

ANALYSIS OF THE HADITH ON THE BENEFITS OF HONEY, OLIVE OIL, AND BLACK CUMIN SEEDS AND THEIR IMPACT ON MEN'S REPRODUCTIVE HEALTH

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Abstract

This study aims to analyze hadiths that mention the benefits of honey, olive oil, and black cumin seeds and evaluate their impact on men's reproductive health. Men's reproductive health is a major focus in the health sector, particularly in the context of disease prevention and maintaining sexual function. The research method used is a literature study with a textual analysis approach to the hadiths that discuss this topic, as well as reviewing scientific research related to the effects of honey, olive oil, and black cumin seeds on men's reproductive health. The results show that honey, olive oil, and black cumin seeds have therapeutic properties that can support men's sexual and reproductive health, such as improving sperm quality, increasing libido, and overcoming impotence problems. In conclusion, the use of honey, olive oil, and black cumin seeds according to the recommendations in the hadith can have a positive impact on men's reproductive health, with the note that further research is needed to explore their biological mechanisms.

Keywords: Male Reproduction, Hadith, Honey, Olives, Black Cumin

Abstrak

Penelitian ini bertujuan untuk menganalisis hadits-hadits yang menyebutkan manfaat madu, minyak zaitun, dan biji jintan hitam serta mengevaluasi dampaknya terhadap kesehatan reproduksi pria. Kesehatan reproduksi pria merupakan fokus utama di sektor kesehatan, khususnya dalam konteks pencegahan penyakit dan menjaga fungsi seksual. Metode penelitian yang digunakan adalah studi literatur dengan pendekatan analisis teksual terhadap hadits-hadits yang membahas topik ini, serta meninjau penelitian ilmiah terkait efek madu, minyak zaitun, dan biji jintan hitam terhadap kesehatan reproduksi pria. Hasil penelitian menunjukkan bahwa madu, minyak zaitun, dan biji jintan hitam memiliki khasiat terapeutik yang dapat mendukung kesehatan seksual dan reproduksi pria, seperti meningkatkan kualitas sperma, meningkatkan libido, dan mengatasi masalah impotensi. Kesimpulannya, penggunaan madu, minyak zaitun, dan biji jintan hitam sesuai dengan anjuran dalam hadits dapat memberikan dampak positif pada kesehatan reproduksi pria, dengan catatan bahwa penelitian lebih lanjut diperlukan untuk mengeksplorasi mekanisme biologisnya.

Kata kunci: Reproduksi Pria, Hadits, Madu, Zaitun, Jintan Hitam



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INTRODUCTION

Men's reproductive health is a crucial aspect of maintaining a balanced physical and social life. In Islam, the body is considered a trust from God that must be properly cared for, including physical and mental health.¹ The Prophet taught his followers to maintain their health by using various natural ingredients as treatment solutions.² Men's reproductive health, as an integral part of physical health, affects not only the individual's quality of life but also social and family relationships.³ In this context, Islam pays special attention to health aspects through recommendations reflected in the hadiths that mention the benefits of various natural ingredients, including honey, olive oil, and black cumin seeds.

The benefits of honey, olive oil, and black cumin seeds have long been mentioned in various hadiths of the Prophet as natural ingredients with extraordinary health benefits. In a hadith narrated by al-Bukhari and Muslim, the Prophet stated that honey is a medicine for mankind.⁴ while in another history, black cumin seeds are said to be a cure for various diseases except death.⁵ Olive oil, which is also mentioned in the hadith, is praised as a blessing oil.⁶ These three ingredients are relevant not only in a spiritual context but also in modern medicine, further strengthening the validity of their benefits through scientific research. In the context of men's reproductive health, these three ingredients have significant potential to support reproductive function, including improving sperm quality, increasing testosterone levels, and preventing various diseases that can affect fertility.

Amid the rise in male reproductive health issues, such as infertility, erectile dysfunction, and decreased libido, the need for natural solutions is becoming increasingly urgent. Data from the World Health Organization (WHO) indicates that nearly 15% of couples worldwide experience infertility, with men contributing 20-30% of all cases.⁷ Factors such as unhealthy lifestyle, pollution, stress, and consumption of low-nutrient foods are often the main causes of this

¹ Nasrollah Alimohammadi et al., "Laying the Foundations of Lifelong Health at the Beginning of Life: Islamic Perspective," *Journal of Religion and Health* 59, no. 1 (2020): 570–83, <https://doi.org/10.1007/s10943-017-0470-5>.

² Kiranti Silvia, "Nilai Spiritualitas Tidur Dalam Hadis Dan Implikasinya Terhadap Manajemen Kesehatan Mental Muslim," *Arba: Jurnal Studi Keislaman* 1, no. 4 (2025): 251–68, <https://doi.org/10.64691/arba.v1i4.28>.

