



***Ficus religiosa* L.**

Family: Moraceae

Common names: Peepal, Sacred fig



Description:

Ficus religiosa is native to the Indian subcontinent, south-west China and Indochina. It is a large deciduous or semi-evergreen tree up to 30 m tall and with a trunk diameter of up to 3 m. Its bark is light grey and peels in patches. The leaves are cordate in shape with a distinctive extended drip tip and are 10–17 cm long. The fruits are small figs and are 1–1.5 cm in diameter.

Utilization:

The Peepal tree is considered sacred by the followers of Hinduism, Jainism and Buddhism. Nearly every part of the tree can be used as medicine. It is being used in traditional medicine to cure about 50 types of diseases including asthma, diabetes, diarrhoea, epilepsy, gastric problems, inflammatory disorders, infectious and sexual disorders (Singh *et al.*, 2011). Seeds are useful in urinary troubles. The leaves alone are used to treat constipation. The roots are chewed to prevent gum disease.

Part	Uses
Leaves	Anti-inflammatory, antioxidant and antimicrobial activity
Bark powder	To treat burns
Aqueous bark extract	Anti-diabetic activity
Seeds	Urinary infections
Roots	Prevent Gum diseases

References:

Singh D, Singh B, Goel R. K; (2011) Traditional uses, Phytochemistry and Pharmacology of *Ficus religiosa*. J Ethnopharmacol. 134: 565- 583.

Singh P, Singh D, and Goel R.K; (2014) "*Ficus religiosa* L. figs—a potential herbal adjuvant to phenytoin for improved management of epilepsy and associated behavioral comorbidities." *Epilepsy & Behavior* 41:171-178.

Madhava Chetty, K, Sivaji K, and Rao K.T; (2008) "Flowering plants of chittoor district." *Andhra Pradesh, India* 169: 201.