



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G. INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



BADAR

Marathi Name:

Botanical Name:

Synonyms:

Family:

Common Name:

Description:

Bor

Ziziphus jujuba

Rhamnus zizyphus, Ziziphus chinensis, Ziziphus vulgaris, Ziziphus sativa

Rhamnaceae

Jujube, Red date, Chinese date

Jujube is a small deciduous tree or shrub reaching a height of 5-12 m, usually with thorny branches. The leaves are shiny-green, ovate-pointed, 2-7 cm long and 1-3 cm wide, with three prominent veins at the base, and a finely toothed margin. The flowers are small, 5 mm wide, with five inconspicuous yellowish-green petals. The fruit is an edible oval drupe 1.5-3 cm deep; when immature it is smooth-green, with the consistency and taste of an apple with lower acidity, maturing brown to purplish-black, and eventually wrinkled, looking like a small date. There is a single hard kernel, similar to an olive pit, containing two seeds. Jujube is native to China, Mongolia and Korea, widely cultivated in India.

Attributes :

Ras – Madhur, Amla, Kashaya Vipak – Madhur Virya - Sheet Guna – Guru, Snigdha, Piccila.

Medicinal Uses:

In alternative medicine, Ziziphus jujuba is said to increase strength, stimulate appetite, and enhance liver health. When applied directly to the skin, it is also thought to promote wound healing, treat dry skin, ease sunburn, and reduce wrinkles and other signs of aging.