

## THE PALM TREE DATES: HELP WOMEN IN CHILD BIRTH

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Lesson # 21

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June 13, 2010 Rajab 1, 1431 H

### PART 1: READ

وَهَزِّي إِلَيْكَ بِجِذْعِ النَّخْلَةِ تُسَاقِطُ عَلَيْكَ رُطْبًا جَنِيًّا

19:25 (Asad) and shake the trunk of the palm-tree towards thee: it will drop fresh, ripe dates upon thee. (Quran 19 Maryam 25)



### PART 2: LEARN

1) Science proved that the date is an excellent food choice for pregnant women and those who just given birth.

2) Doctors recommend pregnant women to eat foods containing fruit sugar on the day they give birth. Eating dates on that day help achieve three objectives: 1) energizing the woman's weakened body, 2) stimulate the milk hormones, and 3) increase the levels of mother's milk essential to the new-born baby.



3) After giving birth, the woman suffers from low body sugar level because she loses a lot of blood during delivery. By eating dates which is known for its very high sugar content, she prevents blood pressure from falling. The date's high calorific value strengthens people who suffer from extreme fatigue.



4) The date contains a substance called "oxytocin" which is used in modern medicine to facilitate birth. Oxytocin means "rapid birth" and it is also known to increase levels of mother's milk after birth.

5) Oxytocin enables the muscles of the **womb to contract** in a very powerful manner and it initiates the secretion of mother's milk. It is a **hormone** released by the pituitary gland which stimulates contractions of the womb during childbirth. Effective contractions of the womb are needed to push out the baby.

6) According to V. H. W. **Dowson**, a recognized expert in this field, one grain of date and a glass of milk are enough to meet all of a person's daily nutritional requirements. Modern-day



scientists state that human beings can actually live for years on nothing more than dates and water. The sugar found



in dates is not **glucose**, which rapidly raises the level of blood sugar but the fruit sugar **fructose**. A rapid rise in glucose in diabetics is the main cause of disorders as serious as loss of sight, heart attacks and kidney failure.

7) Dates could be described as a **mine** because they contain sodium, potassium, calcium, magnesium, iron, sulphur, phosphorus and chlorine, as well as vitamins A, beta-carotene, B1, B2, B3 and B6. They are also rich in fiber, fat and proteins.



## REFERENCES

"Date and Health": [www.sgp-dates.com/date.htm](http://www.sgp-dates.com/date.htm)  
Harun Yahya: Miracles of the Quran.com

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## PART 3: THINK AND CONNECT

1) Why did Allah recommend Maryam to eat dates?

2) Why did V.H.W.Dowson (the expert in dates – nutrition) agree with the Quran about the value of dates to pregnant women?



3) What does this lesson teach you about Allah's knowledge, wisdom and mercy?