

## Common Name: Banyan (Bargadh)

*Ficus Benghalensis*

Order: Rosales

Family:  
Moraceae

Genus: Ficus

Species:  
Benghalensis



## DESCRIPTION

- It is a large and evergreen tree with a long lifespan
- It is the national tree of India.
- It is grown in India, Pakistan, and Sri Lanka.
- All parts of the Banyan tree: fruits, leaves, roots, and barks are used in ethnomedicine.
- The Banyan tree seeds are a rich source of carbohydrates and proteins.
- The seeds contain lipids, fiber, Vitamin C and Vitamin E. The nutritional value of these seeds is around 130 calories per 100 grams.
- The seeds also contain minerals like sodium, potassium, calcium, manganese, iron, chromium, copper, and phosphorous