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FICUS RACEMOSA LINN. NUTRITIVE PROPERTY AND PHARMACOLOGY: A REVIEW

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ABSTRACT
India is taken into account as golden bird in terms of wealthy diversity of medicative plants it posses. Since ages, many tribals residing in and around forests have non-inheritable valuable data of the plants of healing property or worth to human health. These additionally include information on plant elements like barks, roots, leaves, flowers and fruits possessing individualistic and high healthful properties. One such versatile important plant *Ficus racemosa Linn.* Embrace very much essential phytoconstituents. Thereby, the target of this review is an effort to produce an in depth survey of article on nutritive properties, ancient uses, explored potential and medicinal properties of the plant as a boon for ailments of human kind.

KEYWORDS: Cluster fig, *Ficus Rasemosa linn.* Anti- Bacterial, Anti-inflammatory.

INTRODUCTION
Since old time, medicinal plants have been used in nearly all culture as a supply of medication. The use of ancient medication and healthful plants in most developing countries as a normative basis for the maintenance of excellent health, has additionally been wide asrtained.[1]

In this review a comprehensive account of the morphology, phytopharmacological constituents, ancient uses and medicinal activities and nutritive property are enclosed in sight of the many resent findings of importance on the *ficus rasemosa* plants.[2]

Ficus Racemosa Linn.
Ficus racemosa linn. ordinarily called Audumber or Umber is found on streams and riverbanks; additionally cultivated in house yards and temple premises. Wood used as timber. Ripe receptacles eaten; style like fig tree fruits. Unripe receptacles cooked and used for vegetable preparation. Varied elements of plant like bark, leaves, tender shoots, fruits, seeds and latex are medicinally vital. The bark contains tannic acid, rubber and wax varied plant parts are utilized in diseases of blood, vagina, uterus, leucorrhoea, gonorrhea, burning sensation, diarrhea, dysentery, hemorrhoids and gastrohelcosis. The bark is employed in inflammation, swellings of neck, gonorrhea, scabies, mouthwash for ache and for strengthening gums, and steeped freshly burnt bark has been a for mentioned to cure cases of obstinate hiccup Krishnamoorthi et al. (2007) tested bark extracts of F. racemosa for anti-hyperglycemic and anti-lipidperoxidative activity in diabetic rats. They found oral doses to bring the glucose level to normal. Fruits are helpful in treatment of dry cough, loss of voice, diseases of excretory organ and spleen. recent fruits are used as a supply of dietary fibers. (Fig.1).

Fig. 1: Fruit, leaves and bark of Ficus racemosa linn.

Goals of exploitation plants as source of therapeutic agents are
1. To isolate bioactive compounds for direct use as medication, Eg. Digoxin, Digitoxin, morphine, Reserpine, taxol, Oncovoin, Vinblastin.

2. To come up with bioactive compounds of novel or familiar structures as semi synthetised lead compounds to provide protactable entities with higher activity and/or toxic effects. E. g. Metformin Nabilion Oxycodone, Taxotren, Isoptine, Podophylotoxin.
3. To use agents as medical specialty tools e. g. Acid diethylamide, psychedelic drug.[3]

TAXONOMY[4]

Table 1: Taxnomy of ficus racemoa linn.

Kingdom	Plantae
Division	Magnoliophyta
Class	Magnolipsida
Order	Rosales
Family	Moraceae
Genus	Ficus
Species	F. racemosa
Common name	Cluster fig
synonyms	Ficus glomeretaroxb.

MICROSCOPY

The cork is formed from plane figure or rectangular cells. The phellogen is formed from 1-2 layers of skinny walled cells. Phelloderm is well marked compact tissue consisting primary of Paranchymatos cells with isolated or tiny team of Sclereids, particularly in inner region. Sclereids area unit woody with straight forward pits. Many Paranchymatos cells contain single prism of calcium oxalate or some brownish content. The cortex is wide with numerous sclereids and a few plants tissue cells contain resinous mass prismatic crystal of calcium oxalate area unit gift in a number of the cells[5] (fig.2).

