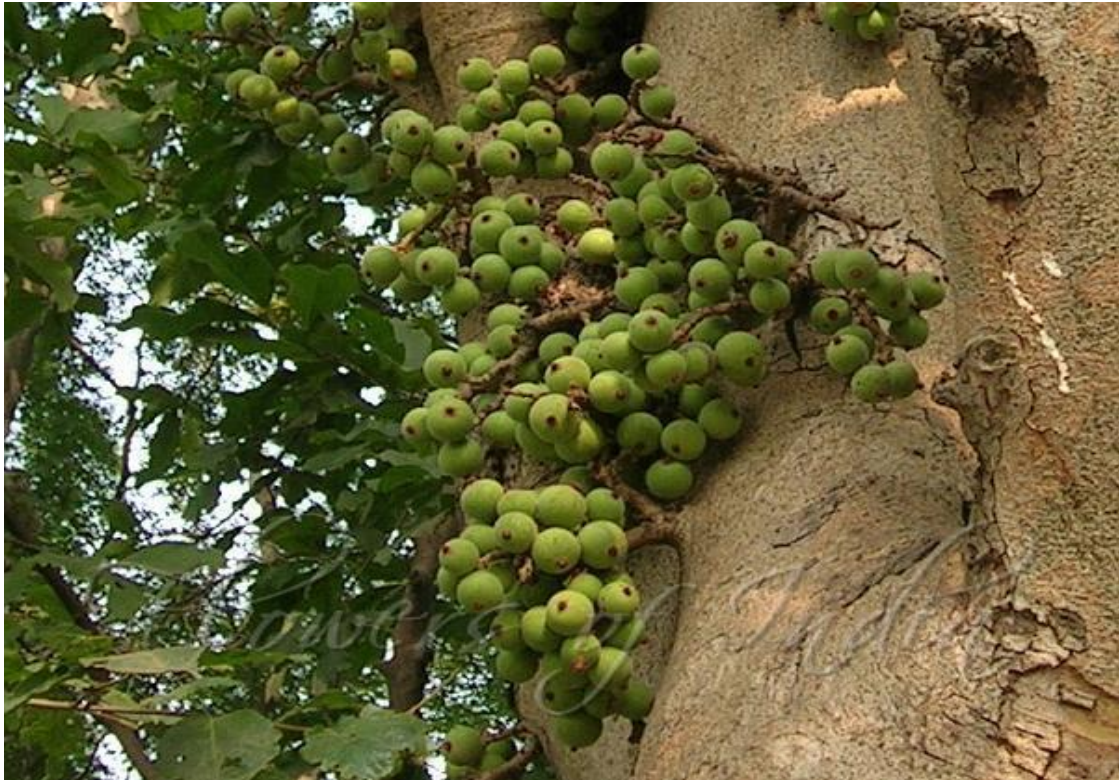




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Fig resimosa



Synonym

- Gujarati: ગુલર (Gular), ઉમ્બારો Umbaro
- Hindi: गुलर (Gular),
- English: Cluster Fig, Country Fig, Gular Fig, Red River Fig

Botanical name

- *Ficus racemosa*

Family

- Moraceae

Chemical Constituents

- Contains phenolic acids (ferulic, caffeoylquinic, quercetin derivatives), flavonoids (rutin, quercetin, cyanidin glycosides), organic acids (oxalic, citric, malic, quinic, shikimic, fumaric), phytosterols (β -sitosterol, stigmasterol), terpenes, coumarins (psoralen, bergapten), anthocyanins, and triterpenoids (bauerenol, lupeol acetate).
- Latex contains enzymes (ficin, rennin, proteolytic enzymes), alkaloids, caoutchouc, resin, sugars, and various glycosides.

- Fruits are nutrient-dense: vitamins (A, C), minerals (calcium, iron), fiber, and antioxidants.

Therapeutic Uses

- Traditionally used for digestive health (constipation, diarrhea, indigestion), metabolic and cardiovascular benefits, anti-inflammatory, and antispasmodic action.
- Shown to have antioxidant, antidiabetic, antiviral, anticancer, and antimicrobial activities.
- Used for respiratory issues (chest pain, cough, asthma), skin disorders (eczema, scabies, wound healing), gout, leprosy, piles, and menstrual problems.
- Potential neuroprotective, immune-stimulating, and hepatoprotective effects, with research into uses for arthritis, Alzheimer's, and cancer.

Marketed Preparations

- Available as fresh and dried figs, fruit jams, liquid extract, herbal capsules/tablets, and topical ointments for antioxidant and skin applications.

- Featured in traditional Ayurvedic, Unani, and modern supplements; formulations for diabetes, heart health, and skin care.
- Additives in syrups, teas, health bars, and nutraceutical blends for daily wellness and therapeutic effects.