Integrating Prophetic Medicine and Nutritional Science: A Thermal Food Balance Model of Fresh Dates and Cucumber for Ideal Body Regulation

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ABSTRACT

This study proposes an alternative approach to ideal body care based on the Sunnah of the Prophet Muhammad SAW, particularly through the dietary combination of fresh dates (*rutab*) and cucumber within the framework of the hot-cold concept, or temperamental balance. In the context of Tib al-Nabawi, foods are classified according to hot or cold elements as embedded in the hadith and the practices of the Messenger of Allah SAW. The research problem centers on the lack of a systematic scientific model to explain how this Sunnah-based food combination functions in balancing bodily homeostasis and achieving an ideal body form. The main objective of this study is to formulate a holistic dietary model based on the Sunnah of the Prophet that integrates physiological, nutritional and spiritual elements. The research methodology employs a qualitative-descriptive approach based on a critical literature study of prophetic hadith, especially in Tib al-Nabawi, classical medical sources and contemporary scientific findings in the field of nutrition. The findings show that fresh dates have potential as an immediate source of energy through their natural carbohydrate, fiber, mineral and bioactive component content, while cucumber has the potential to support hydration, electrolyte balance and low-calorie intake. The combination of both has the potential to provide metabolic support and dietary balance, although it does not function as the main source of calories. This model emphasizes that diet based on the hot-cold concept can be adapted according to an individual's bodily condition, whether hot, cold, thin, or overweight and can contribute to systemic bodily balance. The implications of this study not only offer a new discourse in Islamic health sciences but also provide a scientific basis for Sunnah dietary practices that are aligned with the principle of balance in nutritional science and classical medicine. It also opens space for integration between tradition and science in shaping a healthy lifestyle rooted in Islamic spiritual and cultural values.

Keywords: Tib al-Nabawi, fresh dates, cucumber, hot-cold, ideal body, nutritional science, Sunnah diet.

INTRODUCTION

The teachings and guidance of the Prophet Muhammad SAW have served as a principal pillar for Muslims for centuries (Dwi Kofsoh, 2009). What the Messenger of Allah SAW conveyed not only explains religious teachings but also offers advice on everyday life (Nur Hafidz et al., 2022), including aspects of nutrition and health (Mir'atun Nisa, 2016). One dietary practice in the Sunnah that is particularly interesting is the combination

of cucumber with fresh dates (*rutab*). This practice is not merely a tradition. It reflects a principle of dietary balance that can be analyzed scientifically. In contemporary society, interest in shaping an ideal body and maintaining a healthy diet continues to increase. Individuals are increasingly aware of diet, healthy lifestyles and the selection of quality foods. This phenomenon aligns with the rise of non-communicable diseases such as obesity, diabetes and metabolic syndrome, which have now become major contributors to mortality (Yasmin Natasha, 2026). Data from the World Health Organization show that the prevalence of adult obesity has increased significantly, with more than 39% of the global population experiencing overweight (WHO, 2023). Since the time of the Messenger of Allah SAW, Arab society lived in a hot climate and challenging environment (Hawwin Muzakki, 2021). Therefore, food selection did not only function as a source of energy but also as a mechanism of physiological adaptation to the environment. In this context, hadiths related to diet and health, known as Tib al-Nabawi, serve as an important reference for understanding the concept of holistic body care (Yusuf al-Qardawi, 2001).

In classical literature, Ibn Qayyim al-Jawziyyah, through his work Tibb al-Nabawi, emphasized the importance of bodily balance through diet and lifestyle. This approach is aligned with the concept of homeostasis in modern science, which emphasizes the internal stability of the body (Davies, 2016). Modern studies also show that dates contain natural sugars, fiber and high levels of antioxidants, while cucumber has a high water content and cooling properties that assist the detoxification process (Willett et al., 2019). Contemporary nutritional studies also associate macronutrient balance and the thermal properties of foods with metabolic stability in the human body. In addition, the hot-cold concept in food has been discussed in various medical traditions, such as Greek humoral theory and the Yin-Yang theory in Chinese medicine (Herman Tan Manado, 2012). In this theory, foods are classified based on their thermal properties and balance between the two is considered important for health. However, most previous studies have examined this concept separately, either from religious, cultural or modern scientific perspectives without comprehensive integration.

