



UDUMBARA (FICUS GLOMERATA): A MYSTICAL DRUG FOR REVITALIZING WOMEN'S HEALTH

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ABSTRACT:

Introduction: *Udumbara*, known as *Ficus glomerata*, has been revered for its medicinal and cultural significance since ancient times. Referenced in texts ranging from the *Vedas* to *Ayurvedic* classics, it is noted mainly for its *Kashaya Rasa*, *Sheeta Guna* and *Sthambana* properties. These attributes make it effective in managing various disorders, particularly those affecting women's health. **Methods:** A thorough review of classical *Ayurvedic* texts was conducted to gather information on the medicinal uses of *Udumbara (Ficus glomerata)* in *Prasuti Tantra* (Obstetrics) and *Stree Roga* (Gynecology). Data were categorized based on its properties, formulations, and therapeutic indications to validate its phytochemical and pharmacological properties and its application in Women's health in various stages of Women's life. **Results:** The review highlighted *Udumbara* as a versatile herb in *Ayurveda*, offering various benefits in Gynecology and Obstetrics and revealed that *Udumbara (Ficus glomerata)* has significant applications at all phases of a women's life. The presence of phytochemicals was associated with these therapeutic effects, validated through both classical texts and recent pharmacological studies. **Discussion:** The study highlights the multifaceted applications of *Udumbara (Ficus glomerata)* across various stages of a woman's life, from Puberty to Menopause, emphasizing its role in promoting reproductive health and overall well-being. Its traditional use in *Ayurvedic* practices, particularly in procedures aimed at Pregnancy care and Postpartum recovery, Pubertal and Menopausal age which demonstrates its effectiveness in supporting physiological stability and healing. The outcomes align with classical *Ayurvedic* principles, suggesting its continued relevance and potential for integration into holistic health approaches. These findings pave the way for future research to further validate and expand its therapeutic applications. **Conclusion:** *Udumbara (Ficus glomerata)* stands as a cornerstone in *Ayurvedic* care for women's health, addressing a wide range of conditions from Puberty to Menopause. With its deep-rooted cultural significance and proven therapeutic applications, it continues to be an invaluable resource in *Prasuti Tantra* and *Stree Roga*.

KEY WORDS: *Udumbara (Ficus glomerata)*, Women's Health-Wellbeing, *Prasuti Tantra* (Obstetrics), *Stree Roga* (Gynecology).

INTRODUCTION

India is home to a diverse array of plants with significant medicinal properties, among which *Udumbara (Ficus glomerata)* holds a prominent place for its traditional use. *Udumbara (Ficus glomerata)* is widely praised for its utility from Vedic period, *Ayurveda*, *Siddha*, *Buddhist*, other communities and till date. *Atharvaveda* considers this as a divine plant and much used in religious sacrifice. Additionally, *Udumbara (Ficus glomerata)* is regarded as a suitable component for *Samskara's* in *Ayurvedic* tradition, further underlining its cultural and therapeutic importance. *Udumbara (Ficus glomerata)* is a versatile medicinal plant widely used in various health conditions due to its *Kashaya Rasa*, *Sheeta Guna* and *Sthambana* action which is beneficial for all *Kaphaja* disorders, helps in managing *Vrana* and *Shopha* conditions and also indicated in *Prameha*, *Visarpa*, *Bhagna*, *Updamsha* etc. With its wide range of medicinal properties, *Udumbara (Ficus glomerata)* is considered highly effective in treating various diseases, particularly within *Prasuti Tantra* and *Stree Roga*. This article aims to explore the efficacy of *Udumbara (Ficus glomerata)* in managing health conditions within the scope of women's health.

AIMS AND OBJECTIVES

- To do literature review on *Udumbara (Ficus glomerata)* by focusing on gathering evidence from Ancient Vedic literature, classical *Ayurvedic* texts and various medicinal plants books, which extensively describe *Udumbara* therapeutic applications.

- To enumerate the utility of *Udumbara (Ficus glomerata)* based on its *Rasa Panchaka*, *Amayika Prayoga* in managing disorders of *Prasuti Tantra* and *Stree Roga*.
- The review and compile the formulations where *Udumbara (Ficus glomerata)* is used in various forms in both *Bahya* and *Abhyantara Marga* creating a holistic view of its efficacy in women's health management.

