Health: Cancer killing fruit - Athi Chakka (in Thamizh, சீதாப்பழம்)

Very useful information. This fruit is freely available in Malaysia as well. At least read it once to spread the message!

In Kerala we call it as "Athi Chakka"

Please read about this miracle fruit that can kill cancer cells 100,000 times, more effective than chemo that gave you side effects.

Guyabano,... The SourSop Fruit

The SourSop or the fruit from the Graviola tree is a miraculous natural cancer cell killer 10,000 times stronger than Chemo. Why are we not aware of this?

It’s because some big corporation want to make back their money spent on years of research by trying to make a synthetic version of it for sale.

So, since you know it now you can help a friend in need by letting him know or just drink some soursop juice yourself as prevention from time to time.

The taste is not bad after all. It is completely natural and definitely has no side effects.

If you have the space, plant one in your garden. The other parts of the tree are also useful.

The Next Time You Have A Fruit Juice, Ask For A SourSop.

How many people died in vain while this billion-dollar drug maker concealed the secret of the miraculous Graviola tree?

This tree is low and is called Graviola in Brazil, Guanabana in Spanish and has the uninspiring name "Soursop" in English.

The fruit is very large and the subacid sweet white pulp is eaten out of hand or, more commonly, used to make fruit drinks, sherbets and such.

The principal interest in this plant is because of its strong anti-cancer effects.

Although it is effective for a number of medical conditions, it is its anti tumor effect that is of most interest.

This plant is a proven cancer remedy for cancers of all types.

Besides being a cancer remedy, graviola is a broad spectrum antimicrobial agent for both bacterial and fungal infections, is effective against internal parasites and worms, lowers high blood pressure and is used for depression, stress and nervous disorders.

If there ever was a single example that makes it dramatically clear why the existence of Health Sciences Institute is so vital to Americans like you, it’s the incredible story behind the Graviola tree.

The truth is stunningly simple:
Deep within the Amazon Rainforest grows a tree that could literally revolutionize what you, your doctor, and the rest of the world thinks about cancer treatment and chances of survival.

The Future Has Never Looked More Promising.

Research shows that with extracts from this miraculous tree it now may be possible to:
* Attack cancer safely and effectively with an all-natural therapy that does not cause extreme nausea, weight loss and hair loss
* Protect your immune system and avoid deadly infections
* Feel stronger and healthier throughout the course of the treatment
* Boost your energy and improve your outlook on life

The source of this information is just as stunning: It comes from one of America 's largest drug manufacturers, the fruit of over 20 laboratory tests conducted since the 1970's!

What those tests revealed was nothing short of mind numbing...

Extracts from the tree were shown to:

* Effectively target and kill malignant cells in 12 types of cancer, including Colon, Breast, Prostate, Lung and Pancreatic cancer..
* The tree compounds proved to be up to 10,000 times stronger in slowing the growth of cancer cells than Adriamycin, a commonly used chemotherapeutic drug!
* What's more, unlike chemotherapy, the compound extracted from the Graviola tree selectively hunts down and kills only cancer cells.

It Does Not Harm Healthy Cells!

The amazing anti-cancer properties of the Graviola tree have been extensively researched-- so why haven't you heard anything about it?

If Graviola extract is as half as promising as it appears to be--

**why doesn't every single Oncologist at every major hospital insist on using it on all his or her patients?**

The spine-chilling answer illustrates just how easily our health--

**and for many, our very lives are controlled by money and power.**

Graviola- -the plant that worked too well

One of America 's biggest billion-dollar drug makers began a search for a cancer cure and their research centered on Graviola, a legendary healing tree from the Amazon Rainforest.

Various parts of the Graviola tree--including the bark, leaves, roots, fruit and fruit-seeds- -have been used for centuries by medicine men and native Indians in South America to treat heart disease, asthma, liver problems and arthritis.

