

Gular

Botanical Name: *Ficus raseмосa*

Family: Moraceae

Common Name: Cluster fig or red river fig

Hindi Name: गूलर, कठगूलर

Part Used: Bark, fruit, leaves and roots.

The *Ficus raseмосa* tree 25-30 m tall, d.b.h. 60-90 cm; monoecious. Bark grayish brown, smooth. Branchlets, young leaf blades, and figs with bent hairs or densely covered with white soft pubescence. Branchlets brown. Stipules ovate-lanceolate, 1.5-2 cm, membranous, pubescent. The native location of the Gular tree, also known as the Cluster Fig or Indian Fig tree (*Ficus racemosa*), is the Indian subcontinent and Southeast Asia. It is also found in Australia and Malaysia. The tree 25-30 m tall, d.b.h. 60-90 cm; monoecious. Bark grayish brown, smooth. Branchlets, young leaf blades, and figs with bent hairs or densely covered with white soft pubescence. Branchlets brown. Stipules ovate-lanceolate, 1.5-2 cm, membranous, pubescent. The tree and its fruit are known as "gular" in northern India and "atti" in the south, reflecting its cultural importance. Gular, also known as the Cluster fig, is a good source of various nutrients, including vitamins, minerals, and fiber. It's particularly rich in vitamins A, C, and K, as well as minerals like potassium, iron, calcium, and magnesium. Gular is also a good source of dietary fiber, which can aid in digestion and help regulate blood sugar levels. In medicinal properties the tree's leaves, fruits, root, and bark are all valued for their therapeutic potential, with applications ranging from diabetes and liver disorders to skin issues and digestive problems. It is used in diabetes, Liver disorder, Skin problem, Respiratory Problems, Inflammatory Conditions, Urinary Diseases. Gular is also used to treat mosquito bites, menstrual disorders, and anemia.

