# What is JWT?

The primary purpose of JWTs is authentication, which allows secured user sessions after logging in, and information exchange, which enables secure sharing of data between parties. User sessions and data can be managed efficiently and effectively with JWTs.

JSON Web Tokens are compact and secure ways to send JSON objects between parties. A token consists of three parts: a header defining the token type and signing algorithm, a payload containing user data, and a signature certifying its integrity.

JWT is characterized by its compact size, making it easy to transmit via URLs or HTTP headers, and by being self-contained, which decreases the need for database queries. A secret key or a pair of public/private keys can also be used to sign it.