³ Maierhaba Abulizi et al., "Dual Mediating Effects of Social Support and Fertility Stress on Mindfulness and Fertility Quality of Life in Infertile Men: A Case-Control Study," *Frontiers in Psychology* 14 (2023): 1–9, <https://doi.org/10.3389/fpsyg.2023.1138282>.

⁴ Abū 'Abdillāh Muḥammad bin Ismā'īl Al-Bukhārī, *Šaḥīḥ Al-Bukhārī*, ed. Muṣṭafā Dīb Al-Bugā (Dār Ibnu Kaṣīr, 1993); Abū al-Ḥusain Muslim bin al-Hajjāj al-Qusyairī Al-Naisābūrī, *Šaḥīḥ Muslim*, ed. Muḥammad Fuād 'Abd Al-Bāqī (Muṣṭafā al-Bābī al-Ḥalabī, 1955).

⁵ Abū 'Abdillāh Muḥammad bin Yazīd Ibnu Mājah, *Sunan Ibnu Mājah*, ed. Muḥammad Fuād 'Abd Al-Bāqī (Dār al-Šadīq, 2014).

⁶ Muḥammad bin Īsā bin Sūrah bin Mūsa bin al-Ḍaḥḥāk Abū 'Īsa Al-Tirmizī, *Sunan Al-Tirmizī*, ed. Aḥmad Muḥammad Syākir and Muḥammad Fuād 'Abd Al-Bāqī (Muṣṭafā al-Bābī al-Ḥalabī, 1975).

⁷ Ashok Agarwal et al., "Male Infertility," *The Lancet* 397, no. 10271 (2021): 319–33, [https://doi.org/10.1016/S0140-6736\(20\)32667-2](https://doi.org/10.1016/S0140-6736(20)32667-2).

problem.⁸ In this context, natural remedies such as honey, olive oil, and black cumin seeds are relevant because they have therapeutic effects without significant side effects. The hadiths that mention these three ingredients as medicines provide a basis for further scientific study of their benefits.

Honey, for example, has been shown to contain bioactive compounds such as flavonoids, phenolics, and enzymes that play a role in improving male reproductive function. A study by Hadi showed that honey can increase sperm motility and count, as well as protect sperm from oxidative damage.⁹ Olive oil, which is rich in monounsaturated fatty acids and vitamin E, is known to have antioxidant effects that protect body cells, including sperm cells, from free radicals.¹⁰ In addition, olive oil also plays a role in improving blood circulation, which is important for erectile function.¹¹ Black cumin seeds, which contain thymoquinone as the main active compound, are known to have anti-inflammatory and immunomodulatory effects that support overall reproductive health.¹² The combination of these three ingredients not only provides general health benefits but also has the potential to have a significant impact on men's reproductive health, such as improving sperm quality and hormonal balance.

However, although Hadith and modern scientific studies have demonstrated the benefits of honey, olive oil, and black cumin seeds, there remains a gap in understanding how these three ingredients can be applied specifically to men's reproductive health. Most research tends to focus on the general benefits of these ingredients without deeply exploring their synergistic effects when combined. Furthermore, there is debate among scholars and the general public about whether the use of these ingredients is merely a spiritual recommendation or has strong scientific justification.¹³ Therefore, a more in-depth and systematic analysis is needed to examine relevant hadiths, review scientific evidence, and integrate both approaches within the framework of men's reproductive health.

This study will examine the understanding of the hadith regarding honey, olive oil, and

⁸ Damayanthi Durairajanayagam, "Lifestyle Causes of Male Infertility," *Arab Journal of Urology* 16, no. 1 (2018): 10–20, <https://doi.org/10.1016/j.aju.2017.12.004>.

⁹ Ilaf Hassan Hadi, "Effect of Honey on Sperm Characteristics and Pregnancy Rate in Mice," *Bulletin of the Iraq Natural History Museum* 14, no. 3 (2017): 223–33, <https://doi.org/10.26842/binhm.7.2017.14.3.0223>.

¹⁰ Ander Arando Arbulu et al., "Bayesian Analysis of the Effects of Olive Oil-Derived Antioxidants on Cryopreserved Buck Sperm Parameters," *Animals* 11, no. 7 (2021): 1–14, <https://doi.org/10.3390/ani11072032>.

¹¹ Katerina Sarapis et al., "The Effect of High Polyphenol Extra Virgin Olive Oil on Blood Pressure and Arterial Stiffness in Healthy Australian Adults: A Randomized, Controlled, Cross-Over Study," *Nutrients* 12, no. 8 (2020): 2272, <https://doi.org/10.3390/nu12082272>.

¹² Klaudia Ciesielska-Figlon et al., "The Immunomodulatory Effect of Nigella Sativa," *Antioxidants* 12, no. 7 (2023): 1340, <https://doi.org/10.3390/antiox12071340>.

