

## **Leave Chocolates Eat Dates**

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**Abstract:** Natural products are always beneficial for health, and are the best remedy for several diseases; even underprivileged class can also afford it. One such natural product which has numerous health benefits is Tamar (Date-Fruit). Date-Fruit is discussed in all Scriptures and Qur'an too has indicated its medicinal importance, which has been validated even by modern science. The objective of this paper is to encourage people to use it instead of chocolate, which carries several diseases. Leave eating chocolate, which is mostly made by Har'am ingredients. It is a high time that not only we but our children should also enjoy the Dates– a sacred gift for health. Millions of Muslim across the world destroys their wealth and health eating chocolates. Eat chocolate of the Qur'an not only in Ramadan but the whole year for Shifa.

### **1). Dates in the Sirah Literature:**

Date-Fruit can be served with breakfast, lunch, dinner, coffee, and snacks, any day and every day. It can be classified as food, drink, fruit, sweet, nutrient, and medicine. An Arabic phrase indicates the significant value of fresh Date-Fruit, which says:

“Awwaluha Lil Amir, Wa Aakhiruha Lil Hameer”

“The first of the crop is for the ruler, and the last of the crop is for the donkey”.

Rasulullah (S) has compared a good Muslim to the Date-Palm tree and said:

“Among trees, there is a tree like a Muslim. Its leaves do not fall”

Dates and Date-Palms have been mentioned in the Qur'an some 20 times, indicating their significance, by looking at a few life experiences of Rasulullah (S). Abdullah Ibn Jafar (ra) said:

“Rasulullah (S) ate Qithth'a (cucumbers) with Dates.”

Cucumber has a cold effect and Dates have a hot one. By combining the two, it becomes mild. From this Hadith, we gather that it is recommended that the effect of hot or cold- of things eaten should be taken into consideration. Cucumber is insipid and tasteless, and Dates are sweet, which results in the cucumber also tasting sweet.

Rasulullah (S) ate watermelon with fresh Dates. He also says:

“The cold effect of one removes the heat of the other, and the heat of one removes the cold effect of the other”

Anas said:

*"I saw Rasulullah (S) eat together musk-melon and Dates."*

Some Ulama have translated this also as watermelon' instead of musk-melon, the reason being as in the first narration, here too the cold effect is intended, but it is clear that musk-melon is meant here. The reason for eating Dates is also that it gives the melon a sweeter taste. It is not necessary that one's benefit is gauged everywhere. The eating of watermelon with Dates has its own benefit, and that is to create evenness in the effect of both so that it becomes mild. The consumption of musk-melon with Dates has its own benefit, and that is that if the melon is insipid and tasteless, sugar is mixed before it is eaten. Therefore it is not necessary to give the same reasons for both watermelon and musk-melon.

Rubayyi bint Muawwidh said:

*"My Uncle Mu'az ibn Afr'a sent me a plate of fresh Dates, mixed with small cucumbers, to be presented to Rasulullah (S). He relished cucumbers, I took this to him. At that time some jewelry had been sent to Rasulullah (S) from Bahrain. He took a handful from it and gave it to me."*

A Hadith says: Rasulullah (S) ate cucumber with salt. It is possible that he at times ate it with salt and at times with Dates. Sometimes one prefers something that is sweet and at other times a thing that is salty. One of the wives of Rasulullah(S) said:

*"Rasulullah (S) ate watermelon with fresh Dates."*

When one of the Ans'ar saw Rasulullah (S) and his two Ash'ab, he delightfully exclaimed: *Alhamdulillah! No one has more honorable guests today than I (have).*

He then went out and brought them a bunch of ripe Dates, some dry Dates, and fresh Dates, and offered: *Eat some of them.* He then took hold of his long knife (for slaughtering a goat or a sheep). Rasulullah (S) said to him:

*"Beware of killing a milking animal."*

He slaughtered a sheep for them, and they ate of it and of the bunch of Dates. When they had taken their fill and had been fully satisfied, Rasulullah (S.) said:

*"Wallah! You will certainly be questioned about this bounty on the Day of Qayamah. Hunger brought you out of your house, and you did not return until this bounty came to you."*

Umm ul Manzar (ra) said:

Rasulullah (S) visited her house accompanied by Ali (as) who was recovering from an illness. He (S) got up and began to eat from the food. Ali (as) also got up to eat, but was stopped by Rasulullah (S) who instructed Ali (as): *"Stop Ali! You are recovering. You recently recovered from illness, you are weak, hence don't eat more. Therefore, that lady prepared a dish from barley and beetroot. Then, Rasulullah(S) told Ali (as): "Eat from it, it is better for you."* (Tirmidhi)

One of the wives of Rasulullah (S) said:

*"My mother intended to make me mature to send me to the (house of) Rasulullah (S), but nothing came of it till she gave me cucumber with fresh Dates to eat. Then I became chunky and curvy".*

Rasulullah (S) said:

*"A family which has Dates will not be hungry."*

The people who reaped their new crop of Dates used to come and present it to Rasulullah (S). He then recited the following Dua:

O, Allah! Bless us in our fruits. Bless us in our city. Bless us in our Saa, and bless us in our Mudd (two measures used in Madinah to calculate Dates). O, Allah! Verily Ibrahim (as) is Your servant, friend, and Nabi.