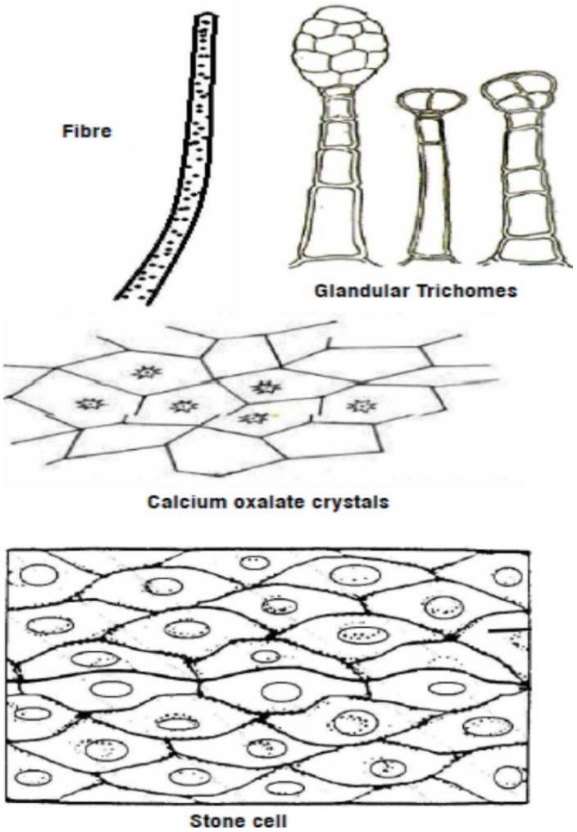

Fig. 2: Microscopical feature of ficus racemosa linn.

PHYTOCONSTITUENTS PRESENT IN FICUS RASEMOSA LINN.

The stem bark of ficus racemosa incorporates tannins, wax, saponingluanol acetate, beta – sitosterol, leucocyanidin-3-o-beta-D-glucopyrancoside, leucopelargonidin-3-o-beta-D-glucopyranoside, leucopelargonidin-3-o-alfa-L-rhamnopyranoside, lupeol, cerylbehenate, lupeol acetate, Alfa-amyrin acetate, leucoanthocyanidin and leucoanthocyanin from trunk bark, lupeol, beta-stigmasterol had been isolated 20.fruits incorporate glauanol, hentriacontane, beta sitosterol, gluanol acetate, glucose, tiglicacidesters of taraxasterol, lupeol acetatefriedelin, higher hydrocarbons and different phytosterol 21. A new Tetra-triterpinegluanol

acetate that's characterized as 13alfa 14beta 17bH, 20 alfa-H lanosta-8, 22-dienes-3beta acetate and racemoic acid had been removed from the leaves. Thermostable spartic protease became removed from latex of plant. The stem bark and fruits confirmed the presence of glauanol acetate 22.[6]

TRADITIONAL USES:[7]

Table 2: Traditional uses of different parts of plant.

Part of plant	Uses
Bark	The bark is astringent. It used as a mouthwash in spongy gum conditions. Paste of stem bark is employed in burns, swelling, mucous secretion, infections disease and looseness of bowel.
Fruits	Carminative, stomachic, used in menorrhea, for treatment of leprosy, and diabetes.
Leaves	For treatment of diarrhea.
Root	Roots are utilized in infectious diseases, diabetes, and other inflammatory organ enlargement and hydrophobia.
Latex	It used in hemorrhoids, alleviates the swelling in inflammation, parotitis, traumatic swelling toothache**.**

AYURVEDIC MEDICINE[11]

Ayurvedic medicine with udumbara ingredients

1. **Chandanasav:–**Ayurvedic drug for night fall, strength and digestion.
2. **Nyagrodhadi churna:-** IT is employed in the ayurvedic treatment for urinary disorders and polygenic disorder.
3. **Nalpamaradi oil:-** It is used as baby massage oil, skin disease.
4. **Marmagulika:-**Employed in the disease associated with heart, brain, genitourinary apparatus.
5. **Hemnathras:–** Employed in the treatment of frequent excretion and polygenic disorder.

