

Therapeutic potential of *Ficus palmata*

Aditi Rikhari^{1*}, Akansha¹ and Parul Sharma²

¹Sharda University, India

²Banasthali University, India

Herbs are being used as a medicine since the oldest time to care of human health in all cultures throughout the traditional times. *Ficus palmata* is a herbaceous perennial plant belonging to the *Moraceae* family; however, the fruits are also used as a dry vegetable. The nutritional, phytochemical and antioxidant properties of *Ficus palmata* were analyzed. Moisture, ash, fat, fiber, protein and carbohydrate were analyzed in this study. Minerals like calcium, iron, phosphorus and zinc were also analyzed. The results of macronutrients were moisture (48.20 ± 0.10), ash (4.06 ± 0.15), fat (4.71 ± 0.20), fiber (17.65 ± 0.14), protein (4.06 ± 0.08) and carbohydrate (20.78 ± 0.10) g/100 gm respectively. Calcium (1.54 ± 0.13), iron (0.018 ± 0.02), phosphorus (1.88 ± 0.02), magnesium (0.92 ± 0.15) and potassium (1.58 ± 0.20) mg/100 gm were also found in the *Ficus palmata*. On the basis of the present study, it was found that the ficus fruit richly contains different macro as well as micro nutrients. Phytoconstituents like alkaloids, steroids, fats & fixed oil, flavonoids, tannins, proteins and carbohydrates are present in the fruit of *Ficus palmata*. The study showed that being a wild plant of Uttarakhand *Ficus palmata* can be used in the daily life as a fruit and a dry fruit and can be helpful in various diseases. *Ficus palmata* plant is useful in various diseases like gastrointestinal, hypoglycemic, insulin levels and antifungal activities. The fruit also can be used as anti-tumour, anti-ulcer and anti-diabetic, lipid lowering fruit for people with less buying capacity.

Keywords: Flavonoids, Anti-tumour, Anti-ulcer, Anti-diabetic, Tannin.

Biography

Aditi Rikhari has her experience in the field of clinical and community research; she holds an experience of research and teaching of more than 5 years. She has completed her Graduation and Post-graduation from Banasthali University Rajasthan. She has been recently working as an Assistant professor in Sharda University. Her interest lies in both clinical and community based research.

Received: August 23, 2022; **Accepted:** August 25, 2022; **Published:** February 13, 2023