

**KIWI AS A BIRD AND KIWI AS A FRUIT AND KIWI AS A SHOE POLISH: WONDERS OF NATURE'S CREATION: SAME NAME BUT MULTIFACETED DOMAIN****¹Dr. Dhrubo Jyoti Sen*, ²Dr. Pruthviraj K. Chaudhary, ²Nikul L. Chaudhary, ²Sahdev J. Chaudhary, ²Gautam S. Chaudhary, ²Hasmukh P. Desai and ²Vivek R. Gajjar**¹School of Pharmacy, Techno India University, Salt Lake City, EM: 4/1, Sector-V, Kolkata-700091, India.²Shri Sarvajanic Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India.

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ABSTRACT

The three "kiwis" are connected through New Zealand national identity. The kiwi bird is the national symbol, after which the shoe polish and the fruit were named, in turn solidifying the bird's symbolic status.

- ❖ **Kiwi Bird:** The flightless kiwi bird is a unique native species and the national emblem of New Zealand. The Māori people hold it in high regard, and New Zealanders themselves are affectionately known as "Kiwis".
- ❖ **Kiwi Fruit:** The fruit, originally known as the "Chinese gooseberry," was selectively bred and grown in New Zealand.
- ❖ **Kiwi Shoe Polish:** The global brand of shoe polish was invented in 1906 by an Australian, William Ramsay, who named it in honour of his New Zealander wife, Annie Elizabeth Meek Ramsay. The popularity of the polish among British and American soldiers during World War I helped spread the use of the kiwi as a symbol for New Zealanders worldwide.

To aid in marketing and to avoid anti-Chinese sentiment, New Zealand growers renamed it "kiwifruit" in 1959 after their national bird, which it vaguely resembles due to its brown, fuzzy skin. In New Zealand, people generally refer to the fruit as "kiwifruit" to avoid confusion with the bird or the people.

KEYWORDS: kiwi bird, kiwi fruit, kiwi shoe polish.

Preamble: Kiwi birds are flightless birds endemic to New Zealand of the order Apterygiformes. The five extant species fall into the family Apterygidae and genus Apteryx. Approximately the size of a domestic chicken, kiwi are the smallest ratites (which also include ostriches, emus, rheas, cassowaries and the extinct elephant birds and moa).^[1]

Kingdom: Animalia

Phylum: Chordata

Class: Aves

Infraclass: Palaeognathae

Clade: Novaeratitae

Order: Apterygiformes

Family: Apterygidae

Genus: Apteryx

Species: *Apteryx mantelli*

Along with being a symbol of Aotearoa, the kiwi is also one of the strangest birds in the world – with noses at the end of their beaks, and giant eggs that take up much of their body. The kiwi bird is not found in India; it is a unique, flightless bird endemic to New Zealand, where it serves as a national symbol and lives in forests and scrublands. Kiwis are known for their nocturnal habits, long beaks, and being the smallest ratites (flightless birds like ostriches, emus).

Origin: Exclusively New Zealand.**Type:** Flightless, nocturnal bird, related to emus and ostriches.



Figure-1: Occurrence of Kiwi Bird.

Appearance: Pear-shaped with long legs and beak, soft hair-like feathers.



Figure-2: Kiwi Bird.

There are roughly 68,000 to 70,000 kiwi birds remaining in New Zealand, with populations declining by about 2% annually in unmanaged areas due to predators, though conservation efforts are helping some managed populations grow. The total number varies slightly by estimate, but these flightless birds face significant threats, with only a fraction of chicks surviving to adulthood without protection from introduced species like stoats and dogs.

Key Threats

Predation: Stoats, dogs, cats, and ferrets are major threats, especially to chicks.

Habitat Loss: Deforestation has drastically reduced their numbers from historic levels (once 12 million).

Small Populations: Fragmented populations are vulnerable to disease and genetic issues.

Conservation: A highly protected species, with ongoing efforts to prevent extinction.

There are approximately 68,000 kiwi birds left in the wild, though this number fluctuates and is declining by about 2% annually in unmanaged areas, equating to roughly 20 birds per week lost to predators like stoats and dogs. Conservation efforts, including sanctuaries and predator control (like 1080 drops), are crucial for stabilizing populations, with some managed areas seeing growth.

Total Numbers: Around 68,000 in the wild, down from millions historically.^[2]

Decline Rate: Unmanaged populations drop by about 2% each year.

Main Threats: Introduced predators (stoats, dogs) are the primary cause of loss.

Population Breakdown by Species (Estimates vary).

