

A Review on *Ficus Religiosa* an Alternative Treatment for Heart Blockage

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Abstract

Review Article

Plants have been one of the important sources of medicines since the beginning of human cultivation. A review of chemical constituents present in various parts of *Ficus Religiosa* Linn. Their pharmacological actions is given in the present article although it is alternative used in the treatment for heart blockage. *Ficus Religiosa* (Peepal) is a commonly used herb in Ayurvedic medicine. Although the review articles on this plant are already published, this review article is presented to comply all the updated information on its phytochemical and pharmacological activities, which were performed by widely different methods. Almost every part of this tree i.e. leave, bark, seeds, flower and fruits are used in the preparation of herbal medicines. Therapeutic properties of this tree in curing a wide range of diseases can be attributed to its richness in bioactive compounds namely flavonoids, alkaloids, tannins, saponins, phenols etc. Its study indicate that antiulcer, antiproteolytic, anticonvulsant, antibacterial, anthelmintic, immunomodulatory, antioxidant, wound- healing, hypolipidemic, hypoglycemic, anti-amnesic, anticancer, anti-acetylcholinesterase, antidiabetic, antifungal activities have been studied. These results are very encouraging and indicate this herb should be studied more extensively to confirm these results and reveal other potential therapeutic effects. A review of chemical constituents present in various parts of *Ficus Religiosa* Linn. And their pharmacological action is given in the present article.

Keywords: *Ficus Religiosa*, Ayurvedic, heart blockage, anthelmintic, immunomodulatory, antioxidant.

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INTRODUCTION

Heart blockage is the circumstance wherein the vein of heart gets obstructed with undesirable greasy substance prompting serious heart sicknesses. Regularly, your doctor will propose for Medications of careful techniques. These are not somewhat acceptable and inadmissible too today we will examine about how to fix even the severest type of heart blockage with a basic thing peepal leaves [1]. Restorative plants have assumed a noteworthy job in keeping up human wellbeing and improving the nature of human life for a large number of years and have served people as important parts of drugs, seasonings, drinks, beautifiers and colors. Various plants orchestrate substances that are helpful in the support of wellbeing in people and creatures. With the end goal of expanding the wide scope of restorative utilizations, the present day involves new medications with progressively intense and wanted movement with less or no reactions against specific ailment.

The class *Ficus* (Moraceae) comprises perhaps the biggest variety of angiosperms incorporates with in excess of 800 species and 2000 assortments of *Ficus*

family, happening in generally tropical and subtropical timberlands worldwide [1]. The peepal tree or Linn. Has significant spot in Indian and Buddha religion. It is considered as propitious tree, as very precursors were very much aware of the way that this tree discharges oxygen in day as well as. As a result of incredible therapeutic characteristics controlled by all its parts, it is viewed as comparable to God in Ayurveda. It has anticancer, antidiabetic, antibacterial, cancer prevention agents, antiulcer, antiasthmatic and antiparasitic properties. Its delicate leaves, organic products, bark, seeds and smooth latex practically all part is utilized as medication [2].

HISTORY

Ficus Religiosa, usually known as Peepal, is the most mainstream individual from the family *Ficus* and it is known by in excess of 150 names. *Ficus Religiosa* has legendary, strict and therapeutic significance in Indian culture. References to *Ficus Religiosa* are found in a few antiquated sacred writings like Arthasastra, Puranas, Upanishads, Ramayana, Mahabharata, Bhagavad-Gita and Buddhist writing and so forth. *Ficus Religiosa* is an assortment of fig tree

that was at that point known as the Bodhi tree, even before Gautama Buddha sat under its branches reflecting and accomplished enlightenment. It is the most established delineated tree in Indian craftsmanship and writing and it tends to be said this is the legendary 'World Tree' or the 'Tree of Life' of the Indian subcontinent. This plant is viewed as sacrosanct by the adherents of Hinduism, Jainism and Buddhism, and consequently the name 'Hallowed Fig' was given to it. Siddhartha Gautama is alluded to have been sitting underneath a Bo Tree when he was "edified" (Bodhi) or "stirred" (Buddha). Thus, Bo Tree is notable image for satisfaction, thriving, life span and good karma.

Ficus Religiosa (Bo-Tree) is notable image for joy, flourishing, life span and good karma. The name 'Sacrosanct Fig' was given to it, since it is viewed as hallowed by the devotees of Hinduism, Jainism and Buddhism. Peepal tree is an enormous deciduous tree. It is regularly planted close to sanctuaries and sacred spots. It should be one of the longest-living trees and there is one in Sri Lanka which is said to be more than one thousand years of age. This tree becomes exceptionally quick and roots are appended to the storage compartment as though they are columns supporting it. The tree needs loads of room, and the dirt must be sufficiently profound to let the roots develop down far. It is now and again likewise called kalpvruksha. The Brahma Purana and the Padma Purana, relate how once, when the evil presences vanquished the Gods, Vishnu cover up in the peepal. In this way unconstrained love to Vishnu can be offered to a peepal without requiring his picture or sanctuary. The Skanda Purana additionally considers the peepal, an image of Vishnu. He is accepted to have been brought into the world under this tree. Some accept that the tree houses the Trimurti, the roots being Brahma, the storage compartment Vishnu and the leaves Shiva. The Gods are said to hold their boards under this tree thus it is related with otherworldly understanding. The peepal is likewise firmly connected to Krishna. In the Bhagavad Gita, he says: "Among trees, I am the ashvattha." Krishna is accepted to have passed on under this tree, after which the present Kali Yuga is said to have started. Five-trees (Panchavat) are viewed as sacrosanct in India.

They are

1. Fig tree,
2. A wild fig (Sycamore) tree (Gular),
3. Banyan tree,
4. Pakar (citron-leaved), Indian fig tree,
5. Mango tree.

