



## A REVIEW ON TROPICAL FRUIT: JACKFRUIT (*Artocarpus heterophyllus*)

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### AUTHORS' CONTRIBUTIONS

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

**Received: 05 December 2021**

**Accepted: 10 February 2022**

**Published: 17 February 2022**

**Mini-review Article**

### ABSTRACT

Jackfruit, a tropical fruit of the family Moraceae and genus *Artocarpus*, is usually preferred due to its subtle sweet taste and fruit flavor. However, this fruit has an impressive nutrient profile, which is comparable to shredded meat by Vegans and vegetarians. It contains a lot of fiber, vitamins, minerals, antioxidants, low fats, and protein (more than 3 gm/cup), making jackfruit unique from other fruits. Jackfruit also keeps for various medicinally important compounds, mainly antioxidants, carotenoids, flavanones, and vitamin C, and as a result, its consumption has a positive impact on human health. Various health benefits have been reported with jackfruit intake, such as immune health, preventing skin problems, cardiovascular disease prevention, blood sugar control, anti-aging, anti-cancer, anti-ulcer, antiviral, and anti-inflammatory. The present study attempted to review the morphology, production, consumption, nutritional value, and health-promoting benefits of jackfruit.

**Keywords:** Jackfruit; morphology; production; nutritional value; health benefits.

### 1. INTRODUCTION

#### 1.1 Origin and Habitat

Jackfruit (*Artocarpus heterophyllus*) is a tropical fruit tree, exotic species native from Southeast Asia, especially India and Bangladesh, also have been cultivated in several parts of the country and confused with the species *Artocarpus integer* [1-4]. The name

*Artocarpus* is derived from the Greek words “artos” (bread) and “carpos” (fruit), but the common name “jackfruit” was used by the physician and naturalist Garcia de Orta in his 1563 book *Coloquios dos simples e drogas India* [5]. In Bangla and Hindi, it is called as Kathal; Portuguese Jaca; Malayalam Chakka, Marathi Phanas; Canada Halasu; French Jacquier, etc. [6]. Jackfruit is a multipurpose tree bearing great importance for its multidimensional

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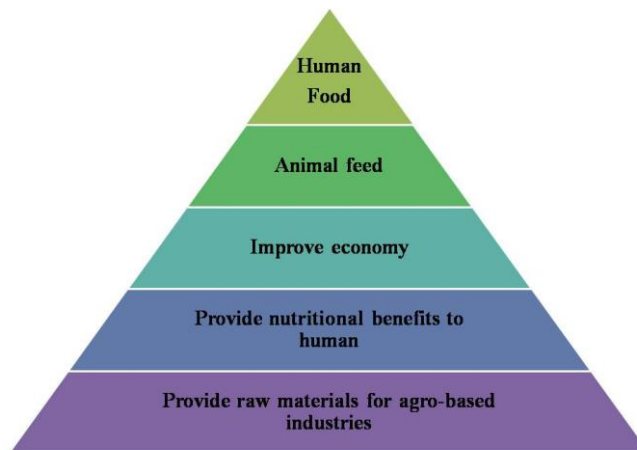
benefits for the farmer as fruit, fodder, timber, food, medicine, aroma, vegetables, etc. It is often called poor man’s fruit (Fig. 1) [7].

It is a cross-pollinated fruit tree mainly propagated by seeds [8]. The jackfruit thrives in the tropical low land with an elevation of 1000m. A warm, wet climate is the best for jackfruit cultivation and can grow almost all soil, prefers a deep, well-drained loam soil. It flourishes thrives in humid hill slopes even up to an elevation of 1500m, but the quality of the jackfruit deteriorates in higher altitudes [9].

**1.2 Characteristics**

The jackfruit tree is the largest tree-borne fruit in the world, evergreen, belongs to Moraceae family, monoecious, producing male and female flowers (small, sitting on a fleshy rachis, spikes, male and female flower born separately, flower blooming at December to February or March), the stem of the plan

straight and rough, Bark is black or green color, 1.25 cm thick and exudes milky lates, obovate leaves, elliptic, decurrent, glabrous, entire, inflorescence solitary axillary, cauliferous and ramflours (up to 50 cm×100 cm and weight up to 50 Kg) (Fig. 2) [7,10,11]. It has a relatively short trunk (12 to 31 inches) with dense treetop (height 10 to 20m), and canopy shape is normally conical or pyramidal in young and become spreading and domed in the older tree. Jackfruit sometimes forms buttress roots [7]. Fruit of jackfruit is a multiple or compound fruit with green to yellow-brown exterior rind (composed of hexagonal, bluntly conical carpel apices), shape (length 10 to 40 inches), diameter (6 to 20 inches), and weight 10-25 Kg [12]. Seeds are light brown, rounded, length (0.8-1.2 inches), diameter (0.4-0.6 inches), enclosed with a thin whitish membrane, 100-150 seeds per fruit and seed are recalcitrant. The fruit consists of a 20%edible seed coat, 15% edible seeds, 20% white pulp and bark, and 10% core [11,13].