MATERIALS AND METHODS

Literature view of *Udumbara*

NIRUKTI/UTPATTI OF UDUMBARA

Udumbara (उदुम्बर) is a Sanskrit word, in *Rig Veda* it is described as उदुम्बलौ उरुबलौ विस्त्रिणबलौ by *Sayana* and it is identified with *Ficus glomerata (Udumbara)* by various scholars in their translation of the *Śukranīti*. This tree is mentioned as bearing good fruits. Also referred as Auspicious flower from heaven.

SYNONYMS OF UDUMBARA

Amarkosa: *Jantuphala*, *Yajnanga*, and *Hemadugdhaka*.

Kaiyadeva Nighantu: *Hemadugdho*, *Haritaksa*, *Vasudrum*, *Sacaksu*, *Masaki*, *Ksiri*, *Ksiradru*, *Sitavalkala*, *Yajnanga*, *Jantuvrksa*, *Supratistha*, *Sadaphala*, *Apuspaphalasambandha*, *Kancana* and *Jantuphala*.

Raja Nighantu: *Ksiravrksa*, *Hemadugdha*, *Sadaphala*, *Jantuphala*, *Puspasunya*, *Pavitraka*, *Saumya* and *Sitaphala*.

Classical Categorization of *Udumbara*:

- *Charaka* – *Mutrasangrahaniya*, *Kashaya Skandha*

- *Sushruta – Nyagrodhadi Gana*
- *Vagbhatta - Nyagrodhadi Gana*

Appearance of *Udumbara (Ficus glomerata)* on Earth has been a matter of discussions among ancient peers and poets of *Sanskrit* literature.

ORIGIN OF UDUMBARA1

Table no 1– Origin of *Udumbara*

REFERNECE	CONDITION	SIGNIFICANCE
<i>Taitiriya Brahmana</i>	God distributed among themselves the draught of strength. Some of it fell on the earth, from which rose the <i>Udumbara (Ficus glomerata)</i> tree.	Symbol of strength and vitality.
<i>Vamana Purana</i>	<i>Udumbara (Ficus glomerata)</i> originated from upside right of <i>Yama's</i> body.	Indicating Resilience.
<i>Shatapatha Brahmana</i>	According to it, once <i>Indra</i> slew <i>Tvasr's</i> son, <i>Visvarupa</i> was seeing his son slain, <i>Tvasr</i> exorcised him and brought <i>Soma</i> juice suitable for witchery and withheld from <i>Indra</i> . <i>Indra</i> by force drank off his <i>Soma</i> juice, thereby committing a desecration of the sacrifice. He went asunder in every direction, and his energy or vital power flowed away from every limb. From his flesh his force flowed and become <i>Udumbara (Ficus glomerata)</i> tree.	Indicating Vitality and longevity.

Mythology in Relation to *Udumbara*

- *Shri Vishnu* in *Narasimhawatar* was afflicted with strong poison and so caused great heat in his body. *Shri Laxmi* took *Audumbar* fruits and thrust *Narasimha's* nails in them. The poison and the heat of the body subsided. Pleased by this they blessed the *Audumbar tree* "You shall always bear fruits and people will worship you as the *Kalpataru*. Strong poisons will be subsided even by your sight and sterile women will get progeny if they worship you with devotion.
- In *Shri Guru Charitra* *Guru Dattatreya* mentioned *Udumbara (Ficus glomerata)* tree as abode of Lord *Brahma*, *Vishnu* & *Maheshwara* and always sat under the tree and meditated

and other lineage members also got enlightenment under the tree.

- In *Buddhism*, *Udumbara (Ficus glomerata)* flower is symbolic and auspicious as it blooms once in 3000 years signifying its mystical reincarnation and immortality. Similar explanations by *Jainism*, *Pali*, *Japanese*, *Vietnamese* and *Chinese* culture in their literature.

Rituals and *Udumbara*1

- **Havana & Yagnas** - well known as *Yagnodumbara* highlighting its utility in performing *Yagnas*. In *Putrayeshti Yagna* – *Udumbara (Ficus glomerata)* wood is offered as oblation to the fire.

- **Samskara** – Unripe *Udumbara (Ficus glomerata)* fruits are used while performing *Simantonnayana Samskara*. In this ceremony, the husband parts her wife's hair with *Darbha* needle together with unripe *Udumbara (Ficus glomerata)* fruits. It was believed that it would be helpful in caring the womb.
- **Shraddha ceremony** - *Vayu Purana* has dealt with importance of *Udumbara (Ficus glomerata)* that is vessels made of the leaves or wood of the *Udumbara (Ficus glomerata)* tree, its fruit and *Samits* and mud-pots, all these are considered highly sanctifying in a *Shraddha* and are fit for libation offering specifically.

