{Vata , Nyagroda , Bahu pada.}

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{Ficus benghalensis}

{Moraceae }

|  |  |
| --- | --- |
| Tamil | {ஆலமரம்} |
| Malayalam | {Vatam} |
| Hindi | {Vata} |
| English | {Banyan tree} |

Description

{Ficus benghalensis, commonly known as the banyan tree, is a large, evergreen tree native to the Indian subcontinent. It's characterized by its massive size, spreading crown, and aerial roots that descend from branches to the ground, eventually forming new trunks. The tree can grow to 20-30 meters or more in height and can spread out over a large area. }

Useful Parts

{Twak (stem bark), kshira (latex), Patra (leaf), Arial root and phala (fruit)}

Benefits

1. {1. Used as a constipative and stop vomiting sensation.  
   2. Used to cleans wound.   
   3. Used to improve skin luster.  
   4. Acts as a coolant.  
   5. Useful in bleeding disorder.  
   6. Having anti inflammatory property.}

Pharmacological Action

* {Hypoglycemic, hypotensive, Anti diabetic, antioxidant, hypocholestrolemic.}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Kasaya.} |
| Guna | {Guru , Ruksha.} |
| Virya | {Katu} |
| Vipaka | {Sita} |
| Karma | {Kapha, pitta samaka.} |