Udumbar Bheda	
Hindi Name	Gular
English Name	Cluster Fig / Indian Fig Tree
Scientific Name & Family	*Ficus racemosa* L.; Family – Moraceae
Part Used	Bark, fruit, latex, leaves
Main Synonyms	Udumbara, Jantuphala
External Morphology	A moderate to large deciduous tree reaching about 15–20 m height; bark greyish to reddish-brown, smooth or slightly cracked; leaves simple, alternate, ovate or elliptic with entire margins; flowers enclosed inside the receptacle (syconium); fruits appear in large clusters on trunk and older branches, globose, green turning reddish when ripe; latex present in all parts.
Rasapanchaka & Dosha-Karma	Guna: Guru, Ruksha Rasa: Kashaya, Madhura Vipāka: Katu Vīrya: Śīta Doṣa-karma: Kapha-Pitta śāmaka
Active Phytoconstituents	Tannins, flavonoids, triterpenoids, glycosides, β-sitosterol, leucocyanidin
Pharmacological Actions	Grahi (absorbent), Stambhana (astringent), Vrana-ropaka (wound healing), Rakta-stambhaka (hemostatic), Pittashamaka
Important Formulations	Udumbara kwatha, Udumbara ghrita, and various traditional decoctions for bleeding disorders and ulcers
Dose	Bark decoction: 30–50 ml; Bark powder: 3–6 g
To be Noted	A sacred tree in Ayurveda and Indian tradition, often planted near temples; bark and latex are widely used in bleeding disorders, ulcers, and wound healing.

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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