Although there are many studies on the benefits of dates and cucumber individually, studies that examine the effects of combining the two systematically remain very limited. More importantly, there is still no conceptual model that combines the principles of Tib al-Nabawi with modern scientific approaches in the context of ideal body care. Previous studies also tend to be descriptive and normative, without in-depth empirical analysis of the physiological mechanisms of this food combination. In addition, the integration between the hot-cold concept in the Islamic tradition and balance theory in modern science has not yet been explored comprehensively. This gap indicates the need to develop a Sunnah-based health model that can be tested and applied in the current context, particularly in addressing obesity and metabolic imbalance. The increasing use of slimming drugs and uncontrolled supplements creates serious health risks. Studies show that such products often only reduce symptoms without resolving the real causes of the problem (Gray, 2016). In many cases, the use of these chemical substances has been associated with side effects such as hormonal and cardiovascular disorders (Assenza et al., 2025). This condition encourages the need for a safer, more natural and evidence-based alternative approach. A Sunnah dietary model that combines dates and cucumber offers potential as a holistic approach that not only supports physical health but also aligns with spiritual values. In addition, this study is relevant in the context of public health policy because it contributes to the development of dietary guidelines based on local culture and religion. It is also important in the field of health education to increase public awareness of more balanced and sustainable dietary practices. Based on the background and identified gaps, this article aims to formulate a model of ideal body care based on the combination of dates and cucumber within the framework of the hot-cold concept according to Tib al-Nabawi. Specifically, this study answers the following questions: (1) How can the combination of dates and cucumber be explained scientifically within the framework of hot-cold balance? (2) How can this model be applied in the context of ideal body care? This study is expected to make a theoretical contribution by introducing an integrative model between Sunnah knowledge and modern nutritional science. From a practical perspective, it has the potential to become a guide for a healthier diet that is safer, more natural and suitable for Muslim and global communities.

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LITERATURE REVIEW

Tib al-Nabawi and Sunnah Diet

Studies related to Sunnah diet, Tib al-Nabawi, dates, cucumber and the concept of hot-cold balance have been discussed across various disciplines. However, most studies remain separated among religious approaches, modern nutrition, traditional medicine and the concept of the ideal body. Based on a review of the literature, no study has specifically developed an Ideal Body Care Model Based on the Sunnah of the Prophet through the combination of rutab or fresh dates and cucumber within the framework of the hot-cold concept. Nevertheless, several previous studies are relevant and can serve as a foundation for building this model. First, Sumaiyah Mohd Tamizi's study entitled Selected Plants from Islamic and Health Science Perspectives in 2015 at the University of Malaya examined several plants mentioned in Islamic sources and their relationship with health. The purpose of this study was to analyze the benefits of plants from the perspectives of the Quran, hadith and health science. The study used a library research method involving classical Islamic sources, exegesis, hadith and modern scientific literature. The results showed that plants such as dates and cucumber have significant health value, particularly in terms of nutrition, energy, hydration and bodily balance. This study is similar to the present article because both examine the relationship between Sunnah foods and health. However, that study is more general because it discusses various plants, while this article focuses more specifically on the combination of fresh dates and cucumber as the basis for developing an ideal body care model. Second, Nur Annisa Istifarin and Andris Nurita, in their article entitled Understanding Hadith Narrated by Bukhari Index Number 5445 on Dates as Herbal Medicine from a Health Science Perspective, published in Mushaf Journal in 2023 examined the position of dates as a nutritious food according to hadith and health science. This study aimed to explain the benefits of dates as herbal food based on hadith analysis and active substance content. The method used was a qualitative study based on hadith analysis and health literature. The results found that dates are rich in natural sugars, antioxidants, minerals and fiber that help stabilize energy and support bodily function. These findings align with modern studies showing that dates have therapeutic potential through their antioxidant, polyphenol, mineral and dietary fiber content. The difference is that the study focused only on dates as a single food, whereas this article examines dates in combination with cucumber through the concept of hot-cold balance.

Third, Ahmad Syamil bin Ahmad, in the study The Special Qualities of Dates in the Quran from the Perspective of Health Science in 2013, examined the position of dates in the Quran and their benefits from a medical perspective. The study aimed to explain the special qualities of dates as a food mentioned in revelation and their relationship with human health. The method used was qualitative research through analysis of Quranic verses, exegesis and nutritional science. The results showed that dates contain natural glucose, minerals, vitamins and immediate energy that is good for stamina. This study is relevant because it strengthens the position of dates as a high-value food in Islam and science. However, its weakness is that it has not discussed the interaction of dates with other foods, particularly cucumber and has not developed an ideal body health model based on a combination of Sunnah foods. Fourth, Mir'atun Nisa, in the article The Portion and Nutrition of the Food of Muhammad SAW: A Textual and Contextual Hadith Study, published in Jurnal Living Hadis in 2016 examined the dietary pattern of the Messenger of Allah SAW from the perspectives of hadith texts and life context. The study aimed to understand the dietary practices of the Prophet SAW in terms of portion, food type, moderation and nutritional value. The research method was qualitative through analysis of hadith texts and nutritional science literature. The results showed that the dietary pattern of the Messenger of Allah SAW was moderate, balanced, not excessive and consistent with modern health principles. This study is very close to the present article because both connect hadith with nutrition. However, that study focuses more on the general dietary pattern of the Prophet SAW, while this article focuses on one specific practice namely the combination of rutab and cucumber as the basis for an ideal body care model.

