



SRI SIVANI COLLEGE OF PHARMACY

(Under the Management of Sri Sivani Educational Society, Srikakulam)
(Estd.2007, Approved by PCI-New Delhi and Affiliated to JNTU, Gurajada-Vizianagaram)
N.H-16, Chilakapalem Jn., Etcherla Mandal, Srikakulam Dist - 532402.

SAPOTA

BOTINICAL NAME: *MANILKARA ZAPOTA*

FAMILY: Sapotaceae

SYNONYMS:

ENGLISH: Chikoo, chico

HINDI: Cheekoo

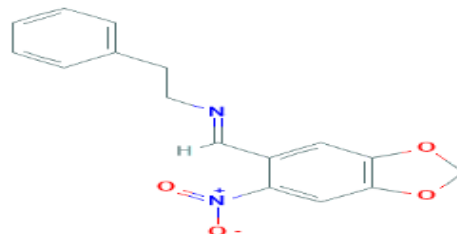
TAMIL: Cappōṭṭā

TELUGU: Sapōṭā



CHEMICAL CONSTITUENTS:

- ❖ M. zapota leaves have been found to contain apigenin-7-O- α -L-rhamnoside, myricetin-3-O- α -L-rhamnoside and caffeic acid (Fayek et al., 2012), while, kaempferol has been isolated from the seed extract (Shafii et al., 2017). Chemical structures of various phenolic compounds isolated from M.



USES:

- ❖ Supporting digestion
- ❖ Boosting the immune system
- ❖ Antioxidants.
- ❖ Aids digestion.
- ❖ Helps in weight loss.
- ❖ Works well for arthritis.
- ❖ Strengthening bones.
- ❖ Natural cough and cold remedy.
- ❖ Haemostatic properties.
- ❖ Boosts immunity