Going on very little documented scientific evidence, the company poured money and resources into testing the tree's anti-cancerous properties-- and were shocked by the results. Graviola proved itself to be a cancer-killing dynamo.

But that's where the Graviola story nearly ended.
The company had one huge problem with the Graviola tree—it's completely natural, and so, under federal law, not patentable. There's no way to make serious profits from it.

It turns out the drug company invested nearly seven years trying to synthesize two of the Graviola tree's most powerful anti-cancer ingredients. 

If they could isolate and produce man-made clones of what makes the Graviola so potent, they'd be able to patent it and make their money back.

Alas, they hit a brick wall. The original simply could not be replicated.

There was no way the company could protect its profits—or even make back the millions it poured into research.

As the dream of huge profits evaporated, their testing on Graviola came to a screeching halt.

Even worse, the company shelved the entire project and chose not to publish the findings of its research!

Luckily, however, there was one scientist from the Graviola research team whose conscience wouldn't let him see such atrocity committed.

Risking his career, he contacted a company that's dedicated to harvesting medical plants from the Amazon Rainforest and blew the whistle.

Miracle Unleashed
When researchers at the Health Sciences Institute were alerted to the news of Graviola, they began tracking the research done on the cancer-killing tree.

Evidence of the astounding effectiveness of Graviola—and its shocking cover-up—came in fast and furious.....

....The National Cancer Institute performed the first scientific research in 1976.

The results showed that Graviola's "leaves and stems were found effective in attacking and destroying malignant cells." Inexplicably, the results were published in an internal report and never released to the public...

Since 1976, Graviola has proven to be an immensely potent cancer killer in 20 independent laboratory tests, yet no double-blind clinical trials—the typical benchmark mainstream doctors and journals use to judge a treatment's value—were ever initiated..

A study published in the Journal of Natural Products, following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at "10,000 times the potency of (the commonly used chemotherapy drug) Adriamycin... ."

....The most significant part of the Catholic University of South Korea report is that Graviola was shown to selectively target the cancer cells, leaving healthy cells untouched.

Unlike chemotherapy, which indiscriminately targets all actively reproducing cells (such as stomach and hair cells), causing the often devastating side effects of nausea and hair loss in cancer patients.
...A study at Purdue University recently found that leaves from the Graviola tree killed cancer cells among six human cell lines and were especially effective against prostate, pancreatic and lung cancers...

Seven Years Of Silence Broken--it's Finally Here!

A limited supply of Graviola extract, grown and harvested by indigenous people in Brazil, is finally available in America.

The full Graviola Story--including where you can get it and how to use it--is included in Beyond Chemotherapy:

New Cancer Killers, Safe As Mother's Milk,

a Health Sciences Institute FREE special bonus report on natural substances that will effectively revolutionize the fight against cancer.

>From breakthrough cancer and heart research and revolutionary Amazon Rainforest herbology to world-leading anti-aging research and nutritional medicine, every monthly Health Sciences Institute Member’s Alert puts in your hands today cures the rest of America--including your own doctor--is likely to find out only ten years from now.

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Cel 93498 21920.

Visit our web site www.sudharmafoundation.org

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Family: Annonaceae
Genus: Annona
Species: muricata
Synonyms: Annona macrocarpa, A. bonplandiana, A. cearensis, Guanabana mucicatums
Common names: Graviola, soursop, Brazilian paw paw, guanábana, guanábanos, guanavana, guanaba, corossol épineux, huanaba, toge-banreisi, durian benggala, nangka blanda, cachiman épineux
Part Used: Leaves, fruit, seeds, bark, roots

From The Healing Power of Rainforest Herbs:

