

Pomegranate and its Properties According to the Holy Quran

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ABSTRACT

Healthy nutrition has a high place in Islam. In the Quranic verses, after the human attention to food, plants are mentioned. The pomegranate with the scientific name (*Punica granatum*) and the Quranic name "الزمران" has been mentioned three times in the verses of the Holy Quran. This fruit has an important role in the prevention and treatment of chronic disorders due to its numerous bioactive compounds. The purpose of this study is to review the health benefits of pomegranate from the viewpoint of the Holy Quran and nutrition science.

Keywords: Holy Quran, Pomegranate, Nutrition, Therapy, Healing

INTRODUCTION

God created for each season the fruit needed for that season, and the advice of experts on fruit consumption is to use the fruits in their season of fruitfulness, one of the valuable fruits of autumn that God has bestowed on us is pomegranate fruit, this heavenly fruit has many benefits and properties. Pomegranates are one of the paradise fruits mentioned in the Holy Quran.

The Qur'an says: "Olive and pomegranate fruits and similar fruits have been created" (Cattle, 141)

Quranic medicine scholars believe that pomegranate as a fruit of paradise comes in autumn because the autumn season is the fall season of trees and clogs of the sky and is very useful in preventing depression and worry. They say that pomegranate seeds and makes us happy and lively. Pomegranates have a special place in Islamic medicine and have always been emphasized by the innocent Imams. In this regard, Imam Reza (P.B.U.H) says: Eat sweet and sour pomegranates, because it empowers man and refines blood.

The Prophet Mohammad (P.B.U.H) states in a holy saying: Whoever eats a pomegranate, Allah will light his heart forty nights. Imam Ali (P.B.U.H) says: In every pomegranate seed when it is contained in the stomach is a vital for the heart and the brightness for the soul, and forty nights the devil is called obsession. Imam Sadiq (P.B.U.H) says: I advise you to eat

pomegranate because no hunger eats it unless it is sufficient for him and it contains every necessary vitamins. Imam Sadiq (P.B.U.H) says: Eat pomegranates with their yellow skin (cover) on their seeds, because it cleanses the stomach and empowers the mind. The Prophet Mohammad (P.B.U.H) has said in a holy saying: There is no pomegranate unless there is a seed it in from Paradise and I would like not to miss a single seed in it.

POMEGRANATES IN THE VERSES OF THE QUR'AN

In the Holy Quran, the name of the pomegranate fruit is mentioned three times in verses 99 and 141 in chapter of Cattle and verse 68 in chapter of Merciful. Pomegranate fruit has always been the focus of medical attention since ancient times.

Bu Ali Sina, the great Iranian physician in his noble book (Law) on pomegranates, says that pomegranates are fruits that have all the medicinal properties; it can block the bleeding and strengthen the gums. Pomegranate powder cures old and chronic wounds, and pomegranate skin is useful for treating liver inflammation, coughing and sores.

There is a great deal of research today on the properties of pomegranates and their compounds, which confirm the beneficial effects of this fruit in the prevention and treatment of many diseases. On the other hand,

Pomegranate and its Properties According to the Holy Quran

due to the presence of pharmaceutical compounds, even its skin is used in the pharmaceutical industry.

Consuming this fruit makes the body resistant to many pathogens, helps lower blood pressure and is very useful for heart patients; it is recommended that pomegranates be chewed with kernels because of their oil content. Flower, leaf, and skin the tree and its seeds are rich in fruit; its dry, powdered skin prevents swelling, inflammation, diarrhea, and hemorrhage.

Imam Ali (P.B.U.H) mentioned that: "Advise your children to eat pomegranate because it speeds up their speaking ability. The Prophet Mohammad (P.B.U.H) also said in another holy saying that you should eat pomegranates with a yellow skin and a thick layer of pomegranate seeds, it eliminates pain and discomfort.

In the holy Qur'an, pomegranates are also mentioned as describing Paradise and the fruits of Paradise, a good-looking, colorful, healing fruit whose seeds cure pain. Pomegranates are very similar to watermelons; the inside of both is usually red and sometimes white; you can't understand the color and taste inside them until you open them.