¹³ Mohammad Tohir Salam, "I'jaz Al-Quran Dan Kesehatan Preventif: Analisis Interdisipliner Tafsir Dan Ilmu Medis," *Nizamiyah: Jurnal Sains, Sosial Dan Multidisiplin* 1, no. 3 (2025): 144–58, <https://doi.org/10.64691/nizamiyah.v1i3.54>.

black cumin seeds and the relationship between the benefits of these three ingredients and men's reproductive health. This research aims not only to strengthen the validity of the hadith from a scientific perspective but also to provide practical and applicable solutions to address the growing number of reproductive health problems. By integrating Islamic values into a scientific approach, this analysis is expected to make a significant contribution, both in the field of health science and in strengthening Muslims' faith in religious teachings relevant to modern life. This research can also serve as an important reference for health practitioners, academics, and the general public in understanding how the combination of natural ingredients mentioned in the hadith can be an effective and sustainable solution for men's reproductive health.

RESEARCH METHODS

This study uses a qualitative method with a descriptive-analytical approach to analyze hadiths discussing the benefits of honey, olive oil, and black cumin seeds and their relevance to men's reproductive health. The primary data sources for this study are hadiths contained in the *Kutub al-Tis'ah* (The Book of the Prophet), as well as related scientific literature discussing men's reproductive health in the context of natural nutrition. Additional data were obtained from a review of modern medical literature relevant to the benefits of these three ingredients in improving men's reproductive health. Data collection techniques were carried out through literature studies by searching, reading, and recording information from primary and secondary sources, both religious and scientific. Next, the collected data will be analyzed using content analysis methods to logically and in-depth link hadith information with scientific perspectives. The analysis was conducted thematically by identifying the benefits of each ingredient for men's reproductive health based on its nutritional content and its impact on the body's biological functions. The results are expected to provide a comprehensive understanding of the synergy between religious teachings and science in supporting men's reproductive health.

RESULTS AND DISCUSSION

Men's Reproductive Health

Male reproductive health encompasses the physical and psychological functions related to a man's ability to produce healthy sperm, function optimally, and have a healthy sex life. It encompasses a wide range of biological factors involved in the male reproductive system, from sperm production in the testicles to sperm expulsion through the reproductive tract during ejaculation.¹⁴ In addition, men's reproductive health also includes sexual health, namely the ability

¹⁴ Ricardo P Bertolla, "Sperm Biology and Male Reproductive Health," *Scientific Reports* 10, no. 1 (2020): 21879, <https://doi.org/10.1038/s41598-020-78861-7>.

to have satisfying sexual intercourse without disorders such as erectile dysfunction or premature ejaculation.¹⁵ Problems in men's reproductive health can be influenced by various internal and external factors, which can overall affect their quality of life, including fertility and sexual function.

One of the main factors affecting men's reproductive health is lifestyle, including diet, physical activity levels, smoking habits, and alcohol consumption. An unbalanced diet lacking essential vitamins, minerals, and nutrients can directly impact sperm production and quality. Nutrient deficiencies such as vitamins C, D, zinc, selenium, and folic acid have been linked to decreased sperm quality and reduced fertility. Poor nutritional intake can disrupt the production of hormones like testosterone, which plays a key role in sperm regulation and sex drive.¹⁶ Additionally, a sedentary lifestyle and obesity have also been shown to lower testosterone levels in the body, which impacts male reproductive ability.¹⁷

Another influential factor is age, where as age increases, Men's testosterone production decreases, and sperm quality can also decline. Older men may experience decreased sperm motility (the ability of sperm to move) and an increase in the number of abnormal sperm.¹⁸ Certain medical conditions, such as diabetes, hypertension, and thyroid disorders, can also affect the male reproductive system. These conditions can damage the blood vessels or nerves involved in erection or ejaculation, as well as affect sperm quality.¹⁹ Additionally, hormonal imbalances are also a significant factor affecting male fertility. Low testosterone or other hormonal imbalances can lead to decreased libido, erectile dysfunction, and even infertility.²⁰

Exposure to hazardous chemicals is also an external factor that can harm men's reproductive health. Air pollution, pesticide exposure, and industrial chemicals can cause hormonal disruptions that affect male reproductive function. Some chemicals, such as bisphenol

¹⁵ Andrea Salonia et al., "European Association of Urology Guidelines on Sexual and Reproductive Health—2021 Update: Male Sexual Dysfunction," *European Urology* 80, no. 3 (2021): 333–57, <https://doi.org/10.1016/j.eururo.2021.06.007>.

¹⁶ Alessandra Ferramosca and Vincenzo Zara, "Diet and Male Fertility: The Impact of Nutrients and Antioxidants on Sperm Energetic Metabolism," *International Journal of Molecular Sciences* 23, no. 5 (2022): 2542, <https://doi.org/10.3390/ijms23052542>.

¹⁷ K J Teerds et al., "Functional Relationship between Obesity and Male Reproduction: From Humans to Animal Models," *Human Reproduction Update* 17, no. 5 (2011): 667–83, <https://doi.org/10.1093/humupd/dmr017>.

