



A review of the nutrient an environmental factors affecting bearing a beautiful

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Abstract: Fertility is a meaningful word which has attracted a lot of attention since long and for this reason pregnancy is one of the most important and most beautiful period in the life for every woman and we know that the great significance of pregnancy and child raising is amazing in view of mother and the fetus's health and its beauty. One way to having a healthy society is due to consider the teachings of great religious person ages and the books related to personal and social health. To gather the data, the Shia books of Hadith, software and books and websites were reviewed. The Hadiths by Prophet (PBUH) and Imams' containing the word 'child, beauty, nice and...' were collected As for the traditions and stories narrated from Imams, it is not worthy that nutrition plays an important and effective role. Asis manifest in the text of the Hadith, fruits vegetable can affect beauty.
Keywords: Prophet Muhammad; Imam; Beautiful; Hadith; Nice; Child.

1. Introduction:

Fertility is a meaningful word which has attracted a lot of attention since long. Fertility or the ability to bear children is a successful reproduction and the beginning of a rebirth for couples(1). Undoubtedly, pregnancy is one of the most important and yet most beautiful period in the life for every woman (2). The major responsibility of raising and supporting the infant after birth and having them come to fruition is among the main tasks of the family (3). The great significance of pregnancy and child raising is amazing in view of mother and the fetus's health and its beauty (4). Every mother's wish in giving birth is first the baby's health and then its gender, which calls for a full attention to health care during pregnancy and after pregnancy (2).

Though, according to the verse in which God says: "O mankind, indeed we have created you in male and female and put you in different groups and tribes to know each other. Certainly, the most honor able of you with Allah is the most virtuous one "(5), the baby's health is more important than its gender. There are numerous ways to give birth to healthy and, of course, beautiful children, for which pre marital health issues should be taken into account and observed. Accordingly, using Imams' hadiths and advanced medicine, we can take steps for making a safe and healthy society (6). Also, beside shaving beautiful and healthy children, having gifted ones is of great importance to all the parents, because, obviously, a gifted child has many positive mental aspects, which, in total, makes him a successful and important person in the society, whom will be honored among the nations and the family will be proud of (7).

having a healthy society is due to consider the teachings of great religious person ages and the books related to personal and social health, and with regard to gender, time and amount of activity, we need to eat healthy and enough food (6). For being gifted, there are a number of factors. Every gifted person has gained their intelligence through these factors, including hereditary and genetic factors, healthy and correct nutrition. This helps have a healthy society (7).

This study is based on both medicine and Hadith and aims to furnish ways in which pregnancy becomes a time of happiness, fun, and full of nice memories.

2. Methods:

To gather the data, the Shia books of Hadith, software and books and websites were reviewed. The Hadiths by Prophet (PBUH) and Imams' containing the word 'child, beauty, nice and...' were collected.

3. Pomegranate:

Imam Reza(AS): Eating sweet pomegranate increases the semen and makes the baby beautiful. (8)

4.Chicory:

Imam Reza(AS): Do not forget chicory which increases your water(semen) makes the face pretty and is of warm nature which increases the chance of bearing a son. (9)

Imam Sadiq (AS): Chicory is good because increases semen and makes the baby beautiful. It is warm and laxative and increases the chance of bearing a son. (10)

5.Eating frankincense:

Imam Reza: have pregnant women eat frankincense so that their baby become wise and intelligent and brave, if a boy, and they become handsome, beautiful, well-natured, if a girl (9)

6.Quince:

Imam Sadiq (AS): if one eats quince on fasting stomach, his sperm is cleaned and his child becomes beautiful and: Eat quince which makes your children beautiful (11).

The Prophet(PBUH): Eat quince and also give it to each other, because quince makes eyes sharp and causes the emergence of affection and friendship in the heart. Have your pregnant women eat quince so that their children become nice-looking (9) .

The Prophet(PBUH): eat quince because it boosts the mind, removes sorrow from the heart, and makes the child beautiful (9).

7.EatingDates:

Imam Sadiq(AS): have your women eat dates during pregnancy so that they bear a beautiful child. and Imam Ali (AS): the best kind of date is of Bernie palm. Have your wives eat Bernie date during pregnancy so that they bear a beautiful child (12).

8. Wearing Hana:

Imam Sadiq (AS): Wearing Hana removes body odor, adds freshness to the face, makes your breath fresh, and makes children nice-looking. Also, Wearing Hana increases potency. (13)

9.Pear

Imam Sadiq (AS) said about pregnant woman: eat pears which makes your child beautiful and nice-smelling (14).

10.Melon

Prophet Muhammad (PBUH): there is no pregnant woman who fails to bear a nice-smelling and well-tempered child, if she eat smelon with cheese (8).

Discussion:

Children are heirs to their parents, and give them motivation, energy and dynamism. It is also nice for a parent to have a beautiful child.

As for the traditions and stories narrated from Imams, it is not worthy that nutrition plays an important and effective role. Asis manifest in the text of the Hadith, fruits (8) vegetable (9) can affect beauty.

One of the important points to be noted here is the question as to which parent's nutrition impacts beauty more? Most Hadiths emphasize the role of the mother's nutrition during pregnancy. Yet, mention should be made that the spiritual and the physical condition of both parents before pregnancy is of great importance. Genetic and congenital anomalies occurring in children can also affect their beauty. In like manner, Imams have emphasized the things that cause abnormalities. Also, certain actions such as..... can cause the desired effect on the children's beauty, which are recommended as well.

The crucial point about hadith narrations is that the traditions and sayings of the Imams are scientific on their own and we does not need any reason to prove them on an empirical basis but that their acceptance is a sign of piety (15).

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