

## Banyan Tree (Vad) - An Immortal Tree

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**Abstract:** Indian Banyan tree has highly qualified medicinal properties. It has a long life, so this tree is to be called as immortal tree of the earth.

A **banyan**, also spelled "**banian**", is a fig that develops accessory trunks from adventitious prop roots, allowing the tree to spread outwards indefinitely. This distinguishes banyans from other trees with a strangler habit that begin life as an epiphyte, i.e. a plant that grows on another plant, when its seed germinates in a crack or crevice of a host tree or edifice. "Banyan" often specifically denotes *Ficus benghalensis* (the "Indian banyan"), which is the national tree of India, though the name has also been generalized to denominate all figs that share a common life cycle and used systematically in taxonomy to denominate the subgenus **Urostigma**.

Older banyan trees are characterized by aerial prop roots that mature into thick, woody trunks, which can become indistinguishable from the primary trunk with age. In a banyan that envelops its host tree, the mesh of roots growing around the latter eventually applies considerable pressure to and commonly kills it. Such an enveloped, dead tree eventually decomposes, so that the banyan becomes a "columnar tree" with a hollow, central core. In jungles, such hollows are very desirable shelters to many animals. Banyan trees figure prominently in several Asian and Pacific religions and myths. The Great Banyan tree is believed to be at least 250 years old. With its large number of aerial roots, which grow from the branches and run vertically to the ground. The Great Banyan is said to appear more like a dense forest than as an individual tree.

**Keywords:** Banyan tree, medicinal importance, Immortality.

### 1. INTRODUCTION

“ वटःशीतो गुरुर्ग्राही कफपित्तत्रणापहः ।

वर्ण्योविसर्पदाहघ्नः कषायो योनिदोषहृत् ॥

वटांकुरा मसूराश्च प्रलेपाद् व्यग्रनाशनम् ॥”

भा. प्र.

Everything on this earth is perishable. Plants are also perishing and all living things are perishing, which is wear out every moment (शृ- शीर्यते) as even plants are alive so they have also a body. It happens regularly according to the law of nature. Every tree like *Ficus Religiosa* (पिंपळ), *Tamarindus Indica* (चिंच), etc. dries up and dies after a few years. This is familiar to all. Banyan tree seems to be an exception to this. Apart from the cases of uprooted and cut down, no one has seen that the banyan tree dried up and perished in the right place. A great Vaidya of Dapoli announced on stage in a meeting, that "Anyone, who has seen a Banyan tree withered in place, no matter how old it is, should tell me. I will give cash prize of Rs. 5000/- after confirmation by myself." No one had accepted this challenge. In Hinduism, the leaf of the banyan tree is said to be the resting place for the god Krishna. In the Bhagavat Gita, Krishna said, "There is a banyan tree which has its roots upward and its branches down, and the Vedic hymns are its leaves. One who knows this tree is the knower of the Vedas."

Banyan tree, *Vad* (वड), is an immortal tree among mortals! The Mylapore city is famous for its huge banyan trees, situated at 60 to 80 km from Chennai. The age of this banyan tree is one and a half thousand years old. Such a non-decaying, immortal and long-lived Banyan tree's information about the health benefits will definitely be useful! Let us consider the characteristics of Banyan tree in each case and their associated properties.

If you look closely at the banyan tree, it is abundant and growing in all directions. *Vad* (वड) = *Badh* (बढे) = continue increasing. A tree that is constantly flooded.

“ वृद्धिः समानैः सर्वेषाम् ।”

“ समान-गुण-अभ्यासः हि धातू नाम वृद्धि करो भवति ।” –

“ यादृशं भुज्यते च अन्नं, तादृशं जायते वपुः ।”

A man becomes as he eats. By consuming the same qualities, the same qualities come and increase in the body. This is an all time important theory of in Ayurveda. As the banyan tree has the special property of perpetual growth, the ever-growing roots (पारंब्या) and its kwath should drink daily for a long time in the morning. It is true that there will be a complete healthy growth of the body. The mythological tradition of *Savitri* bringing back the life (*Pran*) of her husband (*Satyavana*) and giving him long life by ritually worshiping the banyan tree is still prevalent today. Firm determination, 100% faith and observance of scriptural rituals are essential for this. If you take a good look at the banyan tree again, you will notice that its trunks and branches are so strong that they do not break immediately with effort. This tree is strong and muscular, masculine. If the fist strikes with all might, the fist-hand tingles. In order to get body strength enough to perform *Purushartha*, for getting steel body, add 8-10 drops of banyan tree scream (*Cheek*) in *Battasha* (बत्ताशा) and consume it daily for 1 to 5-6 years. Every tissue and substance of the body will increase in strength as it is enter by regular use.

