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PROPHETIC FOOD IN JOURNAL ARTICLES FROM 2015 UNTIL 2019: A BIBLIOMETRIC STUDY

Syed Najihuddin Syed Hassan[1]
Farah Nazurah Baharuddin[2]

[1]Fakulti Pengajian Quran dan Sunnah, Universiti Sains Islam Malaysia (USIM), Malaysia,
(E-mail: syednajihuddin@usim.edu.my)
[2]Fakulti Pengajian Quran dan Sunnah, Universiti Sains Islam Malaysia (USIM), Malaysia,
(Email: nazurahfarah@gmail.com)

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Abstract: *Muslims today should not neglect the concept of Sunnah practice in daily life, especially in terms of nutrition. The healthy lifestyle from the practice of Prophet Muhammad PBUH can balance the human body system. Therefore, selecting halal, good and healthy foods are well-guided in Islam. Besides, scientific findings nowadays are proving the goodness of prophetic diets. Therefore, there is a need to conclude these researches statistically. This article, then, was designed to study prophetic food in online recent journals articles from 2015 until 2019 with a bibliometric approach. The objective of this study is to identify prophetic food mentioned in journal articles of five years ranged and to categorize the journal articles mentioning prophetic food statistically. This study is a quantitative study using bibliometric analysis. This study also uses several sources from the library and resources from the internet to complement this study. Data obtained are analyzed descriptively by using MS Excel as a tool to interpret data of its frequency and percentage to get the results. The findings of this study discovered that 80 journal articles mentioned prophetic food from 2015 until 2019. These findings then are divided and analyzed into six categories which are whether they are general or specific, year of publishing, journals' issuing countries, the language of articles, types of prophetic food, and their research areas.*

Keywords: *Bibliometric Studies, Islamic Lifestyle, Sunnah Diet, Sunnah Food, Sunnah Practice*

Introduction

Islam is a religion that covers every aspect of life. As a way of life, Islam emphasizes its followers to always maintain their health and wellness. To achieve good health, one must take care of several aspects including food intake because it has direct effects on an individual's mental, physical and spiritual health. Because of that, Muslims are encouraged to eat halal food. Halal foods are foods allowed by Shariah Law to maintain a pure heart and a sound mind as well as to nourish the aspiring soul and a clean healthy body. On the other hand, Muslims are also advised to have good food and are taught to be very particular in selecting foods that are halal, good and healthy.

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Allah SWT commanded Muslims (Al-Baqarah, 2:172) to eat good things, referring to wholesome, pure, clean, and nourishing foods that The AlMighty has provided for the human being. Prophet Muhammad PBUH was a great role model who demonstrated a good example for Muslims to gain and maintain good health, whether in terms of physical well-being, emotional wellness as well as a healthy mind. Muslims are commanded as well to follow and practise all the teachings of the Prophet Muhammad PBUH (Al-Nisa, 4:59). On top of that, the Prophet's guidance concerning food and other aspects of life is a perfect guidance for society. The guidance in term of foods, especially "Prophetic food" for example, encompasses all aspects of nutrition, health and psychological benefit to mankind (Essays, UK, 2018).

Prophetic foods are foods that have been appraised in the Quranic verses as well as prophetic traditions (hadith) and had been proven to have many benefits. It is also of recommendation by Prophet Muhammad PBUH for a better and healthy living among Muslims (Hashman 2011). Besides, prophetic food can also be defined as Sunnah food. The examples of halal and good foods which are prophetic foods such as dates, pomegranates, barley, honey, goat's milk and many more which have been mentioned in the Quran and hadith, and proven to be beneficial to the health of the consumers.

Therefore, there is a need to conduct a bibliometric study approach to obtain sources of information mentioning prophetic food. Hence, people, both Muslims and non-Muslims will have a better understanding concerning this matter and later practice it in their daily life. The specific objectives of this article are: to identify prophetic food mentioned in journal articles from 2015 until 2019 and to categorize the journal articles mentioning prophetic food statistically.