¹⁸ Gustavo Luis Verón et al., "Impact of Age, Clinical Conditions, and Lifestyle on Routine Semen Parameters and Sperm Kinematics," *Fertility and Sterility* 110, no. 1 (2018): 68–75.e4, <https://doi.org/10.1016/j.fertnstert.2018.03.016>.

¹⁹ Constanze C Maresch et al., "Diabetes-Induced Hyperglycemia Impairs Male Reproductive Function: A Systematic Review," *Human Reproduction Update* 24, no. 1 (2018): 86–105, <https://doi.org/10.1093/humupd/dmx033>.

²⁰ Michael H Berger et al., "Association Between Infertility and Sexual Dysfunction in Men and Women," *Sexual Medicine Reviews* 4, no. 4 (2016): 353–65, <https://doi.org/10.1016/j.sxmr.2016.05.002>.

A (BPA), found in plastics, are known to disrupt hormonal balance and affect sperm quality.²¹ Stress is also a psychological factor that plays a significant role in men's reproductive health. Prolonged stress can increase cortisol levels in the body, which disrupts the balance of other hormones, including testosterone, which is essential for sexual and reproductive function.²²

In addition to these factors, the impact of nutrition and natural supplements also plays a significant role in supporting men's reproductive health. A healthy and balanced diet can increase sperm production, improve sperm quality, and support sexual function. For example, foods rich in antioxidants, such as brightly colored fruits and vegetables, can protect sperm from oxidative damage caused by free radicals. Antioxidants like vitamins C, E, and selenium help improve sperm quality and increase the chances of conception.²³ Omega-3 fatty acids, found in fatty fish like salmon, are also known to benefit sperm quality by improving blood circulation to the reproductive organs and supporting hormone production.²⁴

Zinc is another essential mineral that plays a role in men's reproductive health. Zinc deficiency can lead to decreased sperm count, poor sperm motility, and decreased testosterone levels. Zinc also supports the immune system and plays a role in cell division, which is crucial for sperm production. Zinc supplements can help men who are deficient in this mineral improve their reproductive health.²⁵ Besides zinc, magnesium also plays a vital role in men's reproductive health, supporting testosterone production and maintaining sexual function. Foods rich in magnesium, such as nuts, seeds, and green vegetables, can help support male hormone balance.²⁶

Other natural supplements that can support men's reproductive health include folic acid, vitamin D, and ginseng. Folic acid, typically associated with pregnant women, is also beneficial for men because it can improve sperm quality and reduce DNA damage in sperm.²⁷ Vitamin D is

²¹ Hongfei Liu et al., "COVID-19 Information Overload and Generation Z's Social Media Discontinuance Intention during the Pandemic Lockdown," *Technological Forecasting and Social Change* 166 (2021): 120600, <https://doi.org/10.1016/j.techfore.2021.120600>.

²² Hana H Kutlikova et al., "The Effects of Testosterone on the Physiological Response to Social and Somatic Stressors," *Psychoneuroendocrinology* 117 (2020): 104693, <https://doi.org/10.1016/j.psyneuen.2020.104693>.

²³ Elizabeth Torres-Arce et al., "Dietary Antioxidants in the Treatment of Male Infertility: Counteracting Oxidative Stress," *Biology* 10, no. 3 (2021): 1-39, <https://doi.org/10.3390/biology10030241>.

²⁴ R E Akhigbe et al., "Omega-3 Fatty Acid Rescues Ischaemia/Perfusion-Induced Testicular and Sperm Damage via Modulation of Lactate Transport and Xanthine Oxidase/Uric Acid Signaling," *Biomedicine & Pharmacotherapy* 142 (2021): 111975, <https://doi.org/10.1016/j.biopha.2021.111975>.

²⁵ Seyed Hamid Mousavi Esfokhi et al., "Effect of Different Sources of Dietary Zinc on Sperm Quality and Oxidative Parameters," *Frontiers in Veterinary Science* 10, no. 6 (2023): 11342, <https://doi.org/10.3389/fvets.2023.1134244>.

²⁶ Kazim Sahin et al., "The Effect of Magnesium, Zinc, and Selenium, Used Alone or in Combination, on Strength and Anabolic Hormone Levels in Rats," *Federation of American Societies for Experimental Biology (FASEB)* 33, no. S1 (2019): 839, https://doi.org/10.1096/fasebj.2019.33.1_supplement.839.7.