As per the Skanda Purana, in the event that one doesn't have a child, the peepal ought to be viewed as one. For whatever length of time that the tree lives, the family name will proceed. To chop down a peepal is viewed as a wrongdoing comparable to murdering a Brahmin, one of the five lethal sins or Panchapataka. As

indicated by the Skanda Purana, an individual goes to damnation for doing as such. A few people are specific to contact the peepal just on a Saturday. The Brahma Purana clarifies why, saying that Ashvattha and peepala were two evil presences who bothered individuals. Ashvattha would appear as a peepal and peepala the type of a Brahmin. The phony Brahmin would encourage individuals to contact the tree, and when they did, Ashvattha would execute them. Later they were both executed by Shani. In light of his impact, it is viewed as protected to contact the tree on Saturdays. Lakshmi is likewise accepted to occupy the tree on Saturdays. In this way it is viewed as favorable to worship it. Ladies request that the tree favor them with a child tying red string or red fabric around its trunk on its branches [3].

Scientific classification/Botanical Classification [3]

- Domain: Eukaryota
- Kingdom: Plantae
- Subkingdom: Viridiplantae
- Phylum: Tracheophyta
- Subphylum: Spermatophytina
- Infra phylum: Angiospermae
- Class: Magnoliopsida
- Subclass: Dilleniidae
- Super request: Urticanae
- Order: Urticales
- Family: Moraceae
- Division: Magnoliophyta
- Tribe: Ficeae
- Genus: *Ficus* (FY-kus) Linnaeus
- Specific appellation: *F-religiosa* L.

TERMINOLOGY [3]

'Ficus' is the Latin word for 'Fig', the product of the tree. 'Religiosa' alludes to 'religion' on the grounds that the tree is hallowed in both Hinduism and Buddhism and is every now and again planted in sanctuaries and places of worship of the two beliefs. 'Bodhi' or its short structure 'Bo' signifies 'preeminent information' or 'arousing' in the old Indian dialects. 'Peepal' relates (I accept) to a similar antiquated roots which offer ascent to English words like 'Pip' and 'Apple' and along these lines mean something like 'natural product bearing tree'. 'Ashvattha' and 'Ashvattha' originate from an antiquated Indian root word "Shwa" signifies 'morning' or 'tomorrow'. This alludes to the way that Ashvattha is the legendary Hindu world tree, both indestructible but then ever-changing: a similar tree won't be there tomorrow.

Vernacular names [5]

- Sanskrit: Peepala
- Assamese: Ahant
- Bengali: Ashvattha, Ashud, Ashvattha
- English: Pipal tree
- Gujarati: Pipla, Jari, Piparo, Pipalo
- Hindi: Pipala, Pipal

- Kannada: Arlo, Ranji, Basri,
- Ashvatthanara, Ashwatha,
- Aralimara, Aralegida,
- Ashvathamara, Basari,
- Ashvattha
- Kashmiri: Bad
- Malayalam: Arayal
- Marathi: Pipal, Pimpal, Pippal
- Oriya: Aswatha
- Punjabi: Pipal, Pippal
- Tamil: Ashwarthan, Arasamaram,
- Arasan, Arasu, Arara

TERRITORY [3]

Ficus Religiosa Linn. is known to be a local Indian tree, and thought to begin for the most part in Northern and Eastern India, where it generally found in uplands and plane regions and grows up to around 1650 meters or 5000 ft in the hilly territories. It is likewise discovered developing somewhere else in India and all through the subcontinent and Southern Asia, particularly in Buddhist nations, wild or developed. It is a natural sight in Hindu sanctuaries, Buddhist religious communities and holy places, towns and at side of the road. Individuals likewise prefer to develop this sacrosanct tree in their nurseries. *Ficus Religiosa* Linn. has likewise been generally planted in numerous hot nations everywhere throughout the world from South Africa to Hawai and Florida yet it can't naturalize away from its Indian home, as a result of its reliance on its pollinator wasp, *Blastophagaquadraticeps*. A special case to this standard is Israel where the wasp has been effectively presented.

MORPHOLOGY [6]

This large and old tree is of 30m long. They break bark and are of white or dark colored in shading. The leaves are glossy, slim, and bear 5-7 veins. Natural products are little, about ½ crawls in breadth, like that of eye student. It is round fit as a fiddle and packed. At the point when it is crude, it is of green shading and turns dark when it is ready. The tree natural products in summer and the organic products get aged by stormy season.

Leaves

At the point when the leaves initially show up their shading is red-pinkish, yet then they turn dark green and develop to around 12 to 18 cm long (5-7 inches). They are joined to long adaptable stalks which makes them stir, shudder and move in the smallest whiff of wind. The foliage can regularly be thick. The substitute leaves are heart-formed, glossy with an exquisite tail-like tip which is frequently called a "trickle tip", managing water productively down to the dirt. This forestalls at times overwhelming storm downpour from gathering on the leaves for delayed

periods, which could make them sweltering in exceptionally warm climate. The leaves have 6 8 sets of side-veins and a further system of fine veins. This sensitive venation and the capacity of the leaf to crumble effectively in water are both unmistakably represented in the welcome cards which are now and then made with peepal leaves. The leaves are splashed for 8 hours (in warm nations) in a bowl of water and afterward washed cautiously under running water until just the veins remain.

Bark

Bark happens in level or marginally bended pieces, shifting from 1.0 to 2.5 cm or more I thickness; external surface darker or debris shaded; surface lopsided because of peeling of stopper; inward surface smooth and to some degree tanish; break - stringy; taste astringent.

Flowers

The little red blossoms show up in February. The tree is subject to its related pollinator wasp, *Blastophagaquadraticeps* to set seed.

