

# Herbal Medicines and Their Effects on the Psyche from the Islamic Teachings Perspective

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## Abstract

The nervous system has the control of all movements and activities of the body; thus, its functioning has an overall effect on human health. Depression, anxiety, and amnesia are the three mental illnesses people may suffer from given the type and conditions of their lives. There are different approaches to treat these three illnesses, the best, easiest, and most inexpensive on of which is using herbal medicines (HMs). The adaptation of HMs to the human body as a part of nature, which is another nature component, makes them better and faster in treating illnesses. Thus, the restoration of traditional medicine and preserving valuable medicinal plants seem vital. One of the purposes of the study was to familiarize the community with these healing herbs and among its benefits extending the cultivation and production of such herbs, creating new job opportunities, and economic boom can be cited.

**Keywords:** Islamic medicine, nerve, anxiety, depression, amnesia, herbal tea

## INTRODUCTION

The factors leading to anxiety, worry, and depression proliferate the same as science and technology progress. Anxiety, depression, and amnesia are not specific to a particular society or a stratum of people, and people are exposed to different anxiety and disturbing factors given the type and conditions of their lives.

God Almighty created the plants on the Earth as they are considered a basic food for any living creature, without which life would be impossible. Ever since God created man and the animals, the diseases were found with them as well, and the God put medicinal properties in the plants the way he made the food. Herbal medicine is an old science rooted in history and has always been one of the main foundations of popular medical schools like those common in ancient civilizations in Egypt, India, Assyria, Babylon, China, Greece, Iran, and Islamic medicine. In Iran, there are many plants, vegetables, flowers and fruits, which will benefit people greatly in case they are aware of their healing properties. The Holy Quran and the medical hadiths, and so on have discussed the plants and their properties like the effect of herbal medicines on neurological diseases. As HMs are the products of nature, they are in synchrony with the speed at which other parts of the body are affected as a part of this nature. Using them is recommended because of their having moderate effects and not being a dangerous and sensitive task, and the mistakes in their dosage usually do not involve a major disadvantage. However, they should not be used excessively as excess cause loss, damages, and destruction in everything.

“Herbal medicines” assume many therapeutic roles in human body; however, not all of them are beneficial and there are toxic herbs as well, some of which are dangerous and may lead to death, especially in long term use. Thus, it is recommended to consult a physician prior to using them.

Restoring traditional medicine, which is one of the valuable legacies of our Islamic-national culture, and protecting valuable medicinal plants is important. There are many herbs whose leaves and roots are supplied to us in different shapes of modern medicine and many new artificial and chemical drugs made by mocking the new substances in these natural plants. I wish we knew that sometimes what we buy at high expenses from other countries is that we sold in large quantities at a very low price. This means that by those practitioners of “new medicine” who are against the revival

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of “traditional medicine” while officially and publicly opposing the principles of “traditional medicine” actually use the same medicine in some cases. The study has tried to deal with depression, amnesia and anxiety.

### Literature review

Using HMs to treat diseases has a date as long as human history. Overall, plants fossils discovered date back to 2.3 million years. These plants have made the base of the lives of animals and humans on Earth possible. Animals are naturally attracted to certain plants when they are sick. This is seen in humans as well, and humans depend on plants for their nutritional survival, especially given the existence of three major fatty acids - linolenic acid, linoleic acid, and arachidonic acid - which are somehow exclusively found in plants. With pass of time, several scholars have extracted and documented the treatments, treatment outcomes, and HMs. In terms of history of compilation of books on traditional medicine by the Imams of Imams (AS), the hadiths and sayings of the nobles on the benefits and properties of herbal medicines have been collected. Moreover, there are writings on the natural and therapeutic properties of fruits and vegetables, 5000 herbal prescriptions by Abdul Majid Heirat Sajjadi, cultivation and production of some HMs and spice plants by Saeed Davazdah Imami and Nasser Majnoun Hosseini, were HMs history and some HMs have been mentioned. Given the generality of the contents of these books, the researcher has attempted to collect some of the material related to the three diseases - depression, anxiety and amnesia - that would be used by the readers God willing.

