



SIGMA[®]
UNIVERSITY

Cluster fig





Synonym

- Gujarati: ઉમરો, ઉમરડો
- Hindi: गूलर
- English: cluster fig, Gular fig

Botanical name

- *Ficus racemosa*

Family

- Moraceae

Chemical Constituents

- Flavonoids
- tannins
- steroids
- triterpenoids
- Vitamins A, C, and B vitamins, along with minerals like calcium, magnesium, and potassium.

Therapeutic Uses

- Antidiabetic
- anti-inflammatory
- astringent
- hepatoprotective properties
- Used in traditional medicine for various conditions

Marketed Preparations

- Dried Fruit (Gular Phal): The dried fruit is marketed for its traditional uses and sold whole or in cut pieces.
- Powder (Churna): The dried fruit is processed into a powder (churna) and medicine for conditions like diabetes, hemorrhoids, and diarrhea.