Table no 2 – Description of the plant and its properties²

Botanical name	<i>Ficus racemose</i> Linn
Family	Moraceae
Vernacular names	○ English – Gular fig, cluster fig ○ Hindi – Gular, Umar, Paroa ○ Kannada – Atti, Attihanninamara ○ Telugu – Udambaramu, Paidi, Atti ○ Arabic – Jameez ○ Urdu – Gular
Types	<i>Raja Nighantu</i> mentioned 3 varieties of <i>Udumbara</i>: 1. <i>Udumbara</i> 2. <i>Kakaudumbara</i> 3. <i>Nadyoudumbara</i>
<i>Rasa</i>	<i>Kashaya, Madhura</i>
<i>Guna</i>	<i>Guru, Ruksha</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshagnata</i>	<i>Kaphapittashamaka</i>
<i>Karma</i>	<i>Sthambana, Vedana Sthapana, Vrana Ropana, Shothahara, Garbhashayashothahara, Shoolahara, Krimikrut, Shukrasthambana, Dahaprashamana, Raktapittashamaka, Mootrasangrahaneeeya, Paushtika.</i>
Indications	<i>Shotha, Shweta Pradara, Rakta Pradara, Atyartava, Aasannagarbhapata, Shukradaurbalya, Prameha, Svitra, Vatarakta, Vrana, Rakta Vikara, Murcha, Shopha, Kandabhagna, Daha, Yoni Roga, Raktapitta, Atisara</i>
Parts used	<i>Twak, Moola, Patra, Phala</i>
Dose	Powder – 3 to 6gms Decoction – 50 to 100 ml Latex – 5 to 10 drops

Chemical constituents	Tetracyclic triterpene – glauanol acetate, leucoanthocyanins – leucocyandidin – 3-O-β-D-Glucopyranoside, ceryl behenate, lupeol, its acetate, stigmasterol, α amyrin acetate, β sitosterol, glycoside, glauanol, hentriacontane, glauanol acetate tiglic acid ester of taraxasterol, glucose, lupeol acetate, friedelin, higher hydrocarbons and other phytosterols.
Adulterants	<i>Kakaudumbara – Ficus hispida</i>



Image 1: Udumbara Plant

BOTANTICAL DESCRIPTION^{2,3}

Udumbara (Ficus glomerata) is an evergreen tree found throughout India. It is frequently found around the water streams and is also cultivated. The tree is medium tall, growing 10- 16 metres in height. The rich green foliage provides a good shade.

Bark (Twak)- It is reddish grey and often cracked. It is astringent (*Kashaya Rasa*) in nature.

Leaves (Patra) - Dark green, 7.5-10 cm long, ovate or elliptic.

Fruits (Phala) – Fruits are receptacles 2-5 cm in diameter, pyriform in large clusters, arise from main trunk or large branches. The fruit resemble the figs and are green when raw, turning orange, dull reddish or dark crimson on ripening. The fruits

when fully ripe, they have pleasant odor, resembling that of cider apples.

Seeds (Beeja) - Seeds are tiny, innumerable and grain like. The outer surface translucent flakes greyish to rusty brown, uniformly hard and non-brittle.

Plant is one of the recorded hosts of the Indian lac insect producing *Laksha*. Woods are of economic utility. Its name *Udumbara* in *Sanskrit* means that it grows to good heights.

DISTRIBUTION

Throughout greater part of India from outer Himalayan ranges, Punjab, Khasia mountains, Chota Nagpur, Bihar and Odissa, West Bengal, Rajasthan, Deccan and common in South India from sea level

to about 1800m in evergreen forests and near streams in deciduous forests.

Table no 3 - Medicinal properties of *Udumbara* according to various *Ayurvedic* texts.1

<i>Charaka Samhita</i>	<i>Kasayah Stambhanah Sitah Hitah Pittatisarinam</i>
<i>Sushruta Samhita</i>	<i>Raktapittahharo Dahamedoghno Yonidosaharit</i>
<i>Ashtanga Hridaya</i>	<i>Majyaih Samicchadairdahasularagasruharsajit</i>
<i>Bhavapraksha Nighantu</i>	<i>Himo Rukso Guruh Pittakaphasrarajit Madhurastuvaro Varnyo Vranasodhanaropana</i>
<i>Raja Nighantu</i>	<i>Sitavalko Jantuphalah Puspasunyah Pavitrakah Saumyah Sitaphalanceti Manusamjnah Samiritah</i>
<i>Dhanvantari Nighantu</i>	<i>Krmikrt Pittaraktaghnam Murchadahatsapaham</i>
<i>Madanapala Nighantu</i>	<i>Udumbaro Himo Varnyo Kaphapittasrajit Guruh</i>
<i>Kaiyadeva Nighantu</i>	<i>Trnamehapittahricchardipradarasrutim Jayet Praudham Bahumalam Tasya Phalam Gurutaram Matam</i>

