

Banyan Tree

Botanical Name: *Ficus benghalensis*

Family: Mulberry family (Moraceae)

Common Name: Indian banyan

Hindi Name: वट वृक्ष

Part Used: bark, leaves, roots, and latex.

The Banyan tree, scientifically known as *Ficus benghalensis*, is a significant and iconic species, particularly in India where it is the national tree. This tree, belonging to the fig family, is renowned for its massive size, extensive root system, and ability to spread and regenerate over long periods. Banyans are also notable for their cultural and religious significance, often revered in various traditions. Banyan Can reach heights of up to 30 meters (100 feet) and spreads laterally indefinitely, often forming dense thickets.

Banyan is considered a holy plant and is also known as the National tree of India. It is worshipped by many and is planted around homes and temples. Banyan has many health benefits. It helps manage blood glucose levels by increasing insulin secretion due to its antioxidant properties. The antioxidants present in Banyan also helps to lower bad cholesterol levels. As per Ayurveda, it is useful in diarrhea and female problems like leucorrhea due to its Kashaya (astringent) property. Banyan helps in reducing pain and inflammation associated with arthritis because of its anti-inflammatory and analgesic properties. Applying a paste of Banyan bark on gums reduces inflammation of gums due to its anti-inflammatory property