Fruit

The tree natural products in May/June and bears a little level bested figs (12, 13 mm or ½ inch in width), which shows up two by two in the edges of the leaves on the twigs (or over the scars in the bark left by fallen leaves). They have 3 basal bracts, are green from the start and mature to a blackish purple (may have ruddy dabs). The fruiting tree turns into a treat for a wide range of feathered creatures and creatures.

MICROSCOPY

An outside highlights of bark of *F. religiosa* demonstrated that bark separated into external thick periderm and inward auxiliary phloem. Periderm is separated into phellem and phelloderm. Phellem zone is 360 mm thick and it is wavy and lopsided in exchange. Phellem cells are composed into flimsy unrelated membranous layers and the more established layers peel as slight films. The phelloderm zone is wide and particular. Phelloderm cells are transformed into lignified sclereids. Auxiliary phloem separated into inward tight non-crumbled zone and external wide fallen zone. Non-fallen zone comprises of spiral records of sifter tube individuals, hub parenchyma, and thick strands. External crumbled phloem has widened beams, squashed devastated strainer tube individuals, thick walled and lignified strands, and rich tannin filled parenchyma cells. Laticifers are genuinely plentiful in the external auxiliary phloem zone. Phloem beams are both uniseriate and multiseriate. Multiseriate beams are homocellular and uniseriate beams are either homocellular or heterocellular [4].

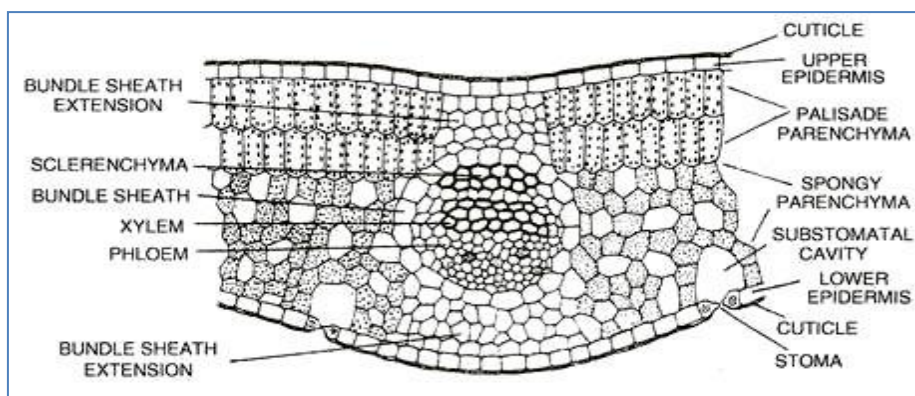


Fig-3: Microscopy of *Ficus Religiosa* Leaf

PHYSICAL CONSTANTS

Total ash 7.86 % w/w, acid insoluble ash 0.41 % w/w, and alcohol soluble Extract 7.21 % w/w and water soluble extractive 15.76 % w/w [4].

MYTHOLOGY [5]

It is a well-known Bodhi tree and has legendary, strict, and restorative significance in Indian culture since times prehistoric. References to *Ficus Religiosa* are found in a few old heavenly messages like Arthasastra, Puranas, Upanisads, Ramayana, Mahabhart, Bhagavad-Gita and Buddhist writing and so on. *F. religiosa* (Bo-Tree) is notable image for bliss, success, life span and good karma. The name „Sacred Fig“ was given to it since it is viewed as holy by the adherents of Hinduism, Jainism and Buddhism. *F. religiosa* is significant as it is accepted that Gautam Buddha accomplished edification under this tree. Along these lines, it is additionally named as "Bodhi tree or Bo tree". Ruler Krishna in the Bhagavad Gita considers this the most sacrosanct of trees. The Skanda Purana additionally considers the peepal an image of Vishnu. He is accepted to have been brought into the world under this tree.

In Atharvaveda, it is declared that the divine forces of the third paradise dwell right now. Some accept that the tree houses the Trimurti, the roots being Brahma, the storage compartment Vishnu and the leaves Shiva. It has been venerated for quite a while. Lakshmi is additionally accepted to occupy the tree on Saturdays. In this way it is viewed as propitious to adore it. Ladies request that the tree favor them with a child tying red string or red fabric around its trunk or on its branches. The senior ladies in Hindu families have constantly revered Peepal because of its approval characteristics. Any individual who waters the tree is accepted to procure merit for his offspring, his distresses are recovered and infections restored. The peepal tree is additionally revered to escape from infectious illnesses and adversaries. To chop down a peepal is viewed as a wrongdoing equal to murdering a Brahmin, one of the five lethal sins or Panchapataka. As per the Skanda Purana, an individual goes to hellfire for doing as such.



Fig-2: Plant of *Ficus Religiosa* Linn. (Peepal)

Botanical description [5]

The leaves initially show up their shading is red-pinkish, however then they turn dark green and are cordate fit as a fiddle 12 to 20 cm long, 5 to 8cm wide, with a 6-8cm petiole. They are joined to long adaptable stalks. The substitute leaves are heart-molded, sparkling with a rich tail-like tip.

- The leaves have 5 to 8 sets of side-veins and a further system of exceptionally fine veins. . The bark is marginally bended or level, fluctuates from thickness up to 1.0 to 3.0 cm (5 to 8 mm). External surface is harsh sporadic dim or debris like shading with regularly secured with lichen which is dark colored or debris hued.
- The surface is shallow sporadic vertical crevices and lopsided because of shedding of plug, internal surface smooth, yellowish to orange dark colored and sinewy.

