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Nutritional and therapeutic application of Date fruit in Unani system of medicine – A Review

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Abstract:

Date palm tree (*Phoenix dactylifera* L.) is considered as one of the oldest cultivated plants of humankind and used as food for 6000 years. It is mostly cultivated in many tropical and subtropical regions around the world. Date fruit is the ancient crops in Southwest Asia and North Africa, and can also be grown in Australia, Mexico, South America, Southern Africa, and the United States. The genus *Phoenix* contains 12 of 1500 species that belong to the Date palm family. Date fruit is consumed widely and has been used for traditional medicine purposes for a long time. Dates fruit are for multipurpose use, whether fresh or dried is the perfect source of energy because of its high nutritional value and its long life. Date fruit has many pharmacological actions like antimicrobial, anti-inflammatory, anti-diabetic, antiulcer, anticancer, antidiarrheal, antihyperlipidemic, haemopoietic, hepatoprotective, nephroprotective, and used in infertility, strengthening of oocytes and pregnancy, urinary complaints, respiratory diseases, paralysis, sexual debility, fever, infection, constipation etc. Date palm fruits are a safe, natural alternative and complementary treatment comparable with synthetic drugs to combat many disease conditions. The present review article enlightens the nutritional value and therapeutic uses of date fruit as mentioned in classical Unani text in a scientific manner.

Key words: Date fruit, *phoenix dactylifera*, nutritional value, therapeutic uses, Unani system of medicine.

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