**Fig. 1. Diversified uses of Jackfruit plant, fruits, and byproducts [5]**



**Fig. 2. Different Morphological parts of the Jackfruit tree**

### 1.3 Productions, Consumption, and Taxonomy

#### List 1. Taxonomic classification of Jackfruit [5]

Taxonomic position	
Kingdom :	Plantae
Order :	Rosales
Family :	Moraceae
Tribe :	Artocarpeae
Genus :	<i>Artocarpus</i>
Species :	<i>Artocarpus heterophyllus</i>

Jackfruit is a multipurpose tree that is grown and cultivated economically in over 60 countries (Table 1), especially in Bangladesh, India, Nepal, Sri Lanka, Indonesia, China, Myanmar, Malaysia, Philippines, Thailand, Vietnam, as well as Latin American and East American countries (Fig. 3) [11,14,15]. Australia, Canada, China, Indonesia, Japan, New Zealand, the United States, and Vietnam are the top exporting countries [16-18]. Jackfruit is farmed in an equatorial to subtropical climate at elevations ranging from 1 to 1600 meters above sea level, with annual rainfall ranging from 1000 to 2400 millimeters [9,19]. On the other hand, Jackfruit bears blooms and fruits all year in areas with constant light and water [20,21]. Jackfruit is widely adaptable to climate conditions in many agro-ecological zones; however, because of their climatic diversity, Malaysia, Indonesia, Thailand, Australia, and China have reported year-

round availability of jackfruit [20,22]. Jackfruit can tolerate shade conditions, but it needs light and space to develop during the early stages. In Asia, the fruit of jackfruit matures from July to August, and the seeds vary in size and weight range 4 to 14 gm [23,24]. The young jackfruit seedling should be fertilized with nitrogenous fertilizer during its bearing stages, and regular applications of phosphorous and potassium are also necessary. Still, applying organic fertilizer around the trees is recommended, although the water requirement is not critical during its production. Intercultural operations are required, especially if achieved two years of age (unwanted pruning branches, insect and disease branches [25-27].

Additionally, Fruit ripening indicators, including the leaf on the stalk turn yellow, fruit become dull, hollow sound during tapped, well-developed and widely spaced spines, etc., and harvesting is carried out from mid-morning to late afternoon of reducing latex flow. A high percentage of post-harvest loss is observed because of the high perishability of the jackfruit [28]. However, fruits and seeds are the edible part of jackfruit, which can be consumed either raw or cooked in various ways, and even pulp can be consumed naturally. When fruit becomes mature but not ripened, it can be cooked as a vegetable as it contains many carbohydrates. The rind can be used to produce jelly, and seeds can be eaten boiled, roasted, and as flour because of high contain starch and protein [29-32].



Fig. 3. Production of Jackfruit around the world [27]

**Table 1. Jackfruit production in Asia**

Country	Area (Ha)	Production (M. Ton)	Reference
Bangladesh	16550 ha	1001756 M. Ton	[33]
India	< 1,87,000 ha	18,57,000 M. Ton	[33]
Indonesia	-	802 M. Ton	[33]
Malaysia	4656.92 ha	31,281.30 M. Ton	[33]
Nepal	3265 ha	35,244 M. Ton	[33]

## 2. NUTRITIONAL VALUES AND CHEMICAL COMPOSITION

jackfruit varied in different stages of maturity (Table 3) [34].

Jackfruit chemical composition varied on the variety, while compared with different tropical fruits, jackfruit fresh pulps and seeds contain more calcium, protein, iron, and thiamine [27,34-38]. Additionally, the ripe jackfruit contains richer vitamins and minerals (Table 2) than the apple, avocado, apricot, and banana found in some studies. Several researchers found that the chemical composition of

### 2.1 Carbohydrates

According to various chemical and histological studies, the jackfruit perianth and seed have a high starch content, and the dietary fiber and flesh content vary with maturity [34,39]. Chrips et al. reported that the carbohydrate percentage of different jackfruit seeds varies from 37.4-42.5 [40,41].