Nutritionists say: Pomegranates are a heavenly fruit whose root, stem, leaf, skin and water are rich in life, and are one of the fruits that can provide the body with the most minerals and vitamins with a variety of ingredients.

Nutritionists point out that pomegranates contain minerals and nutrients that include: Potassium, sodium, various sugars, fiber, vitamins A, B6, B12, calcium, magnesium, and iron; it is useful to maintain the health of the skin, hair, nails, improve heart health, relieve anemia and treat a variety of diseases.

UNIQUE PROPERTIES OF POMEGRANATE IN NUTRITION SCIENCE

A) Pomegranates delay the symptoms of aging

Experts emphasize the pomegranate's very effective role in protecting the heart, saying: Pomegranates delay the symptoms of aging and because they have antioxidant properties, they can cure skin and acne injuries and strengthen hair follicles and improve blood flow. Pomegranates prevent hair loss and dilute blood, reduce blood pressure and improve blood flow.

B) Pomegranate prevents hair loss and dilutes blood, lowers blood pressure and improves

blood flow, more over Pomegranate is an enemy of free radicals that is created by breathing, fluids and solids by breaking and joining within the cells of the body; so they are aggressive and attack different components of the body.

C) About 40 percent of all cancers are root-fed.

Among the damages to free radicals in the body is their ability to infiltrate the nuclei of cells and alter their genetic information, in a way that leads cells to become cancerous, which can be offset by the inclusion of pomegranates and fruits containing C vitamins. Widespread preventable diseases are prevented because 40% of cancers are rooted in human nutrition and can be prevented by improved nutrition and the inclusion of fruits and vegetables.

Fruits should not be eaten immediately after eating because the time between digestion and absorption of food and fruits varies, and sometimes their simultaneous use may interfere and cause problems for the body.

"When should we consume pomegranates?" Answer: Usually we have to act on the scientific principles of nutrition. We always have three meals, including breakfast, lunch, and dinner as the main meals to be served in time, while snacks are also served in the middle of the day, which is a great time to include fruits.

In principle, fruits should not be eaten immediately after eating because the time between digestion and absorption of food and fruits varies, and sometimes their simultaneous use may interfere and cause problems for the body.

Pomegranate juice can be taken and used while we can chew the pomegranate and spit it out, but if its pomegranate is not stiff and we can boil it, the pomegranate seed brain has many useful constituents, including saturated oils.

D) Pomegranate enemy anemia

One of the properties of pomegranates is that they help absorb iron, which enters our nutrition through the consumption of grains and cereals, as one of the widespread diseases nowadays is iron deficiency in women, men and children.

Pomegranate can be used at any time, it is also very useful to use pomegranate paste; it is not recommended to use pomegranate juice out of the house due to the presence of contaminants and germs.

"How Much Should Pomegranates Be Used Daily?" Answer: We should keep in mind the

Pomegranate and its Properties According to the Holy Quran

golden point in nutrition that each ingredient we consume should be tailored to each person's age and physical condition.

Q) Diabetics should eat pomegranates with caution

Diabetes patients need to pay attention to pomegranates: Pomegranates have a sugar that should be taken care of by diabetics and should be restricted; children who cannot crush pomegranate seeds should consume water, so everyone should pay attention to the physiological system of your body to choose the right nutrition.

If we define the food pyramid according to the accepted recommendations of the Ministry of Health, if we are to meet all our daily needs, we should consume between 6 and 11 units of bread and cereal products, plus 5 to 7 units of vegetable products such as vegetables. Eat raw and cooked each unit of 100 grams of raw vegetable and half a cup of cooked vegetables.

Fruit consumption should also be between 200 and 500 g depending on the amount of energy required. Each unit of fruit is 100 grams of fruit other than the skin and is used; as a result of this daily diet various fruits such as pomegranates can be used.

If we consumed fruits correctly in any season, the fruit helps the body's immune system to keep track of biological changes, changes in sleep and wakefulness to maintain overall health.

Fruit consumption should be between 200 and 500 g depending on the amount of energy required. Each unit of fruit is 100 grams of fruit other than the skin. We get made from what we eat, we get energy, and we can't replace anything outside of these foods.