ORGANOLEPTIC TESTS OF *UDUMBARA*

Odor - Characteristic odor

Texture - Fine powder

Taste - *Kashaya Rasa*.

Colour - Light brown

Table no 4 – Phytochemical tests done for *Udumbara*

Constituents	Tests	Result
Protein	Million's test	+
Triterpenoids and steroids	Salkowski test	+
Flavonoids	Concentrated H ₂ SO ₄ test	-
Alkaloids	Mayer's test	-
Carbohydrates	Molish's test	+
Phenols	Lead acetate test	+
Saponins	Foam test	+
Tannins	Gelatin test	+
Fixed oil	Stain test	-

UTILITY BASED ON RASA PANCHAKA, AMAYIKA PRAYOGA

Udumbara (Ficus glomerata) can be used as a single drug or as an ingredient in many formulations which was critically analyzed with respect to formulations, parts used, their dosage form and indications. On keen observation, it is noted that *Udumbara (Ficus glomerata)* has been used as an ingredient in a total of 227 formulations. Different parts of the plant *Udumbara (Ficus glomerata)* were used in various dosage forms in many disease conditions. As external application among them *Twak* reports for maximum in 108 dosage forms followed by *Kanda* in

13 formulations, *Phala* in 13 formulations, *Patra* in 12 formulations, *Jata Praroha* in 7 formulations, *Kastha* in 6, *Kshira* in 2 formulations and *Moola* in 1 formulation.

UTILITY IN WOMENS HEALTH

Direct classical reference of *Udumbara (Ficus glomerata)* is available that is – *Yoni Doshahara*, *Raktapitta*, *Pradara*, *Prameha*, *Chardi*, *Pumsavana*, *Garbhasrava* highlighting its utility in Gynecological and Obstetrical conditions.

DISCUSSION

Utility of *Udumbara* in *Prasuti Tantra* and *Stree Roga*

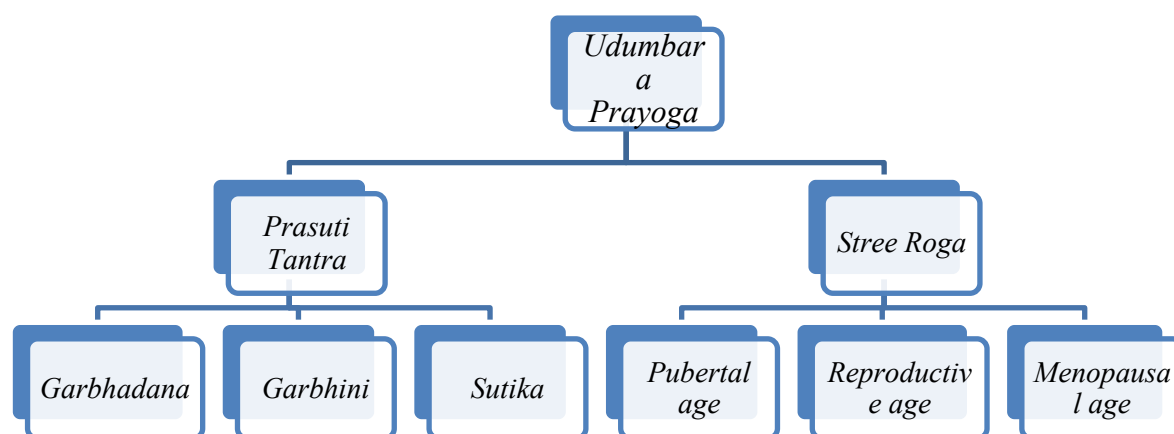


Image 2: Utility of *Udumbara* in gynecological conditions

Prasuti Tantra (Obstetrical conditions)⁴

1. GARBHADANA (PRE-CONCEPTION)

Pumsavana Karma

Pumsavana Karma is usually done for better conception (लब्धगर्भायाश्चैतेष्वहः) of the embryo in repeated abortion cases as well as for desired progeny.