Literature Review

Two points will be discussed in the literature review.

Bibliometric Studies

Pritchard (1969) was the first individual who used the term bibliometrics. Biblio means book and metric means a scale or measure. Then, bibliometric means application of statistical studies in library and information science. On the other hand, Pritchard (1969) stated that bibliometrics as the application of mathematics and statistical methods to books and other media of communication. Next, bibliometrics can also be defined as the study and measurement of the publication pattern of all forms of written communication and their author (Potter, 1981).

Bibliometrics and Librametry as field research in which studies information process and information handling in libraries and information centres by a quantitative study in analyzing the aspects and behaviour of documents, library staff, and library users. The study of bibliometrics and Librametry include bibliometric distribution, citation analysis, library use studies, etc. It is also a quantitative study of works of literature as provided in bibliographies. Bibliometrics is the use of quantitative analysis and statistics to illustrate patterns of publication within a given area or body of literature. The commonly used bibliometric techniques are citation analysis and content analysis (Sengupta, 1992).

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Sunnah Food or Prophetic Food

Basir, Othman, & Ahmad (2016), in their article, indicated that there is no accurate definition of Sunnah food. Generally, Sunnah food refers to the natural food practices by the Prophet Muhammad PBUH as mentioned in the Quran and Hadith, such as honey, dates, and raisin. According to Basir and her colleagues (Basir et. al., 2018), there is an explanation about the phrase 'Sunnah food and medicine' which reflects the words and actions of the Prophet Muhammad PBUH in the bearing of disease, providing treatment of disease, as well as caring for patients. Among plants mentioned in the Quran, Hadith and Islamic literature are dates, pomegranates, figs, olive, and black cumin seeds.

Sunnah foods are foods that have been appraised in the al-Quran and Hadith and had been proven to have many benefits. It is also the recommendation by the Prophet Muhammad PBUH for better and healthy living among Muslims (Hashman, 2011). Ahmad, K. and his friends (Ahmad, K. et.al. 2015) argued that actually, none of the specific terms may represent sunnah food but the mention of a term referring to food and its types derived from al-Quran and Hadith as it is known in Malaysia. When referred to the Arabic term, there is no specific word that can describe the term of Sunnah's diet. They (Ahmad, K. et.al., 2015) also described the most precise understanding of the concept of sunnah food in Malaysia, which consists of two opinions:

1. Foods mentioned and derived from Quranic verses or Prophetic traditions.
2. Foods that are beneficial to human being whether mentioned in Quranic verses, Prophetic tradition or not mentioned in both

Both terms are coinciding and appropriate as the definition of sunnah food. However, the term "Sunnah food" is most appropriate in the view of the researcher on the term mentioned by the local community to distinguish between local food and food as described or mentioned in the Quran and Hadith.

The term sunnah food necessarily has its speciality as it refers to the best foods that meet the healthcare criteria of the body, the food of the revelation, which is based on the Quranic and the Hadith teachings, and the food consumed by the Prophet Muhammad PBUH (Ahmad, K. et al., 2015). The authors also highlighted that the term sunnah food is also found to be in line with the concept of *Ittiba' al-Rasul* or follow the Prophet, which includes all classification aspects of prophetic traditions (Sunnah): his speeches, actions, and admissions (*taqrir*). Therefore, everything that the Prophet taught should be believed to have great advantages and benefits to mankind.

Besides, the label of Sunnah food must fulfil the main principle of halal and good *(halalan toyyiban*) starting from the aspect of the preparation of raw materials, processing of materials until it becomes a product. In general, this principle applies to all humanity regardless of race, religion, ancestry and geographical boundaries. In particular, the principle is addressed to all Muslims. This is important for maintaining the five purposes of Islamic law, which are the preservation of religion, soul, intellect, heredity and wealth.