In Ayurveda, there is a special ritual called *Punsavan*. Those who want to have a - descendant with good qualities son, should perform the ritual of 3 months of insemination in a scientific manner. The gender of the fetus is determined at the moment of conception. Although this is true-

“ बली पुरुषकारो हि दैवं अपि वर्तते ।”

वा.शा. - 1

Ayurveda says that a strong effort can change direction, sex, if the fetus is able to express its organs! *Punsavan* ritual must be performed keeping in mind that the origin of any science is for human effort. Oftenly benefits. Banyan tree milk (*kshir*) has power.

The color of Banyan tree / bark is white.

“ चातुर्वर्ण्यं मया सृष्टं गुणकर्मविभागशः ।”

There are four types namely *Brahmin-Kshatriya-Vaishya* and *Shudra*. It is also found in nature in all life forms. White complexion, gentle, calmness, inherent erudition, similar behavior or attributes are also seen in Banyan tree.

All four parts of Banyan tree are used as medicine.

“ फलैः वनस्पतिः ।”

In the classification of plants, there are no flowers seen but only fruits are there, they have a botanical term. Banyan tree belongs to the class of plants. Also this Banyan tree is type of *Panch kshiri* tree (having in five milky trees). Banyan tree scream (*cheek*) is also used for increasing in breast milk. The Banyan tree is strong, the special property of not breaking, is good for strengthening the joints and bones of the body. In case of fracture / broken bone, the scream of Banyan tree and *Asthi-shrunkhala* should be tied with hot pulp of both of them with ghee. (Some experience of itchiness and rash after applying in the oil.) Bones rejoins quickly. If the chronic and non-healing wounds should be washed regularly with the extract (*Kwath*) of the peel of the Banyan tree.

Banyan tree is usually not covered with insect nets. Of course, in order to clean and purify the body, to get rid of lice - dandruff - worms on the body and hair, the bark and leaves of the Banyan tree should be boiled in water and bathed with that water.

All the leaves of Banyan tree not completely fall off in a year and the Banyan tree does not become leafless. Therefore, there are many birds living on this tree. Bat is a mammal bird, usually found on the Banyan tree. Significance- The Banyan tree is ever-blooming, providing cool shade and a refuge for many. That's why if a person dies with a large family and wealth, it is said that 'the banyan tree ( huge personality) is gone' & when someone dies prematurely, a Banyan tree is planted in his memory. Because that person should remain immortal as a Banyan tree.

In the names of the Banyan tree, the names like-

‘न्यग्रोध अधः शाखः।’ ('Nyagarodha Adhah Shakhah')

etc. are meaningful. One whose branches grow downwards. For those whose bones and joints are weak, aching and dislocating easily, should drink the decoction of fine twigs of Banyan tree daily and mix it lightly with oil. (The method of extract and oil preparation should be asked to a knowledgeable physician.)

The stems of the Banyan tree are strong and look like loose hairs from a distance. Premature hair fall, breakage, thinning, shortening and baldness, for all these hair problems, you must use *Vat-jata* oil. Pour 4/4 drops in each nostril at night by advocated method. (*Nasya*)

### Other Special Properties of Banyan tree (Vad):-

**Family** - Moraceae

**Latin Name** – Ficus Benghalensis

**Group** – Mootra-sangrahaniy, Kashay Skandh ( Charak), Nyagrodhadi ( Sushrut), Kshiri-Vruksh, Panch-Valkal (Bhav Prakash)

**Ras-** Kashay, **Vipak** – Katu, **Veerya-** Sheet,

**Properties** – *Guru- Ruksh*, **Guru** - Scream and decoction, etc. is hard to digest & digested late.

**Ruksha-** If there is stickiness of phlegm in the chest and throat, 1 to 3 gm powder of Banyan tree with honey should be licked after meals.