Phytochemical study [4]

Phytochemistry can be characterized as science of plants or synthetic arrangement of plants. In drug store, it is depicted as the science of those regular items which can be utilized as medications or plant leaves behind the accentuation on organic chemistry. These mixes can be remedially dynamic or inert. *F. religiosa* Linn. Natural products contain a lot of flavonoids specifically kaempeferol, quercetin, and myricetin and other phenolic segments. Asparagine and tyrosine are

the most inexhaustible amino acids of the natural product mash of *F. religiosa* Linn [1]. The seeds contain phytosterolin, β -sitosterol, and its glycoside, albuminoids, sugar, greasy issue, shading matter, caoutchoue 0.7–5.1%. Phytosterols like, lanosterol, β -sitosteryl D-glucoside, bergapten, bergaptol and stigmasterol have been segregated from the oil ether and alcoholic concentrates of the bark of *F. religiosa*[4].

PHARMACOLOGICAL ACTIVITY [6]

Anti-ulcer movement

The counter ulcer movement was researched utilizing ethanol concentrate of stem bark of *F. religiosa* Linn. Against in-vivo indomethacin and cold limited pressure initiated gastric ulcer and pylorus ligation measures [7].

Proteolytic movement

An examination of the proteolytic action of the latex of 46 types of *Ficus* was finished by electrophoretic and chromatographic properties of the protein segments. *F. religiosa* Linn. Indicated noteworthy proteolytic action. A correlation of the proteolytic movement of the latex of 46 types of *Ficus* has been finished by electrophoretic and chromatographic properties of the protein parts and *F. religiosa* has demonstrated a huge proteolytic movement [8].

Anticonvulsant movement

The methanol concentrates of figs of *F. religiosa* Linn. was likewise answered to show a portion subordinate anticonvulsant action against most extreme electroshock and picrotoxin prompted seizures through serotonergic pathways balance. The anticonvulsant action of the concentrate (25, 50 and 100 mg/kg.) was researched in strychnine, pentylenetetrazole, picrotoxin and isoniazid actuated seizures in mice. Ratileum and fundus strip arrangements were utilized to consider the impact of the concentrate on acetylcholine (Ach) and serotonin (5-HT) actuated constrictions, separately. The concentrate likewise displayed portion subordinate potentiation of Ach in rodent ileum yet neglected to potentiate the impact of 5-HT in rodent fundus strip readiness [9].

Antibacterial action

Watery and ethanolic concentrates of *F. religiosa* leaves demonstrated antibacterial impact against *Staphylococcus aureus*, *Salmonellaparatyphi*, *Shigelladysenteriae*, *S. typhimurium*, *Pseudomonas aeruginosa*, *Bacillus subtilis*, *S. aureus*, *Escherichiacoli*, *S. typhi*. In another study, chloroform concentrate of organic products indicated antimicrobial effect against *Azobacterchroococcum*, *Bacillus cereus*, *B. megaterium*, *Streptococcus faecalis*, *Streptomycin lactis* and *Klebsiellapneumonia*. The ethanolic concentrate of leaves showed antifungal impact against *Candida albicans*. Watery, methanol and chloroform removes from the leaves of *F. religiosa* were completely screened

for antibacterial and antifungal activities. The chloroform concentrate of *F. religiosa* possessed an expansive range of antibacterial action with a zone of inhibition of 10–21 mm. The methanolic extracts had moderate antibacterial activity against a couple of bacterial strains. There was less antibacterial action or none at all using watery concentrates. The concentrates of *F. religiosa* were seen as dynamic against *Aspergillus niger* and *Penicillium notatum*. The removes from the leaves exhibited considerable and variable inhibitory effects against the majority of the microorganisms tested [10].

Anthelmintic action

F. religiosa Linn. Bark methanolic extract was 100% deadly for *Haemonchus contortus* worms. The stem and bark removes of *F. religiosa* Linn. Demonstrated deadly to *Ascaridia galli* in-vitro. The latex of some species of *Ficus* (Moraceae), i.e., *Ficus insipida*, *F. carica* was additionally answered to have anthelmintic movement against *Syphacia obvelata*, *Aspiculuris tetraptera*, and *Vampirolepis nana*. The pharmacological examinations on *F. glabralata* latex with live *Ascaris* demonstrated a deadly impact at concentrations diminished to 0.05% latex in physiological saline arrangement. It has been accepted that anthelmintic movement is expected to a proteolytic portion called ficin. It is evident from over that methanolic extract of *F. religiosa* Linn. possibly applied anthelmintic effect in view of ficin [11].

Immunomodulatory action

The immunomodulatory impact of alcoholic extract of the bark of *F. religiosa* Linn. (moraceae) was examined in mice. The investigation was completed by various hematological and serological tests. Organization of concentrate remarkably ameliorated both cell and humoral antibody reaction. It is reasoned that the extract had promising immunostimulant properties [12].

Antioxidant movement

The ethanolic concentration of leaves of *F. religiosa* Linn. was assessed for antioxidant (DPPH), wound recuperating (cut, excision, histopathological and dead space wound model) and mitigating (Carageenan induced paw edema) action. The tested extract of various weakenings in extend 200 μ g/ml to 1000 μ g/ml shows antioxidant activity in scope of 6.34% to 13.35%. Significant increment in wound conclusion rate, skin breaking quality, granuloma breaking strength was watched.

The concentrate shows prominent calming movement as compared to that of standard (Ibuprofen gel) 30. Antiamnesic movement, the impact of the methanol concentrates of figs of *Ficus religiosa* Linn. (FRFE) on scopolamine induced anterograde and retrograde amnesia in mice was examined. The methanolic extracts were managed at a portion of 10, 50

and 100 mg/kg, i.p. also, scopolamine at 10mg/kg, i.p. Methanol concentrate of figs of *Ficus religiosa* Linn. Showed a huge improvement of memory as it treatment constricted the scopolamine induced anterograde and retrograde amnesia portion dependently. Cyproheptadine pretreatment fundamentally switched the anti-amnesic impact [13].

