the priests robes (Ex.. 28:33) Ornamented in	It is administered in several fevers caused by <i>Pitta</i> , all tyes of diarrhoea, bleeding piles and cures thirst. Easily digestable. Increases semen.	Pomogranate rind may be employed both externally and internally whenever astringents are indicated. It is highly esteemed as a remedy for

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		Jerusalem temple (IK 7:18, II.chro.3:16). In Biblical times this tasty fruit was used in many ways. Juice as a cool drink and as a wine (S. of. S. 18;2)	-	diarrhoea and in chronic dysentery. It is highly nutritious. Good source of sugar and vitamin-C.
34	Rue Botanical Name: <i>Ruta gavreolens</i>	A shrubby plant with divided leaves and small yellowish flowers. The flowers emit a powerful fetid odor, due to the presence of volatile oil. It was cultivated for its supposed medicinal properties and was tiethable (Luke 11.42)	-	The herb and the oil acts as stimulants, their influence being chiefly directed to the uterine and nervous system. It may be given in hysteria, amenorrhoea, epilepsy, flatulent colic, infantile convulsions and as anthelmintic. Ancient employed rue for the seasoning and most useful in warding off contagion Even now it is used to keep of noxious insects.
35.	Saffron Botanical Name: <i>Crocus sativus</i> Sanskrit: <i>Kumkum</i>	Common plant in Palestine. It is a purple flowered crocus, blooming in the autumn. Its stamens and style yield an aromatic order. it is used in cooking as flavouring and coloring and highly valued in the east as a perfume (S.of S.4:14)	Pungent,unctuous, cures headache, ulcers and worms vomiting, good for color/complexion, cures discolored patches on face and mitigates all the three <i>doṣas</i> .	It is a stimulant, antispasmodic. Now its chief use for medicine is as a coloring and flavouring agent in several preparations.

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36.	Spikenard/ Valerian Botanical Name: <i>Valeriana officianali/ Valeriana wallichii</i> dc Sanskrit: <i>Jatāmamsi</i>	A highly perfumed ointment prepared by ancients with this plant, used for anointing. The anointing of Jesus at Bethany (Mat.26:6-13 Mark 14:3 and John 12:3) King Solomon used this as chief spices and perfume (S.of S.1:12 & 4:14)	Cold in potency, sweet, improves intelligence complexion and strength. Cures diseases of blood, burning sensation, herp, leprosy and skin diseases, mitigates all the three <i>doṣas</i> .	It is a stimulant, anti spasmodic and nervine tonic.
37.	Sycamine Botanical Name: <i>Morus nigra</i> Sanskrit: <i>Tuta</i> .	This mulberry grows in Palestine. It is mentioned in faith illustration. (Luke 17:6)	Ripe fruit hard to digest, sweet, cold in potency, mitigates <i>Pitta</i> and <i>Vāta</i> unripe fruit laxative, sour, hot in potency.	Mulberry Juice possesses refrigerant and slightly laxative properties, fruit known as esteemed desert fruit. Bark used as anthelmintic.
38.	Sycamore Botanical Name: <i>Ficus glomerata</i> Sanskrit: <i>Udumbara</i>	It's abundance of small fruit is still used in Egypt for food and its light, soft, durable wood was used to make mummy Coffin. These trees have great value (I Chr.27; 28) and it was one of the Egypts calamity (Ps.78;47).	Cold in potency causes dryness, hard for digestion mitigates <i>Pitta Kapha</i> and <i>Rakta</i> . Bestows complexion heals ulcers.	The bark contains 14% Tannins. It is astringent and a decoction of it is used as a wash for wounds. Root useful in destentry. Leaves powder with honey cures bilious affections, fruits are astringent stomachic and carminative.

