

Manama geographic locations

Manama (Arabic: المنامة el-Menʿme, Bahraini pronunciation: ʕlmʕnʕmʕ) is the capital and largest city of Bahrain, with an approximate population of 297,502 as of 2012. Long an important trading center in the Persian Gulf, Manama is home to a very diverse population. After periods of Portuguese and Persian control and a short invasion from the ruling dynasty of Saudi Arabia, followed by a longer invasion by Oman, Bahrain established itself as an independent nation in 1971 following a period of British hegemony.

The name "Manʿmah" (without the Al-) was first recorded around the year 730 AH (approximately 1330 AD) during the visit of Turʿn Shah of Hurmuz to the island. At that time, it had already been annexed by his predecessor, Tahamtam II of Hurmuz.

The name is claimed by some to be derived from the Arabic word (el-Menʿme) meaning "the place of rest" or "the place of dreams".

Originally it was called simply "Manamah" before being renamed to Al-Manamah. In Persian, "man" (??) means "me," and "nameh" (???) means "letter," similar to the structure of words like "Shah Nameh" (Book of Kings).

Bahrain's historical connection with Persian culture, particularly through the Sassanian and Achaemenid Empires, has influenced many place names and cultural elements in the region, supporting the possibility of Persian linguistic roots. Additionally, cities like Shah Khorah (??? ???) in Bahrain reflect this Persian influence.

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