



Herbal Garden (Muligai Vanam)

Monkey Jack



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Botanical Name	:	<i>Artocarpus lacucha</i> Buch.-Ham.
Tamil Name	:	Kari Pala, Irappala
Sanskrit Name	:	Lakuch
English Name	:	Monkey Jack

Distribution and Habitat

Artocarpus lacucha is a tropical fruit and originated from India. This fruit is available in south and south-east Asian countries mainly Bangladesh, Bhutan, Nepal, Myanmar, Sri Lanka, Thailand, Malaysia, Singapore, Vietnam and Laos. *A. lacucha* is a large deciduous tree reaching 15-18 m in height with a spreading head and belonging to the family *Moraceae*.



Leaves alternate, 10-25 cms. long, elliptical, pointed and leathery. Flowers, unisexual-male and female flowers are in separate spherical heads but on the same tree. Male flowers are yellow-orange, while the female are reddish. Flowering occurs from April to June. Fruits are irregularly rounded, green when young, turning yellow at the time of maturity, with a mixture of sweet, sour and tangy taste. The size differs but the diameter is typically 5-10 cms, while a fruit weighs 200-350 gms. The number of seeds varies accordingly, but typically, there are 10-30 per fruit. Seeds are irregular and vary in size, like the fruits. The seeds contain sticky white latex. The skin of the fruit, when cut exudes white latex with the similar texture of a jackfruit.

Parts used: Whole plant.

Phytochemical constituents

Phenols, flavonoids, tannins, saponin, steroids, alkaloids, carbohydrates, proteins, minerals, Vitamin C, β -carotene and dietary fibres.

Uses

This plant has a host of utilities to offer like fruit, fodder, feed, fuel, timber, medicine, dye, shade and aesthetics.

Medicinal uses

Monkey jack fruit is a highly nutritive seasonal food, which is considered as poor man's food in South-East Asia. Fruit pulp refreshes the liver. The juice and seeds are used as purgative and the bark is used as astringent while the root is both purgative and astringent. The sap and juice of the bark is applied externally to boils, pimples, cuts and wounds. The macerated bark is used as a poultice for treating skin ailments. The bark is used to treat headache (Hossain et al. 2016). Fruit can be used as a food supplement to combat malnutrition and reduces the risk of several diseases. The fruit helps to decrease the problems of hair loss and helps in the regrowth of hair from the hair follicles and also makes hair shafts stronger. Fruit effectively eradicates the darkening of the skin and brings a natural glow to the skin. Fruit, also obviously, treats dysentery, arthritic swelling and cleans wounds. The root is used as a refresher and the leaves are used in treating dropsy (Vanajakshi et al. 2016). The whole plant is used in traditional Thai medicine for anti-inflammatory therapy and as well as an anti-skin aging agent. This plant has many pharmacological activities, including anti-inflammatory, antiviral, anticancer, and anti-HIV. The fruit pericarp has antioxidant, antibacterial, insecticidal, and anthelmintic effects (Islam et al. 2019).



Photo link: <https://www.daleysfruit.com.au/fruit%20pages/lakoocha.htm>

