

Jackfruit/ Kathal

Botanical Name: *Artocarpus heterophyllus*

Family: Moraceae

Common Name: Kathal

Hindi Name: कटहल

Part Used: fruit, seeds, leaves, and even the bark

Importance

The jackfruit *Artocarpus heterophyllus* is the largest tree fruit, reaching as much as 55 kg (120 pounds) in weight, 90 cm (35 inches) in length, and 50 cm (20 inches) in diameter. The jackfruit tree is well-suited to tropical [lowlands](#) and is widely cultivated throughout [tropical regions](#) of the world, including India, Bangladesh, Sri Lanka, and the [rainforests](#) of the Philippines, Indonesia, Malaysia, and Australia. Jackfruit is important due to its nutritional value, including being a good source of vitamins (like C and B), minerals (like potassium and magnesium), and fiber. It also contains antioxidants that can contribute to overall health and well-being. Additionally, jackfruit is a popular meat substitute in vegetarian and vegan diet. Parts of the tree, including leaves, seeds, latex, and bark, are used in traditional medicine for their antibacterial, anti-inflammatory, anti-diabetic, and wound-healing properties. For example, the leaves are used to treat boils, wounds, and skin diseases, while the latex is used for healing abscesses and snakebites. Latex glandular swelling, skin diseases, diarrhoea, astringent, carminative, laxative, oleagenous, tonic, fattening and aphrodisiac, seeds are diuretic, aphrodisiac and constipating. The roots are used as anti-inflammatory, anti-oxidant, anti-fungal, anti-cancer, immunomodulator, and anti-bacterial substrate.