### Herbal medicines

Concerning the properties of HMs, Imam Sadiq (AS) says: “O my beloved! Think about HMs, each of which is used to make a particular medicine.”

It happens so frequently that people consider the plants growing in the deserts useless while it is not the case; these plants are the feed of wild animals, their seeds are for the birds and their dry wood for human use. They are also used in the treatment of diseases “<sup>[1]</sup>.

Gathering HMs in their natural habitat to obtain raw materials seems to be easy. However, it needs to be recognition and experience. The one who wants to collect these types of plant will easily confuse the two types of plants with one another and take the one that is not a medicinal plant that can be no-useful or even toxic if he has no experience. Thus, not only is it necessary to accurately identify the plant we are looking for, but it is also essential to know its location, needs and ecological conditions. The presence of a plant in nature depends on certain conditions and factors in terms of temperature, precipitation, light, water, nutrition and so on.

Human interference with nature like fertilizing, agriculture, forage harvesting, and so on are of the factors that irreversibly affect the growth of such plants in their home country. Thus, harvesting and picking HMs in nature calls for enough information to identify plants, their habitats, and biology that determines the best harvesting time.

Besides, the healthy plants should not be damaged or cut and should grow well and be harvested at the beginning of the drying season.

Harvesting should be done separately for species and every species should be collected in separate baskets or paper containers and then processed and dried as soon as possible before they wither <sup>[2]</sup>.

### The reasons for global tendency towards HMs

#### 1. The side effects of chemical drugs

In the short age of chemical (synthetic) drugs that is about for 150 years, many have been eliminated from pharmacopoeia due<sup>1</sup> to their danger. Overall, one can state that all chemical drugs are drugs have some side effects.

#### 2. The cost-ineffectiveness of some chemical drugs

Despite understanding the molecular structure of some MHs and the practicality of making them artificially, there are sometimes barriers to mass production and production that are costly and uneconomical to produce as compared to extracting HMs.

#### 3. Exclusiveness of treatment some diseases with HMs

In spite of the progress of various sciences and the possibility of applying these sciences in medicine, some diseases still lack specific chemical drugs: illnesses like leprosy, leishmaniasis, and psycsi. These diseases are claimed to have herbal remedies.

#### 4. The existence of valuable clinical experience in HMs

There are long and complicated steps in drug production: identification, extraction, formulation, processing and many other steps. The last and most significant step is to perform clinical trials on humans. This is usually a stage with many limitations.

### Depression

Depression is a medical disorder that does not stop working. These justifications are not cogent by any means. Whereas anxiety and concern are a useful alarming mechanism, depression slows this feeling. Nonetheless, one cannot imagine that this event is the main task and function of depression.

<sup>1</sup>Pharmacopoeia: A pharmacopeia, also known as a drug prescription book, is a book with a complete list of medicines on the market, such as drug information on use, side effects, how to prescribe medicines and raw

materials, the method of analysis of raw and side materials including physicochemical methods, and so on.

The most common symptoms of depression are some kind of mental distress; some people may be depressed without experiencing the emotional reactions of sadness and hopelessness. People of this kind may complain of physical discomfort, binge drinking, or drug addiction in return. Whenever a person is constantly tired and bored and does not show interest in their normal activities, one can guess that he is depressed <sup>[3]</sup>.

New studies show that the rate of depression in the twentieth century has been increasing, but the cause is not yet clear. Economic, social change, disintegration of families and communities, lack of hope in the younger generation of society, especially among the unemployed, and rising expectations can be considered as the elements with a role in this <sup>[4]</sup>.

The definitive cause of depression is not clear. No one is sure why some people get depressed and others not. Sometimes, depression seems to be caused by a worrying event. Nonetheless, sometimes, depression occurs for no apparent reason. Genes may have a role in causing depression. People with depression who have blood relatives are more likely to have depression than others. However, the one with a relative who is depressed will not necessarily be depressed. Some doctors have stated that a deficiency in a brain chemical called Serotonin may play a role in causing depression <sup>[5]</sup>.