Next, Ahmad K. et al. (2015) also stated that the acquisition of halal and good food can not only meet the needs of a person's body but should ensure that the food is free from bacteria, germs and parasites, not harmful to health and non-toxic. Islamic society in Malaysia is quite a synonym to the term Sunnah food. According to Md Asham (2015), Wan Nasyrudin (Wan

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Abdullah, W. N., 2016) and Basir (Basir, Othman & Ahmad, 2016), there is no proper term or concept to describe Sunnah food. Furthermore, the term Sunnah food is not found in the Quran or even in the Hadith. In other words, Sunnah food refers to food from natural sources mentioned in the Quran and Hadith, for example, raisins, honey, and dates (Basir, Othman & Ahmad, 2016). Wan Nasyrudin (Wan Abdullah, W. N., 2016) stated that the food of Sunnah is not just mentioned in al-Quran or Hadith. This is because there are too many good foods not mentioned in al-Quran or Hadith. Al-Quran only mentions several categories of food. Examples of foods from the category of meat and fruits. Siti Radhiah and Siti Nazirah (Omar, S. R. & Omar, S. N., 2018) stated in their article that Sunnah food could be referred to the foods and ingredients that have been mentioned in the Quran and Hadith which are also part of Prophet Muhammad PBUH lifestyle which are favourite foods, the manners, etiquettes, and traditions of his eating and drinking.

Methodology

This study was conducted using a quantitative method. Data collection was done by using the bibliometric analysis to study the results of the recent 5 years' current research related to prophetic food. Journal articles published online were then collected from free databases including Google Scholar ranged from 2015 until 2019 based on the keywords as shown in Table 1 below.

Table 1: The Keywords to Obtain Data

No.	Keyword Search
1.	Sunnah Food + PDF
2.	Makanan Sunnah (Malay word) + PDF
3.	Prophetic Food (English word) + PDF
4.	Kurma + Sunnah + 2015-2019
5.	Date + Prophetic Food + 2015-2019
6.	Phoenix dactylifera + Prophetic Food
7.	Date palm + Sunnah Food
8.	Madu + Makanan Sunnah + 2015-2019
9.	Honey + Prophetic Food + 2015-2019
10.	Delima + Sunnah + 2015-2019
11.	Pomegranate + Prophetic Food + 2015-2019
12.	Punica Granatum + PDF + Sunnah Food
13.	Zaitun + Sunnah + 2015-2019
14.	Minyak Zaitun + Makanan Sunnah
15.	Olive + Prophetic + 2015-2019
16.	Olive Oil + Prophetic Food
17.	Lada Hitam + Makanan Sunnah
18.	Habbatussauda + Sunnah + PDF
19.	Black Seed + Prophetic Food + 2015-2019
20.	Nigella Sativa + Sunnah + Food
21.	Susu Kambing + Makanan Sunnah + 2015-2019
22.	Susu Kambing + Minuman + Sunnah
23.	Goat's Milk + Prophetic Food
24.	Goat Milk + Prophetic + Drink
25.	Anggur + Makanan Sunnah
26.	Grape + Prophetic Food + 2015-2019
27.	Vitis Vinifera L. + Prophetic + Food

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28.	Halia + Makanan + Sunnah
29.	Ginger + Prophetic + 2015-2019
30.	Zingiber Officinale Roscoe + Prophetic Food
31.	Fig + Sunnah + 2015-2019
32.	Ficus Carica L. + Prophetic Food
33.	Barli + Sunnah + 2015-2019
34.	Barley + Prophetic + PDF
35.	Hordeum Vulgare L. + Prophetic + Sunnah + Food
36.	Kajian Bibliometrik + Makanan Sunnah
37.	Bibliometric Study + Prophetic Food
38.	Makanan Sunnah + Quran + Hadith

Source: Baharuddin, F. N. (2020)

The result collected, then, was scanned manually and classified using Microsoft Office Excel. The data, then, was categorized into various field studies, was interpreted by category, frequency, and percentage. Moreover, the analyzed data described in the form of a chart for further explanations.

Findings

From more than 90 journal articles collected from online free databases, the number of journal articles has been narrowed down to only 80 journal articles that related directly to prophetic food, ranged from the year 2015 until 2019, which are the most relevant and the best for this study. The list of the 80 journal articles is listed below.

