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Ficus racemosa



Synonym:

Gujarati: ઉંબરો (Umbaro) or ઉંબરડો (Umbardo)

Hindi: gular / udumbara (गुडमर / उदुम्बर)

English: *Ficus glomerata*

Botanical name: *Ficus racemosa*

Family: Moraceae

Chemical Constituent:

- Flavonoids: Quercetin, Kaempferol, Rutin
- Triterpenoids: Lupeol, β -sitosterol, Racemosic acid
- Phenolic Compounds: Gallic acid, Ellagic acid, Caffeic acid
- Tannins: Present in bark and fruits
- Saponins: Found in bark and roots
- Steroids: Stigmasterol, Campesterol
- Alkaloids: Trace amounts in latex and bark
- Glycosides: Contribute to antidiabetic and hepatoprotective effects

- Latex Components: Enzymes and proteins with antimicrobial activity
- Others: Carbohydrates, amino acids, and essential oils

Therapeutic Effect:

- Antidiabetic
 - Bark and leaf extracts reduce blood glucose levels
 - Inhibit α -glucosidase and improve insulin sensitivity
- Anti-inflammatory
 - Suppresses inflammatory mediators like TNF- α and IL-6
 - Used in arthritis and chronic inflammation
- Antimicrobial
 - Active against *E. coli*, *Staphylococcus aureus*, and *Candida albicans*
 - Latex and bark extracts used in oral and skin infections
- Wound Healing

- Promotes fibroblast activity and tissue regeneration
- Used in traditional medicine for ulcers and cuts
- Antioxidant
 - Scavenges free radicals and protects against oxidative stress
 - Supports liver and cardiovascular health.

Marketed preparation:

- Ayurvedic Formulations
 - *Udumber Churna, Gular Bark Powder, Panchavalkal Kwath*
 - Used for diabetes, skin diseases, and digestive disorders
- Herbal Extracts
 - Available as tinctures, decoctions, and capsules
 - Standardized for antidiabetic and antioxidant properties
- Topical Gels and Creams

- Used for wound healing and skin infections
 - Formulated with bark or latex extracts
- Traditional Remedies
 - Bark and fruit decoctions used in folk medicine
 - Latex applied for toothache and skin ulcers
- Cosmetic Applications
- Incorporated into herbal soaps and anti-aging creams
- Promotes skin tightening and tone improvement

Key Constituents: flavonoids, tannins, phenolics, triterpenoids.

Uses: antidiarrhoeal, antidiabetic (traditional), wound healing, medicinal bark; also ornamental/shade tree.