**Ficus palmata** Forssk.

**Family:** Moraceae  
**Common names:** Fegra, Fig  
**Part Used:** Fruits

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**Description:**

*F. palmata* is commonly distributed in north-western India ranges from the plains to an altitude of 2200 m in the Himalayas with a maximum population in Himachal Pradesh, Punjab, Rajasthan, Uttarakhand and Uttar Pradesh. It is a deciduous, moderate-sized tree, 6 to 10 metres in height with labours young branches. Bark is smooth, dull and ash gray in colour. Leaves are alternate, broad, ovate, membranous, having reticulate pinnate venation and serrate margin. Flowers are unisexual, cyclic, greenish white in colour and very small in size. Flowers are borne on the inner walls of the cavity which is formed by the fleshy receptacle with an apical opening. Fruit is syconoid, developing from the hollow, globose, fleshy receptacle. Seeds are numerous, round and very small in size.

**Utilization:**

The young developing fruits, called *fegri*, are consumed as a vegetable. These are fondly eaten during the season. Fruits contain chiefly sugars and mucilage and act as laxative. Fruits are used to cure constipation, lungs and the bladder diseases.