



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME

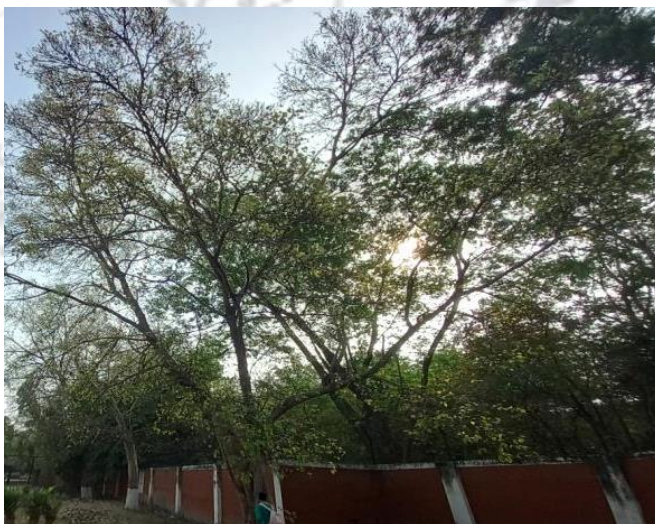
Ficus religiosa L.

COMMON NAME

Peepal, Pipal, Bodhi Tree, Sacred Fig

FAMILY

Moraceae

**DISTRIBUTION**

It is extensively found extensively in India, Burma, China, Pakistan, Bangladesh and Thailand.

FUN FACT

This tree is considered sacred in both Hindu and Buddhist religions.

COMMON USES

- 1) Its branches are used like a toothbrush to brush teeth.
- 2) It has anti-ulcer and antibacterial properties.
- 3) Its leaves help in regulating the menstrual cycle.
- 4) Its fruit has laxative properties.
- 5) The latex of the tree is used as a tonic, and fruit powder can help treat asthma.
- 6) The bark of the tree has anti-diabetic properties.
- 7) It can be used to treat skin diseases as well.

However, this information must be used only under medical supervision.

REFERENCES

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249921/>
- 2) [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249921/#:~:text=Ficus%20religiosa%20\(L.\)%2C,of%20gonorrhea%20and%20skin%20diseases.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249921/#:~:text=Ficus%20religiosa%20(L.)%2C,of%20gonorrhea%20and%20skin%20diseases.)
- 3) http://www.efloras.org/florataxon.aspx?flora_id=5&taxon_id=200006369