## **2). Delicious Food of the Qur'an:**

The value of Dates is provided in the Qur'an:

"And shake towards you the trunk of the palm tree, it will drop on you fresh ripe Dates," so eat and drink and be comforted."

Abu Buradah reported from Abu Musa:

I had a new-born baby; I took him to Rasulullah (S), who named him Ibrahim. He chewed a Date then he took it and rubbed the inside of the baby's mouth with it.

It is our firm and staunch believe that further research will open a new vista of understanding for those who still doubt the full Hikmah of the Talim of the Qur'an and Sunnah. For this class, Qur'an says:

"We shall show them our signs on the furthest horizons and within themselves until it becomes clear to them that it is the truth. Is it not sufficient that your Lord is a witness over all things"? Al Qur'an, Surah Fusilat, Ayaah 41-53

Rasulullah (S) used to say:

"Ift'ar(break) your Sawm(fast) by eating Dates as it is purifying"

Another Hadith says:

"The date that is from high (branches) is a cure."

During the month of Ramadan, Sufreh or Dastar Khaw'an of the Muslim world is decorated with varieties of Dates. It is the energetic food which recovers many deficiencies. Rasulullah (S) instructed emphatically:

"If anyone of you is with Sawm, let him do Ift'ar with Dates. In case he does not have them, then with water. Verily water is a purifier."

Rasulullah (S) used to do Ift'ar by eating Dates, and if ripe Dates were not available, he would substitute them with dried ones. When even these were not available, he used to have a few sips of water, according to some accounts. Dates contain sugar, fat, and proteins, as well as essential vitamins. The attachment of the Muslims with Dates is due to the recommendation of the Qur'an and the instruction of Saheb al Qur'an.

As Dates move faster to the liver and are converted more quickly than any other nutrients, particularly if they are moist, the liver accepts their contents more readily and hastens their distribution to the rest of the body, which is thirsting for energy. Without any doubt, Dates are the perfect food for Ift'ar, as they quickly supply the body with the energy it needs. Dates are also rich in natural fibers, and the eating of them helps to fight many of the ailments with which we commonly suffer today. Dates also surpass other fruits in the sheer variety of their constituents. They are the most wholesome food among fruits because of their hot and moist substance. Rasulullah (S) used to eat all varieties of Dates, but he had a particular liking for the Ajw'ah. Many who do Ift'ar with Dates afterward don't feel much desire for more. It seems that

taking Dates after Sawm helps one avoid overeating. Rasulallah (S) would sometimes combine Dates with bread. At other times he mixed ripe Dates with cucumbers or mixed the Dates with butter.

### **3). Some varieties out of Hundreds:**

There are approximately five hundred fifty two (552) varieties of Dates; the best Dates are scarce, the orange-brown Dates are very transparent with a caramel taste. It is an Iraqi Date, from the oasis of Mandali, east of Baghdad. In Iraq, Dates are sometimes filled with clotted cream.

i). Nubut Saiyf, is a long date, shaped like a sword (Sayf), from the Riyadh region on the Najd plateau in central Arabia.

ii). Sukkari means "sweet one," from the Qasim region north of Riyadh.

iii). Anbar or Anbara Dates are expensive, and it is from the Madinah region.

iv). Khlas (quintessence), of Al Hasa is well known.

v). Khalal, Busr and Saraban are different varieties, from different parts of the Arabia.

vi). The most popular Dates of Hijaz include Khunaizi, Bukayyirah, Gharr, Shaishi and Ruzaiz, Sufri, Barhi, Sullaj and Khudhairi.

vii). Anbara, Ajwah, Rothanah, Baidh, Rabiah, Barhi, Hilwah, Hulayyah, Safawi, Shalabi, Khlas are popular in Madinah and natives consider them as "the perfection of the Date."

### **4). Syrup of the Dates:**

The syrup obtained from Dates is called Dibs, which is similar to honey or molasses. It comes from Dates when they have fully ripened and are then pressed. The Khunaizi Date from al Qatif Oasis produces excellent dibs. Dibs have a sweet, acidic flavor with a slightly bitter tinge. It is used in the making or as a covering for sweets. Dibs also as an ingredient in a popular fish recipe called Muhammad Ma Samak Maqli, meaning 'brown or red rice with fried fish. In this dish, Dibs is used to give the rice a brown color and a distinctive sweet and salty taste. We sometimes use Habit al Barakah (blessed seeds) for a unique flavor.

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