As humans cannot reach all their excessive desires, this failure makes long sadness and depression. Imam Sadiq (AS) says:

Ibn Babawayh <sup>[6]</sup>: “Extreme enthusiasm in worldly affairs leads to sadness and discomfort to the individual, and avoiding the worldly attachment makes the body more comfortable and mind relax.”

The one who cannot accept a problem as a fact gets into imagination and suffers from psychological turmoil and finds him desperate to solve the problem, thus suffers from depression <sup>[7]</sup>.

Imam Sadeq (AS) says: “Avoid the wishes, as they destroy the joy and happiness of your possessions and make you consider God's blessings as small and cause you to regret your imagination and your thoughts” <sup>[8]</sup>.

If someone regrets losing something that is important to them and continues to do so, they will gradually become depressed. In religious texts people have been prevented from regretting what they have lost to explain the effect of this factor and to prevent depression. As the Holy Quran says:

“In order that ye may not despair over matters that pass you by,...<sup>2</sup>”

Having unrealistic wishes and not reaching reachable ones pave the ground for sadness and depression; thus, in the words of Islamic psychotherapy, giving up unfulfilled wishes

is recommended and the people are prohibited from becoming unhappy and sad because of lack of achieving their desires and wishes <sup>[7]</sup>.

It is quoted that Amir al-Mu'minin (AS) said: “Whoever wishes for anything in the world like vehicles, palaces, gadgets, and so on has suffered, his grief and distress would never heal and would die and live with regret.” <sup>[8]</sup>

## Antidepressant herbal remedies

HMs have many therapeutic roles in the body, but not all of them are beneficial and there are toxic herbs, some of which are dangerous and there may also be some herbal remedies harmful for pregnant people or those with certain diseases. Thus, it is better to consult a physician before using herbs.

### Beree

This plant is native to Iran and grows in the arid mountainous regions of Iran and its peripheral regions. Its white, complex flowers appear as an umbrella at the end of the flowering stems at the top of the plant.

The fruit is oval, slightly thick and fragrant in dark green color, 1 to 5 cm long. Its leaves have deep clefts in the shape of a goose claw resembling the leaves of anglica, dividing the leaf into several halves and each tip having a sharp, serrated leaf.

Usage: Two cups a day of decoction of root and seed or 20 g of leaves after smoothing and sweetening <sup>[9]</sup>

### Lavender

The part used in this plant is its flowers and flowering branches. Lavender has a very pleasant smell. The taste is bitter and given its pleasant smell it is used in perfume industry.

Lavender is warm and dry according to ancient Iranian medicine and has many properties like relieving fatigue, relaxation and depression. Drop a few drops of lavender oil in warm water and rest there for an hour <sup>[10]</sup>.

### Dracocephalum

It is an herbaceous and resistant plant, from ballibabagiller family, whose leaves larger than the mint leaves and almost circular and with many shoots coming out of the root. Its flower stays white and its root stays on the ground, and it grows like mint on its leaves and leaves every year.

Its nature is warm and dry, and it is endowed with intellectual and neurological powers and enhances intelligence and memory. About the properties of dracocephalum, Imam Sadeq (AS) says: Dracocephalum is a vegetable of the prophets as it has eight properties:

1. It is digestive

<sup>2</sup> Hadid (57), verse 23

2. Relaxes the clogged vessels and ducts
3. Refreshes the burp
4. Makes the food delicious
5. It relieves pain and disease from the body
6. Protects body against leprosy
7. It makes the mouth fragrant
8. When it enters the human body, it prevent all diseases <sup>[11]</sup>

Moreover, Muhammad (PBUH) said: Dracocephalum is among the plants of paradise <sup>[12]</sup>.

The amount of feed is 15-12 g, which is eaten after and cooking and smoothing <sup>[13]</sup>.

## Rose

Rose water stimulates brain activity and soothes nerves <sup>[14]</sup>.

Rose oil is a mild but powerful antidepressant <sup>[15]</sup>.

## Saffron

According to Iran traditional medicine, is warm and dry. The most significant property of saffron, used since the past, is the treatment of depression. Saffron has a great smell and bitter taste <sup>[16]</sup>.

