



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Manilkara zapota</i> (L.) P. Royen
COMMON NAME	Chiku, Sapodilla, Ciku
FAMILY	Sapotaceae



DISTRIBUTION India, Mexico and Venezuela

FUN FACT Dahanu city holds an annual Chikoo Festival to draw tourists and tropical fruit lover's attention as on the Western coast of India, Chikoo is abundant.

- COMMON USES**
1. It is made up of easily digestible sugars like fructose and sucrose that can instantly replenish energy
 2. It has high amount of dietary fibre. Hence is very helpful in digestion.
 3. It helps to improve immunity against various disease causing germs due to the presence of high amounts Vitamin C along with many other antioxidants.
 4. It helps in the formation of visual sensory cells and improves eyesight, due to the presence of substantial amounts of Vitamin A
 5. It can stop bleeding by helping in clotting of blood on a wound. It can also act as a cure for dysentery and haemorrhoids.

Information to be used only under medical supervision

REFERENCES

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3. <https://www.ijpsonline.com/articles/phytochemical-composition-antioxidant-and-antityrosinase-activities-and-quantification-of--dihydrokaempferol-of-different-parts-of-4357.html?view=mobile>
4. <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:152641-2>