

# Heithum



## Common Name

**English** :Grape fruit

**Hindi** :Chakotra

**Manipuri** :Heithum

## Scientific Name

**Group** :Angiosperm (Dicotyledon)

**Family** :Rutaceae

**Genus** :Citrus

**Species** :paradisi Macf.

**Habit** :Small tree

**Parts Used** :Fruit

**Mode of Preparation** :Fruits are edible and used mainly as a breakfast fruit.

**Mode of use** :Fresh

**Ingredients** :Grape fruit oil contains limone, mycene, a-pinene, sabinene, p-cymene, caryophyllene, y-terpinene, terpinene-4-ol, octanal, linalool and nootkatone as its major components. Seed contains limanol, deoxylimonol and 7a-obacunol.

**Ailment Treated**:Grapefruit oil has a sweet, pleasant odour intermediate between orange and lemon. Fruits are used in flavours for soft-drinks, ice-cream, candy, baked goods, gelatins, pudding and chewing gums.

**Source**:Cultivated and marketable.