NUTRITIONAL POTENTIAL[8]

Table 3: Nutritional potential of ficus racemosa linn.

Nutrient content	Nutrient per 100 gm fresh tissue
Moisture content	80.20%
Protein	(N ×6.25) 28.125
Lipids	7.58%
Vitamin C	0.0053 gm
Teraterpinoids	0.2 gm
Phenols	1.025 gm
Mineral content	2.632 gm
Fiber	0.544 gm
Starch	0.146 gm
Fat	1.079 gm
Non reducing sugar	0.099 gm
Reducing sugar	14.85 gm
Anthocyanin	0.6864 gm
Lycopene	0.0848 gm
Carbohydrates	15.84 gm
Total chlorophyll	0..1102 gm

ELEMENTAL COMPOSITION [9] [10]

Table 4: Elemental composition.

Mineral composition of the bark	Qualitative	Quantitative (Concentration ppm)
Ca	Present	1729.3+-13.02
Ir	Present	159.2+-2.03
Mg	Present	196.2+-4.63
Na	Present	255+-42.03
Cl	Present	7475+-263
Al	Present	ND
K	Present	11975+-537.74
Mn	Absent	1.9+-0.14
Cu	Absent	5.2+-0.15
Ni	Absent	ND
S	Present	ND

The mineral composition of the bark is shown in below table. It is observed that K was the foremost rich mineral present within the bark followed by Cl and Ca. The bark was decent supply of iron, magnesium, phosphorus as well as trace components like Mn, Ni, Cr, Zn, and Cu. However, the bark contain considerably less (p<_ 0.1) Na in proportion to K. The trace elements such as Cd, Al, and Hg was detected. (Table 4)

PHARMACOLOGICAL ACTIVITIES REPORTED IN *ficus rasemosa linn.*

Table 5: Pharmacological Activities reported in *ficus Rasemosa Linn.*

Plant part	Pharmacological activity
Leaves	Anti- Inflmmamatary, antibacterial, hypotensive, wound healing and analgesic activity.
Barks	Analgesic, antioxidant and wound healing activity.
Stem bark	Antipyretic, anti-tussive, ACE inhibitor. cardioprotective, hepatoprotective, memory inhancing activity, protective renal oxidative injury, anthelmentic, larvicidal, anti-diarrhoeal, antidiuretic, antinociceptive, antiparkinson and platelets aggregation inducing activity.
Fruit	Anti-filarial, antioxidant, cytotoxic and anticancer activity.

1. Anti-bacterial activity

The antibacterial drug efficiency of petroleum ether extract of *ficus Rasemosa Linn.* Leaves against bacteria E. Coli, *basilus pumilis*, *Basilus subtilis*, *pseudomonas aeruginosa*, *and Staphylococcus aureus*. The results were vital such as normal choramphenacol. It might be inferred that ether extract comprises alkaloids terpenoids, coumarin, and fatty acids. The antibacterial activity are attributed of terpenoids, alkaloids, so the *officus Rasemosa Linn.* has confirmed antibacterial activity type of kinds of condition and might be actively incorporated into ointments for infections condition.[12]

2. Analgesic activity

Analgesic activity of ethyl alcohol extract of *ficus rasemosa Lin*. bark and leave are evaluated by the utilization of hot plate and tail immersion strategies at 300 mg/kg, i.p., *ficus Rasemosa* linn. extract improved the latency time considerably, giving concentration 40.1% protection; the bark extract increased the time interval significantly conveyance 35th protection. They observed analgesic impact accustomed be attributed to the presence of lupeol and lupeol acetate. A comparable impact was once thought about within the hot plate check the place a huge analgesic activity accoustemed be found that persisted until 3 hrs. When the administration of the decoction in mice. A substantial antiepidemic impact won't to be exhibited by exploitation of petroleum ether extract in carrageenam-induced paw Oedema in mice.[14]

