

## Jujube



**Scientific name:** *Ziziphus jujuba* Mill. / *Z. vulgaris* Lam.

**Common name:** Jujube

**Traditional name:** Jujube (Annab)

**Part used:** Fruit

**Description & characteristics:**

Brownish-red cylindrical or approx spherical grooved fruits, that tastes sweet and have a narrow oblong seed.

**Temperament:** Cold and moderate dry

**Functions:**

*Mondij* (coctive agent) of dense humors, purgative of dilute humors, *Molayyin* (aperient) of chest and viscera, purifier of blood, producing useful blood, relieves inflammation and thirst.

**Traditional uses:**

Chest and lung diseases such as cough, pulmonary disease manifested by panting, chest pain, relief of bronchial, throat and voice roughness , liver, kidney and bladder pain , anal diseases, stomach and intestines irritation.

**Modern uses:**

Emollient, anti-allergenic, sedative and hypotensive effect.

**Dosage:**

Three scoops three times a day.

**Side effects:**

No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.

**Precautions and warnings:**

Not enough information is available.

**Use in pregnancy and breastfeeding:**

Not enough information is available.

**Contraindications:**

Not enough information is available.

**Interactions:**

Not enough information is available.

**Pharmaceutical forms available in natural products pharmacy:**

Single component:

- Simple jujube syrup

Combined: Jujube in combination with other herbs:

- Jujube syrup
- Cold powder
- Bozuri oxymel syrup
- Mondij of soda powder
- Mondij of soda tablets
- T-bag mondij of phlegm
- Liver capsule
- Laxaplus syrup
- Headache powder
- Nik soda syrup
- T- bag gout diuretic
- Jujube oxymel syrup

**References:**

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