

Shahtoot / Mulberry (*Morus alba L.*)

Family: Moraceae

Vernacular: Hindi Shahtoot, Sanskrit Tooda, English Mulberry

Synonyms: Tooda, Brahmadaru, Kramuka

Ras Panchak:

Rasa - Madhura Kashaya,

Guna - Guru Snigdha,

Veerya - Sheeta,

Vipaka - Madhura

Amayik Prayog: Raktapitta, Trishna, Daha, Kanthya

Matra: Phal Swarasa 10 - 20 ml, Patra kwath 50 - 100 ml

Specific Formulation: Toodadyavaleha, Panak

Chemical Composition: Anthocyanins, Resveratrol, Morin, Vit C, Iron

