

Ficus religiosa (Peepal)

Ficus religiosa, commonly known as peepal is one of the oldest trees in Indian literature.

Classification

Kingdom: Plantae

Family: Moraceae

Genus: *Ficus*

Geographical Distribution:

The tree is native to India and is believed to originate mainly in Northern and Eastern India. It is also found in its neighboring countries like Bangladesh, Pakistan, Nepal, Sri-Lanka and China.



Phytochemical constituents:

The bark of this tree contains lanosterol, β -sitosterol-D glucoside, bergaptol, bergapten, steroids, flavonoids, alkaloids and phenol content. The leaves have been reported to have bioactive compounds (campesterol, stigmasterol, isofucosterol, tannins, arginine, serine, aspartic acid, glycine, threonine, alanine, proline, tryptophan, tyrosine, methionine, valine, isoleucine

Medicinal uses:

- Dermatitis, scabies,
- eczema, acne,
- urticaria and blemishes
- Diabetes,
- urinary disorders like dysuria
- Helps to maintain heart function,
- Reduces the levels of triglycerides, LDL, VLDL,
- Increase pumping capacity of heart
- Improve body efficiency;
- reduce weight; natural glow, clear skin, instant energy,
- increase immunity,
- Improves digestion

