

On Eating the Pulp of the Pomegranate

Sulayman b. Muhammad, who performed the call to prayer at the mosque of the Messenger of Allah, blessings of Allah on him and his family, narrated from 'Uthman b. 'Isa al-Kilabi from Isma'il b. Jabir from Ja'far al-Sadiq, peace be upon him, from his pure forefathers from Amir al-Mu'minin, peace be upon him, who said: "Eat the pomegranate with its pulp, for it is an abdomenic (*dibagh*). Every grain of it which settles in the abdomen is life for the heart (*al-qalb*) and illumination for the soul, and the temptations of Satan are quelled for forty mornings. The pomegranate is among the fruits of Paradise. Allah, the Mighty and Exalted, has said:

Therein fruits, and palm trees, and pomegranates (55:68).

From Abu 'Abd Allah, peace be upon him, that he said: "Whoever eats pomegranate before sleeping is secure in himself until morning."

From al-Harith b. al-Mughira, that he said: I complained to Abu 'Abd Allah, peace be upon him, of a heaviness (*thiqal*) I felt in my heart (*al-fu'ad*) and of much indigestion after eating. He said: "Take of this sweet pomegranate and eat it with its pulp for it is good for the abdomen and will cure the indigestion and digest your food."