<table>
<thead>
<tr>
<th>GRAVIOLA</th>
<th>HERBAL PROPERTIES AND ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Actions</td>
<td>Other Actions</td>
</tr>
<tr>
<td>☐ kills cancer cells</td>
<td>☐ relieves depression</td>
</tr>
<tr>
<td>☐ slows tumor growth</td>
<td>☐ reduces spasms</td>
</tr>
<tr>
<td>☐ kills bacteria</td>
<td>☐ kills viruses</td>
</tr>
<tr>
<td>☐ kills parasites</td>
<td>☐ reduces fever</td>
</tr>
<tr>
<td>☐ reduces blood pressure</td>
<td>☐ expels worms</td>
</tr>
<tr>
<td>☐ lowers heart rate</td>
<td>☐ stimulates digestion</td>
</tr>
</tbody>
</table>
Graviola is a small, upright evergreen tree, 5–6 m high, with large, glossy, dark green leaves. It produces a large, heart-shaped, edible fruit that is 15–20 cm in diameter, is yellow-green in color, and has white flesh inside. Graviola is indigenous to most of the warmest tropical areas in South and North America, including the Amazon. The fruit is sold in local markets in the tropics, where it is called guanábana in Spanish-speaking countries and graviola in Brazil. The fruit pulp is excellent for making drinks and sherbets and, though slightly sour-acid, can be eaten out of hand.

Tribal & Herbal Medicine Uses

All parts of the graviola tree are used in natural medicine in the tropics, including the bark, leaves, roots, fruit, and fruit seeds. Different properties and uses are attributed to the different parts of the tree. Generally, the fruit and fruit juice are taken for worms and parasites, to cool fevers, to increase mother's milk after childbirth, and as an astringent for diarrhea and dysentery. The crushed seeds are used against internal and external parasites, head lice, and worms. The bark, leaves, and roots are considered sedative, antispasmodic, hypotensive, and nervine, and a tea is made for various disorders toward those effects.

Graviola has a long, rich history of use in herbal medicine as well as a lengthy recorded indigenous use. In the Peruvian Andes, a leaf tea is used for catarrh (inflammation of mucous membranes) and the crushed seed is used to kill parasites. In the Peruvian Amazon the bark, roots, and leaves are used for diabetes and as a sedative and antispasmodic. Indigenous tribes in Guyana use a leaf and/or bark tea as a sedative and heart tonic. In the Brazilian Amazon a leaf tea is used for liver problems, and the oil of the leaves and unripe fruit is mixed with olive oil and used externally for neuralgia, rheumatism, and arthritis pain. In Jamaica, Haiti, and the West Indies the fruit and/or fruit juice is used for fevers, parasites and diarrhea; the bark or leaf is used as an antispasmodic, sedative, and nervine for heart conditions, coughs, flu, difficult childbirth, asthma, hypertension, and parasites.

Plant Chemicals

Many active compounds and chemicals have been found in graviola, as scientists have been studying its properties since the 1940s. Most of the research on graviola focuses on a novel set of chemicals called Annonaceous acetogenins. Graviola produces these natural compounds in its leaf and stem, bark, and fruit seeds. Three separate research groups have confirmed that these chemicals have significant antitumorous properties and selective toxicity against various types of cancer cells (without harming healthy cells) publishing eight clinical studies on their findings.

Many of the acetogenins have demonstrated selective toxicity to tumor cells at very low dosages—as little as 1 part per million. Four studies were published in 1998 which further specify the chemicals and acetogenins in graviola which are demonstrating the strongest anticancerous, antitumorous, and antiviral properties. In a 1997 clinical study, novel alkaloids found in graviola fruit exhibited antidepressive effects in animals.

