



Mulberry: A Super Food for Human

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Mulberries are the fruits of mulberry trees (*Morus* sp.) and related to figs and breadfruit. Also known as shahtoot. The trees are traditionally grown for their leaves -mainly in Asia and North America - as they're the only food that silkworms eat. They carry colorful berries - most commonly black, white, or red - that are often made into wine, fruit juice, tea, jam, or canned foods, but can also be dried and eaten as a snack. Due to their sweet flavor, impressive nutritional value and various health benefits, mulberries are gaining popularity worldwide. Often ignored, mulberries are filled with goodness and nutrients and most of have no clue about it. Not only can they help control your blood sugar but can also keep cancer at bay.

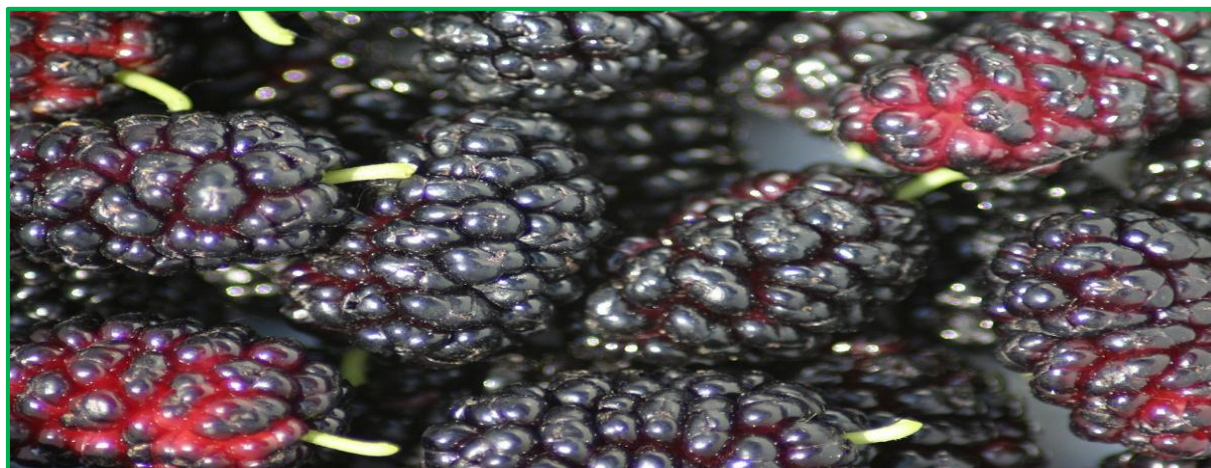
Nutrition facts

Fresh mulberries consist of 88% water and only have 60 calories per cup (140 grams). By fresh weight, they provide 9.8% carbs, 1.7% fiber, 1.4% protein and 0.4% fat. Mulberries are often consumed dried, similar to raisins. In this form, they contain 70% carbs, 14% fiber, 12% protein, and 3% fat - making them fairly high in protein compared to most berries. The carbohydrates in mulberries convert sugar into glucose, thereby providing energy to the cells. Consuming mulberries also increases your iron intake and gives your tissues the oxygen they need. They also contain Riboflavin (also known as vitamin B-2), which protects your tissues from free radicals and helps in transferring oxygen throughout the body. With so many nutrients, Mulberries are quite literally the all-rounders in the fruit kingdom.

Let's check out some of its benefits

1. Improves digestive health: Mulberries contain a good amount of dietary fibre that our body needs for facilitating proper digestion. It bulks up the stool in the stomach and facilitates the movement of food through the digestive tract. This process relieves us from issues of constipation, bloating, and stomach cramps.





2. Controls blood sugar levels: If you want to keep a check on your body sugar levels, white mulberries are your go-to solution. Studies indicate that some of the chemicals present in white mulberries resemble that of medicines used to treat type-2 diabetes.

