



BER

Fruit Pulp

The drug *Ber* consists of dried fruit pulp (devoid of seed) of *Zizyphus mauritiana* Lam. Syn. *Z. jujuba* Lam. (Fam. Rhamnaceae); a small, evergreen sub-deciduous tree, wild and also extensively cultivated throughout the country and found in Himalayan region upto about 1370 m.

- **Temperament:** Cold and Dry
- **Action(s):** Antibilious (Qati-e-Safra), Thirst quencher (Musakkin-e-Atash), Deobstruent for obstructions of liver (Mufatteh-e-Sudad-e-Jigar), Vermicide (Qatil-e-Deedan)
- **Therapeutic Use(s):** Worm Infestation (Deedan-e-Ama), Bilious Diseases (Amraz Safravi), Diseases of liver (Amraz-e-Jigar)
- **Dose:** 20-25g
- **Important Formulation(s):** Sufoof-e-Suzak Qawi