

# Banyan variegated fig

**Botanical Name:** *Ficus benghalensis variegata*

Family: [Moraceae](#)

**Common Name:** Variegated Banyan Tree

**Hindi Name:** बरगद

**Part Used:** Fruits, leaves, bark, latex

The *Ficus Benghalensis Variegata*, more commonly known as Variegated Banyan Tree is well-loved by ficus enthusiasts or its thick glossy leaves and beautiful variegations. The plant resembles rubber plant in its appearance except for its dark green and yellow variegations against which the beautiful light green veins contrast beautifully. Also considered to be a lucky plant for both homes and office spaces, the benghalensis is an easy to care for plant that needs partial to bright light. It is an airpurifying plant that can fit equally well in both indoor as well as outdoor gardens. *Ficus benghalensis* is an evergreen tree with a wide, spreading crown; it can grow 20 - 30 metres or more tall. The plant usually begins life as an epiphyte, growing in the branch of another tree; as it grows older it sends down aerial roots which, when they reach the ground quickly form roots and become much thicker and more vigorous. They supply nutrients to the fig, allowing it to grow faster than the host tree. The aerial roots gradually encircle the host tree, preventing its main trunk from expanding, whilst at the same time the foliage smothers the foliage of the host. Eventually the host dies, leaving the fig to carry on growing without competition. It can become a very large, spreading tree in time, with some specimens several hundred metres across and producing aerial roots from the spreading branches that eventually become new trunks and allow the crown to spread even further. The tree is harvested from the wild for its edible fruit and medicinal uses. It also supplies a timber and a material for tying. The tree is considered sacred by Hindus and is commonly planted for religious purposes, it is also grown as an ornamental and to provide shade along roads as well as in parks and large gardens.

The banyan tree (*Ficus benghalensis*), including the variegated variety, has been used in traditional medicine for centuries, primarily in Ayurveda, for a wide range of ailments. Its bark, leaves, latex, and fruits have been used to treat conditions like gastrointestinal problems, anti-tumour, anti-ulcer, anti-diabetic, lipid lowering, toothache, bruises, painful areas, rheumatic joints and lumbago, anti-bacterial, Anti-HIV-1 integrase activities. It is also useful in respiratory problems asthma, sexual disorders, diarrhoea, haematuria, ear-ache, migraine, eye problems, gastric complaints and scabies.