

Fruit: Date

Group: Girls

Age: 13 - 16

Teacher: Nikhat Panjwani

The Pomegranate: رُمَانٌ

Mentioned 3 times in the Qur'an. Fruit of paradise.



Surah Rahman: 68

فِيهِمَا فَاكِهَةٌ وَنَخْلٌ وَرُمَّانٌ

In them will be [all kinds of] fruit, and date-palms and pomegranates.

The delicious fruit **pomegranate** is mentioned in the **Quran** three times:

(Surah Al Anaam, chapter 6, verse 99 and 141 - Surah Ar-Rahman, chapter 55, verse 68).

Benefits

- 1. It fights cancer:** Studies have proven that pomegranate juice fights breast cancer, prevents lung cancer and slows the growth of prostate cancer.
- 2. Protects the Neonatal brain:** Pomegranate juice is very good for an expecting mother, as it protects the neonatal brain from damage.
- 3. Alzheimer's disease:** Pomegranates prevent and slow Alzheimer disease.
- 4. Lowers blood pressure:** One study showed that drinking 1.7 ounces of pomegranate juice per day lowered systolic blood pressure as much as 5 percent.
- 5. Lowers cholesterol:** It lower's LDL (bad cholesterol) and raises HDL (good cholesterol).
- 6. Dental protection:** Researches showed that drinking pomegranate juice may be a natural way to prevent dental plaque.

7. Flawless skin: It helps in maintaining and achieving a clear, youthful glow and reduces skin inflammation.

8. Supports Immune system: Pomegranate is a very good source of antioxidant, which supports immune system.

9. Prevents anemia: It supports healthy blood flow because of its iron properties. Pomegranate supports the blood by supplying it with iron, thus preventing anemia.

10. Anti-viral properties: Besides just being an anti-oxidant, pomegranate juice is also said to have anti-viral properties.

We need to realize this great blessing every-time we see or eat this fruit. The fact of it being mentioned in the Quran is to convince the human being to have faith in the Oneness of God and to be grateful to Him for His blessings in providing such beneficial fruits. The benefits contained by pomegranate are from God and He should be praised.

“In both of them are fruit and palm trees and pomegranates. So which of the favors of your Lord would you deny?” (Surah Ar-Rahman, Chapter 55, verses 68-69)

Stomach Disorders

Pomegranate peel, bark and leaves are used to calm disorders of the stomach, or the **diarrhea** caused by any kind of digestive problems. Drinking tea made from the leaves of this fruit also helps in curing your digestive problems. Pomegranate juice is also used for handling problems like dysentery and cholera.

Heart Problems

Regular intake of pomegranate juice can maintain good flow of the blood in the body. Because of this property, it subsequently decreases the risk of heart attacks and strokes. The antioxidant components that are contained in this fruit help to keep the bad cholesterol from gaining any significant presence and thus keeps the

arteries clear of any clots. The clots are clear because pomegranates have the ability to make blood thinner.

Cancer

Pomegranates contain high levels of antioxidants called flavonoids. These flavonoids are known to be effective in counteracting various cancer radicals. People that face high risk of prostate and **breast cancer** should start drinking the juice of this fruit, as it will help them to reduce the risk of developing cancer. Regular consumption of pomegranates can reduce the PSA levels in the body and aid in the fight against existing cancer cells in the body.

Dental Care

One of the best benefits of pomegranates is that their juice, along with its antibacterial and antiviral properties, helps to reduce the effects of dental plaque and protects against various oral diseases.

Osteoarthritis

Pomegranates help reduce illnesses of many forms, including **atherosclerosis** and osteoarthritis. The damages that are caused due to the thickening and hardening of the arterial walls and in the cartilage and joints can be cured by eating this fruit. Also, pomegranates are capable of preventing the creation of enzymes that are responsible for breaking down connective tissues within the body.

Anemia

Healthy blood flow can be maintained in the body by consuming this fruit in any form. Pomegranate supplies **iron** to the blood, thus helping to reduce symptoms of anaemia, including exhaustion, **dizziness**, weakness, and hearing **loss**.

Diabetes

For diabetic patients, drinking pomegranate juice can reduce the risk of various coronary diseases. Along with this, there is a reduction in the hardening of the arteries, which can inhibit the development of various heart diseases.

Pomegranate Juice – A Superfood for Good Skin, Hair

Resource:

1. <https://www.organicfacts.net>