

# Chikoo

- **Botanical Name:** *Manilkara zapota*
- **Family:** Sapotaceae
- **Synonyms:** Sapota, Sapodilla, Naseberry, Chiku
- **Vernacular Name:** Commonly known as "Chikoo" in Hindi, "Sapota" in English, and "Sapodilla" in other regions.
- **Classification:** A slow-growing, evergreen fruit tree belonging to the Sapotaceae family.
- **Habitat:** Native to Central America, particularly Mexico and the Caribbean. It is widely cultivated in tropical and subtropical regions, including India, especially in Maharashtra, Gujarat, Tamil Nadu, and Karnataka.
- **Morphology:** A medium-sized tree, growing up to 30–40 feet in height. It has glossy, dark green, ovate leaves and small, inconspicuous flowers. The fruits are round to oval, with rough, brownish skin and sweet, grainy-textured pulp. Each fruit contains 3–5 dark, shiny seeds.
- **Useful Parts:** Fruits, seeds, and bark.
- **Chemical Composition:** Rich in vitamins A and C, dietary fiber, tannins, and antioxidants. The fruit also contains natural sugars like fructose and sucrose.
- **Pharmacological Action:** Known for its antioxidant, anti-inflammatory, and digestive properties. It is used to boost immunity, improve digestion, and promote skin health. The seeds have diuretic properties, and the bark is used in traditional medicine for its astringent effects.
- **Formulation:** Consumed fresh as fruit or juice. It is also used in desserts, jams, and traditional remedies for digestive health and skin care.

**Rasa:** Madhura

**Guna:** Snigdha, Guru

**Virya:** Sheeta

**Vipaka:** Madhura