Results

Based on the study, the 80 journal articles collected on prophetic food are as follow:

1. Nordin, A., Kamal, H., Yazid, M. D., Saim, A., & Idrus, R. (2019). Effect of Nigella sativa and its bioactive compound on type 2 epithelial to mesenchymal transition: A systematic review. *BMC complementary and alternative medicine*, *19*(1), 290. doi: 10.1186/s12906-019-2706-2
2. Agbaje, R., Hassan, C. Z., Norlelawati, A., Abdul Rahman, A., & Huda-Faujan, N. (2016). Development and physico-chemical analysis of granola formulated with puffed glutinous rice and selected dried Sunnah foods. *International Food Research Journal*, *23*(2). 498-506.
3. Kamarubahrin, A. F., Haris, A., Shaari, J. A. N., & Shukor, S. A. (2019). Exploring the Motive of Muslim Consumers' Intention Toward Goat's Milk Purchasing in Malaysia: A Focus Group Interview. *Muqtasid: Jurnal Ekonomi dan Perbankan Syariah*, *10*(1), 30-39. doi: 10.18326/muqtasid.v10i1.30-39
4. Kamarubahrin, A. F., Haris, A., Shukor, S. A., Daud, S. N. M., Ahmad, N., Kefli, Z., Muhamed, N.A. & Qadir, A. H. M. A. (2019). An overview Malaysia as a hub of planting prophetic fruits. *Malaysian Journal of Sustainable Agriculture (MJSA)*, *3*(1), 13-19. doi: 10.26480/mjsa.01.2019.13.19
5. Ahmed, A., Bano, N., & Tayyab, M. (2016). Phytochemical and therapeutic evaluation of date (Phoenix dactylifera). A review. *J Pharm Alternat Med*, *9*, 11-17.
6. Madi Almajwal, A., & Farouk Elsadek, M. (2015). Lipid-lowering and hepatoprotective effects of Vitis vinifera dried seeds on paracetamol-induced hepatotoxicity in rats. *Nutrition research and practice*, *9*(1), 37-42.
7. Ali, S., Alahmadi, A., Hamdy, R., Huwait, E. A., Alansari, A., & Ayuob, N. (2019). Renoprotective effect of red grape (Vitis vinifera L.) juice and dark raisins against

hypercholesterolaemia-induced tubular renal affection in albino rats. *Folia morphologica*, *78*(1), 91-100. doi: 10.5603/FM.a2018.0069

