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Fact File

Kalamra

Seeds of pomegranate scattered like rubies on a bed of white snow...the kalamra. The kalamra marks the arrival of spring, of celebration and the days of taabudaat (ibadat). The kalamra is much more than a delectable dish. Its basic ingredients - rice and yoghurt are beneficial to the human body.

Rice: It is related that Imam Jaffar us Sadiq (AS) asked Muffadal to eat from a plate of rice. Muffadal tried to excuse himself, saying that he had just eaten a meal. However, the Imam urged him to eat the rice saying that for the hungry, rice would satisfy; for the satiated, rice would digest; for the sick, rice would cure - for rice is the cure to seventy two diseases the least of them being leprosy and leucoderma; for the stricken rice would relieve and for the sorrowful, rice would ease. The Imam(AS) quoted Rasulallah(SAW) who said that "rice is medicine for my followers and malady for non-believers."

Yoghurt: The lactic acid in yoghurt aids digestion.

Pomegranate: It is related that Maula Ali (AS) would eat the whole pomegranate because one seed from each fruit is said to be from jannat.

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