

Custard Apple and its Health Benefits

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SUMMARY

The expansion of custard apple consumption is related to the medicinal and nutritional properties, as well as its pleasant flavor. The fruit of the tree is widely known and consumed due to its medicinal and nutritional properties, as well as its pleasant flavor. The custard apple fruit is mostly used as a dessert fruit because of its delicious taste and nutritive value. The nutrient value of thiamine, potassium and dietary fiber content is also significant. Custard apple can be the most effective available of choice among fruits for controlling various diseases and disorder and new paradigms in focusing the nutraceutical and valuable therapeutic potential will definitely help mankind to lead a disease free and healthy life.

INTRODUCTION

Custard apple (*Annona squamosa L.*), is an important dry land fruit which belongs to the genus *Annona* of the family *Annonaceae*, with about 129 genus and more than 2000 species, being a fructiferous found in tropical and subtropical regions, adapted to the climatic conditions. It is found wildly and cultivated throughout India and growing gregariously and widely in the hilly tracts, waste lands and has become completely naturalized in several districts of Gujarat (Middle, North Gujarat and Saurashtra), Andhra Pradesh, Punjab, Rajasthan, Uttar Pradesh, Madhya Pradesh, Bihar, West Bengal, Assam, Maharashtra, Karnataka, Kerala and Tamil Nadu. The health related components of the fruit include vitamins A, B, C, E, and K1, antioxidants, polyunsaturated fatty acids, and the presence of essential minerals.



Products Prepared from Custard Apple

The jam, fruit-flavored yoghurt, syrups and fruit drinks etc. with fruit extracts from custard apple have been opined. Sravanthi *et al.*, (2014) prepared various products viz., squash and nectar from custard apple pulp and stored products at room temperature and cold storage (5-10 °C). The products were analyzed chemically, microbiologically and organoleptically before storage.

Nutritive value of Custard Apple per 100 g

Parameter	Value	Parameter	Value
Energy	101 Kcal	Vitamin A	33 IU
Carbohydrates	25.20 g	Vitamin C	19.2 mg
Protein	1.70 g	Sodium	3 mg
Total Fat	0.60 g	Potassium	382 mg
Dietary Fiber	2.4 g	Calcium	30 mg
Niacin	0.500 mg	Iron	0.71 mg
Pantothenic acid	0.135 mg	Magnesium	18 mg
Pyridoxine	0.221 mg	Phosphorus	21 mg
Riboflavin	0.100 mg	Proanthocyanidin monomers	6.2 mg

(Source: USDA National Nutrient database 2019)

Health benefits of Custard Apple

The health and medicinal benefits of the Custard apple fruit are numerous and it appears to possess potent bioactive principles in most of its plant parts (fruit, seed and leaves). The anti-cancer properties of custard apple appear to be mainly due to a class of compounds called acetogenins, which are specific to Annonaceous species. Acetogenins have been tested in vitro against 60 types of cancer cells, including breast, prostate and colon (Nair *et al.*, 2016). Custard apple has many medicinal properties like pain relief and wound healing. It is also used as an antioxidant, anti-diabetics, hepatoprotective, cytotoxic activity, gene-toxicity, antitumor activity and used as antilice agent (Pande *et al.*, 2011). Various studies envisaged that custard apple possesses an antibacterial, antidiabetic, antitumor, anti-malarial, anthelmintic, anti-genotoxic potential and hepatoprotective activity. The multifaceted uses of custard apple leaves include protein properties having vermifugal action for treating cancerous tumors, abscesses, insect bites and other skin diseases (Singh *et al.*, 2019).

CONCLUSION

Custard apple is one of the most delicious arid fruits known mostly for its dessert and confectionery values. *Annona squamosa*, which is one of the most widely grown species of *Annona*. Though rich in its nutritional aspects, it is an under-utilized arid zone crop. It has also been proved that the plant contains several medicinal properties, which include antioxidant, anti-diabetic, anti-infective and anti dyslipidemic properties.

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