

Indian Jujube

Ziziphus mauritiana



Common names	Ber, Chinee Apple, Jujube, Indian plum, Masau, Indian cherry, Malay jujube.
Origin	Originated in Indo-Malaysian region of South-East Asia such as the province of Yunnan in southern China to Afghanistan, Malaysia and Queensland, Australia. It belongs to Rhamnaceae family.
Description	Bush with nutritious leaves with small miniature apples that look and taste like apples.
Growth Habitat	Tropical and subtropical climate.
Foliage	The leaves are alternate, ovate or oblong elliptic with rounded apex, with 3 depressed longitudinal veins at the base. The leaves are about 2.5 to 3.2 cm long and 1.8 to 3.8 cm wide having fine tooth at margin.
Flowers	The flowers are tiny, white, greenish-white or, yellow, 5-petalled and are usually in twos and threes in the leaf axils.

Fruits	The fruit is initially green turning yellow or red when it ripens. Originally about 2.5cm in diameter but now cultivation is about 6.25cm long and 4.5cm in diameter. The skin is smooth and glossy. The flesh is white and crispy with 2 to 3 seeds. Both flesh texture and taste are reminiscent of apples.
Soil	It also grows well on laterite, medium black soils with good drainage, or sandy, gravelly, alluvial soil of dry river-beds where it grows vigorously.
Pruning	Pruning annually can help improve fruit set and quality. Prune to desired height and shape for easy harvesting.
Fertilization	In India, it has been traditional to apply manure and ash as fertilizer, but, in recent years, each tree has been given annual treatments of 10 kg manure with 0.5 kg ammonium sulphate for every year of age up to the 5th year
Propagation	Propagates by seeds, seedlings, direct sowing, root suckers as well as by cuttings. Indian jujube seeds are spread by birds, native animals, stock, feral pigs and humans who eat the fruit and expel the seeds.
Harvest	In humid areas, fruits must be harvested when they are fully red in color and dried as soon as possible to avoid yeast or mold infection. Manual harvest is preferable for fresh eating cultivars.
Nutritional Properties	Jujubes are richer in vitamin C, sugar, bioflavonoids, edible cellulose, and minerals than many other fruit species. It contains 20 to 30% sugar, up to 2.5% protein and 12.8% carbohydrates. Fresh jujube fruit contains 200 to 500 mg of vitamin C per 100 g fresh weight that is second to guava. Jujubes are also rich in cyclic adenosine monophosphate that can reduce nerve pain caused by shingles.

<p>Health Benefits</p>	<p>Ten to 30g of Jujube fruit have the following benefits:</p> <ol style="list-style-type: none"><li data-bbox="532 243 1414 323">1. The unripe fruit increases thirst, lessens expectoration and biliousness.<li data-bbox="532 375 1414 455">2. Because of mucilaginous property of the fruit, it acts as herbal medicine to treat sore throat.<li data-bbox="532 508 1414 636">3. As this fruit is high in vitamin A, C and potassium, it strengthens the immune system of the body. Thus it helps in prevention of common colds and cough.<li data-bbox="532 688 1414 816">4. It helps in the formation and maintenance of the blood stream, body hormones, bones, muscles, skin, hair, body enzymes and neurotransmitters.<li data-bbox="532 869 1414 1035">5. It is also loaded with 18 out of the 24 important amino acids. It helps in the formation of more than 50,000 proteins of the body. All this, actually triggers the wound healing process.<li data-bbox="532 1087 1414 1167">6. It has soothing effect on the nervous system and acts as a natural sedative.<li data-bbox="532 1220 1036 1257">7. It relieves stress and anxiety.<li data-bbox="532 1310 1182 1348">8. Jujube fruit helps lower blood pressure.<li data-bbox="532 1400 1192 1438">9. Jujube fruit boosts your immune system.<li data-bbox="532 1491 1414 1614">10. Jujube helps cure some of the liver diseases. It is found that the jujube offers protection against liver injury by acting as an antioxidant.<li data-bbox="532 1667 1312 1705">11. Jujube fruit is used to treat anemia and purpura.<li data-bbox="532 1757 1414 1837">12. It has anti-oxidant properties. So it helps in delaying the process of skin aging.
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13. One of the most important jujube fruit benefits is that it inhibits the growth and movement of free radicals. Vitamin C is a good antioxidant and helps to control the growth of the tumor causing cells and cells that can lead to cancers.
14. The berries are blood purifier and an aid to digestion.
15. The ripe fruit is sweet, sour, and has flavor, not good for digestion; causes diarrhea in large doses.
16. When jujube extract is combined with certain herbs like ginger, licorice, and mint, it soothes achy throat muscles.
17. The jujube extract is useful in control of cold and flu (fever).
18. It has anti-carcinogenic properties.
19. According to the recent study, water extract of the jujube fruit was found effective for inhibiting the tumor causing cells and cells that can lead to leukemia.
20. Jujube extracts are also used to manufacture skin care products to reduce wrinkles, dryness, redness, swelling and for relief from sunburn.
21. The dried ripe fruit is a mild laxative and expectorant.
22. The fruit seed is astringent; tonic to the heart and brain; allays thirst.
23. The seed is an aid to digestion.
24. The alkaloids and other chemicals present in the jujube seed can help you get rid of anxiety and provide antioxidant protection to cells.

25. The seeds are also reported to have a sedative effect and recommended as a soporific.

26. An ointment made of the seeds with some bland oil is locally used as a liniment in rheumatism.

27. The plant is considered to have anti tubercular properties.

28. They are also prescribed to stop nausea and vomiting and for relief from abdominal pain in pregnancy.

29. They are also given as an antidote to aconite poisoning, and used in poultices and other applications for wounds.

30. The seeds are also used for the treatment of diarrhea.

31. For its fresh and sweet smell, many people like keeping jujube leaves and flowers in their houses in order to keep the bugs and other insects away.

32. Jujube fruits are also found useful in the treatment of itching, which is caused by several skin disorders, hysteria.

33. It acts as energy booster in cases of fatigue, loss of energy and lack of appetite.

So, incorporate this low calorie fruit in your diet and reap several of jujube fruit benefits.

<p>Commercial Uses</p>	<p>Indian jujube wood is fine grained and hard, good for implements and general turnery. The nutritious leaves are readily given to camels, cattle and goats. A food source also for silkworms. Fruits can be used as a dye. The long lasting flowers are a good source of nectar for honeybees.</p> <p>Fruits can be applied to cuts and ulcers. Dried fruits can be used as a laxative. Leaves can be used as a poultice for liver and other problems. Bark can be used to stop diarrhea, dysentery and give relief for gingivitis. Juice for the bark is said to alleviate gout and rheumatism.</p>
<p>Food Suggestion</p>	<p>Candied Jujubes</p> <ol style="list-style-type: none"> 1. Wash about 1.3kg dried jujubes; drain and prick each several times with a fork. 2. In a saucepan bring to a boil 5 cups water, 5-1/2 cups sugar, and 1-tablespoon cornstarch. 3. Add the jujubes and simmer, uncovered, stirring occasionally, for 30 minutes. 4. Cool, cover, and chill overnight. 5. The next day bring syrup and jujubes to a boil and simmer, uncovered, 30 minutes. 6. With a slotted spoon lift jujubes from syrup and place slightly apart on rimmed pans. 7. Dry in oven, or in sun for about 2 to 3 days. 8. Check fruit frequently and turn fruit occasionally until the jujubes are like the dates found in the market.