Imam Baqir (AS) says: A mixture of honey, saffron, tomb soil of Imam Hussein (AS) and rain water is healing <sup>[17]</sup>.

## Thyme

Its fragrant leaves are usually used as a spice or medicine. Its pinkish-white flowers spread a great in summer.

There are various species of this plant. The extract of this plant has a strong aroma and its fresh form has more aroma. Thyme is useful for strengthening nerves, treating depression, fatigue and insomnia and exhilarating <sup>[10]</sup>.

## Anxiety

Anxiety is a heightened state of emotional arousal involving worry or fear; like fear when one feels threatened, but unlike fear, the person usually perceives the source of threat as ambiguous or not very accurate and some psychologists have called the imaginary concern as anxious and the sensible one as fear <sup>[5]</sup>.

Anxiety is a natural phenomenon and everyone feels it at some point. Anxiety is an essential response to stress and prepares the person for activity when it comes to danger. In many cases, such a response is rational and even vital. When there is real danger or stress, the body prepares itself for action by releasing adrenaline, and physical feelings of anxiety appear.

Depression and anxiety are two old and interconnected friends. Usually, there is no depression not accompanied by anxiety. It is stated that a depressed patient usually lives in the past. This means he is constantly preoccupied with events of his past and finds his past life fraught with frustration and futility, whereas the anxious patient is always worried about

the future. Moreover, anxiety is accompanied by symptoms like worry and over-concern, excessive grief, and anticipation of terrible events.

Sexual symptoms of anxiety may happen as palpitations, sweating, and body tremor, shortness of breath, early disturbance and sensitivity to noise. However, in most cases it is impossible to say which one came first and which then. These two conditions are exist side by side <sup>[18]</sup>.

Overall, one can state that in the verses and hadiths that the most important cause of one's mental problems is one's alienation from God, which is alienation from God, as anxiety is caused by the inner contradiction of man.

The Holy Quran considers human with God nature and from within God and with Him.

So set thou thy face steadily and truly to the Faith: [establish] Allah's handiwork according to the pattern on which He has made mankind<sup>3</sup>.

If in practice it goes against this innate desire, it will be in conflict. By disbelieving in God and unbelief, all forms of mental unrest are opened to man, because then, as he acts against his innate desire and disposition, he becomes a self-confusing anxious cause. However, anxious and uneasiness are not the need for unbelief; it is the best and most essential element of peace. Nonetheless, there are other factors for relaxation, temporary relaxation or falsehood <sup>[19]</sup>.

Imam Sajjad (AS) says in Al-Arefin Prayer say:

“God, please place me among those with trees of desire are in their hearts ... and their hearts rested upon their return to God. <sup>[20]</sup>

In this prayer (with regard to the passive preference of the subject), Imam seeks God out of the ways to reach peace. Then there are other ways for solace of mind, but the best way to return to nature is to go back to the nature <sup>[19]</sup>.

The verses of the Quran show the soothing of faith and the anxiety of disbelief and profanity. “It is those who believe and confuse not their beliefs with wrong - that are [truly] in security, for they are on [right] guidance.”<sup>4</sup> The security in this verse is absolute and includes the security of the world and the hereafter.

On the other hand, the Quran defines disbelief and paganism as a cause of unrest, saying: “Soon shall We cast terror into the hearts of the Unbelievers, for that they joined companions with Allah, for which He had sent no authority: their abode will be the Fire: And evil is the home of the wrong-doers!”<sup>5</sup> Although in this verse God says that we will soon intimidate them, the cause has been stated by paganism and it is common. The special effect of faith on mental relaxation has also been accepted by many psychologists. For example,

<sup>3</sup> Rum (30), verse 30

<sup>4</sup> Anam (6), verse 82

<sup>5</sup> Al-i-Imran (3), verse 151



Yong says “It also strengthens one's faith, confidence, hope and power, strengthens one's moral and spiritual qualities in the individual and community, and for man, a very strong base for problems, suffering and creates deprivation of life”<sup>[19]</sup>.

The anxious person is concerned about getting started and feels fearful and lonely.

For doing away with this situation, Imam Ali (AS) said: “Throw yourself in what you are afraid of as the fear of cases is more than themselves”<sup>[21]</sup>.