Fresh Dates as Functional Food

First, Rostita, in the book Benefits and Miracles of Dates published by Qanita in 2012 discussed the benefits of dates from spiritual, traditional and health perspectives. The purpose of this book is to compile information related to the virtues of dates in Islam and their benefits for the body. The method used is a library study based on Islamic sources and popular health information. The main findings show that dates have the potential to help

overcome fatigue, anemia, constipation, and energy deficiency. This book is useful as an initial reference because it emphasizes the functional value of dates. However, its weakness is that the discussion is more popular in nature and is not sufficiently empirical to explain the scientific mechanism of dates in shaping the ideal body. This article complements that weakness by developing a more systematic conceptual framework. Second, Rahmani, Aly, Ali, Babiker, Srikar and Khan, in the article Therapeutic Effects of Date Fruits (Phoenix dactylifera) in the Prevention of Diseases via Modulation of Anti-inflammatory, Anti-oxidant and Anti-tumour Activity, published in the International Journal of Clinical and Experimental Medicine in 2014 reviewed the therapeutic benefits of dates. The purpose of the study was to describe the medicinal value of dates in disease prevention through anti-inflammatory, antioxidant and antitumor activities. The research method was a literature review of biochemical and pharmacological studies. The results found that dates have the potential to support disease prevention through their phenolic, flavonoid, fiber, mineral and antioxidant content. The similarity between that study and the proposed article is that both recognize dates as functional food. The difference is that Rahmani et al. focus more on the general pharmacological effects of dates, not on the date-cucumber combination and not within the framework of hadith or hot-cold balance. Third, Hussain et al., in the article Nutritional and Biological Characteristics of the Date Palm Fruit (Phoenix dactylifera L.), published in Food Bioscience in 2020 examined the nutritional and biological characteristics of dates. The purpose of the study was to summarize the nutrient content of dates, such as carbohydrates, amino acids, minerals, dietary fiber, flavonoids, phenolics, anthocyanins, carotenoids, tannins and sterols. The method used was a scientific literature review. The results showed that dates are a low-cost food source rich in bioactive components and have antioxidant, anticancer, antimutagenic and renal protective potential. The similarity with this article lies in the emphasis on the nutritional value of dates. However, that study did not examine the issue of the ideal body did not connect dates with cucumber and did not discuss the concept of hot-cold balance in the Islamic tradition.

Cucumber as a Low-Calorie Hydrating Food

First, Nugraheni, in the book The King of Natural Medicine: Cucumber Benefits from A to Z for Health and Beauty in 2016 examined the benefits of cucumber for health and beauty. The purpose of this work was to explain the benefits of cucumber in terms of hydration, skin, kidneys, digestion and bodily balance. The method used was a literature study in health and beauty. The results showed that cucumber has cooling properties, is rich in water, low in calories and beneficial for skin health and digestion. This study is further strengthened by the study of Javid et al. (2024), which discusses the water content of cucumber, its phytochemical components, and its nutritional potential.

The Hot-Cold Concept and Homeostasis

First, Liu et al., in the article Cold and Hot Properties of Traditional Chinese Medicines published in 2021 discussed the theory of hot and cold properties in traditional Chinese medicine. The purpose of the study was to explain the theoretical basis of hot-cold properties as an important principle in explaining food and medicinal substances. The research method was a conceptual review of traditional Chinese medical theory and modern pharmacological applications. The results showed that the concept of hot and cold is not merely a cultural category but is related to bodily responses, metabolism and physiological balance. Other studies also explain that foods in the Chinese tradition are categorized as hot, warm, cool, cold and neutral which can be used to understand bodily balance. The similarity with this article is that both discuss the thermal balance of food. The difference is that Liu et al. are based on Chinese theory, whereas this article develops the hot-cold concept based on Tib al-Nabawi and the hadith on the date-cucumber combination.