Wound-mending movement

The impact of hydroalcoholic concentrates of *F. religiosa* Linn. Leaves on tentatively induced wounds in rodents utilizing distinctive wound models brings about portion subordinate wound healing activity in extraction wound, incision wound, and consume wound. A plan of leaves remove was set up in emulsifying ointment at a convergence of 5% and 10% and applied to the injuries. In excision wound and consume wound models, the extract showed noteworthy reduction in the period of epithelization and in wound contraction Int. (half). A noteworthy increment in the breaking strength was seen in an entry point wound model when contrasted with the control. The result proposes that leaf concentrate of *F. religiosa* Linn. (both 5% and 10%) applied topically have portion subordinate wound healing activity [14].

Hypolipidemic movement

Dietary fiber substance of nourishment to be specific Peepal banti (*F. religiosa*), cellulose, and lignin were prevailing constituents in peepal banti, took care of at 10% dietary level to rats, Induced a more prominent obstruction to hyperlipidemia than cellulose. Teen t had the most articulated hypocholesterolemic impact that seemed to work through increased fecal discharge of cholesterol as well as bile acids. Dietary hemicelluloses indicated a critical negative correlation with serum and liver cholesterol and a huge positive connection with fecal bile acids. The dietary fiber affected total lipids, cholesterol, triglycerides and phospholipids of the liver to differing degrees [15].

Hypoglycemic movement

Sitosterol-D-glycoside was disconnected from the root bark of *F. glomerata* and *F. religiosa*, which has a per oral hypoglycemic activity (Ambike and Rao, 1967). Oral administration of *F. religiosa* Linn. bark separate at the dosages of 25, 50, and 100mg/kg was studied in ordinary, glucose-stacked, and STZ (streptozotocin) diabetic rodents. The three doses of bark extricate delivered significant reduction in blood glucose levels in all the models. The impact was increasingly articulated in 50 and 100mg/kg than 25mg/kg. *Ficus religiosa* Linn. Also showed significant anti-lipidperoxidative impact in the pancreas of STZ-instigated diabetic rats. The results demonstrate that fluid concentrate of *F. religiosa* bark has huge anti-diabetic movement [16].

Anti-amnesic movement

The counter amnesic movement was investigated using *F. religiosa* Linn. Methanol concentrate of figs of *F. religiosa* on scopolamine induced anterograde and retrograde amnesia in mice. Figs were known to contain a high serotonergic substance, and tweak of serotonergic neurotransmission assumes a crucial job in the pathogenesis of Amnesia [13].

Anticancer movement

Organic product concentrates of *F. religiosa* exhibited antitumor action in the potato disc bioassay. None of the tried concentrates showed any stamped restraint on the take-up of calcium into rodent pituitary cells GH4C1 [17].

Anti-acetylcholinesterase movement

Methanolic concentrate of the stem bark of *F. religiosa* linn. Found to restrain the acetylcholine estrase chemical, there by prolonging the half-existence of acetylcholine. It was accounted for that most acknowledged techniques in Alzheimer ailments treatment is the utilization of cholinesterase inhibitors. The determined half inhibitory portion (ID50) esteem was 73.69g/ml separately. The outcomes affirm and justify the well-known conventional utilization of this plant for the treatment of Alzheimer diseases.

Anti-diabetic action

Watery concentrate of *F. religiosa* linn. showed critical increment in serum insulin, body weight, glycogen content in liver and skeletal muscle of test diabetic rodents, additionally diminished the serum triglyceride and all out cholesterol level. The outcomes proposed potential conventional utilization of *F. religiosa* linn.

Antifungal action

The benzene extract of both the plants for example *Ficus infectoria* Roxb. And *Ficus Religiosa* Linn. Afforded furanocoumarins, bergapten and bergaptol. The secluded mixes of both the plants were tested against its microorganisms. *Staphylococcus Aureus*, *Escherichia coli*, *Penicillium gluacum* and *Paramecium* at convergence of 0.2% for aqueous bark removes and 1×10^{-2} M for the disengaged mixes. The results indicate bacterial movement of both the compounds bergapten and bergaptol against *S. aureus* and *E. coli*. An antifungal action of the mixes against *P. gluacum* was likewise watched.

Extraction procedure

1. Take 15 leaves of completely prospered leaves of Peepal.
2. Chop down the upper and lower some portion of the leaves with the assistance of scissor.
3. Wash the completely with water.
4. Put them in a bowl and include 01 glass of water in it, put them on bubble.
5. Bubble them on low fire and let them stew till it stays just 1/3rd.
6. Strain it with a fine material and let it cool, keep it in a cool spot.
7. Make 03 dosages of this fluid.
8. Take this three times each day with a hole of 03 hours.
9. Rehash this strategy for 15 days.



Fig-3: *Ficus Religiosa* Leaf

Uses of *ficus religiosa* linn [18]

Almost all aspects of the tree can be utilized as medication. The leaves are utilized to take care of camels and elephant, and the tree is frequently the home to the little lac creepy crawly. At the point when the leaves are dried, they are utilized for beautification and frequently painted on. Like all the fig trees numerous winged creatures and bats love to eat the organic product, and in times when there is little nourishment, resident eats them too. The wood keeps going great in water and is now and again utilized for structures little pontoons. "Legitimate use makes a decent cure even out of toxic substance while a decent restorative plant goes about as a toxin whenever utilized inappropriately" Charaka-samhita (1000 B.C.).

