

**Fruit:** Pomegranate  
**Group:** Boys  
**Age:** 12 - 13  
**Teacher:** Zahra Jetha

## The Pomegranate - رمان

### Where is 'the Pomegranate' mentioned in the Holy Qur'an?

Allah (swt) mentions pomegranates in three places in the Holy Qur'an.

- Surah An'aam - 6:99 & 141
- Surah Rahman - 55:68-69



Allah (swt) says in Surah Rahman:

*In them will be Fruits, and Dates, and Pomegranates: Then which of your favours of your Lord will you deny?*

In Surah Rahman, Allah (swt) mentions many of the blessings that He has given us. Amongst them are: the sun, the moon, the seas, the Heavens and the Earth; whilst mentioning all these great and grand things, He also draws attention to the pomegranate. Once again, Allah (swt) is highlighting a certain fruit by mentioning them amongst His other creations that appear visibly more grand.

### Where is the Pomegranate found in the world?

Pomegranate is native to a region from **Iran** to the Himalayas in northern **India**. Pomegranates have been cultivated throughout the Middle East, South Asia, and Mediterranean region for several centuries; they also thrive in the drier climates of **California** and Arizona.

### Are there any hadiths on Pomegranates?

Once, Jibraeel brought from Paradise two pomegranates and gave them to the Holy Prophet (saw). The Messenger of Allah ate one of them and broke the other into two pieces. He then gave one half to Imaam Ali (a) who also ate it. The Holy Prophet said, 'O Ali, the first one that I ate was prophet-hood, there is no share in it for you. The other one is knowledge, in which you are my partner.'



Imam Ali (a) 'Eat pomegranate with its pulp, it is good for the abdomen and digestion of food and has a tanning effect for the stomach; it is good for the heart and illuminates the soul. It is among the fruits of paradise'

Anyone who eats 1 pomegranate, their heart will be filled with Nūr and Satan will not whisper to them for 40 days.

### What are the benefits of eating Pomegranates?

- **It fights cancer:** Studies have proven that pomegranate juice fights breast cancer, prevents lung cancer and slows the growth of prostate cancer.
- **Protects the Neonatal brain:** Pomegranate juice is very good for an expecting mother, as it protects the neonatal brain from damage.
- **Alzheimer's disease:** Pomegranates prevent and slow Alzheimer disease.
- **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.
- **Lowers cholesterol:** It lowers LDL (bad cholesterol) and raises HDL (good cholesterol).

- **Dental protection:** Researches showed that drinking pomegranate juice may be a natural way to prevent dental plaque.
- **Flawless skin:** It helps in maintaining and achieving a clear, youthful glow and reduces skin inflammation.
- **Supports Immune system:** Pomegranate is a very good source of antioxidant, which supports immune system.
- **Prevents anemia:** It supports healthy blood flow because of its iron properties. Pomegranate supports the blood by supplying it with iron, thus preventing anemia.
- **Anti-viral properties:** Besides just being an anti-oxidant, pomegranate juice is also said to have anti-viral properties.
- **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 anemia, 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 and hair

