



Medicinal properties and uses of soursop (*Annona muricata* L.)

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Soursop (*Annona muricata*) is a fast-growing tree that can reach up to 10 metres tall. The fruit length is about 12 to 24 centimetres and weighs about 400 to 800 grams (Fig 2.). It is picked from the tree before, it fully ripe otherwise it will be badly bruised if allowed to ripen and fall. Soursop is not only a delicious and healthy fruit but it is used in medicinally to treat illness ranging from stomach ailments to worms. Some report has saying that soursop using as anticancer property. The flavour has been described as a combination of strawberry and pineapple with sour citrus flavour notes contrasting with an underlying creamy flavour reminiscent of coconut or banana.

History and distribution: Soursop is native to Mexico, Cuba and Central America. Today, it is grown in some areas of Southeast Asia as well as in some Pacific islands. It was most likely brought from Mexico to Philippines by way of the Manila Acapulco Galleon trade. The fruits bear year round season and it's normally cultivated in foreign country like USA, Mozambique, Somalia and Uganda. In India, natural diversity has been observed in Eastern Ghat and certain parts of Andhra Pradesh. However, these are mostly cultivated in kitchen garden for its local consumption. The flesh of the fruit consists of an edible, which has white pulp, fibre and indigestible black seeds.

Varied names : Soursop (English), Guanabana (Spanish), Graviola (Brazilian Portuguese), Anona (European Portuguese) Corossol (French), Sorsaka (Papiamentu), Adunu (Acholi), Brazilian pawpaw, Durian Belanda, Nangka Blanda, (Thai), Sirsak, Zuurzak (Dutch) Nangka Londa, Mullaatha (Malayalam) and Shul-Ram-Fal (Hindi).

Soursop products:

Immature fruit- has been used as raw consumption and industries for a number of uses.

Soursop finished products- It's widely used to manufacture a number of traditional and modern medicines. Soursop processed products like Frozen soursop, soursop frozen pulp, soursop puree, soursop pulp, soursop tea leaves, soursop drink, soursop + Aloe juice, aseptic soursop puree, dried soursop leaves and also sweet pulp is used to make juice, candies, sorbets and ice cream flavourings.

Wholesome soursop: All plant parts are used in the natural medicine, including bark, leaves, roots and fruits. But the part that contains the greatest concentration of active ingredient is leaf, where the acetogenins is present.

Leaf: The leaf decoction is effective for head lice and bedbugs. The crushed fresh leaves can be applied on skin eruptions to promote healing. A decoction of the young shoots or leaves is regarded as a remedy for gall bladder trouble, coughs, catarrh, diarrhea, dysentery, fever and indigestion. Mashed leaves are used as a poultice to alleviate eczema and other skin problems.

Seeds: It is emetic properties and can be used in the treatment of vomiting.

Soursop leaf and bark powder: This can be cure diabetes by regulating blood sugar, which shows high effectiveness in endocrine commitments like liver, kidney, thyroid, pancreas, ovary, prostate, intestines, muscle relaxant smooth (heart), gall bladder, appendix and fights lung cancer or breast cancer. The leaf tea cure liver problems and it improves the function of the pancreas. It is effective to deworm children, malaria cure, indicated to raise the defences in patients with chemotherapy and also for people with HIV (AIDS)

Fruit: The juice of the fruit can be taken orally as a remedy for urethritis, haematuria and liver ailments and the juice when taken when fasting, it is believed to relieve liver ailments and leprosy. The flesh of the soursop is applied as a wound healing (Fig 3.).

Root bark: The root bark is use as an antidote for poisoning.

Soursop flowers: It is used as alleviate catarrh.

Medicinal properties of soursop according to human disease/ disorder : The following medicinal properties of soursop could be listed out, according to the human disease/ disorders.

Anticancer: In recent years, the extract of soursop has become widely acclaimed for its high potent of curing cancer. It is going to contribute in preventing of cancer or bolstering. The best source of anticancer property presents in soursop tea, which is prepared from soursop leaf (Fig 1.).

Antitumor: The daily intake of 5 to 7 grams of ripe fruit

juice will leads to avoiding of origin and development of tumor cells in the human body, it also avoid the calcification process in the human kidney.

Antiarthritic: Drinking of sour sop fruit juice will be effective in curing of joint pain, swelling and stiffness mainly because of its antiarthritic property.

Antidiabetic: Intake of raw sour sop fruit by the diabetic patient will be relieved from the excess glucose accumulation, by acting on the enzymatic system to stimulate the secretion of insulin in the body.

Anti-inflammatory, endocrine and liver Because of his extensive power-inflammatory released by the blood, is excellent for the endocrine system and normalizing hormone production in the different glands of our body.



Fig. 1 : Soursop tea

Sedative: Its action as a recover of heart muscle after a heart attack and combat hypertension and cardiovascular problems. It has calming effect at night, getting a good sleep. No sleepy during the day.

Antidiarrheal: It's a potent insecticide to eliminate bacteria that causes diarrhea and also more effective than chemical antibiotic. Bark and leaf together have fungicidal properties to eliminates certain fungi that produce erythema (herpes, psoriasis).

Antiparasitic: Its insecticidal action by their powerful help to eliminate parasites especially in children. Dissolve one Ayurveda soursop capsule before meals for 7 days.

Colds: Soursop tea used for colds and inflammation of mucous membranes.



Fig. 3 : Soursop longitudinal section

Diuretic: It helps with the elimination of liquids, liquid acids (which form the cholesterol) and helps remove excess uric acid.

Obesity: By preventing the accumulation of body fat makes you lose weight gradually.

Other Uses:

Fruit: In the Virgin

Islands, the fruit is placed as bait in fish traps.

Seeds: When pulverized, the seeds are effective pesticides against head lice, southern army worms, black carpet beetle larvae and pea aphids. Normally, seed oil is used to kill head lice.

Leaves: The leaf decoction is lethal to head lice and bedbugs.

Bark: The bark of the tree has been used in tanning. Bark, seeds and roots has been used as fish poison.

Wood: The wood is pale, aromatic, soft, light in weight and not durable. It has been used for ox yokes because it does not cause hair loss on the neck.

Conclusion : From traditional era to modern era entire part of the soursop plant provides enormous number of health benefits to the human society. It cures many types of disease/ disorder such as cancer, tumor, arthritic, diabetics, inflammation, sedative, diarrheal, cold, diuretic and obesity etc. It is freely available and accessible to all persons. Simply it is a "Medicinal Miracle Fruit".

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