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UNIVERSITY

# Chiku



# **Synonym**

- Gujarati: ચીકુ (Chiku)
- Hindi: चीकू (Chiku)
- English: Sapodilla, Sapota, Naseberry, Sapodilla plum.

# **Botanical name**

- *Manilkara zapota*

# **Family**

- Sapotaceae

# **Chemical Constituents**

- Polyphenols (flavonoids, phenolic acids, tannins).
- Ascorbic acid (Vitamin C).
- Glycosides (sapotinine, sapotin).
- Proteins and amino acids.
- Carbohydrates and sugars.
- Triterpenoids (erythrodiol, lupeol acetate, oleanolic acid).
- Fixed oils (oleic acid, linolenic acid, linoleic acid).
- Alkaloids.

- Minerals like iron, copper, zinc, calcium, potassium.

## **Therapeutic Uses**

- Used traditionally for anti-inflammatory, analgesic, and antidiarrheal purposes.
- Diuretic and expectorant properties.
- Used in ophthalmology for eye-related ailments.
- Antibacterial and antioxidant activities, useful in managing infections and oxidative stress.
- Helps digestion and is useful in treating cough, cold, fever, wounds, and ulcers.
- Used in cosmetic products for skin care due to vitamin and antioxidant content.

## **Marketed Preparations**

- Fresh fruit widely consumed.
- Sapota pulp used in sweets, fruit salads, milkshakes.
- Extracts used in herbal medicines and cosmetics (soaps, skincare products).
- Seeds and bark extracts used in pharmaceutical formulations.
- Juice, jam, chutneys, and dried fruit products available commercially.