What is http headers in API?

Headers are important part of the API request and response as the contains the meta-data about the request and response.

They are like just like an Address,To,From information written on the letter

⭐ The application of this concept is well explained in the
RestAPIs repository

https://github.com/ashesbloom/RestAPIs

Person A sending a letter to Person B

Data

To: person B
From: person A
Weight: 300gm

Letter

These are extra information which is
necessary for the delivery of the letter

Data

client

To: 198:168:1:1
From: 123:88:1:2
Content type: JSON

Server

Request

Similarly headers contains meta-data which is
necessary for the package