

Utilization and Health Advantages of Apple Ber

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The apple ber cultivar, which originated in Thailand, is becoming more and more popular in India's tropical and subtropical areas. West Bengal, Telangana, Andhra Pradesh, Maharashtra, Rajasthan, and Gujarat are the primary states where it is grown. In contrast to the Indian jujube, its name refers to the fruit's dimensions (green apple). Apple-like qualities can be found in the fruit's form, juiciness, and crispness as well. This cultivar is superior to the traditional ber types in several ways, including fruit size, bearing potential, early bearing, crisp fruit texture, and earliness. Without a doubt, the fruit's biggest draw is its enormous size, although under irrigated conditions, the overall fruit output per plant is lower than other popular kinds like Gola and Umran. Due to its huge fruit size, earliness, precocity in bearing, and other qualities, Apple ber cultivars have become popular among ber producers in arid and semi-arid locations. There were a few problems with Apple ber, such as broken branches or completely tilted plants, low organoleptic quality, uneven fruiting, less fruit set, and increased fruit drop. Plants that are trained in hot, dry conditions are one of the key components that contribute to the sustainable production of high-quality ber fruits. The fruit has been used in traditional medicine as an emollient, expectorant, cooling agent, anodyne, and tonic, as well as an antidote for aconite poisoning. It is given to expectant mothers to relieve upset stomachs, and it can be applied topically to wounds. Ber goes by the names Poor Man Apple, King of Arid Fruits, and Poor Man Fruits.



Medicinal Importance

The fruit has been used as an emollient, expectorant, cooling, anodyne, and tonic in traditional medicine. It has also been employed as an antidote for aconite toxicity. It can be applied as a poultice to wounds and is used to relieve stomach discomfort in pregnancy. The liquid prepared from the leaves can be applied topically for skin issues, as well as used as a laxative and throat decoction. Furthermore, the roots have the ability to heal wounds. Zivulgarin is a "new" flavonoid that has been found in Ber, and studies are being conducted to see if it might benefit humans. Zizyphus jujube

extract contains a chemical called oleamide, which has been demonstrated to help with Alzheimer's disease treatment and cognitive performance. The leaves include saponins; the fruit contains pectin; the B-complex vitamins, thiamin, riboflavin, and vitamin C in the form of ascorbic acid have also been found. Pectin possesses wound-healing, immunostimulant, and antioxidant qualities. It is used to treat diarrhea. The fruit also helps lower blood pressure and cholesterol. It's also believed that certain of the fruit's triterpenic acids have anti-HIV and anti-cancer qualities. It helps people with digestive problems as well as those who have nutritional restrictions. The nutrients included in apple ber fruits are attributed to vitamins A and C as well as all of the calcium. It is also known that 18 of the 24 necessary amino acids that the body need are present in ber fruits.

**Nutritional Value of Apple Ber:**

Nutrient	Value
Energy	22Kcal
Carbohydrates	5.66 grams
Protein	0.34 grams
Total Fat	0.06 grams
Cholesterol	0 mg
Vitamin A	11.12 IU

Vitamin C	19.3mg
Potassium	30.6 mg
Thiamin	0.0mg
Riboflavin	0.0mg
Niacin	0.3 mg
Vitamin B6	0.0 mg

Benefits to Health:

Apple ber are rich in protein, fiber, vitamins C, B, and A, and other minerals that are essential for good health and can support immune system function, digestion, sleep quality, and even cognitive function. They are mostly used in Ayurveda for their therapeutic advantages. In conventional medicine, it has also been highly esteemed for its capacity to reduce depression. It have also long been used to cure a wide range of ailments, including as heart-related problems, anxiety, asthma, colds, and sore throats. A powder made from its dried berries combined with honey is widely applied as a mask for skin diseases.

Aids In Digestion:

Apple Ber fruit is an excellent source of nutritional fiber and carbohydrates, which soften and thicken the stool to aid in digestion and help control bowel movements and treat constipation. Ber juice, commonly known as jujube, may also help the lining of the digestive tract develop, which lowers the risk of stomach problems including ulcers and other bacterial infections.

Averts Cancer:

Due to their high phenolic content, apple berries, also known as jujubes, are known to promote antioxidant activity, effectively delay the damage that free radicals cause to cells, fight oxidative stress, and reduce the risk of developing cancer. Studies have shown that the anti-cancer capabilities of apple ber extract are potent, preventing the formation of tumor cells and the spread of malignant cells.

Enhances Immunity:

Packed with vitamins A and C, this small fruit is said to strengthen the immune system. These antioxidants, which are present in ber, have been shown to prevent harmful pollutants from entering the body, reduce the risk of chronic inflammation, minimize oxidative stress, and prevent free radicals from damaging cells.

Lowers Stress And Anxiety:

Apple Ber fruit has been shown to offer calming effects on the brain and nervous system. By eating this amazing fruit, you can reduce your tension, anxiety, and despair. Ber is also believed to stabilize cortisol levels, which promotes calmness in the body and mind.

Prevents Alzheimer:

It is thought that apple ber's strong antioxidant properties improve brain function. Ber may help treat Alzheimer's by stopping cell degeneration. Because it enhances memory and cognitive function in the brain, it is also an excellent dietary addition for people suffering from dementia.

Promotes Weight Loss:

Nothing can quell hunger pains more effectively than a high-protein, high-fiber snack that keeps you full and energized for longer. Because of its high nutritious content, you feel fuller and have less cravings for harmful meals, which helps you avoid gaining weight. Ber fruit has virtually no fat, few calories, and carbs—all the components needed to promote weight loss.

Side Effects:

Apple Ber is widely used and known for its remarkable health advantages; it almost never has any adverse effects. However, if you are using antidepressants, you should always talk to your doctor as these drugs may interact with one another.

Apple Ber has been used as a laxative in traditional medicine, so you might want to be careful how much you ingest. Additionally, ingesting a lot of ber or jujube occasionally causes tiredness, diarrhoea, constipation, bloating, and unease. In order to avoid eating too much ber, one should always be careful.

It possess anti-cancer properties: Antioxidants abound in the apple ber berries. There can't be any free radicals where there are antioxidants, since free radicals are the elements that cause cancer. As a result, this fruit is thought to be cancer-preventive. Recent studies have shown that it is particularly effective in preventing leukaemia, the most deadly form of cancer.

Conclusion

Apple ber fruit and all of the tree's parts are rich sources of vitamins and other nutrients that humans may utilize to their fullest potential. Because every portion of the tree has qualities that researchers utilize to treat a variety of diseases, if handled properly, it can yield maximum profit.

References

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