For *Pumsavana Karma*, Pestled root of *Lakshmana* and *Udumbara (Ficus glomerata)* in equal quantity with *Go Ksheera* is given to the women.

2. GARBHINI (PREGNANCY)

• *Garbhasrava & Garbhapata* (Miscarriage)

Abyantara Prayoga- *Ksheera* boiled with *Priyangu*, *Utpala*, *Saluka*, ***Udumbara Phala (Ficus glomerata)***, *Nyagrodha Shrunga* can be given orally.

In case of *Prasamsamana Garbha* (Threatened miscarriage), for stabilizing the fetus – *Ksheera* cooked with ***Apakwa Udumbara Phala (Ficus glomerata)*** and diet with *Ksheera* is given.

Bahya Prayoga –

Parisheka with excessively cold *Goksheera*, *Yashtimadhu Kashaya* and *Nyagrodhadi Kashaya*

(*Udumbara* is one of the ingredients) below the navel.

Yoni Pichu with *Ksiravrksha Swarasa* and *Kashaya Rasa Dravyas* is beneficial – *Udumbara (Ficus glomerata)* is one among them.

According to *Kashyapa* – **Yusa** prepared from tender leaves of *Nyagrodha*, **Udumbara (Ficus glomerata)**, *Aswattha*, *Plaksha*, *Trivrut*, *Kamala* mixed with *Dadima* and *Ghritha* in *Garbhasrava* is used.

Probable mode of action of Udumbara: *Udumbara (Ficus glomerata)* has *Sheeta Virya*, *Sthambana*, *Paushtika*, *Shothahara* and *Vedanasthapana* action.

Considering the factor for better conception - In *Pumsavana Karma* *Udumbara (Ficus glomerata)* controls bleeding and stabilizes the uterus, providing a conducive environment for implantation and fetal development and also helps to reduce the local inflammation in the reproductive tract.

In the management of *Garbhasrava* & *Garbhapata* - The *Sheeta* and *Kashaya Rasa* properties of *Udumbara (Ficus glomerata)* effectively counteract aggravated *Pitta*, helping to reduce uterine contractions and per vaginal discharge. This, in turn, stabilizes the fetus and prevents miscarriage through *Udumbara's (Ficus glomerata) Sthambana* and *Vedanasthapana* actions.

- **Garbhodaka Kshaya (Oligohydramnios)**

Udumbara Jala as *Paana* is given to increase the amniotic fluid levels in *Oligohydramnios*.

Probable mode of action – *Madhura Rasa*, *Madhura Vipaka*, *Paushtika* and *Sthambana* action helps to retain body fluids and prevent dehydration by enhancing cellular hydration and maintaining

electrolyte balance and nourishment, crucial amniotic fluid.

- **Garbhini Chardi (Vomiting during Pregnancy)**

Udumbara (Ficus glomerata) can be given in the form of *Kashaya*, *Phanta*, *Ksheerapaka*, *Churna* and *Lepa* in *Garbhini Chardi* as it is having *Chardihara* action

- **Garbhini Atisara (Diarrhoea During Pregnancy)**

According to *Acharya Kashyapa* in *Pittaja Atisara* *Nyagrodhadi Gana Kashaya* with *Madhu* is given. In these *Kashaya* – **Udumbara (Ficus glomerata)** is one of the ingredients.

Probable mode of action in Garbhini Chardi and Garbhini Pittaja Atisara – *Kashaya* and *Madhura Rasa*, *Sheeta Guna* followed by *Sheeta Virya* and *Sthambana* action pacifies *Pitta* and providing a soothing effect to the digestive system and also provides relief from Nausea, Vomiting and Diarrhea.

- **Garbhini Madhumeha (Gestational Diabetes)**

According to *Acharya Sushruta*, **Udumbara (Ficus glomerata)** is mentioned as one of the ingredients in managing *Madhumeha* in *Garbhini*.

Probable mode of action – *Udumbara (Ficus glomerata)* has *Pramehakrut* action and also pacify *Kapha* – *Pitta Dosh*.

3. SUTIKA (POST PARTUM PERIOD)4

- **Prasavottara Vivruta Yoni (Lax Vaginal canal and Perineal Tears)**

Yoni Pinda Dharana — For constricting or tightening of the vaginal canal after labor, *Churna* of seeds of *Palasa* and **Udumbara Phala (Ficus glomerata)** with *Tila Taila* is used as *Pinda Dharana*.