Sl. No.	Name of Plant	Context with references	Uses in <i>Āyurvēda</i>	Medical Properties
39.	Wheat Botanical Name: <i>Triticum Sativum</i> Linn. Sanskrit: <i>Godhuma</i>	Cultivated as the chief food crop throughout Egypt & Palestine, wheat harvest (April-June) marked as a division of the year (Gen 30:14, 41:22, Ps.81:16; Mat. 17:8)	Cold in potency, mitigates <i>Vāta</i> <i>Pitta</i> not easily digestible, increases <i>Kapha</i> , semen, strength, laxative, rejuvenation, bestows color and good for ulcer healing.	used in Medicine for External use. Chiefly used in the manufactures of Bread, and in the preparation of various nutritious foods. Principal constituents are starch, gluten, albumen dextrin and sugar.

Permitted and forbidden Animals/Birds/Fish etc.

Species	Permitted	Not Permitted
1) Quadrupeds or Mammals	Cow, ox, sheep, goat, wild goat, hart lamb, roeback, deer, wild ox, chamois, antelope, ewe, bison, heifer, foal, all horned, hoof-parted, cloven footed, two clawed and end-chewers.	Camel, Bactrian camel, coney, hare, swine, dogs, cats, bears etc.
2) Birds or Bipeds	Tortledove, dove, pigeon, quail, fowl all herbivorous.	Eagle, osprey, vulture, kite, raven, night hawk, cuckoo, hawk, owl, cormorant, ibis, pelican, stork, carrion vulture, heron, lapwing or hoopoe, but all these are carnivorous and birds of prey.
3) Fish	All having fins and scales, non carnivorous, seaweed, eaters. Flesh wholesome, nutritious & edible.	All without fins and scales e.g. the shark tribe, dog fish, etc. usually carnivorous, voracious and fish unsavory.
4) Insects	Locust, bald locust, beetle, grasshopper, all with leaping legs above their feet with long, kangaroo like hind legs.	All flying, creeping creatures on all fours mostly forbidden and flies, bees, hornets etc.
5) Reptiles	-	Serpents, caterpillars, worms, crocodile, lizard, tortoise, chameleon, antipodes and millepods.
6) Mollusks	-	All mollusks or shell-covered animals.

ABBREVIATIONS

Deut	-	Deuteronomy
Exo	-	Exodus
Ezek	-	Ezekiel
Gen	-	Genesis
Isa	-	Isaiah
Jer	-	Jeremiah
I k	-	I Kings
Lev	-	Leviticus
Mat	-	Matthew
Numb	-	Numbers
Pro	-	Proverbs
Psl	-	Psalms
Rev	-	Revelations
Sam	-	Samuel
S. of S.	-	Song of Solomon
Zech	-	Zechariah

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सारांश

पवित्र बाइबिल में उल्लिखित आहार, आहारविधा एवं वनस्पतियाँ

पी.के.जे.पी. सुभक्ता, अला नारायण, भुवनेश कुमार शर्मा एवं एम. मृत्युंजय राव

आयुर्विज्ञान के अतिरिक्त स्रोतों से आयुर्विज्ञान के इतिहास का अध्ययन करने के लिये क्षमायाचना की आवश्यकता नहीं है। सर्वप्रथम प्राचीन दृष्टिकोण पर विचार-विमर्श करने पर आधुनिक ज्ञान की अपेक्षा पुरातत्त्व विषय अधिक मूल्यवान् प्रतीत होते हैं। मानव जाति को आहार, आहारविधा और वानस्पतिक पौधों से सम्बन्धित ज्ञान अतिप्राचीन काल से है। प्राचीन चिकित्सा व्यवस्था पर प्रकाश डालने वाली बहुत सी पुरातन चिकित्साविधाएँ एवं परम्पराएँ पवित्र बाइबिल के प्राचीन निबन्धन के रूप में संरक्षित होने से यहूदी गर्व कर सकते हैं। बाइबिल एक भ्रमणशील मानव प्रजाति की बुद्धिमत्ता, चिकित्सिकीय ज्ञान और संस्कृति को प्रदर्शित करने वाला प्रामाणिक ग्रन्थ है। इस लेख में विभिन्न रोगों की चिकित्सा में उपयोगी एवं कतिपय पोषक गुणवत्ता वाले पादपों की जानकारी अन्तर्विष्ट है।