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Peepal (Holy Fig)





Synonym

- Gujarati: પિપળ (Piplo) or અસ્વત્થ (Asvattha).
- Hindi: पीपल (Pipal) or अस्वत्थ (Aswattha) .
- English: Sacred fig tree, Peepal tree, Holy fig, Bodhi tree.

Botanical name

- *Ficus religiosa*

Family

- Moraceae

Chemical Constituents

- Flavonoids, alkaloids, tannins, saponins, phenols
- Beta-sitosterol-D-glucoside, vitamin K, methyl oleanolate, lanosterol, stigmasterol
- Amino acids such as tyrosine, leucine, isoleucine, methionine, tryptophan
- Minerals like iron, copper, calcium, zinc, manganese

Therapeutic Uses

- Traditionally used for treatment of cough, asthma, diarrhoea, ear pain, toothache, skin diseases
- Anti-inflammatory, antioxidant, antimicrobial effects
- Wound healing, ulcers, fever, digestive disorders
- Diabetes management and blood sugar control
- Used for excessive menstrual bleeding and leucorrhea
- Oral health benefits: twig used as herbal toothbrush, bark decoction for gum ailments
- Effective for joint pain, inflammation, and heart health enhancement

Marketed Preparations

- Leaf juice and bark powder used in herbal formulations.
- Decoctions and infusions for respiratory, digestive, and gynecological uses.
- Herbal ointments and topical pastes for skin conditions.
- Components in ayurvedic formulations aimed at cardiovascular and general wellness.