3. Anti - inflammatory activity

The anti inflammatory activity of *ficus racemosa Lin.* Leaves extract was evaluated on rat hint paw edema models. The extract at doses of 200 mg/kg has been found to possess important activity on the tested experimental models. The extract (400mg/kg) exhibited maximum anti inflammatory activity results that 30.4, 32.2, 33.9 and 32.0% at the top of 3 with carrageenin, serotonin, histamine, dextran induced rat paw oedema. During a chronic test extract (400mg/kg) showed 41.5% reduction in tumor weight. The effect produced by the extract was equivalent that of Phynylbutazone a prototype of a NSAIDS.[13],[15]

4. Antipyretic activity

The methyl alcohol extract of genus *ficus Racemosa Lin*. Bark given at a dose of 200 and 300mg/kg bw. Showed in major dose dependent reduction in body temperature in each animal and yeast induced fever in albino rats. The antipyretic results of the extract was similar to that of paracetamol (150mg/kg bw). The decoction and petroleum ether extract of the leaves manifested a major antipyretic results like that of indomethacin against yeast induced fever in rats.[16]

5. Hypotensive activity

The leaves of *F. racemosa Lin*. extracted with different solvents and also the fraction wealthy in Glycoside exhibited important hypotensive and vasodilative result on anesthetized dogs and direct cardiac depressant action on isolated heart of frogs and rabbit. The extract did not affect the behavioral activity and did not show signs of acute toxicity in rats.[17]

6. Radio protective/Antioxidant activity

Radio protection potential was studied using Micronucleus assay in irradiated Chinese hamster lung fibroblast cells. Pretreatment with ficus racemosa lin. Ethanolic and water extract at complete different doses 1h before 2 Gamma-radiation resulted during a vital decrease within the percentage of small nucleate binucleate V 79 cells suggesting its role as a radio protector. The methyl alcohol extract of stem bark ficus racemosa lin. has shown potent in-vitro antioxidant activity in comparison to the methyl alcohol extract of its roots.[18]

7. Angiotensine converting enzyme inhibitor activity

The study evaluated the unconventional scavenging and angiotensine converting enzyme inhibitor activity of cold liquid extract of *ficus racemosa lin*.(FRC) and hot liquid extract of *ficus racemosa lin.* (FRH) stem bark. HPLC profile of cold liquid extract showed the presence of Berginin and Isocoumarin, whereas hot liquid extract was found to contain Ferulic acid, Kaemferol and Coumarin additional to Berginin FRH showed significantly higher radical scavenging activity than FRC. The extract exhibited a dose dependent inhibition of porcine kidney and rabbit lung ACE. FRH showed

considerably higher activity than FRC with lower IC (50) value of 1.36 and 1.91ug/ml respectively, for porcine kidney and rabbit lung ACE compared with those of FRC (128 and 291ug/ml) further a major correlation was observed between radical scavenging activity and ACE inhibitor activity.[22]

8. Cardio protective activity

The cardio protecting potential of standardized extract of F. racemosa Lin. Stem bark against Doxorubicin induced toxicity. The extract considerably reduced the Thiobarbituric acid reactive substances and enhanced glutathione level in blood serum and cardiac tissue.[21]

9. Hepatoprotective activity

(Ahmed et al., 2010) investigated hepatoprotective effect of petroleum ether and methyl alcohol extract of *F.racemosa Linn*. stem bark ccl4 administration elicited a significant decrease in blood serum total protein, albumin, urea, and considerable increase in total Bilirubin related to a marked elevation within the activities of aspartate amino transparase, (AST) alanine amino transparage (ALT) and alkaline phosphatase (ALP) pretreatment with F. racemosa petroleum ether extract and ficus racemosa methanolic extract showed important restoration of total protein and albumin to close normal rat.[19][23]

