

## White fig variegated

**Botanical Name:** *Ficus virens variegated*

**Family:** Moraceae

**Common Name:** White Fig or Spotted White Fig.

**Hindi Name:** पाखड़, पिलखन

**Part Used:** Bark, fruit, leaves

### Importance

*Ficus virens variegated* is a medium-sized tree which grows to a height of 24–27 metres (79–89 ft) in dry areas and up to 32 metres (105 ft) tall in wetter areas. It is a fig tree belonging to the group of trees known as strangler figs, which is because its seeds can germinate on other trees and grow to strangle and eventually kill the host tree. *Ficus virens*, including its variegated forms like 'Snowstorm', is native to various regions in Asia and Australia. Specifically, it's found in areas from Pakistan to Southeast Asia, including India, Malaysia, and Northern Australia. *Ficus virens*, also known as Pilkhan or Spotted Fig, does not have significant nutritional value in a traditional dietary sense. While it contains some minerals like calcium and phosphorus, it's not a primary source of nutrients for humans. The plant is more known for its ethnomedicinal uses and potential phytochemicals with antioxidant and anti-inflammatory properties. *Ficus virens* is used in various traditional medicine systems for a range of ailments, including indigestion, diabetes, urinary problems, and more. The plant contains various phytochemicals like flavonoids, phenolics, and terpenoids, which are linked to antioxidant and anti-inflammatory effects. *Ficus virens* may have potential as an anti-diabetic, antioxidant, anti-cancer, and anti-inflammatory agent. The concentrated extract of the bark is used as an injection in leucorrhoea treatment. It can also be used as a wash for skin ulcers, gargling, and bone fractures.