### Spiritual treatment of anxiety

1. One of the meanings mentioned is the remembrance of God. The Holy Quran says: “Celebrate the Praises of Allah often [and without stint].”<sup>6</sup> Or, in another Surah, he says: “Without doubt in the remembrance of Allah do hearts find satisfaction.”<sup>7</sup>

The remembrance of God assures human and the one who remembers God does not become anxious and angry. The one who becomes angry has neglected God and his remembrance because God deals with all his creatures over the universe in a passionate way despite all the power, magnanimity, majesty and nobility. The one who wants to have divine movement and character must try to avoid anger and anxiety<sup>[22]</sup>.

2. One of the meanings mentioned is the Quran. There are treatments for all physical, mental, moral and spiritual diseases in the inclusive and practiced school of Islam. The verses of the Quran have miracles that in many cases eliminate diseases and heal the patient. A believer must seek redeem from the Quran in all troubles as God says, “We send down [stage by stage] in the Qur'an that which is a healing and a mercy to those who believe: to the unjust it causes nothing but loss after loss.”<sup>8</sup>

Anyone who wants to have patience should read Inshirah a lot, which is soothing. In the case of prayers too, prayers have extraordinary spiritual effects. Continuation of this thought also gives the human tranquility and patience: “There is neither power nor strength except in Allah the Most High.”

The elderly look for help from this great prayer, just as Imam Hussein (AS) on the day of Ashura repeatedly stated. When human becomes angry, he should repeat the words, each of which has a spiritual benefit and give human peace: “[Moses] said: “O my Lord! Expand me my breast; Ease my task for me; and remove the impediment from my speech”<sup>9</sup>”<sup>[23]</sup>.

In the book al-Masbah, the late Kafaami stated: “If the Surah Qaf is written on paper and washed with rain water and given to a person with anxiety, his anxiety will be lost. It also stated

that drinking the washed water of Surah Shams is good for relieving anxiety”<sup>[24]</sup>

3. Prayer is a physical and spiritual prayer. God Almighty says:

“O ye who believe! bow down, prostrate yourselves, and adore your Lord; and do good; that ye may prosper.”<sup>10</sup> What we get from this verse is the spirit and movement performed in prayer, shown in movements like resurrection, bowing, prostration and moderation.

Nowadays, scholars have proven that the best sports are the ones distributed and repeated throughout the day, not tiring and whoever can do them. With a glance at prayer, one can understand all the above traits are found in prayer sports. The final and important point about prayer is that prostrations have a good effect on brain function and functionality, because they are thoughtful and creative because in such a state, food, oxygen and blood reach the brain well until the disease. High and dangerous nerve damage is the result of brain artery anxiety due to rupture or congestion.

Lowering the head during prostration helps congestion of blood in the cerebral arteries and when the head suddenly goes upward it relieves the pressure in the veins and prostration is repeated six times in each Rakat, which is 102 times per day and this is when man performs the obligatory prayers. If the obligatory prayers are followed by its other traditions, the number of prostrations and Rakats reaches 216 times. This means every 6,280 times every month, the arteries and blood vessels contract and expand that strengthens of the arteries and muscles of the arteries.

Moreover, it should not be forgotten that with prayer, peace of mind and the spirit of the soul is repeated several times during the day and will increase brain function and increase the power of thinking and thinking<sup>[25]</sup>.

### Herbal remedies to relieve anxiety

#### Bitter orange

Bitter orange oil is made from bitter orange flowers. Coriander is invaluable oil for treating insomnia, particularly with anxiety resource, and should be used before going to bed.

#### Cucumber

Cucumber is herbaceous and annual plant and one year old has a creeping stalk and is covered with thin, rough thorns. According to ancient Iranian cucumber, the cucumber is cold and wet<sup>[16]</sup>.

Cucumber is rich in manganese, calcium carbonate, mucilage, vitamins A, B and C. The fruit is different from all the fruit and that is its green fruit is more delicious than its

<sup>6</sup> Juma (62), verse 10

<sup>7</sup> Raad (13), verse 28

<sup>8</sup> Asra (17), verse 82

<sup>9</sup> Taha, (20), verse 25

<sup>10</sup> Haj (22), verse 77

ripe fruits but of course ripe and green ones are both useful with their own properties <sup>[13]</sup>.

