

# Sri Satya Sai Murlidhar Ayurvedic College & Hospital Moga (Punjab) -142001

## UDUMBRA

**Botanical Name :** *Ficus racemosa* Linn.

**Family :** Moraceae

### **Introduction :**

Udumbara is one of the few extensively described plants in the vedic literature. Atharva veda quotes that Udumbara Mani dhārana enhances the strength of human body.

Scientific classification: Figs constitute the genus *Ficus*, of the family Moraceae. The common commercial fig is classified as *Ficus carica*, *Ficus racemosa*, the sycamore fig as *Ficus sycomorus*, and the pipal, or sacred fig, as *Ficus religiosa*. The common rubber plant is classified as *Ficus elastica*, and the banyan tree, or Indian fig, as *Ficus bengalensis*. The two figs native to the subtropical United States are classified as *Ficus aurea* and *Ficus citrifolia*.

### **Names in different Indian languages :**

English: Cluster Fig

Hindi: Gular, umar

Kannada: Atti

Malayalam: Atti

Sanskrit: Udumbarah, sadaphalah

Tamil: Attiu

Telugu: Udambarah, paidi

Unani: Anjir-e-Aadam, Anjir-e-Ahmak, Gular

### **Synonyms :**

Sadaaphala, Hema-daudhaka, Jantuphala, Yagyaanga.

*Ficus glomerata* Roxb.

### **Classification according to Charaka, Susruta & Vagbhata :**

Charaka: Mūtrasangrahanīya, Kasāyaskañḍha

Susrutha: Nyagrodhadigana

Vagbhata: Nyagrodhādi

### **Varieties & adulterants – (CV – controversy, AD – adulterants) :**

1. Udumbara (*F. glomerata*)
2. Kāhodumbara/Kakodumbara (*F. hispida*)
3. Nadyodumbara-*F. carica* [CV]
  - Ficus krishnae*
  - Ficus virens*



**Morphology :**

A moderate to large deciduous tree, 10 – 12 m. high.

Bark— smooth, reddish-grey.

Leaves— 3-veined, elliptic, ovate or ovate-lanceolate.

Fruits— borne in large clusters on short leaflet branches derived from the trunk and main branches, subglobose or pyriform, 2.5-5.5 cm diameter red when ripe.

**Habitat & Distribution :**

Almost throughout India.

**Chemical composition :**

Gluacol, beta-sitosterol, lupeol acetate, friedelin, phytosterols

Tree contains tannins, wax, rubber and ash which contains silica and phosphoric acid.

Leaves & Fruits— gluacol

Fruits— beta Sitosterol, lupeol acetate, friedelin, phytosterols etc.

Bark—beta sitosterol, ceryl behenate, lupeol, friedelin

**Properties :**

Rasa- Kasāya                      Guna - Guru, Rūkṣa

Virya - sita                        Vipāka - Katu

**Karma :** Pitta-kaphahara, Vrana ropana-swedhana, varnya  
astringent, carminative, digestive, stomachic

Indications— svitra, Vātarakta, Vrana, Rakta vikāra, Murchā, Kandabhagna, Dāha, Yoniroga, Raktapitta, Atisāra etc

menorrhagia, leucorrhoea, urinary disorders, skin diseases, swellings, boils, haemorrhages, diarrhoea, dyspepsia, dysentery

**Parts used :**

Bark, fruit, latex and roots.

**Dosage :**

powder 5-10 g. decoction 50 -100 ml., latex 5-10 drops

**External uses :**

Reduces oedema – its latex is used as liniment for swelling and pain. For wound healing its raw stem is used in the form of liniment. A thick decoction of bark is applied locally for stomatitis. Topical use reduces burning sensation. Extract of bark is used as mouthwash and gargling in pharyngitis and stomatitis udumbaras.

### Internal uses :

**Digestive system** : Agnisadak and astringent. Ripe fruits are anthelmintic. Because of the astringent property, decoction of bark is given in dysentery and diarrhoea associated with bleeding per rectum and spruce raw fruits are given as cooked vegetables. The latex with sugar is used for infantile diarrhea and teething problems. In case of bhasmakroga, the powder or bark is given with human milk and water. Fruit juice is given for hiccups.

**Circulatory system** : Udumbar is raktagarni, so bark and fruits are used in haemorrhagic disorders. Hall a leaf is given with betel leaves for treating jaundice.

**Reproductive system** : Decoction of the bark is useful in menorrhagia and leucorrhoea. In Uttar basti a decoction is given. It is also used for fetal nutrition. Its latex along with sugar or sugar preparation known as batasa is recommended in sperm debility. Regular consumption of ripe fruits causes sterility.

**Urinary system** : It is an antidiuretic. In prameha . the decoction of bark and ripe fruits is given. In diabetes, juice of fruits or roots is given.

**Temperature** : Ripe fruits being refrigerant, are given for treating fever.

**Parts used** : Bark, fruit, latex. It is believed that water is found near the udumbar tree which may mean that udumbar free grows near a water source. Ripe fruits are very good in healing, burning sensation and wounds. The burning sensation on the fingers of Narasimha when he tore open Hiranyakashyapu's stomach was ameliorated by the fruits of udumbara.

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### Important Yogas or Formations :

udumbarāditailla, PañcavalkajaKvātha

### Important research work going on :

- (1) diabetic rabbits
- (2) hypotensive and vasodilator effect
- (3) antiprotozoal activity
- (4) cardiac-depressive effect

### Therapeutic Uses :

- (1) **Garbhapata**— Udumbara fruit decoction is mixed with sāli rice powder and sugar is administered with honey (R.M.).
- (2) **Hikkā**— Ash of Udumbara bark is mixed with honey and ghee and given (S.S.Ut. 50).
- (3) **Pramehapitikā**— Udumbaraksira is applied external, (G.N.).
- (4) **Pumsavana**— Vandāka growing on Udumbara tree is given with goats milk — (V. D.).