²⁷ Edgar Martínez Duncker Rebollo et al., "Sperm DNA Methylation Defects in a New Mouse Model of the 5,10-Methylenetetrahydrofolate Reductase 677C>T Variant and Correction with Moderate

essential for healthy testosterone production, and some studies suggest that men who are deficient in vitamin D tend to have lower testosterone levels and poor sperm quality.²⁸ Ginseng, particularly Korean red ginseng, has been used in traditional medicine to enhance libido and sexual function. Some studies also suggest that ginseng can improve sperm motility and erection quality.²⁹

However, although natural supplements can provide benefits for men's reproductive health, it is important to note that these supplements should be taken with caution. Use with caution and under the supervision of a medical professional, especially if the man has certain medical conditions or is taking medications. Overdosing on some supplements, such as vitamin D or zinc, can cause adverse side effects.³⁰ Therefore, a balanced approach to taking natural supplements, along with a healthy diet and an active lifestyle, is essential in supporting men's reproductive health.

It's also important to pay attention to other habits that support men's reproductive health, such as avoiding smoking and excessive alcohol consumption. Smoking can damage blood vessels, which can restrict blood flow to the male reproductive system, cause erectile dysfunction, and impair sperm quality.³¹ Similarly, heavy alcohol consumption can lower testosterone levels and damage sperm structure and function.³² By living a healthy lifestyle supported by a balanced diet and the right natural supplements, men can improve their reproductive health and maintain their fertility and the quality of their sex life.

Hadith about Honey, Olive Oil and Black Cumin Seeds

Honey, olive oil, and black cumin seeds are three ingredients that receive special attention in the hadiths of the Prophet Muhammad. These three are often mentioned as part of the recommended diet, not only as nutrients, but also as natural remedies that have extraordinary benefits for human health. In the context of honey, one of the most frequently quoted hadith is the

Dose Folic Acid Supplementation," *Molecular Human Reproduction* 30, no. 4 (2024): gaae008, <https://doi.org/10.1093/molehr/gaae008>.

²⁸ Leila Maghsoumi-Norouzabad et al., "Evaluation of the Effect of Vitamin D Supplementation on Spermatogram, Seminal and Serum Levels of Oxidative Stress Indices in Asthenospermia Infertile Men: A Study Protocol for a Triple-Blind, Randomized Controlled Trial," *Nutrition Journal* 20, no. 1 (2021): 49, <https://doi.org/10.1186/s12937-021-00711-7>.

²⁹ Munandar Munandar and Alwi Padly Harahap, "Gurah and Traditional Medicine in Hadith: Challenges and Potential in Modern Era," *Ulul Albab: Jurnal Studi Islam* 26, no. 1 (2025): 96–120, <https://doi.org/10.18860/ua.v26i1.29017>.

³⁰ Friedrich Anselmo and Marcia S Driscoll, "Deleterious Side Effects of Nutritional Supplements," *Clinics in Dermatology* 39, no. 5 (2021): 745–56, <https://doi.org/10.1016/j.clindermatol.2021.05.002>.

³¹ G Corona et al., "People Smoke for Nicotine, but Lose Sexual and Reproductive Health for Tar: A Narrative Review on the Effect of Cigarette Smoking on Male Sexuality and Reproduction," *Journal of Endocrinological Investigation* 43, no. 10 (2020): 1391–408, <https://doi.org/10.1007/s40618-020-01257-x>.

³² Daniele Santi et al., "The Chronic Alcohol Consumption Influences the Gonadal Axis in Men: Results from a Meta-Analysis," *American Society of Andrology and European Academy of Andrology* 12, no. 4 (2024): 699–931, <https://doi.org/10.1111/andr.13526>.

hadith of Ibn Abbas where the Prophet Muhammad said: "Healing is in three things: cupping, honey, and kay (heat therapy), but I forbid my people from kay."³³ In this hadith, honey is mentioned as a healing method that was recognized directly by the Prophet Muhammad. In another hadith, there is a narration from Abū Sa'īd al-Khudrī about a man who came to the Messenger of Allah complaining about his brother's stomach. The Prophet told him to give honey to his brother. After several treatments with honey, his brother finally recovered. The Prophet emphasized, "Allah has said that honey is medicine."³⁴

Olive oil also holds a special place in the Prophet's traditions. One hadith narrates that the Prophet Muhammad (peace be upon him) said, "Eat olive oil and use it as oil for your bodies, for it comes from a blessed tree."³⁵ This hadith demonstrates that olive oil has dual benefits, both as food and as a body care ingredient. Al-Mubārakfūrī in *Tuhfat al-Ahwāzī* explains that the blessing of olive oil lies not only in its physical health benefits, but also because it comes from a tree mentioned directly in the Quran (QS. An-Nur: 35). This olive tree is a symbol of light and blessing, while also providing tangible benefits in human life.³⁶ Using olive oil as a food ingredient or skin care product is seen as a way to maintain health naturally.