Muhammad (PBUH) says: It is useful for all of you to eat cucumber as Allah Almighty has cured every pain therein <sup>[26]</sup>.

Grated cucumber with milk or yogurt can relieve anxiety and nervous disorders <sup>[27]</sup>.

### Cinnamon

Cinnamon is a trunk of a tree of 5-7 meters high and more grown in India and Ceylon. It contains a substance called cinnamocin with some essential oils and benzoic aldehydes and some other substances and the best type of cinnamon that comes from Ceylon. The cinnamon has a warm and dry nature <sup>[13]</sup>.

Having 15g of cinnamon or 25g of its herbal tea in a glass of boiling water three times a day relaxes and alleviates the panic a person is experiencing <sup>[9]</sup>.

### Basil

Its small aromatic flowers are white, red, and sometimes purple. Its seed are black and small. The basil leaf and its young branches are used for nutrition. Basil is a bit warm and dry in ancient Iranian medicine <sup>[16]</sup>. Have 30 g of basil with 15 g of thiol or lavender thiol, then sweeten with a little honey and have a cup of it a few nights in bed to relieve anxiety and constant worry <sup>[9]</sup>.

### Chamomile

Chamomile is herbaceous plant of Asteraceae family that grows in temperate regions. It has two types of tubular and lanceolate flowers on its receptacle. The tubular flowers are in the middle of receptacle and the lanceolate ones are white. It reaches 10-20 cm in the mountains but reaches up to one meter in the plains and gardens. Its branches are green, thin, slender, and its leaves are small and narrow. The most commonly used organ of it is the flower and it has a warm and dry nature <sup>[13]</sup>.

Soak 20 to 30 grams of chamomile in 10 liters of water for 10 minutes after each main meal. It is useful for relaxation of nerves and relieves nervous exhaustion <sup>[28]</sup>.

### Viper's-buglosses

The petals of this plant have a therapeutic use and its medical type is called *Borago officinalis*. It has a warm nature and is a relaxing and nourishing drug <sup>[13]</sup>.

Viper's-buglosses eliminate sadness. It is diuretic, diaphoretic and calming. Moreover, viper's-buglosses eliminate anxiety and is useful instead of tea, but we should not overuse it. While brewing it, one can use dried lime and some candies and a few grains of dried cherry to make it tastier and for a better color <sup>[28]</sup>.

### Memory

Using the word memory in everyday conversations suggests that memory is like other organs of the body like the heart and the eye. When a person says he has poor memory or that his memory has caused him to retard in life, it is like saying that he has a weak heart or that his eyes have caused him to retire in life. In terms of structure and being seen, touching and weighing nothing like memory. We cannot determine a specific place for memory in the brain. Even extensive studies of some of the intracerebral chemical changes that occur with reminder (such as changes in RNA) do not reveal a very prominent or consistent result.

Evidence shows that information is usually stored in our memory more than what we perceive, and that memory studies are more stable in our brain. Long-term memory is relatively stable and really has unlimited capacity.

By doing physical exercises, humans can increase the effects of memory strengthening. Our brain grows well with oxygen. The best way to transfer oxygen to brain cells is to do regular exercise. One does not have to run a few kilometers each week, but any activity that boosts heart rate is enough. Try to exercise 20 minutes a day. Diet plays a significant role in memory development. Foods high in antioxidants A, C, and E assume a significant role in memory development. These vitamins are found in colored fruits and vegetables like bananas, red peppers, spinach and oranges. Vitamins destroy chemicals known as free radicals that damage brain cells.

Sleep is important not only for the healthy functioning of the brain, but also for learning and memory. Several studies have shown that when people fall asleep after learning, they commit them to memory more effectively. It is believed that during sleep, the brain reviews recent experiences, reinforces them and sends them to memory. Contrary to popular belief, new learning does not occur while sleeping, but only the information we have already learned are completed <sup>[29]</sup>.

