



SRI SIVANI COLLEGE OF PHARMACY

(Under the Management of Sri Sivani Educational Society, Srikakulam)
(Estd.2007, Approved by PCI-New Delhi and Affiliated to JNTU, Gurajada-Vizianagaram)
N.H-16, Chilakapalem Jn., Etcherla Mandal, Srikakulam Dist - 532402.

JUJUBE

BOTINICAL NAME: *ZIZIPUS, RED DATE*

FAMILY: Rhamnaceae

SYNONYMS:

ENGLISH: Red or Chinese date

HINDI: Ber

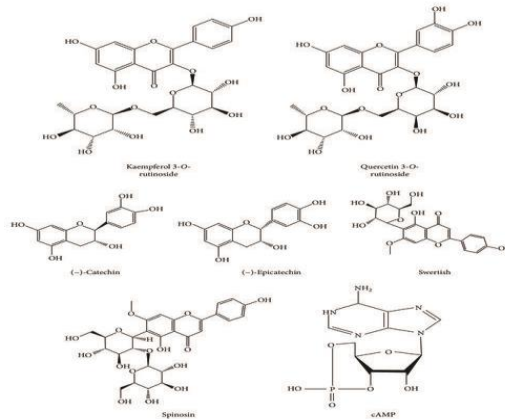
TAMIL: Jujube fruit

TELUGU: Regi Pandu



CHEMICAL CONSTITUENTS:

- ❖ Jujube fruit is rich in vitamins A, B, and C, as well as minerals and various compounds such as alkaloids, flavonoids, sterols, tannins, saponins, and fatty acids.



USES:

- ❖ Skin rejuvenation
- ❖ Wound healing
- ❖ Promoting digestion
- ❖ Strengthening bones
- ❖ And weight loss
- ❖ It has potential in the use of protecting the heart
- ❖ Anxiety
- ❖ Insomnia
- ❖ Memory, cancer
- ❖ Boost immunity and control blood sugar levels