Overall, previous literature shows that dates have high nutritional and therapeutic value, while cucumber has hydration, cooling, low-calorie and metabolic health potential. Studies on Tib al-Nabawi also show that the Sunnah of the Prophet SAW contains dietary principles that are moderate, balanced and functional. However, most of these studies remain separated. Studies on dates usually discuss dates only as a single food. Studies on cucumber focus more on health, beauty, hydration and weight management. Studies on hot-cold balance are more centered on Chinese medicine or humoral theory not on the Sunnah of the Prophet SAW. Therefore, there are still limited studies that combine these three dimensions, namely dates-cucumber, Tib al-Nabawi, and hot-cold balance as one model of ideal body care. The main gap identified is the absence of a conceptual model that

explains how the combination of rutab or fresh dates and cucumber can function as a Sunnah dietary approach for ideal body care. Previous studies also have not answered important questions such as how the "*hot*" nature of dates and the "*cold*" nature of cucumber can be understood scientifically, how this combination can be linked to bodily homeostasis and how the hadith of 'Aishah RA concerning the consumption of cucumber and dates can be read within the framework of modern nutrition. This gap becomes even more important because modern society now faces obesity, extreme diets, the use of slimming products and the pursuit of an ideal body that is sometimes unsafe. Thus, this article seeks to address the limitations of previous studies by developing an Ideal Body Care Model Based on the Sunnah of the Prophet through the combination of rutab or fresh dates and cucumber within the hot-cold concept. The theoretical contribution of this study is to broaden the discourse of Tib al-Nabawi by linking it to nutritional science, body balance theory and the concept of functional food. Its practical contribution is to provide a basis for a more systematic, safe, natural and relevant Sunnah dietary guide for contemporary Muslim society. This study can also serve as a basis for further research in the form of experiments, nutritional analysis, halal dietary module development or public health interventions based on the Quran and the Sunnah.

RESEARCH METHODOLOGY

This study uses a qualitative descriptive approach with a document analysis design and systematic literature review to develop an ideal body care model based on the Sunnah of the Prophet SAW. The qualitative approach was selected because this study aims to understand, interpret and integrate the concept of Sunnah diet with modern scientific findings in depth not to test quantitative hypotheses (Lambert & Lambert, 2012). This design is suitable for studies involving the analysis of religious texts, health concepts and the construction of a theory-based conceptual model. From a paradigmatic perspective, this study is based on interdisciplinary critical analysis that combines the disciplines of hadith, nutritional science and public health. This approach enables the researcher to assess the compatibility between revealed sources and modern empirical findings systematically. This method is also in line with the classical literature review approach, which emphasizes the synthesis of knowledge from various sources to generate new understanding (Cawelti, 1972). The main data sources in this study consist of two main categories, namely primary data and secondary data. Primary data refer to the texts of the hadith of the Prophet SAW related to diet and health, particularly the hadith concerning the combination of dates and cucumber including *Sunan Ibn Majah*. Secondary data include academic books, indexed journal articles, reports from health organizations such as the World Health Organization and other scholarly sources related to nutrition, traditional medicine and the concept of bodily balance. Data collection techniques were carried out through a systematic literature review. This process involved literature searches through academic databases such as Scopus, Web of Science and Google Scholar using keywords such as "*Tib al-Nabawi*", "*dates nutrition*", "*cucumber health benefits*", and "*thermal food balance*". The selected literature was based on specific inclusion criteria, namely (i) relevance to the topics of Sunnah diet, dates, cucumber or the hot-cold concept, (ii) publication in academic journals or valid scholarly sources and (iii) direct relevance to the objectives of the study. This method is important to ensure the accuracy and validity of the sources used (Snyder, 2019).

In the context of this study, no human respondents were directly involved because it does not use a field research design. Therefore, human sampling is not involved. However, the selection of literature sources was conducted purposively, namely by selecting the most relevant, high-quality and significant sources for the development of the research model. This technique is suitable for qualitative studies that emphasize depth of analysis rather than statistical generalization (Patton, 2015). The data analysis procedure was carried out through several main stages. First, the researcher conducted content analysis of the hadith texts to identify key concepts related to diet and bodily balance. Second, findings from the hadith were compared with modern scientific findings through a comparative analysis approach to identify similarities, differences and potential integration between the two. In addition, this study also used a conceptual synthesis approach to develop an ideal body care model. This approach involved combining findings from various sources to form a coherent and systematic theoretical framework. This method is often used in interdisciplinary studies that aim to build new models or theories (Torraco, 2005). To ensure the validity and reliability of the study, several steps were taken. First, the use of authentic hadith sources recognized in the Islamic tradition. Second, the selection of journal articles that had undergone peer review. Third, data triangulation was conducted by comparing findings from religious sources, nutritional

science and traditional medical theory. This approach helps increase the accuracy of interpretation and reduce researcher bias (Creswell, 2014). In terms of variables, this study identifies the independent variable as the combination of Sunnah foods (fresh dates and cucumber), while the dependent variable is the effect on bodily balance and ideal body care. Control variables include factors such as dietary context, intake amount and individual physiological conditions discussed in the literature. Although this study is qualitative in nature, the identification of these variables is important for building a foundation for future empirical studies. Finally, this methodology was selected because it aligns with the objective of the study, which is to develop a conceptual model based on the integration between the Sunnah of the Prophet SAW and modern science. This approach enables the study to produce findings that are in-depth, systematic and relevant to current needs. It also provides a strong basis for further quantitative or experimental studies to test the effectiveness of the proposed model.

