

## Ber/Indian plum

**Botanical Name:** *Ziziphus mauritiana*

**Family:** Rhamnaceae

**Common Name:** Ber

**Hindi Name:** बेर

**Part Used:** Leaves, Bark, Roots, and Wood

*Ziziphus mauritiana* is a spiny, evergreen shrub or small tree up to 15 m high, with trunk 40 cm or more in diameter; spreading crown; stipular spines and many drooping branches. The fruit is of variable shape and size. It can be oval, obovate, oblong or round, and can be 1-2.5 in (2.5-6.25 cm) long, depending on the variety. Ber, also known as Indian jujube or *Ziziphus mauritiana*, is native to South Asia, particularly India. It is a hardy fruit crop that thrives in arid conditions. The Ber tree is a small to medium-sized deciduous tree. Ber (Indian jujube) is an important fruit, particularly in arid regions of India, due to its nutritional value, medicinal properties, and economic significance. It's a good source of vitamins, minerals, and antioxidants, and the tree can be used as fodder and for fuel. Additionally, ber fruit has been traditionally used for medicinal purposes, and the tree provides a variety of products like jam, murabba, and candy. Ber (Jujube) fruit offers numerous medicinal benefits, including boosting immunity, aiding digestion, promoting sleep, and potentially reducing the risk of certain diseases. It's a good source of vitamins and antioxidants, and traditional medicine has long recognized its therapeutic properties. Eating Ber (Jujube fruit) is also considered to be good for diabetes due to its blood sugar lowering activity which further reduces the risk of diabetes related complications. Consumption of Ber on a regular basis provides relief from constipation by promoting bowel movements due to its laxative property. Ber leaves can be externally applied to reduce fever due to its antipyretic (fever lowering) activity. Ber fruit powder along with honey can also be applied on the face in the form of a face mask to help manage skin infections and promote wound healing due to its antioxidant and strong healing properties. Avoid eating Ber in cough and cold due to its cooling property.