

Ficus racemosa Linn.

Botanical Name: *Ficus racemosa Linn.*

Family: Moraceae

Introduction

Udumbar (*Ficus racemosa*) is a sacred and medicinal plant in Ayurveda, Unani, and Siddha medicine. It is known for its astringent, cooling, and anti-inflammatory properties. The bark, latex, fruits, and leaves of this plant are widely used in treating diabetes, diarrhea, skin diseases, and ulcers. The tree is also revered in Hinduism and Buddhism for its religious significance.

Names in Different Indian Languages

English: Cluster Fig, Indian Fig Tree

Hindi: Gular, Umar

Kannada: Atti mara

Malayalam: Aththi

Sanskrit: Udumbar, Gular, Audumbar

Tamil: Atti

Telugu: Medi

Unani: Anjeer-e-Jangali

Synonyms

Audumbar

Gular

Nyagrodhapatra

Jantuphala

Dantashatha

Classification According to Ayurveda

Charaka Samhita:

Stambhana (Astringent)

Varnya (Enhances complexion)

Rakta-pittahara (Stops bleeding disorders)

Sushruta Samhita:

Nyagrodhadi Gana (Group of astringent herbs beneficial for skin diseases and wounds)

Vagbhata:

Shothahara (Anti-inflammatory)

Pittahara (Reduces excess Pitta)



Varieties & Adulterants (CV – Controversy, AD – Adulterants)

Varieties:

Udumbar (*Ficus racemosa*) – Most commonly used medicinal variety

Nyagrodha (*Ficus benghalensis*) – Banyan tree

Plaksha (*Ficus lacor*) – Lesser known variety

Adulterants:

Other *Ficus* species like *Ficus hispida* and *Ficus glomerata*

Part Used

Bark

Fruits

Leaves

Latex (Milky sap)

Morphology

Type: Large deciduous tree with aerial roots

Leaves: Large, broad, and rough

Bark: Smooth, light brown to grayish

Flowers: Inconspicuous, found inside the fruit

Fruits: Round, red when ripe, clustered on branches

Latex: Milky white, used in medicinal applications

Habitat & Distribution

Commonly found in tropical and subtropical regions of India, Sri Lanka, China, and Australia.

Grows in forests, riverbanks, and cultivated lands.

Chemical Constituents

Tannins – Gallic acid, Ellagic acid

Flavonoids – Quercetin, Kaempferol

Alkaloids – Bergapten, Psoralen

Vitamins & Minerals – Vitamin C, Calcium, Iron, Magnesium

Saponins & Sterols – Ficusin, β -sitosterol

Properties According to Ayurveda

Rasa (Taste): Kashaya (Astringent), Madhura (Sweet)

Guna (Qualities): Guru (Heavy), Ruksha (Dry)

Virya (Potency): Sheetala (Cooling)

Vipaka (Post-digestive effect): Madhura (Sweet)

Karma (Therapeutic actions):

Stambhana (Stops diarrhea, bleeding)

Shothahara (Anti-inflammatory)

Rakta-pittahara (Cools and purifies blood)

Vrana-rohana (Wound healing)

Mutrala (Diuretic)

Indications

Digestive Disorders – Diarrhea, dysentery, ulcers, anorexia
Respiratory Issues – Asthma, cough, bronchitis
Reproductive Health – Leucorrhea, menstrual irregularities, infertility
Urinary Problems – Kidney stones, urinary infections
Skin Diseases – Eczema, boils, wounds
Diabetes – Helps regulate blood sugar
Bleeding Disorders – Nasal bleeding, excessive menstruation, bleeding gums

Dosage

Powder: 3-6 g
Decoction: 50-100 ml
Juice: 10-20 ml
Latex: 2-5 drops (external application)

External Uses

Wound healing – The bark powder is applied to wounds.
Skin diseases – Latex is used for boils, acne, and fungal infections.
Oral health – Bark decoction is used as a mouthwash for gum infections.
Hair care – Bark paste is used for dandruff and hair fall control.

Internal Uses

Digestive System

Best for diarrhea and dysentery – Stops loose stools and soothes the gut.
Reduces acidity and heals ulcers.

Circulatory System

Stops excessive bleeding (menstrual bleeding, nasal bleeding).
Purifies blood and improves skin complexion.

Respiratory System

Useful in asthma, cough, and sore throat.

Urinary System

Diuretic action – Helps in urinary infections and kidney stones.

Reproductive System

Regulates menstrual cycle and reduces leucorrhea.
Improves male fertility and sperm count.

Skin

Antibacterial & wound healing properties.

Satmikaran (Rejuvenation)

Acts as a Rasayana (Rejuvenator), boosts immunity, and enhances vitality.

Important Ayurvedic Formulations (Yogas)

Udumbar Kwath (Decoction) – Used in bleeding disorders.

Udumbar Ghrita (Medicated Ghee) – Used in skin diseases and ulcers.

Udumbar Lepa (Paste) – Applied on wounds and burns.

Udumbar Arishta – Used for digestive and liver disorders.

Important Research Work on Udumbar

1. Anti-Diabetic Effects – Regulates blood sugar levels.
2. Wound Healing Properties – Latex promotes faster recovery of wounds.
3. Anti-Inflammatory – Effective in arthritis and inflammatory diseases.
4. Anti-Bacterial & Anti-Fungal – Helps in oral health and skin infections.
5. Cardioprotective Properties – Strengthens the heart muscles.
6. Anti-Cancerous Potential – Contains bioactive compounds with anti-tumor effects.
7. Liver Protective Action – Helps in hepatitis and liver detoxification.

Therapeutic Uses

1. Diarrhea & Dysentery – Bark decoction with honey is highly effective.
2. Bleeding Disorders – Stops nasal bleeding and heavy menstruation.
3. Wound Healing – Latex and bark paste applied externally.
4. Diabetes – Udumbar bark powder with water helps control blood sugar.
5. Oral Health – Decoction used as a mouthwash for gum infections.
6. Liver Disorders – Used for fatty liver and jaundice.

Udumbar is a highly revered medicinal plant in Ayurveda, known for its astringent, cooling, and healing properties. It is effective in digestive, urinary, skin, and bleeding disorders, making it an essential herb for holistic health.