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## Medicinal *Ficus* Species of Temple city of Odisha

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### ABSTRACT

*Medicinal plants have been discovered and used in medicine practices since prehistoric times. Ficus is the one of the known genera belongs to family Moraceae about 37 genera and about 1100 species. Genus Ficus grows in Tropical and Sub-tropical regions. It is a source of traditional medicines which is used in the treatment of many diseases. Therefore, genus Ficus was taken to study its medicinal uses. The study revealed that different species of Ficus are available in Bhubaneswar (Temple City) and plant parts are used in the treatment of dysentery, diabetics, jaundice and skin diseases.*

### INTRODUCTION

From ancient time people depend on plants for medicine. People believes that plants are gifted by god which provide medicine, food etc (Ahvazi et al. 2012). Genus *Ficus* has been used to cure many health problems like gastrointestinal tract respiratory system, infectious disorders etc (Singh et al. 2011). Genus *Ficus* have more than 800 species which are widely distributed in Tropical and Sub-tropical regions (Loutfy et al. 2005).

Plants belongs to this family possess latex which is the main characteristic of this family. Latex is very useful in preparing arrow poison, rubber, glue etc. These plants play an important role economically by producing timbers (Rohwer & Berg 1993). There is a wide range of economical and medicinal potential role of this species in Homoeopathy, Siddha, Unani and Ayurveda (Priya et al. 2015). Some *Ficus* species are

also worshipped by Hindus and Buddhist in various occasions, for which they are planted widely (Sharma et al. 2011). Keeping the importance of ficus species, a survey was done to enumerate the *Ficus* species available in Temple City (Bhubaneswar) of Odisha. The present study highlights the medicinal impact of *Ficus* species.

## MATERIALS AND METHORDS

### *Study area*

The temple city Bhubaneswar is situated in the Khorda district of Odisha. It is about 65

km away from Bay of Bengal at an altitude 25.9 meters and Latitude of 25 o 15' North and longitude of 85 o 52' West (Behera et al. 2008). Field studies were carried out in 2017 in different places of Bhubaneswar like Dhaulagiri, Khandagiri, Udayagiri with the aim to study the *Ficus* species and their medicinal uses (Figure1). The plants were identified by following “Flora of Odisha” by Saxena and Brahmam (1995). Then by discussing with the local people and literature survey, the medicinal uses were noted.



**Figure 1: Enumeration of *Ficus* species in Bhubaneswar**

## RESULTS AND DISCUSSION

### **1. *Ficus religiosa* (Figure 2B)**

**Common name:** Sacred fig

**Local name:** Ashwattha

**Medicinal Uses:** According to Ayurveda formulation of its bark and leaf infusion is used to treat dysentery (Singh & Panda 2005). The bark paste is also used in the treatment of skin allergies (Rajkumar & Shivanna 1995). Bark paste of this plant also used in treatment of burns (Warrier et al. 1995). Adventitious root of *F. religiosa*

is crushed with water and sugar and use in treatment of chicken pox (Tomar 2009).

### **2. *Ficus hispida***

**Common name:** Baidimbiri

**Local name:** Baidimiri

**Medicinal Uses:** Leaf, bark and root extracts are used by tribal in treatment of jaundice and diabetics (Shanmugarajan et al. 2008). Leaf extract of *F. hispida* is used in treatment of diarrhoea (Subhash et al. 2002).

### 3. *Ficus benghalensis* (Figure 2A)

**Common Name:** Banyan Tree

**Local Name:** Baro

**Medicinal Uses:** It plays a vital role to cure some disease. Leaves of *Ficus benghalensis* contain flavonoids which is responsible for antioxidant effect. Traditionally, it is used for the treatment of Ulcers, Vomiting, Fever, Inflammation, Leprosy. Areal roots are used for the treatment of gonorrhoea, seeds & fruits are cooling and is also used in diarrhoea, dysentery and diabetes (Tripathi et al. 2015).

### 4. *Ficus racemose*

**Common Name:** Cluster fig

**Local Name:** Panidimiri

**Medicinal Uses:** The bark of the plant is used to cure gum condition in mouth, dysentery, menorrhoea, haemoptysis, and diabetes. The latex is used to cure stomach-ache (Ahmed & Urooj 2010). Traditionally, the plant is used for the treatment of various disorders like diabetes, liver disorders, diarrhoea, inflammatory conditions, haemorrhoids, respiratory and urinary diseases (Deep et al. 2013).

### 5. *Ficus elastica* (Figure 2D)

**Common name:** Indian rubber bush

**Local name:** Rubber

**Medicinal Uses:** Bark, fruits and leaves of *Ficus elastica* is used in the treatment of dysentery, diarrhoea, toothache, bone fracture etc (Nisar et al. 2014).

### 6. *Ficus benjamina*

**Common Name:** Weeping fig

**Local Name:** Jili pukar

**Medicinal Uses:** Twigs are used as insect repellent by keeping them under the beds. Leaf juice is used as flea and bug repellent (Kunwar et al.2006).

### 7. *Ficus virens*

**Common Name:** White fig

**Local name:** Kua-jari

**Medicinal Uses:** The tender leaves are eaten as vegetable and also used as the treatment of Diarrhoea, Stomachache. It has also antioxidant activity which is used for prevention and treatment of many disease (Sittui et al. 2013).

### 8. *Ficus tinctoria* (Figure 2C)

**Common name:** Dye fig

**Local name:** Jhirang

**Medicinal Uses:** A decoction of plant juice and leaves is used as a tonic for weakness after the child birth (present study). The plant juice and leaves are also used as a dressing for broken bones (Smith 1979).



**Figure 2: A) *Ficus benghalensis*; B) *Ficus religiosa*; C) *Ficus tinctoria*; D) *Ficus elastica***

## CONCLUSION

The above study revealed that the genus *Ficus* have diverse medicinal values used in treatment of diabetics, jaundice, skin disease etc. Therefore, need to conserve them in urban areas like, Bhubaneswar, Odisha.

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