RESEARCH FINDINGS AND DISCUSSION

Introduction to Cucumber and Dates

Cucumber is a type of plant from the family Cucurbitaceae with the scientific name Cucumis sativus L. (Budi Samadi, 2002). Its foreign names include Kokomer, Concombre and Cucumber (Hieronymus Budi Santoso, 1998). Cucumber is a creeping and climbing plant. It has coarse hairs, a wet stem and a length of approximately 0.5 to 0.2 meters (Daniel Mangoting et al., 2008). Cucumber contains many nutrients that benefit bodily health. It contains zinc and silica, which can help hair growth and development, prevent brittle nails and maintain joint health by strengthening ligament tissue. Cucumber also contains alkaloids, which are useful for expelling tapeworms in the intestinal tract, saponins as anticancer agents, skin firming agents and agents that reduce high cholesterol. In addition, ascorbic acid and caffeic acid can reduce water retention levels thereby reducing swelling under the body. Cucumber also contains potassium, magnesium and sterols, which can help reduce blood cholesterol levels and manganese, which can help treat diabetes. It contains amino acids, beta carotene, alpha carotene, vitamin C, vitamin A, lutein and zeaxanthin and linoleic acid, which play roles in preventing premature aging and cell damage caused by free radicals, heart disease and helping to enhance brain intelligence (Nugraheni, 2016). Carotenoids, phenolic flavonoids, polyphenols, tannins and lycopene contain significant antioxidant activity (Hina Saeed and Anam Waheed, 2017).

Dates are fruits that come from the date palm tree (*Phoenix dactylifera*) (Siti Zamilatul Azkiyah and Hayatul Rahimah, 2022) with a sweet and rich taste. They are often eaten as snacks or processed into various foods such as stuffed dates, jam and raisins. Dates were cultivated in the Middle East thousands of years ago (Lia Ernawati, 2019) and later spread to Asia, Africa and America. The types of dates cultivated around the world are highly diverse (Iqra Anugrah et al., 2022). Ajwa dates (Ida Royani et al., 2022), which are sweet and rich in taste are considered to have many health benefits such as increasing energy, maintaining heart health and preventing cancer. Medjool dates, which are large and sweet are often used in cakes and bread. Sukari dates, which are sweet and soft are often used as ingredients for stuffed dates. Dates are not only delicious but also rich in nutrients. This fruit contains vitamin A, vitamin C, fat, potassium and magnesium (Nisrina Fauziyah Sholihah, 2022). Carbohydrates function as the main energy source (Evi Hasnita and Silvia Suradi, 2022), protein functions to build and repair body cells, fat functions to maintain brain and heart health, vitamins A and C help maintain eye, skin and immune system health and potassium functions to maintain stable blood pressure (Widya Pebryanti Manurung and Adityo Wibowo, 2016). Magnesium functions to maintain bone and muscle health (Hasto Ridho Prianggoro, 2022). In the context of this study, the type of date referred to is rutab, meaning fresh or ripe dates. Rutab in al-Bisri dictionary means ripe dates (Abid Bisri and Munawwir A. Fatah, 1999). Al-Rutab refers to dates that are almost ripe before becoming fully dried dates. Imam Abu Hanifah stated that dates that are almost ripe, if sucked by a person will allow that person to taste their sweetness (Muhammad ibn Mukaramah, 1993). Date fruit passes through five phases of development and formation over approximately six months. The first phase is called *al-hababuk* or *as-sada*, which forms after pollination. In this phase, the date fruit is round and tastes bitter. The second phase is called al-bath or unripe dates, when dates begin to grow and lengthen are green in color and taste astringent. The third phase is called al-busru or al-khalal, when dates turn yellowish red and taste sweet but slightly astringent. The fourth phase is called ar-rutab which refers to ripe dates when the color

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becomes black and the skin is wrinkled (Yusuf al-Hajj Ahmad, 2008) with a soft texture and sweet taste (Mir'atun Nisa, 2016).