8. Al-Obeide, A. A., & Al-Assie, A. H. (2019). Analysis of genetic diversity of some olivegenotypes using Random Amplified Polymorphic DNA (RAPD) markers. *Tikrit Journal of Pure Science*, *24*(1), 1-6. doi: 10.25130/tjps.24.2019.001
9. Senbeta, A., & Dida, D. (2019). Effects of Long Term Storage Factors on Nutritional Value of Conserved Barley Accessions in Ethiopia. *Journal of Food and Nutrition Sciences*, *7*(6), 87-95. doi: 10.11648/j.jfns.20190706.12
10. Atta, A. H., Abo-EL-Sooud, K., Ahmed, S. S., Ibrahim, S., & Zaher, S. (2015). Synergistic hepatoprotective effect of grape juice with date palm fruit methanolic extracts. *Wulfenia J*, *22*(12), 282-297.
11. Awan, A. A., Zubair, M., Ali, S., Jan, I., Iqbal, A., & Ahmad, A. (2015). The effect of different climatic zones on total phenolics and fatty acid profile of various olive cultivars. *Pakistan Journal of Agricultural Sciences*, *52*(2). 361-366.
12. Saad, B. (2015). Greco-Arab and Islamic diet therapy: Tradition, research and practice. *surge*, *1*(1). 2-23.
13. Sheikh, B. Y., Zihad, S. N. K., Sifat, N., Uddin, S. J., Shilpi, J. A., Hamdi, O. A., ... & Jahan, I. A. (2016). Comparative study of neuropharmacological, analgesic properties and phenolic profile of Ajwah, Safawy and Sukkari cultivars of date palm (Phoenix dactylifera). *Oriental pharmacy and experimental medicine*, *16*(3), 175-183. doi: 10.1007/s13596-016-0239-5
14. Bawazir, A. E. (2016). Impact of mix food colors with Barly Water (Talbina) on some neurotransmitters in different brain regions, biochemical and histological structure of liver male albino rats. *Journal of American Science*, *12*(11), 94-103. doi: 10.7537/marsjas121116.09.
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16. Chin, K. Y., & Ima-Nirwana, S. (2016). Olives and bone: A green osteoporosis prevention option. *International journal of environmental research and public health*, *13*(8), 755. 1-11. doi: 10.3390/ijerph13080755
17. Abdelaziz, D. H., Ali, S. A., & Mostafa, M. M. (2015). Phoenix dactylifera seeds ameliorate early diabetic complications in streptozotocin-induced diabetic rats. *Pharmaceutical biology*, *53*(6), 792-799. doi: 10.3109/13880209.2014.942790
18. Sheikh, D. K., & Dixit, A. K. (2015). Plants in the holy quran: a look. *World J Pharm Pharm Sci*, *4*(8), 715-738.
19. Bammou, M., Sellam, K., Benlyas, M., Alem, C., & Filali-Zegzouti, Y. (2016). Evaluation of antioxidant, antihemolytic and antibacterial potential of six Moroccan date fruit (Phoenix dactylifera L.) varieties. *Journal of King Saud University - Science*, *28*(2), 136-142. doi: 10.1016/j.jksus.2016.01.002
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21. Shaygannia, E., Bahmani, M., Zamanzad, B., & Rafieian-Kopaei, M. (2016). A review study on Punica granatum L. *Journal of evidence-based complementary & alternative medicine*, *21*(3), 221-227. doi: 10.1177/2156587215598039

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24. Buckland, G., & Gonzalez, C. A. (2015). The role of olive oil in disease prevention: a focus on the recent epidemiological evidence from cohort studies and dietary intervention trials. *British Journal of Nutrition*, *113*(S2), 94-101. doi: 10.1017/S0007114514003936
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These journals, then, were divided and analyzed according to six categories.

1) Classification of Journal Articles

Table 2 below indicates the classification of journal articles in general and specific. Based on the data obtained, the total number of related journal articles is 80 articles. There are 12 articles (15%) that described prophetic food generally, meanwhile for journals that described it specifically, there are 68 articles (85%). Overall, it can be concluded that the number of journals with specific explanations of prophetic foods is the largest.

Table 2: Classification of Journal Articles

Classification (n= 80)	Frequency	Percentage (%)	Articles Related
Generally	12	15	2, 4, 12, 18, 28, 29, 43, 47, 65, 66, 73, 80
Specific	68	85	1, 3, 5, 6, 7, 8, 9, 10, 11, 13, 14, 15, 16, 17, 19, 20, 21, 22, 23, 24, 25, 26, 27, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 44, 45, 46, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 67, 68, 69, 70, 71, 72, 74, 75, 76, 77, 78, 79

Source: Baharuddin, F. N. (2020)

2) Year of Publishing

Table 3: Year of Publishing

Year (n= 80)	Frequency	Percentage (%)	Articles Related
2015	20	25	6, 10, 11, 12, 17, 18, 20, 24, 29, 30, 33, 40, 41, 54, 55, 61, 63, 69, 77, 78
2016	20	25	2, 5, 13, 14, 16, 19, 21, 22, 23, 27, 32, 36, 37, 44, 49, 51, 52, 62, 64, 76
2017	12	15	15, 35, 45, 46, 50, 53, 58, 67, 68, 73, 75, 80
2018	14	17.5	26, 28, 31, 34, 38, 43, 48, 56, 57, 59, 60, 65, 66, 71
2019	14	17.5	1, 3, 4, 7, 8, 9, 25, 39, 42, 47, 70, 72, 74, 79

Source: Baharuddin, F. N. (2020)

Table 3 above shows the year of publishing in range for five years which started at 2015 until 2019. In 2015 and 2016, there are 20 articles recorded the same percentage which is at 25%. Next, in 2017, it presents 12 articles (15%). Lastly, 2018 and 2019 also recorded the same amount which is consists of 14 articles (17.5%). For all that, the result shows that the year 2015 and 2016 presented the highest number of journal articles and the lowest number presented by the year 2017.

