

Fruit: Pomegranate
Group: Girls
Age: 10 - 12
Teacher: Sajidah Hameer

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?

- A good source of vitamin A, C and E as well as folic acid
- Fights cancer
- Protects the Neonatal brain – it is highly recommended for pregnant mothers
- Prevents and slows down Alzheimer's disease
- Lowers blood pressure levels
- Lowers cholesterol
- Provided dental protection – drinking the juice of a pomegranate may prevent dental plaque

- Flawless skin – helps to maintain a clear and youthful glow, reducing skin inflammation
- Supports the immune system – a good source of an antioxidant
- Prevents anaemia – supports a healthy blood flow because of its iron properties
- Anti-viral properties
- Very good for easing nausea, joint aches, blood pressure and piles
- Recommended for pregnant women, as it is said to make the child righteous. Particularly:
 - In month one: eat before breakfast on Fridays
 - In month four: eat every day with sweet apples and honey
 - In month six: recite Surah al-Fath and blow on a pomegranate every day, then eat on an empty stomach
 - In month 8: eat for breakfast on Fridays, on an empty stomach
 - Recite Surat Yāsīn (36) 40 times (each time blow on a pomegranate and eat it)