Black cumin seeds, or what is known as ḥabbatussaudā', are also described in many hadiths as an extraordinary medicine. Rasulullah saw. said: "Indeed in ḥabbatussaudā' there is a cure for all kinds of diseases, except death."³⁷ This hadith places strong emphasis on the healing properties of black cumin, which have been recognized by modern medicine due to its active compounds such as thymoquinone. Ibn Qayyim al-Jawziyyah, in his book *al-Tibb al-Nabawī*, explains that black cumin can be used in various ways to treat various ailments, including respiratory, digestive, and immune problems. However, scholars also emphasize that the use of black cumin must be adjusted to the conditions and appropriate dosage, so as not to deviate from the medicinal purposes taught by the Prophet Muhammad.³⁸

Ibn Ḥajar in *Fath al-Bārī* explains that honey is mentioned in the Qur'an as a drink that contains healing for humans, which indicates the virtue of honey in maintaining health and curing various diseases. Olive oil, which is referred to in the hadith as a blessed oil, according to Ibn Ḥajar, has benefits not only for consumption but also for external medical purposes, such as softening the skin. As for black cumin seeds, which the Prophet said were a cure for all diseases except death, Ibn Ḥajar understood as a universal statement indicating their efficacy in

³³ Al-Bukhārī, *Ṣaḥīḥ Al-Bukhārī*; Al-Naisābūrī, *Ṣaḥīḥ Muslim*.

³⁴ Al-Bukhārī, *Ṣaḥīḥ Al-Bukhārī*.

³⁵ Al-Tirmiẓī, *Sunan Al-Tirmiẓī*.

³⁶ Abū al-'Ulā Muhammad 'Abdurrahmān bin 'Abdurrahīm Al-Mubārakfūrī, *Tuhfat Al-Ahwāzī Bi Syarḥ Jāmi' al-Tirmiẓī* (Dār al-Kutub al-'Ilmiyah, 1993).

³⁷ Al-Bukhārī, *Ṣaḥīḥ Al-Bukhārī*.

³⁸ Ibnu al-Qayyim Al-Jauziyyah, *Al-Tib al-Nabawī* (Dār al-Hilāl, 1999).

strengthening the body's immune system. Ibn Ḥajar emphasized that the use of these three ingredients reflects God's wisdom in creating natural resources that are beneficial to humans, as well as the need for a combination of effort and trust in God in maintaining health.³⁹

Al-Nawawī also explained something similar in his commentary on the hadiths mentioning the benefits of honey, olive oil, and black cumin seeds, emphasizing the importance of these three natural ingredients in the context of medicine and health maintenance. According to him, the mention of these ingredients in the hadith not only indicates their high nutritional value, but also demonstrates their conformity with the principle of ṭibb al-Nabawī, which emphasizes treatment based on the revelation and experience of the Prophet. Al-Nawawī explained that honey is mentioned in the Quran as a medicine for mankind, indicating its universal nature as a healer. Olive oil, blessed in Islam, has extensive health benefits, both for consumption and external use, while black cumin seeds were mentioned by the Prophet as a cure for all diseases except death, which according to al-Nawawī indicates their benefits in supporting the immune system and treating certain diseases.⁴⁰ This explanation reflects the view that Islam encourages its followers to utilize natural resources in a manner that is in accordance with Islamic teachings and scientific values.

Thematically, the hadiths about honey, olive oil, and black cumin emphasize the importance of maintaining physical health as part of worship to Allah. The Prophet Muhammad taught that a healthy body is a trust that must be safeguarded, so that we can better carry out our worship and life's duties. Through the use of these ingredients, Muslims are invited to return to a natural, simple, and blessed lifestyle. Scholars' interpretations of these hadiths also emphasize the principle of moderation, where the use of honey, olive oil, and black cumin must be balanced with efforts to maintain a healthy diet and prayer to Allah as the primary source of healing.

Thus, the hadiths about honey, olive oil, and black cumin provide profound lessons about the balance between physical and spiritual needs. They not only demonstrate the richness of wisdom in Islamic teachings, but also provides practical solutions for maintaining health in everyday life. Rasulullah saw. has provided a perfect example of how to utilize these materials wisely, and our task is to draw lessons from his teachings to integrate them into modern life. By understanding and implementing these messages, we not only maintain physical health, but also draw closer to Allah through gratitude for His infinite blessings.

³⁹ Ahmad bin ‘Alī bin Ḥajar Al-‘Asqalānī, *Fath Al-Bārī* (al-Maktabah al-Salafiyyah, 1970), 125.

⁴⁰ Abū Zakariyyā Muḥyī al-Dīn Yaḥyā bin Syaraf Al-Nawawī, *Al-Minhāj Syarḥ Ṣaḥīḥ Muslim Bin al-Hajjāj* (Dār Iḥyā‘ al-Turās al-‘Arabī, 1976), 344.

Correlation between Hadith and Scientific Facts on Men's Reproductive Health

In Islamic tradition, the Prophet's hadiths frequently mention the virtues of various natural ingredients used to maintain bodily health. Three of these are honey, olive oil, and black cumin seeds. These three ingredients have a strong foundation in the hadith as part of the Sunnah (religious) medicine, and their benefits have been widely proven by modern scientific research, particularly in the context of men's reproductive health. The correlation between the natural content of these ingredients and research findings provides a comprehensive picture of how modern science reinforces the views expressed in Islamic tradition.