**Kashay** - Has an astringent taste

**Sheet** - Cold effects occur after consumption. It also has *Stambhak* and *grahi* qualities. When the blood flows more, when the blood is flowing from the teeth, chest and neck from the wound, crush the young leaves of Banyan tree and lick the mixture of its juice with honey 2/2 teaspoon. If women have any white or red vaginal discharge, 7/8 drops of milk with *Battasha* should be given before meals.

**Useful Part** - Bark, Milk, Leaf, *Praroh* (*Prambya* ), Fruit.

### Indications:

**Doshagnata** - *Kapha Vaat Shamak*

**Local Uses** - *Kheer* (Milk) should be used for pain relief, ulceration, blood coagulation, anti-inflammatory and *chakshusha* (Eye care), for applying on ulcers, *vipadika*, rheumatism, rheumatitis, tonsillitis, inguinal inflammation and toothache, as well as for *Netrabhishyand* and *Shukra* in the eyes. **Vat-jata poultice for breast flaccidity**, *Vata-jata (parambya) lep* should be poached on leprosy and ulcer.

**Internal Uses** – Due to *Stambhan* - in emesis, diarrhoea and dysentery, dysentery and ulcerative colitis. Due to *Rakt-shodhan* & *Pitthar* – in Color complexion disorders, blood disorders and *Rakt-pitta*. In inflamed uterus – *Uttarbasti* of decoction of bark in white & red uterine discharge. For conception – *Vat shrung Swaras*, For premature ejaculation - *Ksheer* (Milk) with *Battasha*. For diuresis - Decoction of bark, *Ksheer* or fruit, also useful in all kind of inflammation.

**Purushtva** = loss of sexual power, premature ejaculation, thinness of semen and erectile dysfunction all are problems associated with debilitation of *Shukra Dhatu*. For this, 7/8 drops of Banyan tree

scream (*Cheek*) / juice + *Ashwagandha* + *Gokharu* powder + *Akkalkara* + *Talimkhana* (*Ikshur*) powder + *Jyeshthamadh* powder should be taken in same quantity and kept as one. Before meals (*Apan Kali*) 2 to 3 gm mixture with *ghee* and sugar + ginger juice or with butter + honey should be licked for 3 weeks. Also apply *Akkalkara* + Banyan tree fruits + Nutmeg (*Jayphal*) + *Mayfal* (*Majphal*) + Alum (*Turati*) + *Lahi* (each 2-3 teaspoons) rubbing in milk for 15-20 times & apply on the body of the penis at night. This is definitely benefits.

Shade-dried qualified Banyan tree's raw or ripen fruits powder should be given 3 gm with sweetened buttermilk at *apan kal* in Chronic constipation, diarrhoea, bloody stools, bloody hemorrhoids, vaginal bleeding (excesses due to any reason), inflammation / prolapsed, etc. Despite the availability and quality of Banyan tree, making it an effective patent medicine is the need of the time.

**Form** - A large tree with branches spreading all around. *Parambya* emanates from the branches and penetrates in the soil to support the tree. Its roots are fibre form of roots. So there is a need for *parambya*. Bark – Ash color white & thick. Leaves - large, oblong or ovale in shape, 10 to 15 cm long, wide and tough. Fruit – round shape, indehiscent, in pairs, 12 to 18 mm in diameter, red when ripe. In fact, it is not the fruit but the persistent thalamus that surrounds the inner flower; Hence hypanthodium is formed. Since it has invisible flowers so this tree included as a 'plant'. Although there are fruits on the tree throughout the year, two times fruit ripen in summer and autumn. Found everywhere in India.

**Dose** - Decoction = 40 to 80 ml.,

Powder - 1 - 3 gm .

*Kshir* (Milk) - 5 - 10 drops.

**Medicine** – *Nyagrodhadi choorn*, *Nyagrodhadya choorn*, *Nyagrodhadya Ghrut*, *Vat-Jatadi Tail*.

## 2. CONCLUSION

Banyan tree (*Vad*) has very high significance in many diseases, have highly qualified medicinal properties to strengthen the body & hairs. It has a long life, so this tree is to be called as immortal tree of the earth.

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