

## Fig tree

**Botanical Name:** *Ficus carica*

**Family:** Moraceae

**Common Name:** Anjeer

**Hindi Name:** अंजीर

**Part Used:** Fruit, Leaves, Latex, Bark and Wood

A *Ficus carica* plant is a small deciduous tree or large shrub growing up to 7–10 m (23–33 ft) tall, with smooth white bark. Its large leaves have three to five deep lobes. Its fruit (referred to as syconium, a type of multiple fruit) is tear-shaped, 3–5 cm (1–2 in) long. The common fig tree, *Ficus carica*, is believed to have originated in southwest Asia, extending from Asiatic Turkey to northern India. It has been cultivated in the Mediterranean region for millennia. Archaeological evidence suggests the domestication of the fig tree occurred around 6500 years ago in the Near East, with some evidence suggesting even older cultivation dates back to 10,000 BCE in the Lower Jordan Valley. In the medicinal use Fig Leaf is used for diabetes, high cholesterol, and skin conditions such as eczema, psoriasis, and vitiligo. Some people apply the milky sap (LATEX) from the tree directly to the skin to treat skin tumors and warts. Fig leaf and fruit contain chemicals that might help move food through the intestines better. It also contains chemicals that might help control blood sugar and cholesterol levels. People use fig for constipation, diarrhea, diabetes, eczema, and many other conditions, but there is no good scientific evidence to support these uses. Fig also used in Cure constipation, stomach, problems such nausea, general pain or digestive problems, mouth cleaner mouth sores, inflammation, cough, insect bites, warts and corns and mouth disorders can be healed with fig water.