Annonaceous acetogenins are only found in the Annonaceae family (to which graviola belongs). These chemicals in general have been documented with antitumorous, antiparasitic, insecticidal, and antimicrobial activities. Mode of action studies in three separate laboratories have recently determined that these acetogenins are superb inhibitors of enzyme processes that are only found in the membranes of cancerous tumor cells. This is why they are toxic to cancer cells but have no toxicity to healthy cells. Purdue University, in West Lafayette, Indiana, has conducted a great deal of the research on the acetogenins, much of which, has been funded by The National Cancer Institute and/or the National Institute of Health (NIH). Thus far, Purdue University and/or its staff have filed at least nine U.S. and/or international patents on their work around the antitumorous and insecticidal properties and uses of these acetogenins.
In 1997, Purdue University published information with promising news that several of the Annonaceous acetogenins were "... not only are effective in killing tumors that have proven resistant to anti-cancer agents, but also seem to have a special affinity for such resistant cells." In several interviews after this information was publicized, the head pharmacologist in Purdue's research explained how this worked. As he explains it, cancer cells that survive chemotherapy can develop resistance to the agent originally used as well as to other, even unrelated, drugs. This phenomenon is called multi-drug resistance (MDR). One of the main ways that cancer cells develop resistance to chemotherapy drugs is by creating an intercellular pump which is capable of pushing anticancer agents out of the cell before they can kill it. On average, only about two percent of the cancer cells in any given person might develop this pump—but they are the two percent that can eventually grow and expand to create multi-drug-resistant tumors. Some of the latest research on acetogenins reported that they were capable of shutting down these intercellular pumps, thereby killing multi-drug-resistant tumors. Purdue researchers reported that the acetogenins preferentially killed multi-drug-resistant cancer cells by blocking the transfer of ATP—the chief source of cellular energy—into them. A tumor cell needs energy to grow and reproduce, and a great deal more to run its pump and expel attacking agents. By inhibiting energy to the cell, it can no longer run its pump. When acetogenins block ATP to the tumor cell over time, the cell no longer has enough energy to operate sustaining processes—and it dies. Normal cells seldom develop such a pump; therefore, they don't require large amounts of energy to run a pump and, generally, are not adversely affected by ATP inhibitors. Purdue researchers reported that 14 different acetogenins tested thus far demonstrate potent ATP-blocking properties (including several found only in graviola). They also reported that 13 of these 14 acetogenins tested were more potent against MDR breast cancer cells than all three of the standard drugs (adriamycin, vincristine, and vinblastine) they used as controls.


Biological Activites and Clinical Research

In 1976 a plant screening program by the National Cancer Institute, graviola leaves and stem showed active toxicity against cancer cells and researchers have been following up on these findings since. Thus far, specific acetogenins in graviola and/or extracts of graviola have been reported to be selectively toxic in vitro to these types of tumor cells: lung carcinoma cell lines; human breast solid tumor lines; prostate adenocarcinoma; pancreatic carcinoma cell lines; colon adenocarcinoma cell lines; liver cancer cell lines; human lymphoma cell lines; and multi-drug resistant human breast adenocarcinoma. Researchers in Taiwan reported in 2003 that the main graviola acetogenin, annonacin, was highly toxic to ovarian, cervical, breast, bladder and skin cancer cell lines at very low dosages saying; "... annonacin is a promising anti-cancer agent and worthy of further animal studies and, we would hope, clinical trials."

An interesting in vivo study was published in March of 2002 by researchers in Japan, who were studying various acetogenins found in several species of plants. They inoculated mice with lung cancer cells. One third received nothing (the control group), one third received the chemotherapy drug adriamycin, and one third received the main graviola acetogenin, annonacin (at a dosage of 10 mg/kg). At the end of two weeks, five of the six in the untreated control group were still alive and lung tumor sizes were then measured. The adriamycin group showed a 54.6% reduction of tumor mass over the control group—but 50% of the animals had died from toxicity (three of six). The mice receiving annonacin were all still alive, and the tumors were inhibited by 57.9%—slightly better than adriamycin—and without toxicity. This led the researchers to summarize; "This
suggested that annonacin was less toxic in mice. On considering the antitumor activity and
toxicity, annonacin might be used as a lead to develop a potential anticancer agent."