1. Great Spotted Kiwi (Rororo): ~9,300
2. Little Spotted Kiwi (Pukupuku): ~1,500 - 2,100
3. Okarito Kiwi (Rowi): ~350-400
4. Southern Brown Kiwi (Tokoeke): ~16,500 (including Stewart Island)
5. North Island Brown Kiwi (Manutuka): (Numbers vary, but significant managed populations exist)



Conservation Status: While wild populations decline, intensive management in sanctuaries and community projects is showing success, with some populations stable or increasing. There are several differing accounts of why it is so-called. Some accounts say it was named for its shrill call, others believe it was inspired by the Polynesian bird 'kivi', which resembles our kiwi.^[3]

Kiwi fruit, or Chinese gooseberry, is a small, fuzzy, brown fruit with bright green flesh and tiny black edible seeds, known for its sweet-tart taste and rich nutrients like Vitamin C, K, E, fibre, and antioxidants, supporting immunity, digestion, and skin health, easily enjoyed raw as a healthy snack or in recipes, despite its fibrous skin, notes Wikipedia.



Figure-3: Kiwi Bird varieties.

Appearance & Taste

Exterior: Thin, fuzzy brown skin.

Interior: Vivid green (or sometimes golden/yellow) flesh with a white core and rows of small, black, edible seeds.

Flavour: Tangy, sweet, and juicy, with hints of gooseberry or strawberry.



Figure-4: Kiwi Fruit.

Nutritional Highlights

Vitamin C: Excellent source, more than oranges.

Vitamin K: Good source, aids blood clotting.

Fibre: High, aiding digestion.

Minerals: Potassium, phosphorus, calcium.

Antioxidants: Protects cells from damage.

Health Benefits: Boosts the immune system, Supports skin health and fights aging, Improves digestion, and May help alleviate asthma symptoms.

How to Enjoy & Store

Eat Raw: Scoop out flesh with a spoon or slice it.

Ripe: Gives slightly too gentle pressure; avoid overly soft or wrinkled fruit.

Ripen: Leave unripe kiwis on the counter for a few days.

Storage: Can last for months when stored properly.

Fun Fact: Named after the fuzzy, brown kiwi bird of New Zealand, where it was commercially developed after seeds were brought from China. Kiwi fruit is good for you because it's packed with Vitamin C, fibre, and antioxidants, supporting immune function, aiding digestion, improving heart health, and promoting skin health, while also offering benefits for sleep, eye health, and managing blood sugar, thanks to its rich nutrient profile including vitamins K & E, folate, potassium, and beneficial enzymes like actinidin.

Boosts Immunity: Exceptionally high in Vitamin C, even more than oranges, strengthening your immune system.

Improves Digestion: Contains fibre (soluble and insoluble) and Actinidin [CAS: 524-03-8; IUPAC: (7S)-4,7-Dimethyl-6,7-dihydro-5H-cyclopenta[c]pyridine], an enzyme that helps break down proteins, easing constipation and gut issues.

Supports Heart Health: Potassium helps regulate blood pressure, while antioxidants and fibre help lower bad cholesterol (LDL) and reduce clotting risks.

Promotes Healthy Skin: Vitamin C aids collagen production, and antioxidants protect against damage, keeping skin firm and youthful.

Enhances Sleep: Contains serotonin, which can help regulate sleep patterns and improve sleep quality.

Good for Eye Health: Lutein [CAS: 127-40-2; IUPAC: (3R,6R,3'R)- β , ϵ -Carotene-3,3'-diol] and Zeaxanthin [CAS: 144-68-3; IUPAC: (3R,3'R)- β , β -Carotene-3,3'-

diol] protect against age-related eye diseases like macular degeneration.

Aids Weight Management: Low in calories and high in fibre, keeping you feeling full longer.

Provides Essential Nutrients: A source of Vitamins K & E, folate, copper, magnesium, and potassium.

How to Enjoy It: Eat fresh, either peeled or with the skin for extra fibre. Add to smoothies, fruit salads, or yogurt. Use in desserts or as a hydrating addition to water. The kiwi fruit, also known as the kiwifruit or Chinese gooseberry, is native to central and eastern

China. It grows on a woody vine (genus *Actinidia*) and can still be found growing in the wild in its native range.

Natural Occurrence: The plant's natural habitat is in the mountainous areas and the Yangtze River valley of southern China. The wide geographic range and diversity of wild populations in China have been instrumental in the development of various modern cultivars, including green, gold, and red-fleshed varieties. Other species of the *Actinidia* genus are naturally found in other parts of Asia, including India, Japan, and southeastern Siberia.^[4]

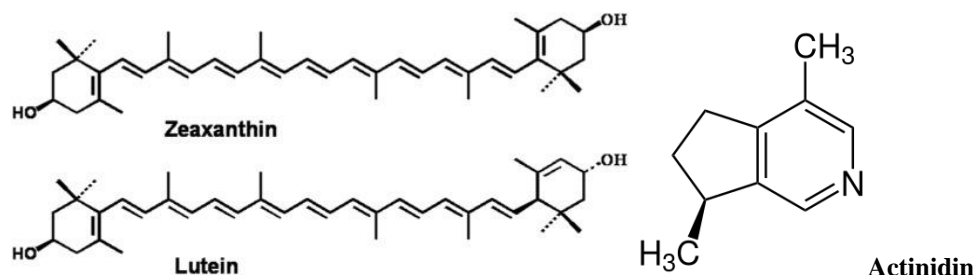


Figure-5: Chemical constituents of Kiwi Fruit.