Vitamins and minerals that are fortifying, they have some effects outside the body but sometimes they are harmful when they exist inside the body, and it is desirable if we use all fruits, including pomegranates in a balanced way.

THE POSITION OF NUTRITIONAL VALUE OF POMEGRANATES IN THE HOLY SAYING OF THE PROPHET MOHAMMAD AND HIS FAMILY

The Prophet (P.B.U.H) states in a holy saying: Whoever eats a pomegranate, Allah will light his heart forty nights. The Prophet (P.B.U.H) has said in a holy saying: There is no

pomegranate unless there is a seed in it from Paradise and I would like not to miss a single seed in it.

It is narrated from Imam Ali (P.B.U.H) who said: Recommend to your children to eat pomegranate because it speeds up their speaking ability. Imam Ali also mentioned in another holy saying that: "eat pomegranate with yellow and thick skin on the pomegranate seeds, because it cleanses the stomach and empowers the mind.

Imam Baqhir (P.B.U.H) has said: Fruits are one hundred and twenty types, the top of which is pomegranate.

Imam Sadiqh (P.B.U.H) has said: Eat pomegranates for your children, because they bring them to their youth earlier.

Imam Reza (P.B.U.H) said: Eating sweet pomegranates makes a man strong and beautiful.

USEFUL TIPS FOR POMEGRANATE CONSUMPTION

Before eating pomegranates it should be well observed and enjoyed. When the pomegranate is pleasing, the active effects of that fruit increase in the body and produce healthy blood.

In many diseases that are related to eating, it is caused by the production of dirty blood and causing hypertension, diabetes, etc., while all organs of the body can use pomegranate properties.

If someone is having trouble eating pomegranate seeds, they can use pomegranate juice. It should be noted that when eating pomegranates, we should eat white leaves on the pomegranate, as these leaves are digestive and enhancing its digestion.

Pomegranates are useful in the treatment of many cancers and gastrointestinal diseases and have an anti-cancer fruit, which has antioxidants and boosts the immune system.

Because pomegranates are astringent, that is, they have a compressive effect and create a contractile state within the body, consuming them before meals can be constipating, because of the pressure they have and the pomegranate after meals can also strengthen the digestive system.

When eating pomegranates, we should consume the white leaves on the pomegranate, as these leaves are digestive and potent.

Pomegranate and its Properties According to the Holy Quran

It is better to eat pomegranates before meals. However, some people have to eat pomegranates before meals because their digestive system does not keep food well and the food gets out of their digestive system and it depends on the situation.

Pomegranate shells can be dried and used to treat some wounds, and pomegranates can help with some bleeding in the body. Pomegranates can be consumed with rosehip and a little rose water that helps digestion and absorption.

We have a diet called pomegranate juice, in the sense that they take pomegranate juice and crumble it like a broth and eat it one day to one week depending on the condition.

The nature of sour pomegranate tends to be cold and sweet pomegranate is slightly temperate; meanwhile, if it is to have therapeutic effects, sour pomegranate must be used and sour pomegranate is used in a particular situation, but the sweet and sour type is recommended; Because sour pomegranates are harmful to the nerves and weaken the digestive tract and are more commonly prescribed.

Pomegranates can be consumed with marjoram and a little rose water that helps with digestion and absorption; however, it should be noted that pomegranates in some digestive diseases such as digestive tract can have adverse effects and aggravate pulmonary diseases; consume as much as needed because they are also highly pathogenic.

What should be considered in the food basket, especially the cold season food basket, is the purchase of this high-quality fruit; in many cases it is more expensive than some of its seasonal fruits, but it can be partially managed by purchasing it daily. Buy pomegranates.

CONCLUSION

According to the research on the properties of pomegranate citing the Quranic verses and holy sayings of the Imams (P.B.U.TH) all emphasizing its use, it can be said that proper and balanced consumption of this fruit can

protect people against infection and immunity to many diseases. Preventing the disease by properly eating healthy and natural foods and following a proper daily diet is much more beneficial than treating the same disease. The use of fruits such as pomegranates, in addition to keeping people away from mental and psychological pain, prevents many chemical treatments and costs them much less than chemical drugs.

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