Analysis of the Hadith on Fresh Dates and Cucumber

This can be seen, for example, from the physical growth of Siti 'Aishah RA through the hadith narrated by Ibn Majah from 'Aishah in Sunan Ibn Majah, Kitab al-At'imah, no. 3324, as follows:

حدثنا محمد بن عبد الله بن نمير قال : حدثنا يونس بن بكير قال : حدثنا هشام بن عروة قال , عن ابيه عن عائشة قالت كانت امي تعالجني للسمنة تريد ان تدخلني على رسول الله صلى الله عليه وسلم : فما استقام لها ذلك حت اكلت القثاء بالرطب فسمنت كأحسن سمنة

Meaning: Muhammad Ibn 'Abd Allah Ibn Numair narrated to us from Yunus Ibn Bukayr, from Hisham Ibn 'Urwah, from his father, from 'Aishah, who said: My mother treated me so that I would look plump because she wanted to bring me together with the Messenger of Allah, but her efforts did not succeed until I ate cucumber with fresh dates and I became plump with the best form of plumpness.

In Sharh Sunan Ibn Majah, the word للسمنة (plumpness or fatness) in the hadith above means a type of medicine that can fatten women (Abu 'Alaqah, 2007). In al-Tahdhib, what is called al-samnah is a medicine used to fatten women. Likewise, in al-Nihayah, it is mentioned as a medicine for fattening a woman until she truly becomes plump (Muhammad Asharif, 2005). Thus, the meaning of the word indicates that the mother of Siti 'Aishah RA treated or cared for Siti 'Aishah RA so that she would become plump with fattening medicine. As for القثاء, it means cucumber. Another name for it is *al-Khiyar*, meaning choice food (Imam al-Nawawi, 1972). A people are said to be fortunate if cucumber is planted among them (Muhammad ibn Mukaramah, 1993). Meanwhile, الرطب in al-Bisri dictionary means ripe dates (Abid Bisri and Munawwir A. Fatah, 1999). Al-Rutab refers to dates that are almost ripe before becoming dried dates. Imam Abu Hanifah stated that dates that are almost ripe if sucked by a person will allow that person to taste their sweetness (Muhammad ibn Mukaramah, 1993). The letter ب (ba) in the word al-rutab carries the meaning "with". This means that in the phrase القثاء بالرطب, it indicates companionship or accompaniment, namely two foods eaten together as reflected in the translation of the hadith (Ibn Hajar al-Asqalani, 2008). Imam Nawawi stated that it is permissible to eat cucumber and dates together or to use them as food enhancers. Imam al-Qurtubi said that dates themselves have a hot property while cucumber has a cold property. Therefore, when both are eaten together balance occurs. This matter serves as an important basis in preparing medicine and organizing discussions on the benefits of foods. In this arrangement, it corresponds with the method of slimming and fattening the body as in the hadith narrated by Ibn Majah above (al-Mubarakafuri, n.d.). The phrase "then I became plump, with excellent plumpness" means that after eating cucumber and dates the body form of Siti 'Aishah RA became plump in the best form of plumpness (Muhammad Asharif, 2005). Regarding this matter, Imam al-Damiri explained in the chapter on healing and body growth that the prohibition in that chapter refers to excessive eating (Abu 'Alaqah, 2007). This means that if one wants to have a well-proportioned plump body, excessive eating is not allowed. From the explanation above, it can be seen that Siti 'Aishah RA was among women who grew and developed very quickly. When she reached the age of nine or ten, Siti 'Aishah RA became plump and her appearance looked good whereas when she was small she was very thin and not fleshy. A few years later, Siti 'Aishah RA tended to gain more weight. Then, in adulthood her body became larger and fuller (Sulaiman An-Nadwi, 2017). From the explanation above, it can be understood that before joining the Prophet Muhammad SAW at around six years old (Sulaiman An-Nadwi, 2017), Siti 'Aishah RA was very thin. When she was nine years old and about to be joined with the Prophet Muhammad SAW (Sulaiman An-Nadwi, 2017) her body became fresh, plump and ideal. Thus, it can be concluded when linked to the hadith examined by the author that Siti 'Aishah RA at the age of six was very thin. Beginning from this point, Siti 'Aishah RA was treated and cared for by her mother so that she would appear fresh, plump and ideal but the effort failed. Eventually, Siti 'Aishah RA consumed cucumber and dates until she became fresh, plump and ideal. This means that the duration of the treatment was approximately three years beginning at the age of six until the age of nine when she was joined with the Prophet Muhammad SAW.