Current Practical Uses

Cancer research is ongoing on these important Annona plants and plant chemicals, as several
pharmaceutical companies and universities continue to research, test, patent, and attempt to
synthesize these chemicals into new chemotherapeutic drugs. In fact, graviola seems to be
following the same path as another well known cancer drug – Taxol. From the time researchers
first discovered an antitumorous effect in the bark of the Pacific yew tree and a novel chemical
called taxol was discovered in its bark - it took thirty years of research by numerous
pharmaceutical companies, universities, and government agencies before the first FDA-approved
Taxol drug was sold to a cancer patient (which was based on the natural taxol chemical they
found in the tree bark). With graviola, it has taken researchers almost 10 years to successfully
synthesize (chemically reproduce) the main antitumorous chemical, annonacin. These acetogenin
chemicals have a unique waxy center and other unique molecular energy properties which
thwarted earlier attempts, and at least one major pharmaceutical company gave up in the process
(despite knowing how active the natural chemical was against tumors). Now that scientists have
the ability to recreate this chemical and several other active acetogenins in the laboratory, the
next step is to change the chemical just enough (without losing any of the antitumorous actions in
the process) to become a novel chemical which can be patented and turned into a new patented
cancer drug. (Naturally-occurring plant chemicals cannot be patented.) Thus far, scientists seem
to be thwarted again—every time they change the chemical enough to be patentable, they lose
much of the antitumorous actions. Like the development of taxol, it may well take government
agencies like the National Cancer Institute and the National Institute of Health to step forward and
launch full-scale human cancer research on the synthesized unpatentable natural plant chemical
(which will allow any pharmaceutical company to develop a cancer drug utilizing the research as
happened with taxol) to be able to make this promising therapy available to cancer patients in a
timely fashion.

In the meantime, many cancer patients and health practitioners are not waiting... they are adding
the natural leaf and stem of graviola (with over 40 documented naturally-occurring acetogenins
including annonacin) as a complementary therapy to their cancer protocols. After all, graviola has
a long history of safe use as a herbal remedy for other conditions for many years, and research
indicates that the antitumorous acetogenins are selectively toxic to just cancer cells and not
healthy cells—and in miniscule amounts. While research confirms that these antitumorous
acetogenins also occur in high amounts in the fruit seeds and roots of graviola, different alkaloid
chemicals in the seeds and roots have shown some preliminary in vitro neurotoxic effects.
Researchers have suggested that these alkaloids might be linked to atypical Parkinson’s disease
in countries where the seeds are employed as a common herbal parasite remedy. Therefore,
using the seeds and root of graviola is not recommended at this time.

The therapeutic dosage of graviola leaf, (which offers just as high of an amount of acetogenins as
the root and almost as much as the seed) is reported to be 2-3 grams taken 3 or 4 times daily.
Graviola products (capsules and tinctures) are becoming more widely available in the U.S.
market, and now offered under several different manufacturer’s labels in health food stores. As
one of graviola’s mechanisms of action is to deplete ATP energy to cancer cells, combining it with
other supplements and natural products which increase or enhance cellular ATP may reduce the
effect of graviola. The main supplement which increases ATP is a common antioxidant called
Coenzyme Q10 and for this reason, it should be avoided when taking graviola.

Graviola is certainly a promising natural remedy and one that again emphasizes the importance
of preserving our remaining rainforest ecosystems. Perhaps—if enough people believe that the
possible cure for cancer truly is locked away in a rainforest plant—we will take the steps needed
to protect our remaining rainforests from destruction. One researcher studying graviola
summarized this idea eloquently: "At the time of preparation of this current review, over 350
Annonaceous acetogenins have been isolated from 37 species. Our preliminary efforts show that about 50%, of over 80 Annonaceous species screened, are significantly bioactive and are worthy of fractionation; thus, this class of compounds can be expected to continue to grow at an exponential rate in the future, provided that financial support for such research efforts can be found. With the demise of the world’s tropical rain forests, such work is compelling before the great chemical diversity, contained within these endangered species, is lost."