### Amnesia

Because of unexpected shocks and severe traumas sometimes human memory is completely wiped out, which is called amnesia, causes by various factors, and sometimes is temporary and short-lived <sup>[30]</sup>.

Moreover, it diminishes their potency when the lessons learned are not reinforced.

One of the complaints of people who are getting old is amnesia.

One of the reasons these people have is that they cannot remember the names of specific people or places. Most of the amnesia people over 50 complain about is not really amnesia and is considered quite natural. Every human may forget things or names, which is seen at any age. The difference between middle-aged and young people is that they are more sensitive towards their memory and consider any forgetfulness as amnesia <sup>[31]</sup>.

Forgetfulness is a great blessing, so Imam Sadiq (AS) says to Mafzal: "O Mafzal! Look at the blessing of forgetting and how significant it is among the other blessings. The blessing of amnesia is even greater than the blessings of memory. If the blessings of amnesia did not exist, no one would have forgotten his ordeals and sorrows, and his regret and grief would not have ended, and he would have never benefited the world by remembrance of the pests and losses of the world, and no hope of neglect and amnesia. These two opposing and contradictory blessings are essential to humans, and it is seen that human salvation is in them <sup>[1]</sup>.

Several people who try to strengthen memory argue that the methods of strengthening memory alone solve all their problems. However, according to the studies, what diminishes memory is the increased stress of life. Constant stress and excessive stress can damage memory.

Because of stress, the brain not only stops the production of new nerve fibers, but also a lack of mental stimulation leading to the death of nerve fibers. We have to balance our stimulation and nurture our minds against stress.

Brain fat is normally considered an effective factor. Brain cells are bound together by membranes like the rest of the cells and there is enough evidence to show that the type of fatty acid being eaten changes the lipid composition of the cell membrane and this affects the structure of the messenger body and this affects the structure of the messenger body, which are the nerve transmitters. Fat that can affect memory and learning was first reported in 1968 in a trial on young rats at the Institute of Psychiatry, Clark, and Toronto, Ontario.

When the rats were given 21 days of pig fat (saturated animal fat) or soybean fat, or mixed fats, the rats eating soybean fat were better able to find their way into the training table. When people get older, many suffer from memory problems and naturally assume that their mental performance is impaired as a result of aging.

### Strengthening intelligence and memory

1- They have said: Whoever writes the first verses of Surah al-Baqarah "These are the successful people" early on Thursday in a clean container of musk and saffron and wash it with sweet well water and drinks it for 3 to 5 days every night and be fasts during days, the light of wisdom and knowledge will appear in his heart and the power of his memory will increase.

- To enhance memory and its preservation, write this verse on the egg and eat it:  
"He is the irresistible, [watching] from above over His worshippers, and He sets guardians over you. At length, when death approaches one of you, our angels take his soul, and they never fail in their duty."<sup>11</sup>

-It is useful to write and wash and eat fast, to increase the memory capacity of the verse of "Believe in the Messenger"<sup>12</sup> in the crystal container <sup>[32]</sup>.

- The late Kafaami said: One of the things that is included in the Imams sayings that increases the power of memory is the reading of "Ayat al-Korsi" <sup>[24]</sup>.

- Moreover, Sheikh Seyyed Hashem Haddad states: Reading the verses of Al-Korki to "They are immortal in it" 21 times a day is good <sup>[33]</sup>.

- Imam Ali (AS) said: "Whoever gets a small amount of pure saffron and adds a little of dates, and adds honey to it, and drinks some grams of it, he will have no fear of losing memory." <sup>[34]</sup>

- Imam Sadeq (AS) states: Eat pomegranates with its white parts that cleanse the stomach and promote mind development <sup>[11]</sup>.

- Abi Abdullah (AS) states: Brushing has eleven characteristics: it is from tradition, cleans the mouth, polishes the eyes, pleases God, removes phlegm, strengthens the memory, whitens the teeth, doubles the blessings, removes the toothpaste, strengthens the gums, stimulates the appetite for food and makes angels happy <sup>[34]</sup>.

