

Udumbara(*Ficus Racemosa* Linn.): An Ancient Dravya For Rejuvenation In Women's Wellness—A Comprehensive Review

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ABSTRACT

Women's health encompasses various physiological and pathological conditions throughout different stages of life, including menstruation, conception, pregnancy, childbirth, and menopause. Ayurveda offers a holistic approach for maintaining women's reproductive health through medicinal plants possessing multifaceted therapeutic properties. Udumbara (*Ficus racemosa* Linn.), a member of Nyagrodhadi Gana, is one such important medicinal plant extensively described in Vedic literature and Ayurvedic classics. Owing to its Kashaya Rasa, Sheeta Veerya, Guru-Ruksha Guna, and Stambhana Karma, Udumbara is indicated in several gynecological and obstetrical disorders including Asrigdara, Shweta Pradara, Garbhasrava, Garbhapata, Garbhini Chardi, Prameha, and Yoni Vyapada. The present review aims to compile and critically analyze classical references and therapeutic applications of Udumbara in women's wellness. Information was collected from Vedic literature, Brihatrayee, Laghutrayee, Nighantus, and contemporary Ayurvedic literature. The review highlights the significant role of Udumbara in maintaining reproductive health through its Rakta-Stambhaka, Pitta-Kapha Shamaka, Vrana-Ropana, Krimighna, and Yonidoshahara properties. The study concludes that Udumbara possesses immense therapeutic potential in Prasuti Tantra and Stree Roga and deserves further clinical exploration for evidence-based integration into modern women's healthcare.

Keywords: Udumbara, *Ficus racemosa*, Women's Wellness, Stree Roga, Prasuti Tantra, Asrigdara, Shweta Pradara, Ayurveda.

INTRODUCTION

India possesses a rich heritage of medicinal plants utilized for preventive and curative healthcare since ancient times. Among these, Udumbara (*Ficus racemosa* Linn.) occupies a unique position due to its medicinal, cultural, and spiritual significance. Atharvaveda describes Udumbara as a sacred and auspicious tree, while Ayurvedic classics recognize it as an important therapeutic drug with extensive applications in various systemic disorders.⁽¹⁾

Udumbara belongs to the family Moraceae and is commonly known as Cluster Fig Tree. It is characterized by Kashaya Rasa, Sheeta Veerya, Guru and Ruksha Guna, and Katu Vipaka.⁽²⁾ These pharmacodynamic

properties make it particularly effective in conditions involving Rakta Dushti, Pitta aggravation, excessive secretions, and inflammatory disorders.

Women experience numerous physiological transitions throughout their life cycle, making them susceptible to gynecological and obstetrical disorders. Classical Ayurvedic texts have specifically mentioned Udumbara in conditions such as Asrigdara, Pradara, Yoni Dosha, Garbhasrava, Garbhapata, Pumsavana Karma, and Garbhini Vyapada.⁽³⁾ Owing to its Stambhana, Ropana, and Pitta-Shamaka actions, it has been extensively used in maintaining female reproductive health and wellness.

AIM

To review and evaluate the therapeutic utility of Udumbara (*Ficus racemosa* Linn.) in women's wellness with special reference to Prasuti Tantra and Stree Roga.

OBJECTIVES

To review classical references of Udumbara from Vedic and Ayurvedic literature.

To study the pharmacological attributes of Udumbara based on Rasa Panchaka.

To compile the therapeutic applications of Udumbara in gynecological and obstetrical disorders.

To analyze the probable mode of action of Udumbara in women's health according to Ayurvedic principles.

MATERIALS AND METHODS

The present study is a literary review conducted using classical Ayurvedic texts, Vedic literature, Nighantus, Ayurvedic Pharmacopoeias, and contemporary scientific publications.

Sources reviewed include:

- Charaka Samhita
- Sushruta Samhita
- Ashtanga Hridaya
- Bhavaprakasha Nighantu
- Dhanvantari Nighantu
- Kaiyadeva Nighantu
- Ayurvedic Pharmacopoeia and research publications

The collected information was critically analyzed with respect to pharmacological properties, formulations, dosage forms, and indications related to women's health disorders.

