



A REVIEW ON PHYTOCHEMICAL AND TRADITIONAL USES OF *FICUS CARICA*

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ABSTRACT

Natural has gifted us many plants which play a great role in our life and play a role to cure diseases. Plants are used as a medicine from ancient time. People have observed the effect of food items on human health and it takes periods and decades to understand the link between fruits and vegetables. Human is a great creature of God who gets benefit from plants for their survival. Plants are used to make medicine, shelter, oxygen and we also get fruit from these beautiful plants. Plants are used as medicine from ancient time. Fig plant is one of those plants which are used to cure diseases. Fig plant is a small tree from 2m to 13m high. Fig plants have 850 species among these species some are extending into the warm temperature zone. Fig plants belong to the mulberry family. Fig is cultivated from a long time. It is first cultivated in the Mediterranean region now it has extended all over the world like in Pakistan, Turkey, California, America and so many other countries. They cultivate fig to eat and to make medicine for different diseases like respiratory disease, reproductive and digestive disease. Fig contains different bioactive compounds and phytochemicals which help us to cure different diseases. According to ethno medicinal use of fig plants have recorded that 40 different diseases can be cured by using secondary compounds in fig plants which are the following Gallic acid, chlorogenic acid, syringic acid, anthocyanin's, and rutin and some enzymes like protease, oxidase, and amylase. Besides this fig is used to make juice, jam and to make cosmetics. This review summarizes that fig plants may decrease the risks of life by different mechanisms.

Key words: bioactive compounds, enzyme and ethno medicine

INTRODUCTION

Allah almighty has gifted us a beautiful world, a world full of resources. God has gifted man with an intellect due to which he is able to think and he is different from other creatures. Man continuously struggles to live in this world and they explore the world and use the resources for their betterment. With the passage of time man has observed that to cure diseases plants are useful and the plants can be used to cure diseases (Dowd, 2008). So, they start many experiments and practices to check which plants are useful for which type of disease. Plants are used from ancient times and in the past plants were used to cure disease. Among these plants fig is one of the important plants to cure different diseases. It has nutritional importance as well as medicinal

importance. Fig is delicious fruit it contain mineral, vitamins and carbohydrates. The Fig plant belongs to mulberry family and its scientific name is *figus carica*. This tree is 2m to 13m high and average life of this plant is twenty to twenty five years. The common fig has been cultivated since at 5,000 B.C they were mentioned 48 times in holy bible. They were first cultivated in Mediterranean region than wild fig were grew in Africa west Asia and south Asia probably from millions years ago, people told that fig were grew from the time of dinosaurs at that time primate eat fig, and people eating wild fig since there first were people. Fig contain special nutrients especially Anti-inflammatory, Anti-constipation, Antimicrobial activities and anti-cancer polyphenols. Fig is also important to cure diseases like weight loss, diabetes and the diseases related to digestive, endocrine, reproductive, and respiratory systems. Fig has many varieties which are spread all over the world due to its sweet taste and texture some of them are soft and some are stiff and different in shape and size (Dowd, 2008). the most important types of the fig are the following black mission fig, brown turkey, kodata figs, calimyrna figs and sierra fig .According to the study in the journal of the America college the fruit should be added to regular diet because it contain high level of fibers, nutrients and phenol antioxidants . Some people apply the milky fluid from the tree directly apply on the skin to treat skin tumors. In the United States, figs are probably most well-known as “Fig-Newton” cookies (Benson, 2013).

HISTORY

The word fig is derived from English in 13 century. As every plant have history of their native fig plat has also history about its ancestors. Fig plant is belong to mulberry family and it is include in kingdom plantae it has about 850 species. The common fig has been cultivated since at 5,000 B.C they were mentioned 48 times in holy bible (Stewart, 1969). Fig plant has its origin in Western Europe, western Asia, and south Asia and throughout the Mediterranean. Fig were being grown now all over the world fig were probably well-known as ‘Fig Newton’ cookies. Fig were being sold dried, candied, and in fresh form in markets throughout the world. Greek people think that fig are originated from wild pears and believe that it is a gift of god. Nowadays in all over the world many fig trees are propagated for the production of different things (Musselman, 2007).

PHYTOCHEMISTRY

According to study fig contain numerous bioactive compounds such as phenolic compound, organic acid, athocyanin composition and hydrocarbons and few other secondary compounds. Figs contain diverse phytochemicals , including polyphenols, such as Gallicacid, chlorogenic acid, acid, and rutin The leaves of *fig plant* consist of various types of compounds which are identified and distributed by distinct chemical classes, such as aldehydes .ketones, organic acid . Organic acid helps in iron absorption which is useful element for the body. Ferulic acid helps in anti-inflammatory, anti-diabetic, and anti-ageing, neuro protective .rutin found in leaf of pear which helps in alcohol metabolism and also as an anti-oxidant. Fig is also rich in fiber ,magnesium ,manganese, vitamin B6,potassium phosphorus and calcium dried fig also contain huge amount of fatty acid which play important role in improving health.