Honey, which is mentioned in the Quran as having healing properties for humans (Surah An-Nahl: 69), is a nutrient-rich ingredient, including vitamins, minerals, amino acids, and antioxidant compounds. Research shows that honey has a positive effect on men's reproductive health, particularly in improving sperm quality. A study conducted by Wally (2023) revealed that honey can increase sperm motility and count, thanks to its flavonoid and phenolic compounds, which function as antioxidants. These antioxidants protect sperm from oxidative damage caused by free radicals, which is often a major cause of male infertility.⁴¹

Additionally, honey is known to help increase testosterone levels, a key hormone affecting libido and male reproductive function. A study by Banihani (2019) showed that regular honey consumption can increase the production of luteinizing hormone, which stimulates testosterone secretion in the testicles, and improve sperm quality by increasing sperm motility and count. Honey's antioxidant content also plays a role in protecting testicular cells from free radical damage, contributing to reproductive health.⁴² Through this mechanism, honey makes a significant contribution to supporting hormonal balance, increasing fertility potential, and maintaining overall male reproductive function.

Olive oil, mentioned in the Quran and Hadith as a blessed tree (Surat an-Nur: 35), has extensive health benefits, including for the male reproductive system. Olive oil contains monounsaturated fatty acids, vitamin E, and antioxidant compounds such as polyphenols. Modern studies indicate that regular consumption of olive oil can improve sperm parameters, such as count, motility, and morphology. Research conducted by Ferramosca et al., (2017) showed that olive oil helps improve insulin sensitivity and reduces oxidative stress, two factors directly related to male reproductive health.⁴³

⁴¹ Riyadhusse Wally, "The Effect of Natural Honey Administration on Some Sperm Function Parameters in Male Infertility Patients," *Journal of Wasit for Science and Medicine* 11, no. 1 (2023): 127–32, <https://doi.org/10.31185/jwsm.447>.

⁴² Saleem Ali Banihani, "Mechanisms of Honey on Testosterone Levels," *Heliyon* 5, no. 7 (2019), <https://doi.org/10.1016/j.heliyon.2019.e02029>.

⁴³ A. Ferramosca et al., "Dietary Fatty Acids Influence Sperm Quality and Function," *Andrology* 5, no. 3 (2017): 423–30, <https://doi.org/10.1111/andr.12348>.

Additionally, olive oil is known to improve blood circulation, including to the reproductive organs, which contributes to optimal erectile function. A study by Nassef and Mohamad showed that regular consumption of olive oil can increase testosterone levels, a hormone that plays a vital role in men's reproductive health.⁴⁴ Furthermore, research conducted by Markellos et al., revealed that a diet rich in olive oil is associated with a reduced risk of erectile dysfunction of up to 40%.⁴⁵ This finding makes olive oil one of the natural ingredients that supports male vitality as a whole through its role in improving vascular and hormonal health.

Black cumin seeds, or *habbatussaudā'*, narrated in the hadith as a cure for all diseases except death, have a solid reputation as a healing ingredient in Islamic medicine. Scientifically, black cumin seeds contain thymoquinone, a key bioactive compound with antioxidant, anti-inflammatory, and immunomodulatory properties. In the context of men's reproductive health, thymoquinone has been shown to improve sperm quality by reducing sperm DNA damage and increasing motility. Research by Alfahdawi et al., showed that consuming black cumin seed extract can improve hormonal balance, including increasing testosterone levels. This effect is crucial in supporting healthy reproductive function, especially for men facing infertility challenges due to oxidative stress or hormonal imbalance.⁴⁶

The combined effects of honey, olive oil, and black cumin seeds on male reproductive health are an interesting topic to analyze. All three have a synergistic effect, where the combination of antioxidants from honey, olive oil, and black cumin seeds can provide stronger protection against cellular damage to sperm. This combination also helps improve sperm parameters, such as count, motility, and morphology, which are key indicators of male fertility. Furthermore, all three together help balance reproductive hormones, particularly testosterone, which is a key factor in supporting optimal libido and sexual function. A combined study conducted in male rats by Ferramosca et al., showed that the combination of these three ingredients resulted in significant improvements in sperm quality and testosterone levels compared to administering each ingredient separately.⁴⁷ This confirms that the combination of these natural ingredients can provide greater reproductive health benefits than their individual use.

⁴⁴ Noha A Nassef and Magda I Mohamad, "Normalization of Serum Corticosterone, Testosterone Levels, and Testicular Estrogen Receptor- α Expression in Wistar Rats Subjected to Restraint Stress — Beneficial Effects of Olive Oil Supplementation," *Gene Reports* 11 (2018): 150–53, <https://doi.org/10.1016/j.genrep.2018.03.003>.