RESULTS

Classical Review of Udumbara

Botanical Name: *Ficus racemosa* Linn.

Family: Moraceae

Synonyms:

Sr. No.	Synonym	Significance
1.	<u>Udumbara</u>	Classical Sanskrit Name
2.	<u>Jantuphala</u>	<u>Fruit inhabited by small organisms</u>
3.	<u>Yajnanga</u>	<u>Used in Vedic rituals and Sacrifices</u>
4.	<u>Hemadugdha</u>	<u>Exudes yellowish latex</u>

5.	<u>Sadaphala</u>	<u>Produces fruits abundantly</u>
6.	<u>Gular</u>	<u>Common Hindi name</u>
7.	<u>Cluster Fig</u>	<u>Common English Name</u>

Rasa panchaka:

Rasa	<u>Kashaya (Predominant), Madhura</u>
Veerya	<u>Sheeta</u>
Vipaka	<u>Katu</u>
Guna	<u>Guru, Ruksha</u>
Doshagnata	<u>Pitta Kapha Shamaka</u>

Karma (Therapeutic Actions of Udumbara)

According to Ayurvedic classics, Udumbara (*Ficus racemosa* Linn.) possesses a wide range of therapeutic actions owing to its Kashaya Rasa, Guru-Ruksha Guna, Sheet Veerya, and Katu Vipaka. It is predominantly Pitta-Kapha Shamaka and exhibits significant action on Rakta, Mamsa, and Meda Dhatu. The Important karmas of Udumbara described in Ayurvedic literature include:

- **Rakta-Stambhaka** – Controls excessive bleeding and is useful in Raktapitta, Asrigdara, and bleeding disorders.
- **Rakta-Prasadana** – Purifies and stabilizes Rakta Dhatu.
- **Pitta-Shamaka** – Reduces aggravated Pitta due to its Sheet Veerya and Kashaya Rasa.
- **Kapha-Shamaka** – Helps alleviate Kapha disorders because of its Kashaya Rasa and Katu Vipaka.
- **Vrana-Ropana** – Promotes wound healing and tissue regeneration.
- **Vrana-Shodhana** – Assists in cleansing wounds and preventing infection.
- **Shothahara** – Reduces inflammation and swelling.
- **Vedanasthapana** – Helps alleviate pain associated with inflammatory conditions.
- **Kledahara** – Reduces excessive moisture, secretions, and pathological discharges.
- **Sravahara** – Useful in controlling abnormal vaginal discharge and excessive secretions.
- **Stambhana** – Possesses astringent action helpful in diarrhoea, bleeding disorders, and excessive discharges.
- **Krimighna** – Exhibits antimicrobial and antiparasitic action.
- **Pramehahara** – Beneficial in Prameha and metabolic disorders.
- **Yonidoshahara** – Useful in the management of various gynecological disorders and maintenance of vaginal health.
- **Dahahara** – Relieves burning sensation caused by aggravated Pitta.
- **Trishnahara** – Helps reduce excessive thirst.
- **Varnya** – Supports healthy skin complexion and tissue nourishment.
- **Bhagnasandhanakara** – Mentioned in classical texts for promoting healing in fractures and tissue injuries.
- **Visarpahara** – Useful in inflammatory skin disorders.
- **Garbhasthapana** (Indirectly through formulations) – Classical formulations containing Udumbara are indicated in threatened miscarriage and maintenance of pregnancy.

Classical texts mention Udumbara in the management of Raktapitta, Pradara, Prameha, Vrana, Shopha,

Visarpa, Bhagna, Upadamsha, Yoni Vyapada, Garbhasrava, and Pumsavana Karma, highlighting its extensive therapeutic utility in both general medicine and women's health.