GRAVIOLA PLANT SUMMARY

Main Actions (in order):

- anticancerous, antitumorous, antimicrobial, antiparasitic, hypotensive (lowers blood pressure)

Main Uses:

1. for cancer (all types)
2. as a broad-spectrum internal and external antimicrobial to treat bacterial and fungal infections
3. for internal parasites and worms
4. for high blood pressure
5. for depression, stress, and nervous disorders

Properties/Actions Documented by Research:

- antibacterial, anticancerous, anticonvulsant, antidepressant, antifungal, antimalarial, antimutagenic (cellular protector), antiparasitic, antispasmodic, antitumorous, cardiodepressant, emetic (causes vomiting), hypotensive (lowers blood pressure), insecticidal, sedative, uterine stimulant, vasodilator

Other Properties/Actions Documented by Traditional Use:

- antiviral, cardiotonic (tones, balances, strengthens the heart), decongestant, digestive stimulant, febrifuge (reduces fever), nerve (balances/calms nerves), pediculicide (kills lice), vermifuge (expels worms)

Cautions: It has cardiodepressant, vasodilator, and hypotensive (lowers blood pressure) actions. Large dosages can cause nausea and vomiting. Avoid combining with ATP-enhancers like CoQ10.

Traditional Preparation: The therapeutic dosage is reported to be 2 g three times daily in capsules or tablets. A standard infusion (one cup 3 times daily) or a 4:1 standard tincture (2–4 ml three times daily) can be substituted if desired. See Traditional Herbal Remedies Preparation Methods page if necessary for definitions.

Contraindications:

- Graviola has demonstrated uterine stimulant activity in an animal study (rats) and should therefore not be used during pregnancy.
- Graviola has demonstrated hypotensive, vasodilator, and cardiodepressant activities in animal studies and is contraindicated for people with low blood pressure. People taking antihypertensive drugs should check with their doctors before taking graviola and monitor their blood pressure accordingly (as medications may need adjusting).
- Graviola has demonstrated significant in vitro antimicrobial properties. Chronic, long-term use of this plant may lead to die-off of friendly bacteria in the digestive tract due to its antimicrobial properties. Supplementing the diet with probiotics and digestive enzymes is advisable if this plant is used for longer than 30 days.
Graviola has demonstrated emetic properties in one animal study with pigs. Large single dosages may cause nausea or vomiting. Reduce the usage accordingly if this occurs.

One study with rats given a stem-bark extract intragastrically (at 100 mg/kg) reported an increase in dopamine, norepinephrine, and monomine oxidase activity, as well as a inhibition of serotonin release in stress-induced rats.

Alcohol extracts of graviola leaf showed no toxicity or side effects in mice at 100 mg/kg; however, at a dosage of 300 mg/kg, a reduction in explorative behavior and mild abdominal constrictions was observed. If sedation or sleepiness occurs, reduce the amount used.

Drug Interactions: None have been reported; however, graviola may potentiate antihypertensive and cardiac depressant drugs. It may potentiate antidepressant drugs and interfere with MAO-inhibitor drugs. See contraindications above.