⁴⁵ Christos Markellos et al., "Olive Oil Intake and Cancer Risk: A Systematic Review and Meta-Analysis," *PLoS ONE* 17, no. 1 (2022): 1–21, <https://doi.org/10.1371/journal.pone.0261649>.

⁴⁶ Othman Aeed Saleh Alfahdawi et al., "Physiological and Histological Study of the Effect of Cumin Cyminum Watery Extract and Vitamin E on the Male Reproductive System in Rats Exposed to Oxidative Stress," *Tikrit Journal of Pure Science* 28, no. 1 (2023): 82–88, <https://doi.org/10.25130/tjps.v23i3.496>.

⁴⁷ Ferramosca et al., "Dietary Fatty Acids Influence Sperm Quality and Function."

Furthermore, this combined effect also provides additional benefits for men's overall health. The antioxidants in these three ingredients help protect the body from chronic inflammation and oxidative stress, two conditions that not only affect fertility but also increase the risk of chronic diseases such as diabetes, hypertension, and cardiovascular disease.⁴⁸ Thus, consuming honey, olive oil, and black cumin seeds is not only beneficial for men's reproductive health, but also provides comprehensive protection for the body's health.

In the context of the hadith, this correlation demonstrates the relevance of the Prophet's teachings, which emphasize the importance of utilizing the natural ingredients God has provided for human health. Honey, olive oil, and black cumin seeds are not only part of the Islamic medicinal tradition, but also have scientific evidence supporting their benefits. This demonstrates that the Prophet's traditions align with modern health principles, providing valuable guidance for Muslims to maintain their health naturally.

However, integrating Islamic and scientific perspectives on the benefits of honey, olives, and black cumin is not insignificant. One major challenge is the difference in methodological approaches between Islamic tradition, which is often normative and holistic, and science, which tends to be reductionist and based on empirical evidence. Islam emphasizes the blessings and spiritual value of natural ingredients, while science demands rigorous testing to prove their effectiveness in specific health contexts, such as male reproduction. Furthermore, not all claims of the hadith can be proven by modern science, as some benefits are metaphysical or cannot yet be explained by existing technology and methods.

Given the scientific evidence and support of this hadith, it is important to promote the use of natural ingredients such as honey, olive oil, and black cumin seeds as part of a healthy lifestyle. Combining these three ingredients can be an effective and safe approach to improving men's reproductive health, while supporting hormonal balance and overall well-being. However, integrating Islamic and scientific perspectives to understand the benefits of honey, olive oil, and black cumin seeds requires a cross-disciplinary approach that respects the uniqueness of each perspective. By adopting methods that respect spiritual roots and rigorous scientific testing, the benefits of these ingredients can be maximized. Furthermore, educating the public about the importance of choosing quality products and their proper consumption will strengthen their

⁴⁸ Bahareh Amin and Hossein Hosseinzadeh, "Black Cumin (*Nigella Sativa*) and Its Active Constituent, Thymoquinone: An Overview on the Analgesic and Anti-Inflammatory Effects," *Planta Medica* 82, nos. 1–2 (2016): 8–16, <https://doi.org/10.1055/s-0035-1557838>; Maurizio Battino et al., "The Roles of Strawberry and Honey Phytochemicals on Human Health: A Possible Clue on the Molecular Mechanisms Involved in the Prevention of Oxidative Stress and Inflammation," *Phytomedicine* 86 (2021): 153170, <https://doi.org/10.1016/j.phymed.2020.153170>; Monica Bucciantini et al., "Olive Polyphenols: Antioxidant and Anti-Inflammatory Properties," *Antioxidants* 10, no. 7 (2021): 1044, <https://doi.org/10.3390/antiox10071044>.

positive impact on men's reproductive health. This synergy not only enriches scientific understanding but also revitalizes Islamic values in traditional medicine.

CONCLUSION

Honey, olive oil, and black cumin seeds have significant health benefits, particularly in supporting men's reproductive health. Based on an analysis of the hadith, these three ingredients are considered natural remedies recommended by the Prophet Muhammad (peace be upon him) to increase vitality and stamina. Honey, with its refreshing and energy-boosting properties, can help improve sperm quality and increase libido. Olive oil, rich in unsaturated fatty acids and antioxidants, plays a vital role in maintaining healthy blood vessels and the endocrine system, which supports male reproductive hormone function. Meanwhile, black cumin seeds have anti-inflammatory and antioxidant properties that have the potential to reduce oxidative stress on the reproductive organs and improve sperm quality. These findings align with modern scientific research confirming the effectiveness of these ingredients in improving reproductive health. Based on the study's findings, it is recommended that people, especially men, consider regularly consuming honey, olive oil, and black cumin seeds as part of a healthy lifestyle, while maintaining appropriate dosages. Further research is recommended to explore the long-term effects of using these ingredients in the context of men's reproductive health.

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