Commercial Cultivation: Commercial cultivation of the fruit did not begin in China until the early 1980s. The global popularity and widespread commercial "occurrence" of the fruit today largely stem from its introduction and development in New Zealand in the early 20th century. Seeds were brought to New Zealand in 1904, and the first commercial plantings followed decades later. Today, kiwifruit is a major global crop and is grown commercially in several countries across different continents.

The top producers worldwide (as of 2023 data) are.

China: Largest global producer, accounting for over half of the world's total production, though most is consumed domestically.

New Zealand: A major producer and the primary global exporter known for the Zespri brand.

Italy: The largest producer in Europe.

Greece

Iran

Chile

United States (primarily California)

By cultivating the fruit in both the Northern and Southern Hemispheres, the global market ensures that kiwifruit is available year-round.

Kiwi shoe polish is a global brand of shoe polish, originally developed in Australia in 1906 by William Ramsay [6 June 1868 – 4 September 1914].

Kiwi has grown to be the dominant shoe polish in many countries since it was used by both the British and U.S. Armies in World War I. However it announced its exit from the UK market in 2022. Soon afterwards in 2023 Kiwi announced it will be ending the brand in the US by June 2024, sun setting certain products before the 2023 year even ended. In November 2023 an email confirming that kiwi shoe polish has been discontinued was published other kiwi products such as shoe deodorant continue to be made available. As of 2025 the Kiwi brand is owned by S. C. Johnson. Heavy Naphtha. Naphtha is a catchall term for any petroleum distillate that boils at 122 to 400 degrees Fahrenheit.



Figure-6: Kiwi Shoe Polish and Inventor.

3', 6'-Bis-(Diethylamino)-Fluoran.
4-Diethylaminoazobenzene.
Carnauba Wax.

Water; Ethoxydiglycol; Oxidized Polyethylene; Propylene Glycol; Synthetic Wax; Tributyoxyethyl Phosphate/Phosphate De Tributyoxyethyl; Laureth-9; Carnauba Wax; Stearic Acid; Poly(Oxy-1,2 Ethanediyl), Alpha, Alpha,'-[1.4-Dimethyl-1.4-Bis(3-Methylbutyl)-2-Butyne]. Nigrosin (CI 50415, Solvent black 5) is a mixture of black synthetic dyes made by heating a mixture of nitrobenzene, aniline, and hydrochloric acid in the presence of copper or iron.[1] Related to induline, it is a mixture of phenazine-based compounds. Its main industrial uses are as a colorant for lacquers and varnishes and in marker pen inks. Sulfonation of nigrosin yields a water-soluble anionic dye, nigrosin WS (CI 50420, Acid black 2).^[5]

CONCLUSION

The three "kiwis" are connected through New Zealand's national identity and history. The core correlation is that they were all named in reference to the kiwi bird, the national symbol of New Zealand.

Here is a breakdown of each and their specific correlation

1. The Kiwi Bird

Description: The kiwi is a unique, flightless, nocturnal bird native and exclusive to New Zealand.

Significance: It is a major national icon and a taonga (treasure) to the Māori people. The bird's image has appeared on military badges, coins, and stamps since the late 19th and early 20th centuries, and all New Zealanders are informally nicknamed "Kiwis" after the bird.

2. Kiwifruit

Origin: The fruit is native to eastern Asia and was originally known as the "Chinese gooseberry".

Correlation: New Zealand selective breeding programs in the mid-20th century developed the fruit for commercial export. In 1959, New Zealand growers and exporters renamed the fruit to "kiwifruit" for marketing purposes. The name was chosen because the fruit's brown, fuzzy appearance was thought to resemble the kiwi bird, and naming it after the national symbol gave the fruit a unique, marketable identity tied to New Zealand.

3. Kiwi Shoe Polish

Origin: Kiwi shoe polish was not invented in New Zealand, but rather in Melbourne, Australia, in 1906 by William Ramsay.

Correlation: Ramsay named the product "Kiwi" in honor of his wife, Annie Elizabeth Meek Ramsay, who was a native of Oamaru, New Zealand. The polish became extremely popular with British and American soldiers during World War I, and its widespread use helped solidify "Kiwi" as a common nickname for New Zealand soldiers and subsequently all New Zealanders.

In many parts of the world, it is informally shortened to just "kiwi".

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