3) Journals' Issuing Countries

Table 4: Journals' Issuing Country

Country (n= 80)	Frequency	Percentage (%)	Articles Related
Algeria	1	1.25	27
Austria	1	1.25	10
Bangladesh	2	2.5	13, 39

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Brazil	1	1.25	51
Bulgaria	1	1.25	18
Canada	2	2.5	38, 67
Croatia	1	1.25	60
Ethiopia	4	5	9, 46, 71, 75
German	2	2.5	26, 53
India	6	7.5	28, 29, 37, 54, 68, 77
Indonesia	9	11.25	40, 48, 56, 58, 59, 66, 69, 72, 76
Iran	3	3.75	41, 52, 61
Iraq	1	1.25	8
Lithuania	1	1.25	62
Malaysia	19	23.75	1, 2, 3, 4, 15, 31, 32, 33, 34, 42, 43, 47, 49, 57, 70, 73, 74, 79, 80
Pakistan	5	6.25	5, 11, 25, 44, 64
Palestine	1	1.25	12
Poland	1	1.25	7
Romania	1	1.25	55
Saudi Arabia	3	3.75	19, 20, 65
South Korea	1	1.25	6
Spain	1	1.25	24
Switzerland	1	1.25	16
United Kingdom	3	3.75	22, 45, 78
USA	9	11.25	14, 17, 21, 23, 30, 35, 36, 50, 63

Source: Baharuddin, F. N. (2020)

Table 4 shows that there are 25 countries from the journals' issuing country according to 80 journal articles. Based on the data acquired, the country contributing to the most published studies was Malaysia with 19 (23.75%) of the total articles. This was followed by Ethiopia with 4 articles (5%), India with 6 articles (7.5%), Indonesia with 9 articles (11.25%) and Pakistan with 5 articles (6.25%). 13 countries contributed the same result of 1 article (1.25%) which are Algeria, Austria, Brazil, Bulgaria, Croatia, Iraq, Lithuania, Palestine, Poland, Romania, South Korea, Spain, and Switzerland. Next, Bangladesh, Canada, and German presented the same total of 2 articles (2.5%). It is followed by the countries that recorded the same result of 3 articles (3.75%), which are Iran, Saudi Arabia, and the United Kingdom. Lastly, the United States of America published 9 articles (11.25%). For all that, it can be concluded that Malaysia published the highest total of the articles and 13 countries mentioned above contributing to the lowest publication of the articles.

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4) Language of Articles

Table 5: Language of Articles

Language (n= 80)	Frequency	Percentage (%)	Articles Related
English	66	82.5	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 33, 34, 35, 36, 37, 38, 39, 41, 42, 44, 45, 46, 47, 49, 50, 51, 52, 53, 54, 55, 60, 61, 62, 63, 64, 65, 67, 68, 70, 71, 73, 75, 77, 78, 79
Malay	14	17.5	32, 40, 43, 48, 56, 57, 58, 59, 66, 69, 72, 74, 76, 80

Source: Baharuddin, F. N. (2020)

Table 5 above presents that there are 2 kinds of language based on the 80 journal articles which are English and Malay. First of all, the English language has been used in 66 articles (82.5%). Then, the Malay language provided by 14 articles using this language (17.5%). Overall, the articles that using the English language recorded the highest number and the articles provided in the Malay language recorded the lowest number.

