

# Peepal

**Botanical Name-** *Ficus religiosa*

**Family:** *Meliaceae*

**Local Name-**Peepal

**Hindi- Name-**पीपल

**Parts used-**Bark, Leaves

*Ficus religiosa* is an evergreen or deciduous tree, 20 m tall and 1.5-2 m dbh, irregularly-shaped, with wide-spreading branches and without aerial roots from the branches. The trunk is regularly shaped, often with low buttresses. Bark is grey with brownish specks, smooth, exfoliating in irregular rounded flakes. It is considered a sacred tree in Hinduism. It is believed that Lord Vishnu, Lord Shiva, and Lord Brahma reside in the Peepal tree, it is said to be the tree under which Lord Vishnu rests during Yoga Nidra, also Lord Krishna, as a child, is believed to have played in the vicinity of a Peepal tree. The Peepal tree, also known as the Bodhi tree or *Ficus religiosa*, is a sacred tree in Hinduism, Buddhism, and Jainism, holding significant cultural, religious, and environmental importance. It is revered as the tree under which Siddhartha Gautama attained enlightenment, becoming the Buddha. In Hinduism, it is believed to be the abode of various deities and is often worshipped. Different parts of the Peepal such as root bark, stem bark, roots, leaves, and fruits are used to manage conditions like high blood sugar levels, constipation, and asthma. Peepal is beneficial for managing skin diseases. The topical application of Peepal leaf extract in the form of ointment helps in wound healing. It helps in reducing the inflammation related to eczema due to its anti-inflammatory property. Peepal bark helps reduce the symptoms of diarrhea by contracting the mucosal cells or other body tissues due to its astringent property. The dried powder of Peepal bark is used in the management of respiratory problems due to its anti-allergic property. The pills made from powdered Peepal leaves might be used to manage constipation due to its laxative property.