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BOTANICAL NAME	<i>Ziziphus mauritiana</i> Lam.
COMMON NAME	Ber, Indian Jujube, Chinese Date
FAMILY	Rhamnaceae



DISTRIBUTION India, Afghanistan, Bhutan, Indonesia, Malaysia, Myanmar, Nepal, Sri Lanka, Thailand, Vietnam, Africa and Australia

FUN FACT It is sacred and dear to Lord Shiv, who is the god of destruction and transformation in Hindu culture and is known as the 'tree that removes sorrow'.

COMMON USES

1. The Ber tree leaves serve to treat Typhoid by inducing sweating which in turn reduces fever.
2. Effective eye drops are formed from the bark of Ber tree for curing inflammation.
3. Pickles, chutneys and drinks are also made from Ber.
4. Ber is a cooling fruit, and is used to cure indigestion, fever, thirst, issues related to lung and circulatory system.
5. Its fruit has antioxidant, anti-inflammatory and antibacterial properties. It contains vitamin C, thiamine, riboflavin and pectin also.

However, medical supervision is a must before using it for medical purpose.

REFERENCES

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9183023/>
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3. https://www.researchgate.net/publication/354513151_Phytochemistry_of_Ziziphus_Mauritiana_its_Nutritional_and_Pharmaceutical_Potential
4. <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:719349-1>