

White Fig

Botanical Name: *Ficus citrifolia*

Family: Moraceae

Common Name: Pakad

Hindi Name: पाखड़

Part Used: Leave, bark, fruits

Ficus citrifolia grows as a large tree to 15 meters in height, a trunk to 50 cm in diameter. Aerial roots occasionally form from the branches but rarely become secondary trunks. The leaves are arranged alternately, to 15 cm in length, ovate to elliptic with an entire margin, an acuminate leaf apex and often with a chordate leaf base. The White Fig, botanically known as *Ficus virens*, is native to tropical and subtropical regions of Asia, including India, Southeast Asia, and northern Australia. It's also sometimes referred to as Pilkhan. A white fig is a good source of dietary fiber, vitamins, and minerals. One 100g serving of white figs contains approximately 74 calories, 19g of carbohydrates, 2.9g of fiber, and 16g of sugars. It also provides small amounts of protein, fat, and various vitamins and minerals, including potassium, calcium, and iron. White figs, like all varieties of figs, offer various medicinal benefits. They are a good source of fiber, which aids digestion and can help relieve constipation. They also contain prebiotics that support gut health. Additionally, figs are rich in calcium and potassium, contributing to bone density and potentially reducing the risk of osteoporosis. Some research suggests that fig extracts may have a positive impact on blood pressure, potentially due to their potassium content. Figs contain antioxidants and other compounds that may have anti-inflammatory and anti-cancer effects. They have also been linked to improved skin health and may aid in managing weight.

