

## *Artocarpus altilis* (Parkinson) Fosberg

Family: Moraceae

Bengali/tribal name: Nag-damini

English name: Breadfruit



*Artocarpus altilis*, commonly known as breadfruit, has been utilized for various medicinal purposes in traditional medicine systems across different cultures. Here are some of its reported medicinal uses:

- 1. Digestive Health:** Breadfruit is known to be rich in dietary fiber, which can support digestive health by promoting regular bowel movements and preventing constipation. In traditional medicine, preparations made from breadfruit may have been consumed to alleviate digestive discomfort and improve overall gastrointestinal function.
- 2. Anti-inflammatory Properties:** Breadfruit contains bioactive compounds that exhibit anti-inflammatory effects. Consuming breadfruit or using it externally as a poultice may help reduce inflammation associated with conditions such as arthritis, rheumatism, and skin irritations.
- 3. Antioxidant Activity:** Breadfruit is a good source of antioxidants, including vitamin C and various phenolic compounds. These antioxidants help neutralize harmful free radicals in the body, thereby protecting cells from oxidative damage and reducing the risk of chronic diseases.
- 4. Cardiovascular Health:** Some traditional medicine practitioners believe that breadfruit may have cardiovascular benefits. It is rich in potassium, which helps regulate blood pressure and reduce the risk of hypertension and stroke. Additionally, the fiber content of breadfruit may help lower cholesterol levels, further promoting heart health.

5. **Wound Healing:** Breadfruit has been used topically in traditional medicine to promote wound healing. It may have antimicrobial and anti-inflammatory properties that help prevent infection, reduce inflammation, and accelerate the healing process when applied to wounds and cuts.
6. **Diabetes Management:** Breadfruit has a low glycemic index, meaning it causes a slower and more gradual increase in blood sugar levels compared to high-glycemic foods. As such, it may be beneficial for individuals with diabetes or those at risk of developing the condition when consumed as part of a balanced diet.
7. **Immune Support:** The vitamin C content of breadfruit contributes to its immune-boosting properties. Adequate intake of vitamin C is essential for maintaining a healthy immune system and protecting the body against infections and illnesses.

While breadfruit offers various potential health benefits, it's essential to note that scientific research on its medicinal properties is still limited compared to its use as a staple food source. Additionally, individuals with known allergies or sensitivities to breadfruit should exercise caution when consuming or using it for medicinal purposes. As always, it's advisable to consult with a healthcare professional before incorporating breadfruit into your diet or healthcare regimen, especially if you have any underlying health conditions or are taking medications.