5) Types of Prophetic Food

Table 6: Types of Prophetic Food

Types (n= 71)	Frequency	Percentage (%)	Articles Related
Date	15	21.13	10, 5, 13, 17, 19, 20, 23, 27, 37, 40, 49, 64, 70, 74, 77
Honey	14	19.72	35, 36, 39, 46, 48, 51, 52, 53, 56, 58, 59, 69, 72, 76
Pomegranate	3	4.23	21, 32, 33
Olive	7	9.86	8, 11, 24, 34, 15, 16, 40
Black Seed	4	5.63	1, 39, 42, 61
Goat's Milk	3	4.23	3, 31, 50
Grape	5	7.04	10, 6, 54, 55, 7
Ginger	2	2.82	57, 67
Fig	5	7.04	22, 44, 79, 63, 78
Barley	13	18.31	9, 14, 25, 26, 30, 38, 41, 45, 60, 62, 68, 71, 75

Source: Baharuddin, F. N. (2020)

Table 6 shows that there are 10 types of prophetic food according to 80 journal articles from the classification of specific aspect. Based on the data obtained, the date consists of 15 articles (21.13%) and honey consists of 14 articles (19.72%). For pomegranate and goat's milk both recorded the same amount which are 3 articles (4.23%). Besides that, grape and fig also presented the same number which is consists of 5 articles (7.04%). Next, for olive, it recorded 7 articles (9.86%). Black seed provides 4 articles (5.63%) and ginger consists of only 2 articles (2.82%). Lastly, barley recorded 13 articles (18.31%). For all that, it can be concluded that the date recorded the biggest result and ginger recorded the smallest result. Both results consist based on the amount of frequency and percentage.

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6) Research Areas on Journal Articles

Table 7: Research Areas on Journal Articles

Research Areas (n= 80)	Frequency	Percentage (%)	Articles Related
Bibliometric Analysis	2	2.5	32, 33
Biochemical	12	15	10, 11, 14, 16, 19, 20, 23, 34, 54, 62, 63, 71
Biomedical	18	22.5	1, 8, 12, 15, 21, 28, 30, 41, 42, 46, 47, 48, 52, 56, 65, 69, 72, 76
Islamic Education	10	12.5	18, 29, 40, 43, 49, 57, 59, 66, 74, 80
Microbiology	3	3.75	35, 36, 67
Nutritional Science	18	22.5	2, 3, 9, 22, 24, 25, 27, 31, 38, 44, 45, 50, 53, 58, 60, 73, 75,77
Pharmacology	9	11.25	5, 6, 13, 17, 37, 39, 51, 61, 64
Science Botany	7	8.75	4, 26, 79, 55, 68, 71, 78
Scientometric Analysis	1	1.25	70

Source: Baharuddin, F. N. (2020)

Based on the 80 journal articles, research on prophetic food is divided and analyzed according to 9 research areas. Table 7 above shows that there are two research areas, Nutritional Science and Biomedical recorded the same result which is 18 articles (22.5%). It is followed by Bibliometric Analysis that consists of 2 articles (2.5%), Scientometric Analysis only has 1 article (1.25%), Science Botany (8.75%) from 7 articles and Pharmacology consist of 9 articles (11.25%). Then, followed by Microbiology (3.75%) from 3 articles, Islamic Education provided 10 articles (12.5%) and the last area from Biochemical which is consists of 12 articles (15%). Overall, it can be concluded that the highest result recorded by the two research areas that have the same frequency and percentage which are Biomedical and Nutritional Science. Meanwhile, the lowest result recorded by Scientometric Analysis.

Discussion

This study identifies that journal articles mentioning prophetic food from 2015 until 2019 consists of 80 journal articles that are relevant to the research topic. The findings concluded that the researcher has categorized the 80 journal articles into six categories. The six categories are the classification of journal articles, year of publishing, journals' issuing country, the language of articles, types of prophetic food, and research area on journal articles.