### WORLDWIDE ETHNOMEDICAL USES

<table>
<thead>
<tr>
<th>Country</th>
<th>Conditions and Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil</td>
<td>for abscesses, bronchitis, chest problems, cough, diabetes, diarrhea, dysentery, edema, fever, intestinal colic, intestinal parasites, liver problems, neuralgia, nervousness, pain, parasites, rheumatism, spasms, worms</td>
</tr>
<tr>
<td>Caribbean</td>
<td>for chills, fever, flu, indigestion, nervousness, palpitations, rash, spasms, skin disease, and as a sedative</td>
</tr>
<tr>
<td>Curaçao</td>
<td>for childbirth, gallbladder problems, nervousness, and as a sedative and tranquilizer</td>
</tr>
<tr>
<td>Haiti</td>
<td>for digestive sluggishness, coughs, diarrhea, fever, flu, heart conditions, lactation aid, lice, nerves, parasites, pain, pellagra, sores, spasms, weakness, wounds, and as a sedative</td>
</tr>
<tr>
<td>Jamaica</td>
<td>for asthma, fevers, heart conditions, hypertension, lactation aid, nervousness, parasites, spasms, water retention, weakness, worms, and as a sedative</td>
</tr>
<tr>
<td>Malaysia</td>
<td>for boils, coughs, diarrhea, dermatosis, hypertension, rheumatism, and to reduce bleeding</td>
</tr>
<tr>
<td>Mexico</td>
<td>for diarrhea, dysentery, fever, chest colds, ringworm, scurvy, and to reduce bleeding</td>
</tr>
<tr>
<td>Panama</td>
<td>for diarrhea, dyspepsia, kidney, stomach ulcers, worms</td>
</tr>
<tr>
<td>Peru</td>
<td>for diabetes, diarrhea, dysentery, fever, hypertension, indigestion, inflammation, lice, liver disorders, parasites, spasms, tumors, ulcers (internal), and as a sedative</td>
</tr>
<tr>
<td>Trinidad</td>
<td>for blood cleansing, fainting, flu, high blood pressure, insomnia, lactation aid, palpitations, ringworms</td>
</tr>
<tr>
<td>U.S.A.</td>
<td>for cancer, depression, fungal infections, hypertension, intestinal parasites, tumors</td>
</tr>
<tr>
<td>West Indies</td>
<td>for asthma, childbirth, diarrhea, hypertension, lactation aid, parasites, worms</td>
</tr>
<tr>
<td>Elsewhere</td>
<td>for arthritis, asthma, bile insufficiency, childbirth, cancer, diarrhea, dysentery, fever, heart problems, kidney problems, lactation aid, lice, liver</td>
</tr>
</tbody>
</table>
disorders, malaria, pain, ringworm, scurvy, stomach problems, and as a sedative.

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3. 释迦 (Buddha Fruit / Custard Apple / Annona squamosa) is one of the most unique fruits in the world.

How does it taste like?
...very difficult to describe...
You have to taste it yourself :)

1. Photo taken the day I bought them, both are still unripe;
2. Two days later, the one on the right is ripe, the seams burst and its aroma is so tempting;
3. Inside the Buddha Fruit are delicious sweet meat and lots of seeds;
4. The Buddha Fruit weighs 300g, its shells and stem and seeds weigh 125g.

P.S. Anybody who would like to know more about 释迦 (Buddha Fruit) in English, please click here :)  
Thank you for the link, Kas :D

Names for Annona squamosa in other languages

- Arabic - shajarat il-qishta (شجرة شجرة)
- Assamese - at.loch (আতলচ)
- Chinese Mandarin - Shi-jiia (释迦)
- Kannada - sithaphala (ಸೀತಾಪಾಳ)
- Bangla - atta (আতা)
- French - cachiman or Pomme-cannelle
- Haitian Creole - kachiman
- Hindi - Sharifa
- Indonesia - srikaya
- Malay - buah nona
- Malayalam - aatha chakka (chakka = jackfruit)
- Tamil - ஸ்ரீத்தாபழம் seethaa pazham
- Telugu - సీతాఫలం Sita phalam
- Thai - noi-na (น้อยน่า)
- Urdu - shareefah (شريفة)
- Vietnamese - bính.bat or măng.câu
- Spanish - chirimoya (Latin America) - corazón (Heart) (Puerto Rico)
- Sinhala - aththa/anoda
- Swahili - mkonokono
- Tagalog - atis
- Sindhi / Gujarati - Sitafal
- Myanmar (Burmese) - Awe Zar Thee
- Konkani - "Aätér"
- Russian - anonna (Аннона)