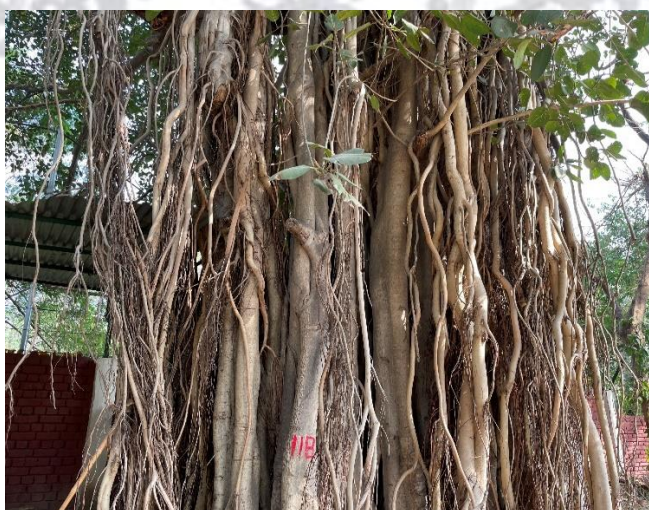




Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Ficus benghalensis</i> L.
COMMON NAME	Banyan Tree, Bargad ka Ped, Vat Vriksh
FAMILY	Moraceae



DISTRIBUTION Asia, India, Myanmar, Thailand, Southern China and Malaysia.

FUN FACT According to mythology the three main Hindu gods– Shiva, Vishnu and Brahma - reside in branches, bark and roots of this tree respectively. In Sanatan dharma, it is an icon of immortality and longevity. Lord Buddha sat under this tree when he attained enlightenment, so it is often referred to as “the Bodhi tree”.

COMMON USES

1. The milky latex of the bark when applied on the wounds quickens. Their healing and also provides instant relief.
2. Vaginal infections can be treated with its bark's decoction.
3. Tender leaves when given to pregnant women as a herbal decoction help in boosting the uterine muscles movement.
4. Premature ejaculation can be dealt with the tree's latex.
5. Bruises, toothache, cracked soles, painful joints can also be treated by its milky latex.
6. It also helps in treating and maintaining female fertility by drinking tonic formed by mixing the powdered root with milk.

However, this information to be used only under medical supervision

REFERENCES

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8707271/>
2. https://www.researchgate.net/publication/332012650_Ficus_benghalensis_Lin_n_A_TRIBAL_MEDICINE_WITH_VAST_COMMERCIAL_POTENTIAL
3. https://www.researchgate.net/publication/276208116_Ficus_benghalensis_Lin_n_-_The_Sacred_Indian_Medicinal_Tree_with_Potent_Pharmacological_Remedies
4. <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:852482-1>