THERAPEUTIC USES OF UDUMBARA (*Ficus racemosa* Linn.) IN WOMEN'S HEALTH

- 1. Therapeutic Use of Udumbara in Asrigdara (Heavy Menstrual Bleeding):** Udumbara Twak possesses Kashaya Rasa, Sheeta Veerya, Guru and Ruksha Guna, which contribute to its Rakta-Stambhaka and Pitta-Shamaka actions. These properties help control excessive uterine bleeding and restore the normal physiological state of Rakta Dhatu. Classical texts recommend the use of Apakwa Udumbara Phala Swarasa mixed with Madhu in the management of Asrigdara.
- 2. Therapeutic Use of Udumbara in Shweta Pradara (Leucorrhoea):** Yoni Prakshalana with Udumbara Kashaya is indicated in Shweta Pradara. Its Kashaya Rasa exhibits Kledashoshana and Sravahara properties, reducing excessive vaginal discharge and promoting local healing
- 3. Therapeutic Use of Udumbara in Garbhasrava and Garbhapata (Threatened Miscarriage):** Classical references describe Udumbara-containing formulations for prevention of threatened miscarriage and stabilization of pregnancy. Its Sheeta and Garbhasthapana actions contribute to fetal support.⁽⁴⁾
- 4. Therapeutic Use of Udumbara in Pumsavana Karma:** Udumbara Moola administered with Lakshmana and Go-Ksheera is indicated in Pumsavana Karma for healthy conception and maintenance of pregnancy.
- 5. Therapeutic Use of Udumbara in Garbhini Chardi (Vomiting During Pregnancy):** Udumbara can be administered in forms such as Kashaya, Phanta, Ksheerapaka, and Churna to alleviate nausea and vomiting during pregnancy due to its Pitta-Shamaka action.⁽⁵⁾
- 6. Therapeutic Use of Udumbara in Garbhini Atisara (Diarrhoea During Pregnancy):** Nyagrodhadi Gana preparations containing Udumbara are recommended in Pittaja Atisara occurring during pregnancy.
- 7. Therapeutic Use of Udumbara in Garbhini Madhumeha (Gestational Diabetes Mellitus):** Classical literature mentions Udumbara among drugs beneficial in Prameha and Madhumeha, making it useful in managing gestational metabolic disturbances.

DISCUSSION

Women's reproductive health disorders commonly involve vitiation of Pitta, Kapha, Rakta, and Artava. Udumbara exhibits a unique combination of Kashaya Rasa, Sheeta Veerya, and Stambhana properties that directly address these pathological factors.

The Kashaya Rasa contributes to Sravahara, Kledahara, and Rakta-Stambhana actions, making it beneficial in conditions associated with excessive discharge and ⁽⁶⁾. Sheeta Veerya helps alleviate Pitta-related symptoms such as Daha, inflammation, and Rakta Dushti. Its Guru and Ruksha Gunas further support Kapha-Pitta Shamana.

In Shweta Pradara, Udumbara reduces Kleda and abnormal secretions while promoting tissue healing. In Asrigdara, it helps regulate excessive menstrual bleeding through its Rakta-Stambhaka action. During pregnancy, its Garbhasthapana and Pittashamana effects aid in managing threatened miscarriage, vomiting, and diarrheal ⁽⁷⁾.

Thus, the classical indications of Udumbara demonstrate its broad-spectrum utility in women's health from puberty to menopause.

CONCLUSION

Udumbara (*Ficus racemosa* Linn.) is a valuable medicinal plant extensively described in Ayurvedic literature for maintaining women's reproductive health. Its Kashaya Rasa, Sheeta Veerya, Rakta-Stambhaka, Vrana-Ropana, and Yonidosahara properties make it beneficial in various gynecological and obstetrical disorders such as Asrigdara, Shweta Pradara, Garbhasrava, Garbhini Chardi, and Madhumeha. The review highlights the enduring relevance of Udumbara in Prasuti Tantra and Stree Roga. Further pharmacological and clinical studies are warranted to scientifically validate its therapeutic efficacy and facilitate evidence-based integration into contemporary healthcare practices.

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