10. Wound healing property

Wound healing property of F. racemosa is mentioned in different ayurvedic texts and in an exceedingly analysis study the ointment ready from the powder of the leaves with petroleum jelly (15%w/w) in an 8mm full-thickness punch wound rat model showed extremely important generation of tissue DNA (1.73mg/g), RNA (1.17mg/g), and total protein (16.62mg/g) during the healing throughout in comparison with untreated control rats.[24]

11. Diabetic complications

(Velayutham et al., 2012) studied protecting effects of Tannins from *F.racemosa Linn*. on the lipide profile and antioxidant parameters in high fat meal and streptozotocin induced hypercholesterolemia associated diabetes model in rats. The administration of tannin fraction from *F.racemosa Linn*. considerably reversed the enhanced blood glucose, total cholesterol, triglycerides, low density lipoprotein and additionally repaired the hormone and high density compound protein within the body fluid. Additionally, tannins improved the activity of antioxidant enzymes such as superoxide dismutase, catalase, reduced the glutathione peroxidase, and glutathione, thereby restoring the antioxidant status of the organs to normal levels.

12. Protective renal oxidative Injury

Treatment of rats with *Ficus racemosa Lin*. Extract (200 mg/kg weight and 400 mg/kg body weight) resulted in important decrease in xanthine oxidase, lipid peroxidation, gamma-Glutamyl transpeptidase activity. Therefore *Ficus racemosa Lin*. Extract could be a potent chemopreventive agent and suppresses K bromated mediate nephrotoxicity in rats.[25]

13. Anti-Filaria activity

Alcoholic also as aqueous extracts of *Ficus racemosa Lin.* caused inhibition of spontaneous motility of complete worm and nerve muscle preparation of Setariacervi characterized by increase in amplitude and tone of contractions. Each extracts caused death of microfilaria in-vitro. LC50 and LC90 were 21 and 35 mg/ml severally for alcoholic and 27 And 42 mg/ml for aqueous extracts.[26]

14. Anthelmentic activity

The crude extracts of bark of *Ficus racemosa Lin.* were evaluated for anthelmintic activity utilizing adult earthworms; they exhibited a dose-dependent inhibition of spontaneous motility and elicited responses to pin-prick, which was comparable that of 3 piperazine citrate. However, there was no final recovery within the case of worms treated with liquid extract Suggesting wormicidal.[27]

15. Anti-diuretic activity

The decoction *of F. racemosa Lin*. Bark has shown antidiuretic impact at doses of 250, 500 or 100 mg/kg weight. It has fast onset (within 1hrs) peaked at 3 hr and lasted throughout the study period (5hr). It additionally caused a reduction in urinary Na+/k+ ratio and a rise in urinary osmalarity. Indicating multiple mechanism of action.[29]

16. Anti-nociceptive activity

The ethanoic extract of *F. racemosa Lin*. bark and fruit were tested for its attainable antinociceptive activity study on acetic acid elicited twisting techniques in mice. Each bark and fruit extract at a dose of 500 mg/kg body weight showed vital antinociceptive activity on the experimental animal. The fruit extract showed most potent inhibition of acetic acid elicited writhing in mice 61.38% because the bark extract showed inhibition only 42.6%.[30]

17. Renal Anti-carcinogenic activity

F. racemosa Lin. extract at a dose of 200 and 400 mg/kg when orally a significant decrease in lipids peroxidation, xanthin oxidase, gamma-glutamyl transpeptidase and H_2O_2 generation with reduction in renal glutathione content and antioxidant enzymes generated by $KBrO_3$ a potent Nephrotoxic agent that induces nephritic carcinogenesis in rat. There was important recovery of renal glutathione content and antioxidant enzyme. There was additionally reversal within the enhancement of renal Ornithin Decarboxilase activity.[29]

