

Mulberries/ Shatoot

Botanical Name: *Morus serrata*

Family: Moraceae

Common Name: Mulberry

Hindi Name: शहतूत

Part Used: Leaves, Fruits, Root bark

Morus serrata is a deciduous tree growing to 15 m (49 ft) tall. The leaves are 10–14 centimetres long and 6–10 cm broad and are densely hairy on the veins underneath, with the upper surface hairless. Mulberries are native to temperate Asia and North America. Specifically, most species are native to Asia, with the red mulberry (*Morus rubra*) being native to eastern North America. White mulberry (*Morus alba*) is native to China and India. Black mulberry is native to southwest Asia. Mulberries are a nutrient-rich fruit offering both nutritional and medicinal benefits. They are a good source of vitamins (C, K, E), minerals (iron, potassium), and antioxidants, potentially aiding in reducing cholesterol, blood sugar, and cancer risk. Additionally, mulberries have been traditionally used in Chinese herbal medicine for various ailments. Mulberries possess several medicinal properties, including enhancing digestion, lowering cholesterol, aiding in weight loss, promoting blood circulation, strengthening bone structures, and improving immunity reduce Cancer Risk. They are also believed to slow aging, reduce arterial pressure, protect eyes, and enhance body metabolism. Mulberries are also rich in phenolic acids, which can play a role in everything from cancer prevention to diabetes management.