Probable mode of action – *Kashaya Rasa* of *Udumbara (Ficus glomerata)* constricts and tones

vaginal tissues and improves firmness, *Vrana Ropana* promotes tissue repair, restoring elasticity and resilience and *Sthambana* quality of *Udumbara (Ficus glomerata)* controls micro bleeding or minor tears which aids in healing and does the *Vrana Shodhana* which helps in cleansing and purification of the vaginal area and reduces the infection.

Thus, the combined outcome of all these properties of *Udumbara (Ficus glomerata)* helps to tightening and toning of Vaginal canal with improved elasticity and reduced infection risk.

- **Vidradhi in Sutika (Abscess)**

According to *Sushruta Samhita* and *Ashtanga Hridaya* in *Pakwa Vidradhi - Vrana Prakshalana* with *Ksiravrksa Kashaya (Udumbara)* is used for irrigation of wound.

- **Sthanyanasha (Lactation failure)**

According to *Ashtanga Sangraha*, *Udumbara (Ficus glomerata)* is advisable in *Sthanyanasha*.

- **In Pittaja Sthanya Dushti (Breast milk disorders)**

According to *Acharya Sushruta*, *Lepana* with *Udumbara (Ficus glomerata)* is very beneficial.

- **Lavanaanurasa Sthanya (Breast milk disorders)**

According to *Ashtanga Sangraha*, *Udumbara (Ficus glomerata)* is used as one the ingredient in *Ksirivrksa Kashaya* and it is useful in *Lavananurasa Sthanya*.

- **Mudha Garbha (Obstructed labor)**

In *Ashtanga Sangraha* it is mentioned that in preparation of *Bala Taila*, *Udumbara (Ficus glomerata)* is one of the ingredients which is used

in *Mudha Garbha Shastra karma - Post Operative Management* for healing.

Stree Roga (Gynecological disorders)5

1. PUBERTAL AGE GROUP

- **Asrigdhara -Heavy Menstrual Bleeding (HMB)**

In the management of *Asrigdhara*, *Udumbara (Ficus glomerata)* can be administered either in its single herb form or as part of a formulation, to effectively control excessive bleeding and support uterine health.

- In *Bhavapraksha Nighantu - Chikitsa Sthana* it is mentioned that **Swarasa of Apakwa Udumbara Phala** (*Ficus glomerata*) mixed with *Madhu* followed by *Ksheera* and rice with sugar is given.
- In *Sahasra Yogam- Vasadi Kashaya - Kashaya* prepared with *Vasa*, *Apamarga*, **Udumbara Twak** (*Ficus glomerata*), *Shatavari*, *Usira*, *Bala*, *Bandujivaka Mula* *Twak* is administered with *Sarkara* and *Ghrita*.
- In *Chikitsa Manjari- Ghrita* prepared with *Japa Mula Kashaya* is mentioned in *Asrigdhara* to this *Ghrita Kalka* of **Udumbara (Ficus glomerata)** was added as main ingredient.

Probable Mode of Action: Various *Acharyas* have mentioned this drug as *Asrajit*, *Pradara Hara*, *Rakta Pitta Hara* and *Yoni Doshahrut*. *Udumbara (Ficus glomerata)* has *Kashaya Rasa*, *Guru* and *Ruksha Guna* followed by *Katu Vipaka* and *Sheeta Virya* and *Pitta Kaphahara Karma* and also have *Sthambana*, *Dahaprashamana*, *Vedana Sthapana* action. *Kashaya Rasa* has *Sheeta* and *Guru Guna* which are

effective in pacifying *Pitta Dosha*, while its *Ruksha Guna* is beneficial in controlling *Kapha*. Hence all these properties of *Udumbara (Ficus glomerata)* contribute to control the condition *Asrigdhara* (Heavy Menstrual Bleeding).

2. REPRODUCTIVE AGE GROUP

- **Shweta Pradara (Abnormal Vaginal Discharges)**

In *Shweta Pradara Yoni Prakshalana* with *Udumbara Kashaya (Ficus glomerata)* is very beneficial.

Probable mode of action – *Udumbara (Ficus glomerata)* helps to subside the condition *Shweta Pradara* on the basis *Kashaya Rasa*, there is involvement of *Vayavia* and *Parthiva Mahabhuta*, where *Vayavia* has properties like *Vrana Shodhana (Kledashoshaka)* and *Sravashoshakara* (decreases white discharge per vagina) and *Parthiva* has *Ropana* quality, due to its astringent action of healing. And also, *Udumbara (Ficus glomerata)* has *Sheeta Veerya* which act as *Sthambana*, *Katu Vipaka* and *Laghu*, *Ruksha Guna* and *Kaphaghna* that leads *Sravahara* and *Kledahara* that is *Lakshanaupashamana* in *Shweta Pradara*. Based on *Prabhava Udumbara* acts as a *Krimighna* and *Yoni Doshakrut*.