Ideal Body Care Model Based on the Combination of Dates and Cucumber

Every food certainly has benefits for health. This is also true of cucumber and dates which are highly beneficial for human bodily health. Both contain nutrients whose roles are very important for health. Dates contain natural sugar and energy. Meanwhile, cucumber is refreshing and has a mild diuretic effect. The combination of both can help balance the digestive system and relieve constipation. Fiber from dates facilitates bowel movements while cucumber provides hydration and helps remove toxins from the body. In addition, dates are also a quick source of energy containing glucose, fructose and sucrose. Cucumber helps maintain bodily hydration. This combination is refreshing and provides stable energy throughout the day (Siddiq Jamal, 2024). Therefore, this study analyzes the nutritional value of these two Sunnah foods namely dates and cucumber as well as their potential contribution to the formation of an ideal body based on the principle of the hot-cold combination (PD) (Ibn Qayyim, 2015, Rostita, 2012). Based on dietary data obtained from the Ministry of Health Malaysia (2010) and Rostita (2012), this can be seen in the table below:

Table 1: Comparison of nutritional values between dates and cucumber

Element	Cucumber (per 100g)	1 slice (10g)	7 cucumber slices	Dates (per 100g)	1 date (7g)	7 dates
Energy (kcal)	12	1.2	8.4	275	19.25	134.75
Protein (g)	0.70	0.07	0.49	1.97	0.13	0.91
Fat (g)	0.10	0.01	0.07	0.45	0.03	0.21
Carbohydrate (g)	2.70	0.27	1.89	73.51	5.14	35.98

If it is assumed that a person eats seven slices of cucumber in one day and the energy intake from 10 g is 1.2 kcal, then seven slices of cucumber provide 8.4 kcal of energy. Likewise, if a person eats seven dates in one day this provides 134.75 kcal of energy. Based on this analysis, the simultaneous intake of dates and cucumber does not provide the main overall energy supply, but it plays a role as a complementary source of nutrients with the potential to stimulate appetite, accelerate metabolic processes, and contribute to body temperature balance through the hot-cold principle.

In nutritional science, BMI, or Body Mass Index, is divided into five criteria as established by Marhaposan Situmorang (2015), as shown in the table below:

Table 2: Body Mass Index (BMI)

Category	BMI (kg/m²)	Description
Severely thin	< 17.0	High risk of undernutrition
Mildly thin	17.0 - 18.4	Risk of mild undernutrition
Normal	18.5 - 25.0	Ideal body weight range
Mildly overweight	25.1 - 27.0	Beginning to be overweight
Severely overweight	> 27.0	Risk of obesity and non-communicable diseases

From Table 2 above, it can be understood that the body of Siti ‘Aishah RA at the age of six possibly fell into the severely thin category with body weight (<17 kg/m²). Therefore, to form a good body, Siti ‘Aishah RA ate cucumber and dates so that her body would become fresh, plump and ideal, within the normal BMI category of 18.5 to 25.0 kg/m². Siti ‘Aishah RA began consuming cucumber and dates based on the saying of the Prophet in a hadith narrated by al-Bukhari, as explained by Ibn Hajar al-Asqalani (2008), chapter: At‘imah no. 5445, which means: “Whoever consumes seven Ajwah dates every morning will be protected on that day from poison and magic.” Based on this hadith, the author assumes that Siti ‘Aishah RA consumed seven slices of cucumber with seven dates in one day. Therefore, based on the calculation above it can be predicted that the energy intake obtained by Siti ‘Aishah RA from consuming seven slices of cucumber and seven dates was 143.15 kcal. Meanwhile, the Recommended Nutrient Intake (RNI) according to human age is shown in the table below:

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Table 3: Recommended Nutrient Intake Based on Age and Sex (Moderate Activity)

Age	Male (kcal/day)	Female (kcal/day)
1-3 years	1200	1200
4-6 years	1650	1600
7-9 years	1750	1650
10-12 years	1900	1800
13-15 years	2200	2000
16-18 years	2500	2000
19-29 years	2700	2100
30-49 years	2600	2000
Older age	2100	1800

Logically, according to balance theory in nutritional science if energy intake is greater than the body needs a person can gain weight. However, the energy produced by seven slices of cucumber and seven dates is approximately only 10% of the required energy intake of 1600 kcal. Therefore, more energy is required to meet the 1600 kcal requirement. If seven slices of cucumber and seven dates can only produce 10% of the energy needed in a day, then 70 slices of cucumber and 70 dates would be needed to reach 1600 kcal of energy. From this calculation, it can be seen that the energy intake of Siti 'Aishah RA was smaller than what was required for her age. Meanwhile, to become plump the energy intake of Siti 'Aishah RA had to be greater than what she needed. Based on the author's analysis, the nutritional intake of seven slices of cucumber and seven dates consumed daily by Siti 'Aishah was an additional intake to her overall dietary intake. This indicates that Siti 'Aishah did not consume only cucumber and dates in a day but also consumed other foods such as cereals, wheat, goat meat and bread, which produced substantial energy, while cucumber and dates served only as complements and additional energy to increase her body weight until she became fresh, plump and ideal. It can be said that if Siti 'Aishah's daily energy requirement was 1600 kcal through breakfast, lunch and dinner, where food at that time usually consisted of wheat bread and meat, plus the additional energy from cucumber and dates amounting to 143.15 kcal, then there would automatically be an additional energy intake. This additional intake could increase body weight.