Medicinal Uses

Ficus Religiosa Linn. is answered to have various remedial uses in people medication viz.: leaf juice has been utilized for the treatment of asthma, hack, sexual clutters, looseness of the bowels, hematuria, ear infection and toothache, headache, eye inconveniences, gastric issues and scabies. Leaf decoction has been utilized as a pain relieving for toothache. Natural products for the treatment of asthma, different respiratory disorders and scabies. Stem bark is utilized in gonorrhoea, dying, loss of motion, diabetes,

looseness of the bowels, bone break, germ-free, astringent and antitoxin. *Ficus* is utilized widely utilized in customary frameworks of medication like Ayurveda, Unani and Siddha as different definitions. Bark is utilized breathing in ulcers, different skin illnesses and scabies and in treatment of diabetes; the root bark is expressed to be love potion. Natural product is purgative and stomach related. The natural product powder is additionally given to upgrade ripeness and utilized in diarrhea, uterine difficulties, ulcers, biliousness, harsh tonic, in blood infections.

All plant parts are bitter, sweetish, cooling and are helpful in maladies of blood vagina, uterus, given in leucorrhoea, consuming sensation, biliousness and ulcers. The ready natural product is cooling, alexipharmic, useful for consuming sensation, foul taste, thirst, biliousness and sicknesses of blood and heart. Powdered dry organic product devastates distresses of a person. Seeds are purgative and if taken three days during feminine cycle, sterilize women for long time. Bark phytosterolin is a ground-breaking CNS energizer. The natural product extract demonstrated antitumor action in potato disc bioassay. Fiber from *Ficus Religiosa* produces hyper lipedema [18].

Traditional Uses

- **Healing and corrective**

Leaves are diuretic and a tonic. They soothe hot sentiment of coolness. They are additionally helpful in capturing emission or dying. In such cases, around 50 ml of crude juice of the leaves or 1 teaspoon of powdered dried leaves can be taken with water.

- **Heart illnesses**

The leaves of the Peepal are utilized in the treatment of heart illnesses. The leaves are injected in water around evening time. Refined the next morning and afterward put away in white jugs. Around 15 ml of this imbue is regulated thrice every day. It is exceptionally powerful in diminishing palpitation of the heart and cardiovascular shortcoming.

- **Constipation**

The leaves of peepal ought to be dried in the conceal and powdered. Pills are made by including the necessary amount of a solution of anise and jaggery with water. In a similar way, the natural products can be dried in shade, powdered and blended in with an equivalent amount of sugar. This compound in dosages of 4 to 6gms, taken at sleep time with milk, guarantees legitimate bowl development, the next morning.

- **Mumps and bubbles**

Peepal leaves spread with ghee, warmed over a fire and wrapped over the kindled part (mumps) to get calm. A leaf of peepal spread with ghee can be banged like worm on the bubble. In the event that there is any discharge development, it will blast, in the event that it

is in preliminary stages, the development will subside in beginning stage itself.

- **Gynecological issues**

For some vaginal ailments, a decoction from the bark is utilized to purify the vagina as a wash. A decoction arranged from the bark of peepal and tamarind or their crisply extricated juice is given as a drink for patients with difficult menstruation or even nonappearance of menstruation. For pregnant women who have a propensity or dread of fetus removal, six ash as of bark powder is to be given with a decoction of the skin of an orange. This is preceded with 3-8 times each day for seven days.

- **Gastrointestinal ailments**

Indeed, even insufferably serious agony in the stomach is calmed by drinking a decoction of the bark with salt and jaggery. Serious and continued regurgitating is soothed by utilizing the inward bark of the tree. The bark is dried in the shade and powdered finely. This, when blended with honey over and over in a measurements of 4 to 8 rattiis, eases spewing because of kapha. Uncontrollable thirst is additionally extinguished by water in which consumed peepal bark is dipped for cooling. A douche from the tree's sprouts, cooked in milk and separated, is advantageously utilized for dysentery, rectal prolapse, discharge and fever.

- **Fever and Joint agonies**

Peepal is viable in fever on account of its cooling nature. Consume the bark completely to cinders. Strainer this through a fine material and sprinkle on the bed of a patient with fever and emissions. Take five to six (50 gms) of bark and cook it in five liters of water. When the amount of fluid is decreased to 100ml, channel, include somewhat nectar and let the patient beverage a half in the first part of the day and the rest at night. This fixes rheumatism even where disturbance of all the three doshas has happened.

- **Respiratory framework**

For an asthmatic patient, the powder from the dried natural product is given with water. A hack of any sort is alleviated by taking it with honey. This is additionally accepted to render the voice sweet and resonant. For whooping cough in kids, giving the powder of peepal lac in a measurements of 3 rattiis alongside 3 maasha as of spread, multiple times a day, has been believed to be advantageous.

- **Skin**

A patient with tingling or skin inflammation is advised to drink a decoction of peepal bark. For eruptions, the bark is scoured on a grindstone with water and the glue is applied gently. This is said to help development of the eruptions. Old peepal trees build up a thin papery spread over the bark. This is dried, powdered fine and put away. For wounds, first smear a

flimsy layer of gingely (sesame) oil and afterward sprinkle this powder so that a thick layer is shaped. On the off chance that release from the wound rises up out of this layer, apply the oil once more, and trailed by another thick sprinkling of the powder. By these measures, even extreme injuries, that are not topping off recuperate no problem at all.

- **Oro dental issues and Ear issues**

A decoction or cold implantation of the bark strengthens the gums, mends them, offering alleviation even in serious toothache. Growing kids regularly endure from frequent mouth ulcers. A most loved and ineffective cure is utilization of the paste of the powdered bark and tender leaves with nectar. Take delicate youthful peepal leaves, granulate and cook them ingingly (sesame) oil over a low fire. A small amount of this oil is to be poured into the difficult ear, in the wake of making it comfortably warm, to soothe torment.

Different Uses

Individuals in India gather the leaves, perfect and dry them and paint them with the gold acrylic so as to save them for quite a long time. From the bark of the tree, ruddy color is separated. Individuals tie strings of white, red and yellow silk around it to appeal to God for pregnancy. The Peepal tree has its own representative importance of edification and peace.