- **Mutradaha (Urinary tract infection)**

In this condition *Udumbara (Ficus glomerata)* can be beneficial to control the symptoms like burning and painful micturition, itching and foul smell. This may be due to *Udumbara (Ficus glomerata)* has properties like *Dahaprashamana*, *Shothahara*, *Vedanasthapana* and *Acharya Charaka* has considered *Udumbara (Ficus glomerata)* under

Mutrasangrahaniya Varga. Considering these factors *Udumbara (Ficus glomerata)* can be given either single or in combination to the subside symptoms.

- **Karnini Yoni Vyapat (Cervical erosion)**

In these condition *Udumbara Phala (Ficus glomerata)* *Pichu* or *Pichu with Udumbaradi/Udumbara Taila* or *Udumbara Kshara Karma* can be done.

Probable mode of action – *Udumbara (Ficus glomerata)* has *Kapha - Pittahara* action with *Sheeta Guna* and has *Kashaya Rasa* helps dries excess discharge followed by *Vrana Ropana* which promotes repair and regeneration of cervical tissue, *Shothahara* (anti – inflammatory action) reduces local inflammation by pacifying *Pitta Dosha* and also has anti – microbial effect which protects eroded area from secondary infections, and thus helps in healing from the reduction of symptoms of cervical erosion.

- **Sthana Roga (Breast Disorders)**

According to *Ashtanga Sangraha*, in *Sthana Roga - Pradeha* with *Kalka* made from bark of *Nyagrodha*, *Udumbara (Ficus glomerata)*, *Aswattha*, *Plaksha* and *Vetasa* with lot of *Ghrta* has cooling and Anti – inflammatory effect.

Probable mode of action – *Udumbara (Ficus glomerata)* acts has *Kapha – Pittahara*, *Shothahara* and also has anti inflammatory action which helps to reduce the inflammation, pain and tenderness.

3. MENOPAUSAL AGE GROUP

- **Benefits of Udumbara (Ficus glomerata) in relieving Vasomotor Symptoms in Perimenopause/ Menopause women**

Vasomotor symptoms in perimenopause/menopause women includes hot flushes, night sweats, skin discolouration, anxiety and irritability are common due to declining estrogen levels and also involves *Daha*, *Raaga*, *Vaivarnya* symptoms.

Udumbara (*Ficus glomerata*) can be given either in single or in formulation to control vasomotor symptoms in perimenopause/menopause women.

Probable mode of action – *Sheeta Guna*, *Sheeta Virya* and *Daha Shamana* action of *Udumbara* helps to counteract the excessive heat production and sweating and also its calming property of *Udumbara* (*Ficus glomerata*) reduce mental agitation, addressing psychological symptoms like anxiety and irritability. *Udumbara* (*Ficus glomerata*) has *Varnya* property which nourishes and supports skin and tissue health preventing dryness, discoloration and wrinkles often seen during menopause.

- **Benefits of *Udumbara Phala* (*Ficus glomerata*) in *Phalini Yoni Vyapat*/ *Mahayoni*/ *Prasramsini Yoni Vyapat* (Pelvic Organ Prolapse)**

Yoni Gadheekarna Vidhi with ***Palasha Udumbara* (*Ficus glomerata*) *Yoni Pinda Dharana*** is beneficial.

Probable Mode of action -This *Pinda Dharana* with *Udumbara* (*Ficus glomerata*) has *Kashaya Rasa*, *Guru* and *Snigdha Guna* having *Sandhanakara*, *Balya* and *Yoni Sankocha* properties which helps to strengthening of the pelvic floor musculature, ligaments and tissues, regaining of the tone and spincter action followed by promotion of regeneration of healthy tissue.

- ***Janananga Pittaja Arbuda* (Swellings & Abscess)**

In *Ashtanga Sangraha* it is mentioned - After *Sweda* and *Upanaha*, *Arbuda* should be rubbed with leaves of ***Udumbara* (*Ficus glomerata*)** or *Kakoudumbara*, *Saka* or *Goji*.

Probable Mode of action- As *Udumbara* (*Ficus glomerata*) is having actions like *Shothahara* and *Vrana Ropana* it is beneficial.

