

Sapoditta/ Chiku

Botanical Name: *Manilkara zapota*

Family: Sapotaceae

Common Name: Sapota or chicoo.

Hindi Name: चीकू

Part Used: Seeds, Young leaves and Shoots

Manilkara zapota, commonly known as sapodilla, sapota, or chikoo, is native to southern Mexico, Central America, and the Caribbean. It is also grown in various tropical and subtropical regions worldwide. While native to these areas, it has been introduced and cultivated in other tropical regions, including India, Pakistan, Thailand, Malaysia, and other Southeast Asian countries. Sapodilla trees can live up to one hundred years. It can grow to more than 30 m (98 ft) tall with a trunk diameter of up to 1.5 m (5 ft); but the average height of cultivated specimens is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). The sapodilla tree is known by various names, including sapota, chikoo, naseberry, and nispero. Sapodilla (*Manilkara zapota*) is a good source of nutrients, including fiber, vitamins, and minerals. It contains approximately 83 calories per 100 grams, along with protein, fat, carbohydrates, and dietary fiber. It's also a source of vitamins A and C, as well as minerals like iron, potassium, and copper. *Manilkara zapota*, commonly known as sapodilla or chicozapote, has various medicinal properties attributed to its bioactive compounds and nutritional content. These include antioxidant, antidiabetic, antimicrobial, anti-inflammatory, and anticancer activities. It's also traditionally used for treating digestive issues, fever, and coughs. It is also used in Treatment of fever, hemorrhage, wounds, ulcers, neuralgia, diarrhea, indigestion, gallstones, and thrush in babies.