



# 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.

## JACK FRUIT

**BOTINICAL NAME:** *ARTOCARPUS HETEROPHYLLUS*

**FAMILY:** Moraceae

**SYNONYMS:**

**ENGLISH:** Jack fruit

**HINDI:** Kathal, Panas

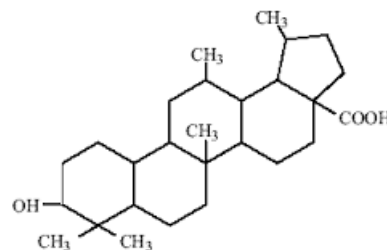
**TAMIL:** Palaa

**TELUGU:** Panasa



**CHEMICAL CONSTITUENTS:**

- ❖ Jackfruit contains amino acids like arginine, cystine, histidine, leucine, lysine, methionine, threonine, and tryptophan [42]. The flesh of ripe jackfruit contains 1.9 g proteins per 100g. The protein concentration of the jackfruit seeds may vary from 5.3 to 6.8%



**USES:**

- ❖ Diabetes
- ❖ Improves digestion
- ❖ Boost immunity
- ❖ Cancer
- ❖ Healthy eyes
- ❖ Heart disease
- ❖ Jackfruit seed
- ❖ Nutritional content
- ❖ Osteoporosis
- ❖ Blood pressure