

# *Ficus carica*

**Common name:** Fig and Anjeer

**Family:** Moraceae

**Habit:** Tree

**Location:** Botanical Garden

**Distribution:** It is a native to the Mediterranean region, together with western and southern Asia. It has been cultivated since ancient times and is now widely grown throughout the world.

## **Description:**

*Ficus carica* is a gynodioecious, deciduous tree or large shrub that grows up to 7–10 m tall, with smooth white bark. Its fragrant leaves are 12–25 cm long and 10–18 cm wide, and are deeply lobed (three or five lobes). The fig fruit develops as a hollow, fleshy structure called the syconium lined internally with numerous unisexual flowers. The tiny flowers bloom inside this cup-like structure. Although commonly called a fruit, the syconium is botanically an infructescence, a type of multiple fruit. The small fig flowers and later small single-seeded (true) fruits line its interior surface. A small opening visible on the middle of the fruit, is a narrow passage that allows the specialized fig wasp, *Blastophaga psenes*, to enter the inflorescence and pollinate the flowers, after which each fertilized ovule (one per flower, in its ovary) develops into a seed. At maturity, these 'seeds' (actually single-seeded fruits) line the inside of each fig.

## **Uses:**

Figs have a variety of potential health benefits. They may improve digestion and decrease constipation. Fig leaf and fruit contain chemicals that might help move food through the intestines better. It also contains chemicals that might help control blood sugar and cholesterol levels. Also, help to manage blood fat and kill cancer cells.

