



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME

Artocarpus heterophyllus Lam.

COMMON NAME

Kathal, Kattal, Jackfruit

FAMILY

Moraceae

**DISTRIBUTION**

India, Bangladesh, Sri Lanka, Philippines, Indonesia, Malaysia, and Australia.

COMMON USES

- 1) Jackfruit is said to reduce hypertension, heart diseases, and bone losses.
 - 2) It improves muscle and nerve functioning.
 - 3) Jackfruit is a rich source of Ascorbic acid.
 - 4) Its fruit peels are used for livestock feeding.
 - 5) It has energy rich and protein rich fruits.
- However, this information should be used only under medical supervision.

REFERENCES

- 1) [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6339770/#:~:text=%E2%80%9CJackfruit%20\(Artocarpus%20heterophyllus%20Lam\),and%20antioxidant%20activities%20%5B65%5D](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6339770/#:~:text=%E2%80%9CJackfruit%20(Artocarpus%20heterophyllus%20Lam),and%20antioxidant%20activities%20%5B65%5D)
- 2) <https://indiabiodiversity.org/species/show/8042>
- 3) <https://en.wikipedia.org/wiki/Jackfruit>