



**BOTANICAL NAME-**

***Ziziphus mauritiana Lam.***

**ENGLISH NAME – Jujube,  
desert apple, Indian plum**

**HINDI NAME- Ber**

**FAMILY- Rhamnaceae**

### **DESCRIPTION :**

- ❖ Bush or small tree; deciduous
- ❖ Bark nearly black, with wavy ridges and deep vertical furrows; inner bark red brown
- ❖ Leaves broadly oval; glossy green on top; margin very finely toothed; 3 - nerved at base
- ❖ Flower pale greenish yellow ;5 starry segments of the flower – cup alternating with 5 tiny petals.
- ❖ Fruit cherry or olive like; yellow or reddish in colour up to 3 cm long.

### **USES:**

- ❖ The fruit is rich in vitamin A, B and C complex.
- ❖ It is used for skin rejuvenation, wound healing, promoting digestion, strengthening bones and weight loss.
- ❖ It has potential in the use of protecting the heart, anxiety, insomnia, cancer, fever and control blood sugar level.
- ❖ Its leaves contain 5.6 percent digestible crude protein and 49.7 % digestible nutrients, making it a nutritive fodder.