

Botanical Name - Manikaran zapota

Comman name - chiku



Uses

1. **Rich in Nutrients:** High in vitamins A, B, C, E, and minerals like calcium and iron.
2. **Aids Digestion:** Curry leaves have digestive enzymes that help relieve indigestion and constipation.
3. **Improves Vision:** Vitamin A content supports good eyesight and helps prevent night blindness.
4. **Promotes Hair Health:** Strengthens hair roots and prevents premature greying when used in hair oil.
5. **Supports Weight Loss:** Curry leaves boost metabolism and aid in weight management.
6. **Lowers Cholesterol:** Helps reduce LDL (bad) cholesterol levels in the body.
7. **Blood Sugar Regulation:** Beneficial in controlling blood glucose levels.
8. **Antioxidant Properties:** Contains powerful antioxidants that protect cells from damage.
9. **Boosts Immunity:** Rich in vitamins that strengthen the immune system.
10. **Anti-Inflammatory Effects:** Helps reduce inflammation in the body and relieves pain.