**Table 2. Vitamins and minerals of jackfruit depend on several study findings that are given below [34]**

Age of the fruit (in days)	Vitamin contents in flesh (mg/100gm)			Macro elements (mg/100 gm)			Micro elements (mg/100 gm)				
	B1	B2	C	Ca	Mg	Cd	Co	Cu	Fe	Mn	Pb
45	3.9	35.7	18.5	28.4	37.8	0.0	0.0	0.28	4.24	0.56	0.08
55	14.2	124.2	19.67	29.86	37.38	0.0	0.0	0.26	2.64	0.56	0.32
65	12.6	122.7	23.1	26.9	36.92	0.0	0.02	0.36	1.20	0.54	0.28
75	Trace	133	24.03	33.8	36.52	0.0	0.0	0.30	1.84	0.56	0.28
85	Trace	48.2	22.5	31.28	36.96	0.0	0.0	0.38	3.26	0.56	0.20

**Table 3. Nutrients composition of jackfruit in 100gm edible portion [7]**

Nutrients	Young fruit	Ripe fruit	Seed
Water (gm)	76.20-85.20	72.0-94.0	51.0-64.50
Protein (gm)	2.0-2.60	1.20-1.90	0.40-0.43
Fat (gm)	0.10-0.60	0.10-0.40	0.40-0.43
Carbohydrate (gm)	9.40-11.50	16.0-25.40	25.80-38.40
Fiber (gm)	2.60-3.60	1.0-1.50	1.0-1.50
Sugar (gm)	-	20.60	-
Minerals (gm)	0.90	0.87-0.90	0.90-1.20
Calcium (mg)	30.0-73.20	20.0-37.0	50.0
Magnesium (mg)	-	27.0	54.0
Phosphorus (mg)	20.0-57.20	38.0-41.0	38.0-97.0
Potassium (mg)	287-323	191-407	246
Sodium (mg)	3.0-35.0	2.0-41.0	63.20
Iron (mg)	0.40-1.90	0.50-1.10	1.50
Vitamin A (IU)	30	175-540	10-17
Thiamine (mg)	0.05-0.15	0.03=0.09	0.25
Riboflavin (mg)	0.05-0.20	0.05-0.40	0.11-0.30
Vitamin C (mg)	12.0-14.0	7.0-10.0	11.0

**Table 4. The concentration of carotenoids in Jackfruit [34]**

Carotenoids	Concentration ( $\mu\text{g}/100 \text{ gm fresh weight}$ )
All-trans-neoxanthin	8.85
All-trans-luteoxanthin	2.06
9-cis-Neoxanthin	6.87
All-trans-neochrome	0.88
9-cis-Violaxanthin	7.05
Cis-Antheraxanthin	1.12
All-trans-zeaxanthin	0.96
All-trans-lutein	37.02
All-trans-zeinoxanthin	1.72
Cis-Zeinoxanthin	0.90
9-cis- $\beta$ -Carotene	0.79
15-cis- $\beta$ -Carotene	0.18
All-trans- $\beta$ -carotene	29.55
All-trans- $\alpha$ -carotene	1.24
13-cis- $\beta$ -carotene	2.45
All-trans- $\alpha$ -cryptoxanthin	0.35
All-trans- $\beta$ -cryptoxanthin	1.21

## 2.2 Proteins

Cystine, arginine, leucine, histidine, lysine, threonine, methionine, and tryptophan are the amino acids found in jackfruit [7,42]. Ripe jackfruit has 1.9 gm of protein per 100 gm of flesh, and seeds have 5.3 to 6.8 percent protein. According to Goswami et al., the protein content of the flesh of different varieties of jackfruit (ripe) ranges from 0.57 to 0.97 percent [43,44].

## 2.3 Vitamins and Minerals

Jackfruit is a good source of vitamin C, and it's also one of the rare fruits high in B-complex vitamins, including B6, niacin, riboflavin, and folic acid [45,46]. According to Samaddar, fakes of ripe jackfruits have a high nutritional value, with 287-323 mg potassium, 30.0-73.2 mg calcium, and 11-19 gm carbohydrate per 100 gm [47].

## 2.4 Fiber

The fiber content of jackfruit varies between 0.33 to 0.4%, with no differences between ripening stages [32]. According to a study, immature and ripe jackfruit fiber content is 2.6 percent and 0.8 percent, respectively [48].

