



**SIGMA<sup>®</sup>**  
**UNIVERSITY**

**Ficus**



## Synonym

- Gujarati: પીપળ(Pepri)for *Ficus virens* or *Ficus lacor*, ગુલર (gular) or ઉમબારો (umbaro)
- Hindi: पीपल(pipal),(फिक्स रिलिजियोसा) *ficus religiosa*, बरगद(फिक्स बेंधालेंसिस)
- English: Benjamin fig,Pipal tree, Fig tree

## Botanical name

- *Ficus carica*

## Family

- Moraceae

## Chemical Constituents

- Phenolic acids such as chlorogenic acid, ferulic acid, paracoumaric acid, syringic acid, and caffeic acid, which have antimicrobial and antioxidant properties.
- Flavonoids,including kaempferol, rutin, quercetin, ficusin, and other phenolic

glycosides. Triterpenoids, tannins, coumarins, and saponins.

- Fatty acids, including hexadecanoic acid (palmitic acid) and 9,12-octadecadienoic acid (linoleic acid). Organic acids like ursolic acid, maslinic acid, and caffeic acid derivatives.

## Therapeutic Uses

- Treatment of gastrointestinal disorders such as diarrhea, dysentery, colic, and indigestion.
- Management of respiratory conditions including cough, bronchitis, and sore throat.
- Anti-inflammatory and analgesic effects useful for pain relief and inflammation reduction.
- Antimicrobial activity effective against bacterial, fungal, and viral infections.
- Hepatoprotective properties helping in liver protection and treating jaundice.
- Antidiabetic effects that help lower blood sugar levels.

## Marketed Preparations

- Herbal extracts, powders, and capsules made from *Ficus* species like *Ficus racemosa*, *Ficus religiosa*, and *Ficus benghalensis* used for

treating diabetes, gastrointestinal disorders, respiratory ailments, and skin conditions.

- Wound healing ointments and creams formulated with Ficus leaf extracts, such as those from *Ficus religiosa*.
- Ayurvedic formulations and polyherbal products that contain Ficus extracts for their anti-inflammatory, antioxidant, and antimicrobial properties.