



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.

CUSTARD APPLE

BOTINICAL NAME: *ANNONA RETICULATE*

FAMILY: Annonaceae

SYNONYMS:

ENGLISH: Custard apple

HINDI: Shareepha

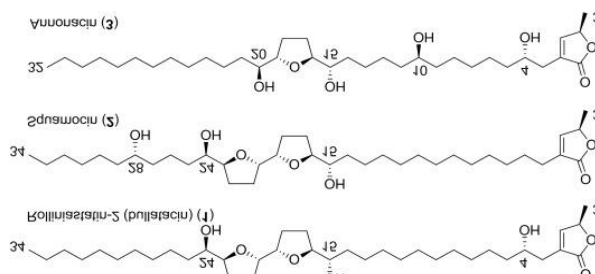
TAMIL: Kastarāppi!

TELUGU: Sītāphalam



CHEMICAL CONSTITUENTS:

- ❖ Raw custard apple contains 72% of water, 25% Carbohydrates, 2% Protein, and 1% Fat.
- ❖ Custard apple has a calorific value of 105 Kcal/100g and contains approximately 28-55 per cent edible portion consisting of 73.30% moisture, 1.60% protein, 0.30% fat, 0.70% mineral matter, 23.90% carbohydrates, 0.20% calcium, 0.40% phosphorous, 1.00% iron, 12.4-18.15% sugar, 0.26-0.65% acidity and 12.4-18.15% sugar.



USES:

- ❖ To make delicious, sweet dishes such as firni, rabdi and kheer
- ❖ Cherimoya (*Annona cherimola*) is a green, cone-shaped fruit with leathery skin and creamy, sweet flesh
- ❖ High in antioxidants
- ❖ May boost your mood
- ❖ May benefit eye health
- ❖ May prevent high blood pressure
- ❖ May promote good digestion
- ❖ May have anticancer properties
- ❖ May help in the development of the foetus
- ❖ It may also reduce the risk of miscarriage, minimise labour pain during delivery and increase the production of breast milk after childbirth.