

Ficus Racemosa

(Cluster fig)



Ficus racemosa, the cluster fig, red river fig or gular, is a species of plant in the family Moraceae. It is native to Australia and tropical Asia. It is a fast-growing plant with large, very rough leaves, usually attaining the size of a large shrub, although older specimens can grow quite large and gnarled. It is unusual in that its figs grow on or close to the tree trunk, termed cauliflory.

The fruits are commonly eaten as a vegetable after the seeds have been discarded and made into stir-fries and curries. The fruits are a favorite staple of the common Indian macaque. It serves as a food plant for the caterpillars of the two-brand crow butterfly (*Euploea Sylvester*) of northern Australia.

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Scientifically called *Ficus racemosa*, the Indian fig tree is a relative of banyan and is popularly known as cluster fig or country fig. The fruit is called anjeer in Urdu. The name is popular in Hindi as well. Bengalis better know it as dumur

In Buddhism

Both the tree and the flower are referred to as the Audumbara (Sanskrit, Pali; Devanagari: औदुम्बर) in Buddhism. Udumbara can also refer to the blue lotus (nila-udumbara, "blue udumbara") flower. The udumbara flower appears in chapters 2 and 27 of the Lotus Sutra, an important Mahayana Buddhist text. The Japanese word udon-ge (literally "upon/udumbara flower") was used by Dōgen Zenji to refer to the flower of the udumbara tree in chapter 68 of the Shōbōgenzō ("Treasury of the Eye of the True Dharma"). Dōgen places the udonge in the context of the Flower Sermon given by Gautama Buddha on Vulture Peak. Udonge is also used to refer to the eggs of the lacewing insect.

The eggs are laid in a pattern like a flower, and its shape is used for divination in Asian fortune telling.

Considered to be quite sacred in the Hindu religion, the tree also known as Udumbara in Sanskrit finds mention in ancient historical and Hindu religious books. It is also famously known as the Blue Lotus amongst Buddhists. A deciduous tree, the Indian fig tree grows to a height of about 10 to 16 meters.

In Theravada Buddhism, the plant is said to have used as the tree for achieved enlightenment (bodhi) by the 26th Lord Buddha, Konaagama (Sinhala)

he Ovambo people call the fruit of the cluster fig eenghwiyu and use it to distill ombike, their traditional liquor.

Other uses-

The bark of *Ficus racemosa* is used as a home remedy. In India, the bark is rubbed on a stone with water to make a paste, which can be applied to boils or mosquito bites. Allow the paste to dry on the skin and reapply after a few hours. The rough leaves of the plant can also be used to remove caterpillar bristles lodged in skin. A common folk remedy is to rub the affected area lightly with a leaf, which effectively dislodges the stinging hairs.

The fruits are also a good source of potassium to balance fluid levels in the body, riboflavin to produce energy, and iron to build the protein hemoglobin to transport oxygen in the blood. In Ayurveda, Cluster figs are used as an anti-inflammatory, cleansing, and blood purifying ingredient.

Ficus racemosa (Moraceae) is a popular medicinal plant in India, which has long been used in Ayurveda, the ancient system of Indian medicine, for various diseases/disorders including diabetes, liver disorders, diarrhea, inflammatory conditions, hemorrhoids, respiratory, and urinary diseases.

Ficus racemosa was found to be intermediate to air pollution, and *Polyantha longifolia* was tolerant of air pollution in Shivajinagar and Pashan areas. Thus, *Ficus racemosa* & *Polyantha longifolia* can be planted to mitigate air pollution.

Is Ficus a good indoor plant-

The *Ficus* genus of ornamental plants is a range of species which are very popular for growing indoors, whether in a house, conservatory, office, or hotel. They are not hard plants to grow; most people just above beginner level can grow and maintain them very well

References-

- https://en.wikipedia.org/wiki/Ficus_racemosa