- Muhammad (PBUH) stated: "There things eliminate amnesia and strengthen: citing the Quran, brushing teth, and fasting <sup>[27]</sup>.

Muhammad (PBUH) states: I command you to eat currants, as they remove bile, destroy phlegm, strengthen the nerves, eliminate tiresome, enhance morality, soothe the soul, and take away sorrow <sup>[6]</sup>.

### To remember the forgotten points

Regarding the effects and blessings of Surah Ad-Dhuha, Kafaami states that if one cites Ad-Dhuha for a forgotten thing, it is remembered. In Al-Burhan Fi Tafsir al-Quran, it is said that whoever left something in a place and forgot to take it with him and that is in danger God will keep it there until he goes and takes it if he cites Ad-Dhuha Ad-Dhuha <sup>[24]</sup>.

### Green tea to boost memory and prevent Alzheimer's

Recent studies by researchers show that drinking tea regularly, especially green tea, enhances memory and is thus a new way to prevent and treat Alzheimer's.

It has to be noted that Alzheimer's disease is a neurodegenerative disease, where a chemical called acetylcholine is reduced in the brain, and drinking tea inhibits the process of Alzheimer's by inhibiting the cholinesterase enzyme <sup>[34]</sup>.

### Ginger

It tastes like pepper and smells good. Ginger is a plant root.

Health benefits: It increases intelligence and memory.

Imam Reza (AS) says: Whoever wants to decrease his memory loss and get a strong memory, he should eat three

<sup>11</sup> Anam (6), verse 61

<sup>12</sup> Baqara (2), verses (285) and (286)

pieces of ginger mixed with honey every day and eat something made with mustard every day. Whoever wants to increase his wits, he should never go out of the house for a day unless after breakfast after eating three black cherries with sweetened sugar <sup>[35]</sup>.

### Boswellia

A man went to Imam Ali (AS) and expressed remorse for his amnesia. He (AD) said: Eat boswellia as it lifts the heart and destroys amnesia <sup>[27]</sup>.

Moreover, Muhammad (PBUH) says: Eat Boswellia since the way the fingers cleanse sweat from the forehead, it strengthens libido, increase the intellect, sharpens the mind, glows the eyes, and eliminates amnesia <sup>[27]</sup>.

Boswellia is a kind of white gum. To make sure boswellia is not fake this can be done: If you set the boswellia on fire, it ignites but has no smoke. If it breaks in the middle it is golden yellow inside <sup>[36]</sup>.

### Olive oil

Muhammad (PBUH) says:

Eat olive oil a lot and make your body greasy with it, as it is the cure for seventy pain, including leprosy <sup>[27]</sup>.

Moreover, he says "Olive is a good food, refreshes the mouth, destroys the phlegm, shines the face, strengthens the nerves, eliminates the diseases, and relieves anger <sup>[12]</sup>.

### CONCLUSION

As already stated, the nervous system controls all body movements and activities. Thus, how it works has an overall effect on human health. As long as there is some life left, the nerves will not stop working, though very weak. The death of the nerves means the death of the body. One can understand the significance of the nerves by seeing the people whose nerves are weak that constantly suffer from fatigue and sadness and the life becomes unbearable for them. As is seen, the world where we live is filled with all the wonders, beauties, and developments of fear and anxiety.

Neurological disorders happen for different reasons, so they include various diseases like anxiety, depression, amnesia, and so on.

As the organs of the human body are part of nature, the best and least costly way to cure nerve and mental illness are herbal remedies, as their herbal remedies are a by-product of nature and more compatible with human body.

People's familiarity with HMs leads to the cultivation and production of medicinal herbs in the country and creates new job opportunities and economic prosperity of the country and helps drug and treatment policymakers in the country take better measures in the excellence of the health of the people of our beloved homeland with more support of production of herbal medicines.

### Suggestions

- Encouraging people to use traditional herbal medicines for treating diseases and illnesses
- Organizing classes and courses by municipalities and culture centers to familiarize the public, especially women with the properties of HMs

Explaining the benefits of using HMs, particularly in treating psychiatric disorders rather than using sleeping pills and chemical sedatives that may eventually make the disease longer and harsher

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