JSON Web Token (JWT) is a compact, URL-safe way of representing claims to be transferred between two parties. The claims in a JWT are encoded as a JSON object that is digitally signed using JSON Web Signature (JWS) and/or encrypted using JSON Web Encryption (JWE). JWTs can be used to represent claims securely between two parties, such as an end user and a server.

There are several benefits to using JWTs:

1. They are compact and easy to transmit, as they are represented as a string of characters.
2. They are self-contained, as they include all the necessary information about the claims in a single token. This eliminates the need to query a database or other external source to validate the claims.
3. They are secure, as they are digitally signed and/or encrypted, which means that the claims they contain cannot be altered without detection. This allows JWTs to be used to verify the authenticity and integrity of the claims they contain.