Based on the result obtained of 80 articles selected, it can be concluded that the journals describing specific explanation of prophetic food are the highest which are 68 articles (85%) while the remaining 12 articles (15%) described it generally. Next, the highest number of journal articles were related to 2015 with the same result of 2016 (25%) of 20 articles for each year. Besides, 2017 presented the lowest number of articles which is 12 articles (15%). On the other hand, Malaysia was the highest contributing countries to those articles (19 articles or 23.75%) among 25 countries. Then, based on the result provided, articles were written in English recorded the highest number that consists of 66 articles (82.5%), and the remaining articles were written in the Malay language (14 articles or 17.5%).

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For the category of types, it can be concluded there are 10 types of prophetic food and the date was mentioned frequently (15 articles or 21.13%). Meanwhile, ginger was mentioned less frequently (2 articles or 2.82%). For the last category, nine research areas have been found based on the 80 journal articles which are the highest result recorded by the two areas: Biomedical as well as Nutritional Science (18 articles or 22.5%). Then, the lowest result recorded by Scientometric Analysis at (1.25%) from only 1 article.

Conclusion

In conclusion, the researcher focused on the bibliometric studies that are frequently used to assess and analyze the research publications as well as to generate information that could be used by researchers and experts. This study has proven to be a useful method in the assessment of research publication of prophetic food in journal articles (published online) from the year 2015 until 2019. For the result, the content of publication and productivity patterns have been calculated and analyzed by taking into number of the frequency and the percentage for each data findings from the selected 80 journal articles.

The researchers categorized the findings of this study into six categories, which are the classification of journal articles, year of publishing, journals' issuing country, the language of articles, types of prophetic food, and research areas on journal articles. The present study illustrates with facts, figures, and analysis on the relevant publication which journal articles related to prophetic food in range for five years. The findings will be useful to other researchers in providing valuable information for their future studies.

For all that, this research project is considered successful based on the accomplishment objectives and the findings throughout the research. All the research questions have been answered by all the objectives stated earlier. Thus, the wider application of bibliometric techniques is leading to the development of a new and more precise technique hopefully; the ongoing theorist work would point the way to more innovate techniques. Moreover, the present study reflects the actual published results of the work of another researcher in their journal articles mentioning prophetic food for five recent years which are from 2015 until 2019.

Recommendations and Suggestions

There are many areas of aspects that can be carried out in a detailed study on the future related to this research, whether in religion or science aspect. The following recommendations are suggested to all users such as researchers, and others interested in using bibliometrics or assessing the relevance of bibliometric results especially the study that related to the prophetic food in journal articles:

1) Specific studies in journal articles of prophetic food from a religious perspective are extremely lacking. Most general studies need to be focused on emphasizing the nutritious and benefits of prophetic food itself that can be found from discussions of Quranic verses through works of interpretation and discussion of authentic hadiths related to prophetic food based on research on the scriptures of hadith.
2) There is a need to build more of the database that provides a match of those publications especially journal articles that have cited a given author or paper, but if the citing source has made a mistake the match will not be done correctly. Databases must include browsing options to identify these possible inconsistencies. There is also a need to be sure that the build-in database provides the information we are looking for related to the searching topic.
3) The combination of research on prophetic food from a language perspective needs to be expanded. So far, the study only consists of two kinds of language that debates about the

prophetic food separately, which are Malay and English. There is a need to publish more publications in various languages so that more researchers can find articles related to their research in multilingual by bibliometric studies that require more research results to have an effective impact on this study. The results of this effort will further prove the validity of the data and the findings of the study with proof of analysis from various languages.

4) The existence of prophetic food products available in the market or used as a capable new product can be examined from the perspective of *halal* and *haram*. The results of the study can be used as a high-value product that can be sell in the market. Thus, the content of nutrition on prophetic food should be researched and studied in terms of its effectiveness in meeting the needs of the ummah.
5) Prophetic food species vary by country. Research on prophetic food in Malaysia is considered to be lacking. So, there is a need for the researchers to start collaborating on research about prophetic food to publish more publication especially journal articles in Malaysia. Research on the prophetic food species available in Malaysia also can be applied to produce Malaysian health products.

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