PROBABLE MODE OF ACTION BASED ON PHYTO-CHEMICALS

❖ A study on the phytochemicals in *Udumbara Phala* (*Ficus racemosa*) has revealed compounds that may contribute to understanding the mechanism of action in providing insights for potential therapeutic applications.

❖ The phytochemicals present in *Udumbara* are:

- **Steroids and triterpenoids** – This has anti – inflammatory effect which reduces pain, swelling and redness
- **Phenolic compounds and Tannins** – This has Astringent and Antioxidant effect which helps in constriction and reduces excessive discharges and also neutralizes free radicals and promotes healing.
- **Saponins** – It has antimicrobial effect which prevents bacterial, fungal and protozoal infections.
- **Proteins and Carbohydrates** – Promotes tissue repair and regeneration.

Pharmacological Activities⁶ – Antidiuretic, Antitussive, Anti-Ulcer/Gastro Protective, Anti-Oxidant Activity, Anthelminthic, Antibacterial, Antifungal, Anti-Filarial, Larvicidal, Antipyretic, Anticholinesterase, Anti-Cancer Activity, Wound

Healing, Anti-Inflammatory, Anti-Ulcer, Analgesic, Hepatoprotective, Renal Anticarcinogenic, Radioprotective, Hypoglycaemic Activity, Hypolipidemic Activity, Memory enhancing agent.

Based on this action potential it can very well be incorporated in to various ailments affecting the health and well being of a Women.

Table no 5 – *Udumbara (Ficus glomerata)* as an ingredient of various formulations indicated in *Prasuti Tantra* and *Stree Roga*:7

Formulations	Rogadhikara	Parts used
<i>Swarasa</i>	<i>Vatadi Swarasa – Garbhini Raktastva</i>	
<i>Kalka</i>	<i>Panchvalkaladi Kalka – Yoni Roga</i> <i>Panchavalkala Kalka – Vata Janya Yoni Roga</i> <i>Udumbaradi Lepa – Yoni Roga</i> <i>Palashphaladi Lepa – Yoni Roga</i> <i>Kshirvrikshyadi Kalka - Pradara</i>	<i>Twak</i> - <i>Apakwa and Pakwa Phala,</i> <i>Phala</i> -
<i>Kwatha</i>	<i>Nyagrodhadi Kashaya – Yoni Doshahara</i> <i>Panchavalkala Kashaya – Yoni Doshahara</i>	<i>Twak</i> <i>Twak</i>
<i>Churna</i>	<i>Panchkashaya Vrikshadi Churna – Yoni Roga</i> <i>Kshiryadi Churna – Garbhavati Stri Jwara</i>	<i>Twak</i> <i>Patra</i>
<i>Ghrita</i>	<i>Nyagrodhadi Ghritam – Yoni Roga, Pradara</i>	<i>Twak</i>
<i>Taila</i>	<i>Udumbaradi Taila – Yoni Roga</i> <i>Udumbara Taila – Yoni Roga</i> <i>Dhatkyadi Taila – Yoni Roga</i> <i>Panchvalkaladi Taila – Vipluta Yoni</i>	<i>Pakwa Phala, Twak</i> <i>Kshira</i> <i>Pakwa and Apakwa Phala</i> <i>Twak</i>
<i>Pichu</i>	<i>Vipluta Yonihara Pichu – Vipluta Yoni</i>	<i>Patra</i>
<i>Yoga</i>	<i>Nyagrodhadi Yoga – Yoni Doshahara</i> <i>Udumbaradi Yoga – Prasavottara Prayoga</i> <i>Kshiriyadi Yoga – Garbhastava</i>	<i>Twak</i> <i>Twak, Phala</i> <i>Twak</i>

CONCLUSION

Udumbara (Ficus glomerata) has proven its across generations in *Ayurvedic* medicine, particularly within the fields of *Prasuti Tantra* (Obstetrics) and *Stree Roga* (Gynecology). Its versatile properties—such as its astringent, anti-inflammatory, and antimicrobial actions—make it a valuable remedy in managing various women's health conditions, from

Pubertal age group to Menopausal age group. The various formulations incorporating *Udumbara (Ficus glomerata)*, are designed to harness its therapeutic potential, offering holistic support for Women's reproductive health. This study emphasizes *Udumbara's (Ficus glomerata)* ancient yet timeless relevance in *Ayurveda*, underscoring its

significant contributions to Women's health and well-being.

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