AMAZING HEALTH BENEFITS OF PEEPAL TREE & LEAF: [19]

Luna Dewan Published: Wednesday, June 15, 2016, 8:00 [IST] *Ficus religiosa*, popularly known as Peepal, is found to have several health benefits. A species of fig tree in the mulberry family, peepal trees are grown in the wild forests across the Indian sub-continent and a few people nurture it at home as well. Peepal tree is also a chief oxygen provider. The peepal tree is rich in tannic acid, aspartic acid, flavonoids, steroids, vitamins, methionine, glycine, etc. Also read: Sacred Hindu Trees and Plants all these ingredients make the peepal tree an exceptional medicinal tree. According to Ayurveda, every part of the peepal tree - the leaf, bark, shoot, seeds, as well as the fruit, has several medicinal benefits. It is being used since ancient times for curing many diseases. Among the Hindus as well as the Buddhists, peepal tree holds a special significance. Also read: Significance of Peepal Tree in Hinduism it is considered as a sacred tree, as the Rishis meditated under the peepal tree in the ancient times. Also, it was beneath a peepal tree that Gautam Buddha attained enlightenment, thus peepal tree is considered as "Bodhi" or the 'tree of wisdom'. Today, at boldsky, we bring to you 10 amazing health benefits of peepal tree, its leaf and juice. Have a look:

1. Helps in treating fever, cold: Take a few tender leaves of peepal, boil them along with milk, add sugar and then drink this mixture for about two times in a day. This provides relief from fever and cold.
2. Helps in treating Asthma: Take either a few tender peepal leaves, or its powder and boil it along with milk. Then, add sugar and drink it for about two times in a day. It helps those ailing with asthma.
3. To treat Eye Pain: Peepal also helps in terms of treating eye pain efficiently. Peepal milk derived from its leaves is helpful in providing relief from the eye pain.
4. Helpful for Teeth: Take fresh twigs or new roots of peepal tree, using it as a brush helps not just in removing the stains but also in killing the bacteria present around the teeth.
5. Provides Relief from Nosebleed: Take a few tender peepal leaves, prepare a juice out of it and then apply a few drops of it in the nostrils. This provides relief from the nosebleed.
6. Helpful in Treating Jaundice: Take tender peepal leaves and prepare juice adding some mishri. Drink this juice 2-3 times in a day. This helps in alleviating jaundice and its symptoms.
7. Constipation: Take powdered peepal leaves with an equal amount of anise seed powder and jaggery. Have this with milk before bedtime. This will provide relief from constipation.
8. Treating Heart Diseases: Take a few tender peepal leaves, soak them in a jar of water and leave it overnight. Distill the water and then drink it twice-thrice in a day. This helps in providing relief from heart palpitation and weakness of the heart.
9. Dysentery: Take tender peepal leaf, few coriander leaves along with a bit of sugar and then chew it slowly. This provides an instant relief from dysentery.
10. Helps in Diabetes Management: Peepal is found to lower the blood sugar level in the body. Powder of the peepal fruit taken along with Haritaki fruit powder, which is one of the constituents of triphala, helps in reducing the blood sugar level.

Heart Blockage [1]

Heart Blockage is becoming a very common problem not only in India but across the world. People are spending huge amount of money on angioplasty for its treatment. There are some natural fruits and vegetables which can be used in heart problem remedies. But today we will tell you one natural remedy from Ayurveda which can clear your 99% blockage and that also without operation. You will be surprised 99%, yes that's the power of Ayurveda.

Mechanism before heart blockage [1]

We humans are born with pure organs. With the passage of time, due to food habits, lifestyle, emotional factor etc. our organs are affected a lot. Ingestion of fatty and junk food due to lack of correct metabolism and emotional factors, the fat gets emulsified to lipids and gets glued to heart walls slowly

they form a tough layer in heart veins which obstructs the free flow of blood and oxygen to heart all these leads to heart blockage when the blockage is higher it can even turn to strokes and heart attacks.

Peepal use was the pathology of heart blockage now we will tell you a very simple and natural remedy which can clear up to 99% of heart blockage. What 99% yes, it is possible now. In allopath, 99% of heart blockage means angioplasty or some severe procedures. Peepal leaves for heart blockage is very efficient remedy and makes the blockage go melt.

Complete heart block treatment [20]

Contingent upon the sort and seriousness of your arrhythmia and the consequences of different tests including the electrophysiology study, there are a few treatment choices. You and your PCP will choose which one is directly for you.

Prescriptions

Certain enemy of arrhythmic medications changes the electrical signals in the heart and helps keep unusual destinations from beginning unpredictable or fast heart rhythms.

Follow-up Electrophysiology Study

To ensure the drug is working appropriately following at least two days in the clinic, you might be taken back to the lab for a subsequent report. We will probably discover the medication that works best for you.

Implantable Device (Pacemaker)

Every single implantable gadget or pacemakers chip away at "request" and are utilized to treat moderate heart rhythms. They are little gadgets that are embedded underneath the skin beneath the collarbone and associated with a pace wire(s) situated inside the heart by means of a vein; this conveys a little electrical drive to animate the heart to pulsate when it is going excessively moderate.

Catheter Ablation

A strategy spearheaded at UCSF, radio recurrence catheter removal crushes or disturbs portions of the electrical pathways causing the arrhythmias, giving help to patients who might not have reacted well to meds, or who would prefer not or can't take meds.

Catheter removal includes stringing a little metal-tipped wire catheter through a vein or supply route in the leg and into the heart. Fluoroscopy, which permits cardiologists to see on a screen the catheter traveling through the vessel, gives a guide. Different catheters, for the most part embedded through the neck, contain electrical sensors to help discover the region causing the short circuits. The metal-tipped catheter is then moved to every issue site and radiofrequency waves, a similar vitality utilized for radio and TV

transmission, delicately consume with smoldering heat each undesirable strand of tissue. At the point when catheter removal was first attempted, direct ebb and flow stuns were utilized, however analysts later built up the utilization of radiofrequency waves an increasingly exact type of vitality. With radiofrequency catheter removal, patients for the most part leave the emergency clinic in one day, contrasted with open heart medical procedure which requires seven days remain and long periods of recuperation.