18. Larvicidal activity

The larvicidal activity of *F. Racemosa Lin.* leaf and bark extract with crude hexane, ethyl acetate, petroleum ether, acetone and methyl alcohol were assay for their toxicity

against the early Fourth-instar larvae of culux quinquifasciactus. The larval mortality was ascertained after 24 hr exposure. All extract showed mederate Larvicidal effects; but the best larval mortality was found in acetone extract of bark. The bioassay guided fractionation of acetone extract LED to the separation and identification of teracyclictriterpenes derivative. Gluanol acetate was isolated and know as new mosquito larvicidal compound. Gluanol acetate was quite potent against fourth in star larvae of Adeas Aegypti (LC50) 40.55 and LC(90) 60.99ppm, Anaphelus S*tephenilistone* LC(50) 28.50 and LC(90) 106.50ppm .[25]

19. Anti-ulcer activity

The 50% ethyl alcohol extract of fruits was studied in several gastric ulcer models, viz Pylorus ligation, ethyl alcohol and cold restraint stress elicited ulcers in rats at a dose of 50, 100, and200 mg/kg Wight p. o. For five days double daily.[31][32]

20. Anti-Diarraheal activity

Methanol extract of the bark has shown a big anti-diarraheal impact in castor oil-induced diarrhea and PGE2-induced enteropooling in rats. The extract additionally exhibited a major reduction in gastrointestinal motility in charcoal meal check in rats (Mukherjee et al., 1998). (Mandal et al. 1997b) reported similar observation by the petroleum ether extract of F. racemosa leaves in rats. The latex exhibited important repressive activity against castor oil-induced diarrhea and enteropooling in latex treated rats and additionally reduced gastrointestinal motility following charcoal meal in rats.[33]

21. Anti-Parkinson Activity

The study showed anti-Parkinson's activity of petroleum ether extract of *F. racemosa Lin*. leaves in Haloperidol and 6 hydroxydopamine(6-OHDA) elicited experimental animal model within the study, effects of *F. racemosa Lin*. *(*100, 200, and 400mg/kg, p. o.) Were studied exploitation in vivo behavioural parameters like catalepsy, muscle rigidity, and locomotive activity and it's effects on neurochemical parameters (MDA,CAT, SOD, GSH) in rats the enhanced cataleptic scores (induced by haloperidol) were considerably (0.001) found to be reduced, with the PEFRE at a dose of 200 and 400 mg/kg p.o.) 6OHDA considerably induced motor dysfunction (muscle rigidity and hypolocomotion). 6OHDA administration showed vital increase in lipids peroxidation level, depleted superoxide dismutase, catalase, and reduced glutathione level. Daily administration of PEFRE (400mg/kg) significantly improved motor performance and additionally protected the brain from oxidative stress.[33]

22. Platelet aggregation Indusing activity

Platelet aggregation was studied by adding FRC *(ficus racemosa Lin* cold aqueous extract) and FRAE(*Ficus racemosa Lin* hot liquid extract) at 2 concentration (50 and100 ml) dissolved in 25, 25pbs to 450 ul aliquot of PRP. The ultimate volume was made up to 0.5 ml with PBS and aggregation was recorded over 10 min by the modification in light weight transmission as a function of your time employing a dual channel Lumiagrometer in triplicate. *F. racemosa Lin*. extract elicited platelet aggregation, despite being a rich supply of phenolics flavonoids, and Isocoumarrin. This observation indicates that some phytoconstituents present in FRB overshadow the anti platelates activity of polyphenol and also the flavonoids. It's inferred blood platelet aggregation inducing activity of FRB extract could be a limiting factor for its utilization despite having proved therapeutic potential.[34]

23. The memory enhancing activity

The extract of *ficus racemosa Lin* at 2 level 250 and 500 mg/kg considerably raised ach level in hipocampi of rats compared to regulate the proportion in ach level was found to be 22 and 38 respectively. Further, the extract at each dose level elicited significant reduction in transfer latency on elevated plus- maze, that was used as an exteroceptive behavioral model to evaluate memory in rats. It finds out that *ficus racemosa Lin* has a potential in management of Alzheimer's disease.[35]

