

Fruit: Date

Group: Girls

Age: 13 - 16

Teacher: Nikhat Panjwani

The Date - تمر

Where is 'the date' mentioned in the qu'ran?

While the date palm tree is called "nakhl," the fruit is called "tamr" in Arabic. The palm tree is mentioned more than 20 times in the Quran!

Surah Maryam:25

وَهَرِّي إِلَيْكَ بِجَذَعِ النَّخْلَةِ تَسَاقُطُ عَلَيْكَ رَطَبًا جَنِيًّا

And shake the trunk of the palm-tree towards thee: it will drop fresh, ripe dates upon thee.



Surah Nahl:67

وَمِن ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ

And [We grant you nourishment] from the fruit of date-palms and vines: from it you derive intoxicants as well as wholesome sustenance -in this, behold, there is a message indeed for people who use their reason!

Al-Mu'minun:19

فَأَنشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّن نَّخِيلٍ وَأَعْنَابٍ لَّكُمْ فِيهَا فَوَاكِهُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ

And by means of this [water] We bring forth for you gardens of date-palms and vines, wherein you have fruit abundant and whereof you eat,

Are there any ahadith or stories on 'the date'?

It is recommended to us in ahadith to break our fasts with dates. This is because it is source of fast energy and instantly energises us after our fast.

One day, Imaam Ali (a) went to the market to meet his friend and companion, Maytham al-Tammar. He sat and talked with him. People passed by them; some of them did not know the Imaam while some of them knew him. They were astonished to see the Imaam sitting with a date seller!

After a while, Maytham wanted to go to buy something. He asked the Imaam's permission and went away. The Imaam stayed behind to look after Maytham's stall and sell the dates. In the meantime, a man came to buy some dates worth four dirhams. The man took the dates and went away. Maytham came back. He was astonished to see the dirhams because

they were false. The Imaam smiled and said: *'The owner of the dirhams will come back.'* Again Maytham became astonished. He wondered: *'The man bought the dates by false dirhams! Why would he come back?'*

After an hour, the owner of the dirhams came back. He said angrily: *'I don't want these dates! They are bitter! Why are they bitter?'* The Imaam said: *'Because your dirhams are false!'*

The man was full of astonishment. He took the dirhams and went away.



Also, when Bibi Maryam (a) was about to give birth to Nabi Isa (a), she was in a lot of pain. A stream appeared at her feet; Allah told her to shake a tree, and dates fell from the tree. She was told to eat these dates.

What are some benefits of eating 'the date'?

- **Intestinal Disorders:** The nicotinic content that is present in the dates is said to be beneficial for curing any kinds of intestinal disorders. Continuous intake of dates helps to maintain a check on the growth of the pathological organisms and thus, helps in the rise of friendly bacteria in the intestines.
- **Constipation:** Date is termed to be a laxative food. This is the reason that dates are beneficial for people suffering from constipation. For getting the laxative effect from dates, you need to soak dates for one full night in water. You should consume these soaked dates in the morning like syrup to get their actual advantages.
- **Healthy Heart:** Dates are quite helpful in maintaining your heart in a healthy condition. When soaked for a night and crushed in the morning and consumed, they prove to be quite advantageous for weak hearts. They help in fortifying the heart, if taken twice in a week.
- **Weight Gain:** Dates are said to be a part of healthy diet. They consist of sugar, fats, proteins as well as many essential vitamins. If the dates are consumed with the paste of cucumber, one can easily come out from the problem of over-slimming. One kilogram of dates contains almost 3,000 calories. These calories alone are sufficient to meet the daily requirements of a human body.
- **Diarrhea:** Ripe dates contain potassium. Potassium is beneficial for controlling diarrhea. They are easily digestible, which helps to cope up with the problems of diarrhea.
- **Abdominal Cancer:** Dates are beneficial for curing abdominal cancer. They work as useful tonic for all age groups. They work as better as the medicines, and are natural and do not bear any side effects in the body. They can be easily digested and used for supplying extra and needed energy.
- **Energy Booster:** It has natural sugars like glucose, sucrose and fructose so gives quick energy.
- **Protects teeth:** Dates contain fluorine that is useful in protecting teeth against decay.
- **Treats anaemia:** High iron content



