

Manikara zapota

Scientific classification

Kingdom : Plantae
Clade : Angiosperms
Order : Ericales
Family : Sapotaceae
Genus : *Manikara*
Species : *M.zapota*



Description

Manikara zapota, commonly known as sapodilla, sapota, chikoo. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (5 ft). It is wind-resistant and the bark is rich in a white, They are alternate, elliptic to ovate, 7–15 cm long, with an entire margin. The white flowers are inconspicuous and bell-like, with a six-lobed corolla. An unripe fruit has a firm outer skin and when picked, releases white chicle from its stem. A fully ripened fruit has saggy skin and does not release chicle when picked. The fruit is a large berry. The seeds are hard, glossy, and black. The trees can survive only in warm, typically tropical environments, dying easily if the temperature drops below freezing.

Uses

The leaves of the plant exhibit antihyperglycemic, hypocholesterolemic and antioxidant activities. Leaf ethanolic extracts also exhibit anti-arthritic activity. The leaves of the plant for antioxidant and antibacterial properties and concluded that acetone extracts of the leaves exhibit strong antioxidant and antibacterial properties which may be of therapeutic value leaf extracts and the juice from the fruit are effective in the prevention of diabetes, dyslipidemia and obesity. The juice of unripe fruit is used to treat diarrhea.