

## REVIEWER'S REPORT

Manuscript No.: IJAR-53558

Date: 27/08/2025

Title: The Sacred Fruit Dates: A Divine Gift for Health and Healing. A Tibb-e-Nabvi Perspective

### Recommendation:

Accept as it is .....  
 Accept after minor revision.....  
 Accept after major revision **YES**.....  
 Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		YES		
Techn. Quality		YES		
Clarity		YES		
Significance		YES		

Reviewer Name: Emmanuel KUBANA

Date: 27/08/2025

### Reviewer's Comment

This manuscript provides a comprehensive review of the nutritional, medicinal, and cultural significance of date fruits (*Phoenix dactylifera*), with particular emphasis on their role in Tibb-e-Nabvi (Prophetic Medicine). The topic is interesting, relevant, and could appeal to a broad readership interested in nutrition, traditional medicine, and integrative health. However, the manuscript requires significant revisions to improve its scientific rigor, clarity, and organization.

### Detailed Reviewer's Report

#### Strengths

**Topic relevance:** Dates are an important fruit culturally, nutritionally, and medicinally, and the paper highlights both traditional and modern perspectives.

**Integration of Prophetic Medicine:** The linkage between Qur'anic verses, Hadith, and contemporary scientific studies provides a unique angle that adds cultural and religious depth.

**Wide coverage of health benefits:** The manuscript summarizes many potential therapeutic properties, including anti-diabetic, anti-cancer, hepatoprotective, and cardiovascular effects.

**Inclusion of nutrient composition:** The detailed table on nutritional and phytochemical content is useful for readers and researchers.

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### Weaknesses

#### Title and Abstract

- The title is attractive but slightly long. Consider shortening it to: "*Dates (Phoenix dactylifera): Nutritional, Medicinal, and Prophetic Perspectives.*"
- The abstract is informative but too general. It should highlight **key quantitative findings**, specify the scope (review vs. original research), and better reflect the structure of the paper.

#### Introduction

- While culturally rich, the introduction could be more concise and **focused on the research gap** (i.e., why a Prophetic Medicine perspective is important alongside scientific studies).
- Some claims are not referenced properly or rely heavily on religious text without balancing with scientific evidence.

#### Methodology

- The section states that a "literature-based analysis" was conducted, but **details are vague**:
  - How many studies were reviewed?
  - What were the inclusion/exclusion criteria?
  - Was it a systematic review, scoping review, or narrative review?
- Without methodological clarity, the paper risks being viewed as a narrative essay rather than a scientific review.

#### Results/Review Sections

- The manuscript often blends **religious references with scientific claims** without critically distinguishing them. For example, the benefits of Ajwa dates are presented both as Hadith-based recommendations and as scientific findings; these need to be clearly separated and contextualized.
- Some sections (e.g., aging, infertility, hepatoprotection) rely on **few or outdated references**. More recent clinical trial evidence should be included.
- The paper would benefit from **figures or summary tables** comparing traditional claims with scientific evidence.

#### Discussion

- The discussion reiterates the descriptive content rather than **critically analyzing** the strength of evidence. For example, which health effects are well-supported by clinical trials, and which remain speculative?
- Potential **risks or limitations** of consuming dates (e.g., high sugar content for diabetics) should be discussed more explicitly.
- The paper should highlight research gaps (e.g., need for randomized controlled trials on dates in specific diseases).

#### References

- While some references are recent, others are outdated or general. Ensure that **more peer-reviewed, high-impact journal articles** are included.

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- The referencing style needs consistency (some sources are cited with incomplete details).

### Recommendation

- **Major Revision:** The manuscript has potential, but it needs restructuring, clarification of methodology, stronger integration of current scientific literature, and a more critical analysis of evidence.