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Banyan tree



Synonym:

Gujarati: Vad

Hindi: Bargad / Vat

English: Banyan tree / Indian Banyan

Botanical name: *Ficus benghalensis*

Family: Moraceae

Chemical Constituent:

- **Flavonoids** – antioxidant and anti-inflammatory activity
- **Tannins** – astringent, antimicrobial properties
- **Sterols** – phytosterols with metabolic benefits
- **Glycosides** – contribute to therapeutic effects
- **Leucocyanidin & β -sitosterol** – reported in bark extracts

Therapeutic Effect:

- **Antidiabetic:** Bark extracts lower blood glucose levels
- **Astringent:** Useful in diarrhea, dysentery, and bleeding disorders
- **Wound Healing:** Promotes tissue repair and reduces inflammation
- **Oral Health:** Aerial roots used as natural toothbrushes
- **Antimicrobial:** Effective against bacterial and fungal infections
- **Skin Disorders:** Used in traditional medicine for ulcers and skin eruptions

Marketed preparation:

- **Banyan Bark Powder (used in Ayurveda for diabetes and digestive issues)**
- **Herbal Extracts (capsules, tonics for blood sugar control)**

- **Ayurvedic Formulations (ointments for wounds, decoctions for diarrhea)**

Key Constituents:

- Flavonoids (antioxidant, anti-inflammatory)
- Tannins (astringent, antimicrobial)
- β -sitosterol (hypoglycemic effect)
- Leucocyanidin (wound healing, tissue regeneration)

Uses:

- **Medicinal:**
 - Diabetes management
 - Diarrhea and dysentery treatment
 - Wound healing and skin care
 - Oral hygiene (chewing aerial roots)
- **Traditional:**
 - Sacred tree in Indian culture, symbol of longevity

- **Ayurvedic:**
- Used in formulations for bleeding disorders, ulcers, and gynecological issue