

## *Ficus benjamina* L.

Family: Moraceae

Bengali/tribal name: Lakhya-pakur

English name: Weeping fig, Benjamin fig

*Ficus benjamina*, commonly known as the variegated weeping fig, is a variety of the weeping fig with distinctive green and cream-colored foliage. While it is primarily grown as an ornamental plant, there are some traditional medicinal uses and potential benefits associated with this plant:



1. **Anti-inflammatory Properties:** In some traditional practices, extracts from *Ficus benjamina* are used for their anti-inflammatory effects. This can help reduce inflammation and alleviate symptoms related to inflammatory conditions.
2. **Antioxidant Effects:** The plant may contain compounds with antioxidant properties that help neutralize free radicals and reduce oxidative stress, contributing to overall health.
3. **Skin Health:** Traditional uses sometimes include using *Ficus benjamina* extracts to address skin issues. It may have potential benefits for treating minor skin irritations and improving skin health, although scientific evidence is limited.
4. **Antimicrobial Activity:** Some traditional uses involve applying plant extracts to help combat minor infections due to their potential antimicrobial properties. This includes bacterial and fungal infections.
5. **Respiratory Health:** In traditional medicine, *Ficus benjamina* may be used to address respiratory issues. It is sometimes employed to alleviate symptoms associated with colds and coughs.
6. **Wound Healing:** The plant's extracts are occasionally used topically to promote wound healing and reduce the risk of infection, thanks to their anti-inflammatory and antimicrobial properties.

7. **Digestive Health:** Although not widely documented, traditional practices sometimes use plant extracts to support digestive health and alleviate gastrointestinal discomfort.
8. **Anti-cancer Potential:** Some studies suggest that *Ficus benjamina* may have potential anti-cancer effects due to its antioxidant and phytochemical content. However, more research is needed to fully understand these effects.

It's important to note that while these uses are documented in traditional medicine, scientific research on *Ficus benjamina variegata* is limited. Most of the medicinal applications are based on traditional knowledge rather than extensive clinical studies. As with any medicinal plant, consulting with a healthcare provider before using it for specific health concerns is advisable.