{Udumbara}

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{Ficus racemosa}

{Moraceae}

|  |  |
| --- | --- |
| Tamil | {Athi} |
| Malayalam | {Atti} |
| Hindi | {Gular} |
| English | {Country fig} |

Description

{  
Athi (Udumbara, Ficus racemosa) is a large deciduous tree from the Moraceae family, revered in Ayurveda for its medicinal bark, fruit, and latex.  
  
Habitat: Commonly found throughout India in moist, fertile soils, especially near rivers, ponds, and temple areas. It is a sacred tree often planted in temple compounds.  
  
Morphology: The tree grows up to 15–20 m tall, with spreading branches and a rough greyish bark. Leaves are ovate, dark green, and alternate. Fruits (figs) appear in clusters on the trunk and branches, green when raw, turning reddish or purplish on ripening. The latex is white and sticky.  
  
Grahya Lakṣaṇa: The bark should be smooth, fresh, and astringent to taste. Fruits should be firm, unshriveled, and free from insect infestation. Latex should be thick, white, and not watery.}

Useful Parts

{Bark, fruit, leaves,latex}

Benefits

1. {1. Diabetes control – Decoction of bark and fruit helps regulate blood sugar levels.  
   2. Bleeding disorders – Bark decoction is styptic, useful in rakta-pitta (bleeding disorders), menorrhagia, and bleeding gums.  
   3. Digestive health – Fruit and bark are used in diarrhea, dysentery, and indigestion due to astringent properties.  
   4. Wound healing – Latex and bark paste applied externally promotes healing of ulcers, wounds, and boils.  
   5. Skin diseases – Useful in eczema, leprosy, and other chronic skin conditions.  
   6. Urinary health – Decoction helps in burning micturition and urinary tract infections.  
   7. Respiratory health – Fruit is beneficial in cough, cold, and asthma.  
   8. Oral care – Chewing bark strengthens gums and teeth, prevents gingivitis.  
   9. Anti-inflammatory – Reduces swelling and pain in arthritis and localized inflammation.}

Pharmacological Action

* {Antidiabetic  
  Astringent  
  Anti-inflammatory  
  Antimicrobial  
  Wound healing}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Kashaya, Madhura } |
| Guna | {Laghu, ruksha } |
| Virya | {Shita } |
| Vipaka | {Katu} |
| Karma | {Pitta, kapha shamaka} |