MEDICINAL USES OF FIG

Fig has a lot of medicinal uses due to its natural composition. Fig contains secondary components which are essential for our body. Such uses are as under.

WEIGHT LOSS

Fig contains so many fibers so it is recommended to obesity patient to reduce weight. But fig contain high calorie it is the result of weight gain so don't over dose the fig fruit. Fig contain enzyme which can easily bound with fatty acid and the result the person can reduce the weight due to which he or her get stress.

LOW BLOOD PRESSURE

People take large amount of sodium in the form of salt. Due to over dose of sodium the amount of potassium get reduce which led to hypertension. Fig fruit contain high amount of potassium and less amount of sodium so daily use of fig with over diet can reduce hypertension and we relaxation and calmness in over day.

CONTROL DIABETES

The doctors recommended fig to promote functional control of diabetes. The leaves of fig reduce the amount of insulin the patient who are suffer from high diabetes should eat fig because fig contain high amount of potassium .potassium regulates the amount of sugar which increase in patient body due to meal and hypertension.

ANTI CONSTIPATION EFFECT

According to research fig contain high amount of fibers .due to high amount of fiber in fig plant fiber promote healthy and regular removal of unwanted waste in human body which led to prevent constipation .fiber add mass to the bowel movement and remove the feces regularly it also remove diarrhea and unhealthy bowel.

LOW CHOLESTEROL LEVEL

Fig contain such specific fiber which is helpful in lowering of cholesterol level such compound is pectin. Pectin regulate healthy bowel movement which led to lowering cholesterol level according to study pectin reduce the cancer in the human body.

RELIEVE THROAT PAIN

The high amount of carbohydrates in fig led to prevent soreness and pain in throat. People who are suffering from throat pain drink juice of fig due to smoothness of fig prevent pain and stress in the vocal cord.

ANTI CANCER EFFECT

Fig contain reactive secondary compounds such as AGS these secondary compounds were isolated from fig leaves .if a person is a patient of intestinal cancer of he or she should take the syrup of the fig g because that AGS found in fig latex can inhibit these cancer cell.

STRENGTHEN THE BONES

Fig fruit contain a lot of calcium which is helpful in making the bone strong and prevent from osteoporosis. Fig are rich in phosphorous which play important role in formation of the bones and it also help to re growth if a bone is damage. Fig jam is good source to get calcium.

ANTI OXIDANT ACTIVITY

Fig is rich in polyphenol .polyphenol are antioxidant that protect human against the oxidative stress. Fig leaves contain triglyceride which is an inhibitor it prevent heart disease in human body.

TRADITIONAL VALUE OF FIG

Fig is a god gifted fruit which has lot of traditional values and use as energy drinks. It is used for treatment of many dangerous diseases such as heart attack, cancer, constipation, obesity, diarrhea, diabetes. Fig is used as traditionally because of it medicinally uses. leaves ,root and fruit of fig used as medicine to treat different type of diseases like heart disease, constipation ,weight loss ,cancer ,and bone disease .fig is consider as good source of vitamin ,carbohydrate, fiber, and poly phenols it also contain different types of amino acids. The fig juice is mixed with honey to treated obesity and dried fig is used to cure diabetes. Fig in markets is sweet because it contain great amount of sugar. Paste of fig is good source to treated tumor, and swelling. Fig play important role in biological activity which is use full for our future. For example fig leaves are good source to cure parasitizing infections.

COSMETIC USE OF FIG

Fig contain rich amount of flavonoids and poly phenols.

SKIN WHITENING

Fig has such type of nutrients which are helpful for skin. It is added to facial scrub and face wash for skin freshness and moisturizes the skin for long time. Daily consumption of fig also acts as natural scrub. By using these scrubs the skin is free from wrinkles and become fresh because it contain vitamins and minerals which are also helpful in treating acne, pimples and other skin infections

FIG FOR HEALTHY HAIR

Taking fresh fig may help in making hair strong and shine. Fig hair packs are also available by using them hair become healthy, strong, long and beautiful. Due to these packs hairs are free from dryness and hair become stylish. By making paste of a fresh fig and apply to hairs make hairs shiny and smooth. Due to high number of alkanes in fig can regulate the ph of the body.

CONCLUSION

Fruits are useful for human health and play a significant role in reducing the danger of life. They reduce the risk of dangerous diseases like cardiovascular diseases, cancer and respiratory disease .*ficus carica* has strong antioxidant actions which can reduce cancer cell production, decrease lipid corrosion and help to control cholesterol level. Fig is an excellent source of dietary fiber and a good source of vitamins, lipids, minerals, fatty acid, potassium and calcium. Fig is a sweet fruit with a juicy taste. Fig has many nutritional as well as many medicinal values. Fig plays an important role in many interesting biological activities, which can be a best source as a healing method in the future. It may help in reducing life risks by mitigating effects of dangerous diseases and preservation of good health.

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