## 2.5 Phytochemical

Jackfruit contains many phytochemicals that depend on a variety of carotenoids, flavonoids, volatile acids, sterols, and tannins [49-51]. The total phenolic content of jackfruit is 0.36 mg GAE/g DW, according

to Wongsa and Zamaluddin [34]. Carotenoids are natural pigments found in plants, animals, algae, and microbes that give them yellow-radish color. They include provitamin A activity in addition to their colorant qualities. They are known to have beneficial effects on various chronic degenerative disorders, including cancer, infection, cardiovascular disease, cataract, and age-related macular degeneration [52-56]. Jackfruit kernel is reported to present various carotenoids (Table 4).

## 3. HEALTH BENEFITS

Traditional medicines from *Artocarpus* species include anti-bacterial, anti-diabetic, anti-inflammatory, and anti-helminthic properties (Fig. 3)[42]. It is high in carbohydrates, minerals, and vitamins, and the fruit contains lignans, flavones, and saponins, which have anti-cancer, anti-ulcer, anti-hypertensive, and anti-aging properties [7]. It has a high medicinal value. The seeds contain lectins such as jacalin and artocarpin, which can be used to assess the immune status of patients infected with the human immunodeficiency virus [48].

### 3.1 Anti-inflammatory and Antiviral Activity

Jackfruit seeds have an important biological activity such as anti-inflammatory and cytotoxicity. Triterpenes and sterols from jackfruit seed could inhibit the inflammatory action induced in RAW 264.7 cells at a concentration of  $30 \mu\text{g mL}^{-1}$  of the extract [57]. However, Flavonoids are compounds that have immunomodulatory effects. Their derivatives can inhibit various transcriptional factors that can modulate the differentiation, proliferation, and

activation of immune cells and increase T cell formation regulation [58,59]. Flavonoids from citrus and its derivatives phytochemicals have the potentiality of antiviral and anti-inflammatory activity, which can be used to treat 2019-nCoV infection [60]. Jackfruit (*Artocarpus heterophyllus*) seed contains flavonoids and is suggested for COVID-19 treatment [61]. Shanmugapriya's study found that the 100 mg ethanolic fraction of jackfruit seed extract contained higher flavonoids than the acetone fraction, ethyl acetate, and water [62]. Jackfruit seeds contain secondary metabolites called jacalin, which have anti-inflammatory and anti-angiogenic activity [63].

### 3.2 Antioxidant Activity

Jackfruit seed slimy sheath as a rich source of pectin, which demonstrated excellent antioxidant properties and phenolic content [64]. Its seed flour can produce value-added food products [65]. Jackfruit axis extract has the strongest antioxidant capacity, which can protect against alcohol-induced cytotoxicity and its efficacy more than vitamin C [66]. Jackfruit exhibits antioxidative activity via its phytonutrients such as carotenoids and defends tissues against oxidative damage [34,67]. One of the risk indicators for coronary heart disease is the high-density lipoprotein ratio [68]. However, LDL oxidation contributes to atherosclerosis, characterized by a cascade of inflammatory activity and free radical-induced tissue injury, protein oxidation, DNA damage, and pro-inflammatory responses [69]. Compounds known as antioxidants can slow or stop the oxidation process. Fresh jackfruit seed and flesh provide significant ascorbic acid equivalent antioxidant effects and Gallic acid, which accounts for approximately 70% of overall antioxidant activity [70,71].

### 3.3 Anti-cancerous Activity

Isoflavones, lignans, and saponins are phytonutrients found in jackfruit with anti-cancer, anti-hypertensive, anti-ulcer, and anti-aging activities. According to Ruiz-Montanez, the jackfruit has chemoprotective qualities that inhibit AFB1 (afatoxin B1) mutagenicity and cancer cell proliferation. The jackfruit flesh contains compounds that may help prevent or treat lymphoma cancer [72,73].

