



**SIGMA<sup>®</sup>**  
**UNIVERSITY**

**Sitafali**





## Synonym

- Gujarati: સિતાફલ (Sitafal), શરીફા (Sarifa), અનુરામ (Anuram), અનુરી (Anuri), અનુસા (Anusa)
- Hindi: सीताफल (Sitafal), शरीफा (Sharifa), गात्र (Gatra), कृष्णबीज (Krishnabeej), जानकी फल (Janaki Phal)
- English: Custardapple, Sugarapple, Sweet-sop

## Botanical name

- *Annona squamosa* L

# Family

- Annonaceae

## Chemical Constituents

- Major essential oil components include  $\beta$ -caryophyllene (around 23), germacrene D,  $\gamma$ -cadinene, epi- $\alpha$ -cadinol,  $\alpha$ -humulene, and limonene.
- Leaves contain proteins, carbohydrates, saponins, alkaloids, flavonoids, phenolics, and glycosides.
- The plant also contains alkaloids such as aporphine, roemerine, and liriodenine.

## Therapeutic Uses

- Antimicrobial: Leaves and extracts act against bacteria, fungi, and parasites.
- Antidiabetic: Lowers blood sugar levels and improves insulin activity.
- Anti-inflammatory and analgesic: Reduces inflammation and pain.
- Antioxidant: Protects against oxidative stress.
- Antitumor and anticancer: Shows potential in cancer treatment.

# Marketed Preparations

- Fresh custard apple fruit widely sold for consumption due to its sweet, creamy pulp.
- Extracts of *Annona squamosa* (leaves, seeds, bark) used in herbal and Ayurvedic formulations for treating boils, ulcers, digestive problems, cough, and toothache.
- Custard apple pulp used commercially in flavoring ice cream, sweets, sherbet, and beverages.