For conditions like Wolff-Parkinson-White disorder, in which a hair-slim strand of tissue makes an extra electrical pathway between the upper and lower offices of the heart, radiofrequency removal offers a fix. It has become the treatment of decision for patients with that clutter who don't react well to medicate treatment or who have a penchant for quick pulses.

Indeed, even in arrhythmias that can be controlled with drugs, the method has been demonstrated to be financially savvy since it kills medicine disappointments that require hospitalization. It likewise is an alluring alternative for old patients who are inclined to experience the ill effects of medication treatment and ladies of childbearing age who can't take drugs on account of potential wellbeing danger to the baby.

While considers have indicated that catheter removal is more financially savvy than sedate treatment or medical procedure, patients who experience the method additionally experience amazing improvement in personal satisfaction. An ongoing investigation of almost 400 removal patients with hazardously quick pulses about 33% of whom were viewed as possibility for open heart medical procedure found that one month after the strategy 98 percent required no drug and 95 percent detailed that their general wellbeing had notably improved. The UCSF study likewise discovered improvement in the patients' capacity to work, exercise and take on physical exercises.

Interior Cardioversion

Interior cardioversion for change of atrial fibrillation and atrial shudder to an ordinary sinus musicality was created here at UCSF Medical Center in 1991. Inward cardioversion is low vitality electrical stun (1 to 10 joules) conveyed inside in the heart through two catheters embedded in a vein in the crotch and a little terminal cushion applied to the chest. This strategy is acted in the electrophysiology lab by our electrophysiologist. During the inside cardioversion, short-acting narcotics are given to make the patient languid. As of now, atrial shudder is effectively "relieved" by radiofrequency catheter removal; yet treatment to reestablish atrial fibrillation to sinus mood has been the customary utilization of meds and outer cardioversion. Outside cardioversion is conveyance of high vitality stuns of 50 to 300 joules through two

defibrillator cushions appended to the chest. Now and again, outside cardioversion has fizzled in light of the fact that the electrical flow needs to initially go through chest muscle and skeletal structures before arriving at the heart. Inside cardioversion has been performed when drugs and outer cardioversion have neglected to reestablish a patient's musicality back to an ordinary sinus beat.

UCSF's prosperity pace of changing over a patient from atrial fibrillation to typical sinus cadence with inner cardioversion has been 95 percent. The less time a patient is in atrial fibrillation, the simpler it is to cardiovert back to a typical musicality, however even patients with long-standing constant atrial fibrillation can be changed over effectively to an ordinary beat through inside cardioversion. With interior cardioversion, our electrophysiology group was effective in changing over a patient who had been in ceaseless atrial fibrillation for a long time.

Implantable Cardioverter Defibrillator

An implantable cardioverter defibrillator is a gadget for individuals who are inclined to dangerous quick heart rhythms. It is somewhat bigger than a pacemaker and for the most part is embedded underneath the skin beneath the collarbone. It is associated with a defibrillation/pace wire(s) situated inside the heart by means of a vein. It has the ability of conveying an electric stun to the heart when it decides the pulse is excessively quick. It additionally is equipped for pacing or animating the heart when it is going excessively moderate.

Biventricular Pace Maker

The U.S. Nourishment and Drug Administration (FDA) as of late affirmed the first of another sort of pacemaker that paces the two ventricles of the heart to arrange their withdrawals and improve their siphoning capacity. As indicated by the test outcomes displayed to the FDA, cardiovascular resynchronization treatment (CRT):

- Increases the measure of day by day exercises patient can perform without the indications of cardiovascular breakdown.
- Extends the activity limit of cardiovascular breakdown patients as estimated by the separation they can stroll in a short time.
- Improves the general personal satisfaction as decided by standard estimations.
- Promotes changes in heart life systems to improve cardiovascular capacity.
- Reduces the quantity of days patients spend in the emergency clinic and the complete number of hospitalizations.

CRT gadgets work by pacing both the left and right ventricles at the same time, which brings about resynchronizing the muscle constrictions and improving the proficiency of the debilitated heart. In the typical

heart, the electrical conduction framework conveys electrical driving forces to one side ventricle in a profoundly sorted out example of compressions that siphon blood out of the ventricle productively. In systolic cardiovascular breakdown brought about by an augmented heart (expanded cardiomyopathy), this electrical coordination is lost. Awkward heart muscle work prompts wasteful launch of blood from the ventricles.

Ficus Religiosa Linn. is a broadly stretched tree with weathered, heartshaped, longtipped leaves, utilized in the Indian arrangement of medication, other than which legends medication likewise guarantees its utilization in looseness of the bowels, diabetes, urinary turmoil, consumes, hemorrhoids, gastrohelcosis, skin illnesses, seizure, tuberculosis, fever, loss of motion, oxidative pressure, bacterial contamination and so on. Research did using different in-vitro and in-vivo strategies of natural assessment bolster the greater part of these claims. Presently there is an expanding premium worldwide in home grown meds joined by expanded lab examination concerning the pharmacological properties of the bioactive ingredients and their capacity to treat different maladies. Various medications have entered the international through investigation of ethno pharmacology and customary medication. Albeit logical examinations have been completed on an enormous number of Indian botanicals, a considerably smaller number of attractive medications or phytochemical elements have entered the proof based therapeutics. Endeavors are in this way expected to set up and approve proof in regards to wellbeing and practices of Ayurvedic meds.

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