

MULTIFARIOUS MEDICINAL VALUE OF “PEEPAL”- A REVEIW**JYOTIBALA CHOUBEY^{a1} AND ROOPAM AJEET YADAV^b**^{ab}Department of Home Science, Bhilai Mahila Mahavidyalaya, Hospital Sector Bhilai, Chhattisgarh, India

In Hindu religion Peepal tree has a lot reverence and significance for people. People worship and perform a puja.

Here we should know the history and the origin of this tree. The tree is known for the heart shaped leaves that have long narrowing tips. The origin of Peepal tree can be traced back to the times of “Indus Valley Civilization” [3000 BC- 1700 BC] in the Mohenjodaro city. Even in those times, the Peepal tree was worshiped by Hindus.

During the Vedic period the wood obtained by cutting Peepal tree was used to produce fire. According to mythological believe, the Brahma being lived in the root, the trunk is “Vishnu” and Leaves represent “Lord Shiva”. Another popular belief is the “Lord Krishna” died under the Peepal tree.

Peepal or Pila [*Ficus religiosa*] tree also known as “Ashvatha” in Sanskrit is a very large tree and first known depicted tree in India. It is the aswath Vriksh or the Wish fulfilling tree. Under this tree Gautam Buddha attained enlightenment.

Ficus religiosa is used in traditional medicine for about 50 types of disorders including asthma, diabetes, diarrhea, epilepsy, gastric problems, inflammatory disorders, infectious and sexual disorders.

Peepal tree is of great medicinal value. Its leaves serve as a wonderful laxative as well as tonic for the body. It is especially useful for patients suffering from jaundice. It helps to control the excessive amount of urine released during jaundice.

The leaves of Peepal are highly effective in treating heart disorders. It helps to control the palpitation of heart and thereby combat the cardiac-weakness.

Ayurveda make an extensive use of the leaves of Peepal due to the numerous benefits it provides. To know about the medicinal benefits of Peepal read on:-

For constipation problem, there can be no better remedy that the consumption of leaves of Peepal. Dry the Peepal leaves in sun and power them. Add a solution of Jaggery and arise to it. Mix it with water and consume it. This combination will ensure proper bowel movement. The leaf of Peepal plant is also considered valuable in treatment of various kinds of skin disorders. Peepal leaves are of great use in getting rid of mumps. All one needs to do to avail the benefits of Peepal plant is smear the leaves of Peepal with ghee and then warm it on low flame. After that bandage it over the swollen inflamed part of the body. It is surely going to provide the patient with a great relief even for the boils; this remedy will prove to be quite effective in case of formation of pus, bandaging the leaf of Peepal will ensure that the growth subsides. But it will give beneficial result only if the problem is in its preliminary stage.

Toothache can be relieved by cleaning the mouth decoction of the leaves. This is more effective if you do this at night before going to bed.

The fruits of tree are also used as laxative and to prevent constipation. These fruits also help promote digestion.

The bark of the tree contains anti-inflammatory and analgesic properties. The bark of the tree powdered and stored, it is used to heal wounds. It can even used in a poultice to reduce the glandular swelling, when children’s have mumps.

The root bark powder is used in preparation for cure in stomachae, while the roots are used in curing gout. They are chewed to prevent gum diseases. The soft bark and the bud of this tree cure “Prameh”. The powdered form of the fruit of this tree increases appetite and cures numerous diseases.

According to the Ayurveda Peepal leaves, fruits and the bark are killer of the diseases. Peepal tree has both sweet and bitter taste and has a cooling property licking honey placed on Peepal is believed to cure speech irregularities.

Scientific research has revealed that among trees, Peepal is the only tree that produces oxygen in abundant quantity day and night, which is so essential for life. Peepal provides life sustaining oxygen, which provides it to be life sustainer.

Continuously research has also proved that sound and interacting flow of wind, with Peepal leaves, slowly but surely kills infectious bacteria as well.

Thus we can say that due its multifarious medicinal and utilitarian value Peepal tree is worshiped by the people.