It can be said that dates should be included in a healthy dietary pattern because dates contain sugar, protein and other important vitamins. Furthermore, when dates are consumed with cucumber, their benefits can help maintain normal body weight. One kilogram of dates contains 3000 calories. The calories from dates are sufficient to meet the daily needs of the human body, provided that they are mixed with other foods (Seruni, 2019). In addition, eating cucumber and dates stimulates appetite if the dates are more abundant than the cucumber. Meanwhile, for slimming, meaning from overweight to thin the amount of cucumber is increased so that when a person becomes thin, the body remains fresh while other foods are reduced. From the perspective of the Sunnah and nutrient analysis, the combination of cucumber and dates is not intended to serve as the sole main source of energy. Instead, it functions as an additional dietary support that helps improve body metabolism and trigger balance in the digestive system. Dates, which are hot in nature and rich in energy act as a metabolic driver while cucumber which is cold in nature, functions as a balancer of internal temperature and supports hydration (Ibn Qayyim, 2015, Tan Manado, 2012). In general, neutralizing the harmful effects of a cold substance with heat, heat with cold, dryness with moisture and moisture with dryness is one of the most important methods and efforts in preserving health (Ibn Qayyim al-Jauziyah, 2015). Based on the explanation above, it can be understood that fresh dates are hot in nature, whereas cucumber is cold in nature. Yet each is compatible with the other and mutually neutralizes the harmful effects of the other. The harmful effect of a substance is neutralized by combining it with its opposite or antidote. This is the purpose of medicine as a whole. The combination of foods or medicines with their antidotes or opposites makes the product lighter and free from harmful side effects (Ibn Qayyim al-Jauziyah, 2015). The ideal body model proposed in this study is adaptive and personalized, based on an individual's physiological and metabolic characteristics. If an individual has a tendency toward a hot body cucumber intake should be increased. Conversely, for a cold body a higher intake of dates is recommended. This can be seen through the dietary recommendations in the table below:

Table 4: Daily Dietary Recommendations

Body Profile	Recommended Combination	Purpose
Thin / poor appetite	7 dates + 3 cucumbers	Increase energy and stimulate appetite
Hot body / sweats easily	5 dates + 5 cucumbers	Balance body temperature
Cold body / lethargic / pale	9 dates + 2 cucumbers	Increase internal temperature
Desire to maintain ideal weight	7 dates + 7 cucumbers	Stabilize weight and digestion

These findings show that the ideal body care model based on the Sunnah does not merely prioritize the number of calories but focuses more on the balance of food functions in the body, including hot-cold elements, dry-moist food properties and their suitability to individual conditions. This model emphasizes the importance of understanding the wisdom of the Prophet's diet not only literally but also from an integrative perspective that includes physiology, psychology, and spirituality (Ibn Qayyim Al-Jauziyah, 2015).

CONCLUSION

This study shows that the dietary combination of fresh dates and cucumber, as exemplified by Siti 'Aishah in shaping the ideal body is not merely a culinary habit but has a strong scientific and spiritual basis in maintaining holistic bodily health. Through the hot-cold concept or temperamental balance, this model offers an alternative paradigm that balances the physical, metabolic and psychospiritual elements of the human body. The findings show that although the combination of dates and cucumber is not sufficient as the main caloric source it plays an important role as a nutritional complement and as a regulator of the body's homeostatic system. This approach is adaptive and personalized, whereby food intake is adjusted according to individual physiological characteristics, thereby further strengthening the uniqueness of the Sunnah of the Prophet as a comprehensive system of life. The implications of this study are highly significant for the development of an Islamic value-based dietary model that is scientific, practical and relevant to contemporary lifestyle needs. It proves that the wisdom of the Prophet's diet can be studied and applied systematically with the support of modern nutritional data, while bridging the gap between traditional heritage and current scientific approaches. This model also contributes to strengthening a more integrative Islamic health paradigm and opens space for further clinical and interdisciplinary studies within the frameworks of theology, public health and nutritional science.

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