### 3.4 Anti-bacterial and Anti-fungal Activity

Jackfruits leave extract to have the ability to act as antimicrobials that reduce antagonist effects and are used as traditional medicine in the treatment of foodborne diseases. Additionally, jackfruit nanoparticles were found effective against *Bacillus megaterium*, and *Escherichia coli* bacteria and jackfruit tree leaves had antimicrobials action on *Escherichia coli*, ATCC 25922, E. coli EPEC, CDC 086H35, and *Salmonella enteric* bacteria [74,75]. Antibacterial and antioxidant activity observed during meat treated with jackfruit seed extract as the TBA value decreased that jackfruit extract can be used for meat shelf-life management [76]. Jackfruit has been used as folk medicine. Artocarpinone from the heartwood of jackfruit exhibited an antibacterial activity on diarrheal pathogenic bacteria in *Escherichia coli* (E. coli with MIC and MBC value of 3.9 and 7.8 µg/mL) and *Vibrio cholera* (moderate) by altering membrane cell [77]. However, jackfruit also has antifungal properties; jacalin is found in jackfruit, which can inhibit the growth of *Saccharomyces cerevisiae* and *Fusarium moniliforme* fungus. It also exhibits hemagglutination activity against rabbit and human erythrocytes [78].

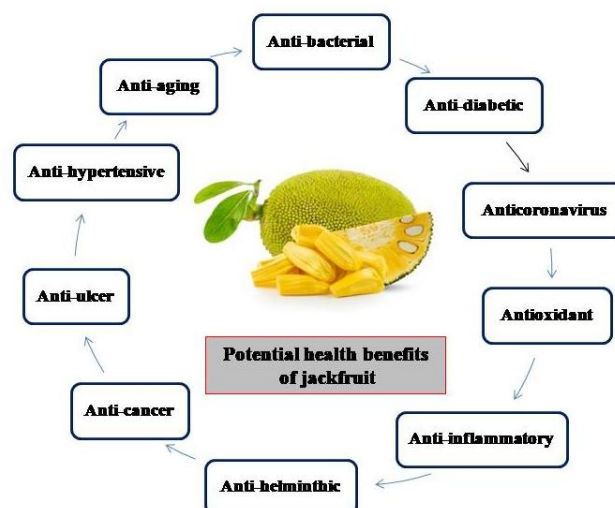


Fig. 3. Summary of the potential health benefits of jackfruit (*Artocarpus heterophyllus*)

### 3.5 Others Activity

All the parts of the jackfruit tree are used as a traditional medicine to treat malarial fever, kidney stones, infected wounds, diarrhea, asthma, dermatitis, and its seeds are used to heal sexual disorders due to its aphrodisiac properties [30,79-81]. Because of hypoglycemic and hypolipidemic chemicals in jackfruit leaves, they can help people with diabetes [72]. Artosterone from latex combined with vinegar promotes glandular swelling and snake bite recovery [82]. Root extract is a therapy for asthma and skin disorders, and root extract has soothing properties that may promote abortion cure, diarrhea, and fever. Seeds contain lectin (Jaclin), which assesses an HIV-positive person's immune system [83]. In Sri Lanka, the formulation of sausages together with jackfruit and different spices maintain the powerful immune-boosting ability [84]. However, traditionally jackfruit plants are used to treat various diseases (inflammation, malarial fever, diarrhea, diabetes, and tapeworm infection) as they contain various constituents such as protein, jacalin, flavonoids, stilbenoids, coloring matters, morin, dihydromorin, cynomacurin, artocarpin, isoartocarpin, carotene, essential amino acids. Artocarpus (from leaves, bark, stem) and several bioactive compounds (from fruit) are used in various biological activities, including anti-bacterial, anti-tubercular, anti-viral, anti-fungal, anti-platelet, anti-arthritic, tyrosinase inhibitory, and cytotoxicity [42].

### 4. CONCLUSION

Jackfruit is a quite versatile but tropical tree with high nutritional value sources (carbohydrates, proteins, vitamins and minerals, fiber, and photochemical). Jackfruit consumption has recently increased because of its health benefits revealed from previous studies, including anti-carcinogenic, anti-microbial, anti-inflammatory, anti-fungal, wound healing, and hypoglycemic properties. Nevertheless, it's an underutilized fruit commercially because of its big proportion of inedible parts, making waste generation even more difficult to peel. Some challenges include separating bulbs from the rind, lack of proper postharvest practices, and processing facilities in available regions. This review paper explains a brief explanation about their morphology, taxonomy, nutritional value, and chemical compounds present in jackfruit and its rich bioactive profile for the health benefits of the human being.

### ACKNOWLEDGEMENTS

The author(s) appreciate Dr. Pallab Bhattacharjee, The Institute of Plant Protection, State Key

Laboratory for Biology of Plant Diseases and Insect Pests, Chinese Academy of Agricultural Sciences, Beijing, China, and my wife Trishna Saha for support during the writing.

### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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