**Effects of dates on health during pregnancy and childbirth**

Author name

Maryam Haddadi

(correspond author \*)

Dr. Seyyed Jalil zadeh Ahmadi

corresponding author Email

mhaddadi290@gmail.com

**Statement of Problem:** In many verses of the Quran, are mentioned to different part of dates as a heavenly fruit. In medical, dates are very valuable. This article tries to investigate the effect of dates on childbirth based on Quranic-scientific interpretation

**Research Purpose:** One of the important issues is the childbearing of the Holy Mary, which is also mentioned in the Quran. Consideration and analysis of that, will show the benefits of dates more. The purpose of this article is investigation about benefits and effects of dates on health during pregnancy and childbirth in Iranian medicine and modern medicine.

**Research Method:** In this review article, Quran verses, websites, books, texts and articles have been reviewed. Also, in this article, an attempt has been made to use the opinions of sages and masters of traditional medicine about the benefits of dates.

**Results and Conclusion:** What is obtained by studying the benefits of dates shows the nutritional and therapeutic effects of this Quranic fruit. Consuming dates during pregnancy is a healthy diet and is also useful for postpartum. Dates cause the expansion of the uterus, for this reason, its use near childbirth, cause strengthens the muscles of the uterus and reduces postpartum bleeding. The use of dates and palm pollen will help in a healthy delivery; Because it reduces pain by secretion endorphins as a pain inhibitor. Also, its consumption during the breastfeeding period causes sufficient growth and creation of necessary food reserves in mother and child. Therefore, it can be used to prevent many diseases according to the person's temperament and the nature of the type of date.

**Keywords:** Quran, Date, Pregnancy, childbirth