24. Antifertility activity

Hydro alcoholic extract *ficus racemosa linn*. reduced fertility to 70thamong 60 d. Suppression of cauda epididymis sperm count, motility, viability and abnorm all morphology was discovered. Marked reduction was noted within the weight of reproductive organs and also the level of sialic acid in epididymis and fructose in seminal vesicle. Vaginal application of bark extract exhibited 80% vaginal contraceptive effectually. After cessation of plant extract treatment the altered parameters recoverd after 60 days.[36]

HEALTH BENEFITS OF CLUSTER FIG[37]

1. Production of RBC

Vitamin B2 is needed to provide fresh red blood cells also as antibodies within the body which helps to extend the oxygenation and circulation to the various organ of the body.

2. Mental performance

The adequate quality of iron help the one to produce energy and boost the mental and cognitive performance. It help to increase the blood flow to the brain because of the activity of iron's red blood cells.

3. Produces energy

Copper is needed for the ATP synthesis that may be depository of energy within the human body. The intracellular production of energy is affected by the cytochrome c oxidase and Cupro enzyme. It performs as catalyst that helps to reduce the molecular oxygen to water, throughout those enzymes produce the electrical gradient that is employed by mitochondria in order to synthesize the vital energy storing molecule referred to as ATP.

4. Heart ailments

Magnesium prevent the irregular heart beats and reduces the injury of heart because of muscle stress. It soothes the nerves, digestive processes that facilitate to prevent the problems like cramps, vomiting abdominal pain, stomach upset flatulence and constipation.

❖ **How to eat cluster fig**

1. An unripe fruits are additional to cooking purposes like pickles, sambar, chutney, curry and sabji.
2. The unripe fruits are preserved in salt. The bark is utilized to create kashayam.
3. Ripe fruits are consumed fresh or preserved within the honey for the long term use.
4. The dreid figs are additionally to stews, soup and lamb meat.
5. Dried figs are supplemental to breakfast cereal, cakes, muffins, pies, sandwiches and cheesecake.

❖ **Precautions**

1. Those who are allergic to cluster fig shouldn't use it.
2. The ripe fruit avoided within the culinary uses because it might worson the condition of enteric warm infestation.
3. One should consult the doctor for using cluster figs throughout pregnancy.

❖ **Application in health care**

1. Cluster fig face mask[38]

This face mask can be a nice profit for rejuvenating your skin and creating it looks bright and beautiful. It is nice for managing common skin issues like pigmentation, wrinkles and fine line.

Direction

I. Smash a pair of medium-sized ripe cluster fig and add some drops of lemon to it.
II. Mix each the ingredient uniformly and apply a thin layer over your face, neck, hands, legs.
III. You can keep it night long or wash it off after 20 min. to1/2hr.

It helps to remove dead skin cells, remove skin tan, and additionally helps to prevent skin problem.

2. Herbal skin lotion from *Ficus racemosa linn*, citrus limon, azadirichta indica, and Aloe.[39]
3. Nutra tea from *ficus racemosa* bark.[10]

CONCLUSION

The genus *Ficus racemosa linn* constitutes a very important group of trees with huge medicative worth. The medicative plant are widely utilized by the traditional medical practitioner for treating different disease in their day to day life. In ancient system of medication, different parts of plant like root, leaves, fruit, stem latex and even whole plant of *F. racemosa linn.* have been suggested for the treatment of peptic ulceration, diarrhea, wound healing, diabetes, hypertension, etc. it's one in all the popular plant in indigenous system of medicine.

F. racemosa Lin. shows a good range of pharmacological action like hypoglycemic, anticarcinogenic, antidiuretic, hepatoprotective, antiulcer, Antinflammatory, antifungal, etc and Phytoconstituents like beta-sitosterolgluanol acetate, in *F. racemosa Lin*. has been found therapeutic potential. Hence the current article shows the traditional benefit, nutritional potential, pharmacological and phytochemicals properties of variety of bioactive compounds present within the genus *ficus racemosa linn*.

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