

Botanical Name- Morus alba
Common Name – black mulberry



Uses

1. Edible fruit: Consumed fresh, dried, or in desserts.
2. Tea: Leaves used to make herbal tea.
3. Silkworm feed: Primary food for silkworms in sericulture.
4. Diabetes management: Leaves help regulate blood sugar.
5. Traditional medicine: Treats coughs, colds, and fever.
6. Antioxidants: Rich in compounds to combat oxidative stress.
7. Cholesterol control: Helps reduce bad cholesterol levels.
8. Weight loss: Aids metabolism and fat management.
9. Skin health: Used in creams for brightening and anti-aging.
10. Anti-inflammatory: Reduces inflammation and joint pain.
11. Digestive aid: Supports gut health and relieves constipation.