3. Reduces cancer risk: Mulberries are filled with anthocyanins that keep cancer cells at bay. They also contain resveratrol, which is known to have anti-cancer properties and thus helps to fight colon cancer, skin cancer, prostate cancer, and thyroid.

4. Improves blood circulation: Mulberries are rich in antioxidants that improve the functioning of the blood vessels by dilating them. This leads to a free flow of blood from the heart to other parts of the body thus ensuring blood pressure control. Mulberries are rich in iron and the presence of iron encourages the production of red blood cells. The polyphenols present in mulberries keep the blood vessels healthy and their potassium content keeps the blood pressure low.

5. Improves immunity: Mulberries use the alkaloids present in the macrophages to activate them, which is said to boost our immunity. They keep the immune system alert. Vitamin C present in mulberries is another immunity strengthening element.

6. Builds bone tissue: The combination of vitamin K, calcium and iron is the best combination of nutrients for building strong bone tissues and bones. And mulberry is rich in all of them. These nutrients help reverse the signs of bone degradation and prevent bone disorders such as osteoporosis and arthritis.

7. Promotes brain health: To ensure a healthy brain, mulberries provide the body with the calcium that it seeks. They age-proof our brain, keep it young and alert and even keep Alzheimer's at bay.

8. Promotes liver health: Mulberries have the ability to strengthen the liver and contain iron that is useful to maintain liver health. Upon consumption, they nourish and purify the blood in the liver.

9. Prevents flu and cold: If you often come down with the flu, then eating mulberries can help. White mulberries are astringent in nature and are known to kill bacteria, which is how they prevent and treat flu and cold. They also contain flavonoids, which also helps the cause.

10. Rich in anti-inflammatory agents: Mulberries have resveratrol that has anti-inflammatory properties in it. Anthocyanins present in them help in preventing inflammation and hence can be used as an alternative to allopathic drug.

11. Improves you vision: Drinking a glass of mulberry juice every day may help improve your vision. It has a high content of Vitamin A which is good for strengthening your eye sight and relieving eye strains. It also protects eyes from free radicals which is generally the cause of eye sight loss and retina degeneration.

12. Treats dry and sensitive skin: Mulberry leaves can be used to treat extremely dry skin by infusing them in coconut or olive oil for a few days and thereafter applying the oil onto your skin. For best results repeat the ritual at least twice a week.

13. Good for your hair: Mulberry is known to aid in the production of melanin in your hair. This allows you to retain your hair's natural colour. It is especially beneficial for people who suffer from premature greying of the hair. If you consume mulberry juice on a regular basis it can make your hair healthy. You can even apply the juice onto your hair to promote healthy growth.

14. Anti-ageing properties: Mulberries, like all the other berries, are rich in anti-oxidants which are renowned as effective anti-aging agents and promote glowing, youthful skin.

15. Maintains heart health: Eating mulberries is beneficial for your heart. It strengthens the nervous system and reduces bad cholesterol thus preventing the blockage in the flow of blood. So, it can reduce the risk of heart attacks and strokes.

Side Effects of Mulberries

- Mulberries are rich in potassium, which can cause complications for those suffering from kidney disorders.
- Mulberries can lower blood sugar levels and cause hypoglycemia.
- Mulberries can cause allergic reactions in some people like skin rashes, itching, and swelling.
- Some people experience hallucinations after consuming mulberries.
- Pregnant and breastfeeding women should consult their doctor before consuming mulberries.

Conclusion

Mulberries have an impressive nutritional profile with a sweet flavor. Mulberries are a powerhouse of nutrients. They contain fibers, sugars, carbohydrates, proteins, lipids, minerals, and vitamins. They are an excellent source of protein as well. 3 ounces of mulberries have 9 grams of protein. They are also a rich source of iron and calcium. Intake of mulberries may improve digestive health, lower cholesterol levels, control blood sugar levels, reduce cancer risk, and improve blood circulation. In addition, the antioxidants in mulberries, like beta-carotene, act as effective anti-aging agents.