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ANJEER (*F. CARICA*): A ESTEEMED FRUIT WITH PROMINENT PHARMACOLOGICAL PROPERTY: REVIEW

Abhishek*[1], Mrs. Poonam[2], Shivam[3], Ashish Patial[4]

[1]Student, Department of Pharmaceutics,

[2]Assistant Professor, Department of Pharmaceutics,

[3]Student, Department of Pharmaceutics,

[4]Student, Department of Pharmaceutics,

[1,2,3,4]Department of Pharmaceutics, Bahra University Wakhnaghat Solan, (H.P), India.

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***Corresponding Author**
Abhishek

Student, Department of Pharmaceutics, Department of Pharmaceutics, Bahra University, Himachal Pradesh, India.

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ABSTRACT

Anjeer, *F.carica* linn. goes to family Moraceae. It is mainly found in warm climate in southwest Asia and eastern Mediterranean region from Turkey in east to Spain and Portugal in west. In India, it is mostly confined to western part of Maharashtra, Gujarat, Uttar Pradesh (Lucknow and Saharanpur), Karnataka (Bellary, Chitradurga and Srirangapatna) and Tamil Nadu. *F.carica* Contain essential phenolic acids, amino acids like leucine, tryptophan, phenylalanine, lysine, and histidine, vitamins like vitamin A, vitamin C, thymine, riboflavin and niacin, minerals like sodium, potassium, and calcium and carbohydrates which help in making our body strong and result in increasing the immunity. *F.carica* has been globally used in mainly like Anti-inflammation, Anti-pyretic, Antispasmodic, Anti-viral, Anti-platelet, and Anti-helminthic and so on. *F.carica* has scarce side effects in comparison to allopathic medicines. From above information about *F.carica* it confirms that it is an essential plant from ethno botanical, material Medica and nutritious point of sight.

KEYWORDS: Phenolic acids, *F.carica,* Anti-viral, Minerals, Amino acid.

INTRODUCTION

F.carica mostly identified as the 'fig' belong to the family Moraceae.[1] With completed 500 Ficus class, the Asian Australasian zone is the richest and most expanded. By comparison, there are between 110 and 130 class of Ficus in Africa and the Neotropics, individually (Berg CC4). The oval-shaped leaves have three to five lobes on an uneven upper surface that is pubescent underneath.[2] This tree was among the first plant class intentionally cultivated by humans, and today figs remain universally significant-produced to meet demand in both the fresh-fruit and dried fruit markets.[3] FC leaves are utilized to make tea and medications.[4] The fruit shows pharmacological activity similar to that of a drug. *F.carica* dried fruit clutches vitamins, minerals, carbohydrates, sugars, phenolic compounds and organic acids. The dry 'fig' is the outstanding source of fiber and polyphenols.[5] Anjeer is well known fruit which is well defined in classical Unani texts and pharmacopoeia. A huge number of the plants, continue as an unexploited potential to be selected, as sources of antiviral principles.[6] The therapeutic morals of *F.carica* have been shown in the old-style systems of medication such as Ayurveda, Unani and Siddha. The condition has been used to cure disorders of the endocrine system (diabetes), lung system (liver diseases, asthma, and cough), gastrointestinal tract (ulcer and vomiting), reproductive system (menstruation pain) and communicable diseases (skin disease, scabies and gonorrhea). New plant resources crude extracts and isolated mechanisms of *F.carica* have shown a extensive range of biological (pharmacologic) events.[7] The helpful values of *F.carica* have been exposed in the old-style organizations of medicine such as Ayurveda, Unani, and Siddha.[8] The Unani organization of medication trusts in two types of diet/drug. First is Ghiza-e-Dawaee & another is Dawa-e-Ghizaee. Ghiza-e-Dawaee is taking nutritive part additional dominant whereas as Dawa-e-Ghizaee is taking prominent therapeutic property. In situation of Anjeer it takes remained classified as Dawa-e-Ghizaee.[9] Furthermore, fig fruits as fit as leaves take a high nutritious value and their high comfortable of nutritional fiber is generally known.[10] The antimicrobic properties of some 'Fig' class take continued broadly studied. The ethanol extract of *Ficus religiosa* **(***F.religiosa***)** leaves was active against *Bacillus subtilis*, *Staphylococcus aureus*, *Escherichia coli* (*E.coli*), *Pseudomonas aeruginosa* (*P.aeruginosa*), and *Salmonella typhimurium*.[11] Continuous research is in development to confirm its old-style therapeutic uses & it is defined in part in the current article. Around of the past published analyses of this plant contain pharmacologic actions, but rare of them appear in all 3 reviews.[2,12] Over a wide-ranging variety of bioactive phytochemicals counting anthocyanins, carotenoids, several flavonoids and phenolic acids, triterpenoids, glycosides, polysaccharides and extra dipping substance as

well as vitamin C, K and E. Fig fruit is also unusually rich in essential trace and micro elements.[13] Many Ficus species have a great deal of genetic range, a widespread range of variations, and exceptional pharmacological properties that are extremely valuable commercially.[14] The creamy latex sap is a powerful source of diverse bioactive phytochemicals, such as phenolic acids, flavonoid glycosides, prenylated flavonoids, and coumarins (counting leaf and sap-specific compounds like psoralen and bergapten), lengthwise with terpenes, phytosterols, fatty acids, and antioxidants.[15]

***Vernacular Names (Mutradifat[])*[16]**

Table 1: Common terms of *F. carica* linn.

Language	Name
Arabic	Teen
Persian	Anjeer
Urdu	Anjeer
Bengali	Anjir
English	Fig
Gujarati	Anjir
Hindi	Anjir
Kannada	Anjura, Simeyetti
Malayalam	Simayatti
Punjabi	Fagari
Sanskrit	Anjira
Tamil	Simaayatti, Tenatti
Telgu	Anjuro, Manjimedi

***Taxonomy*[17]**

Table 2: Taxonomical classification of *F. carica* linn.

Kingdom	Plantae
Subkingdom	Tracheobionta
Super division	Spermatophyte
Division	Magnoliphyta
Class	Maghnoliosida
Subclass	Hamamelididae
Order	Urticales
Family	Moraceae
Genus	Ficus
Species	Carica

***Description*[18]**

Macroscopical: *F.carica* stays a deciduous tree or boundless plant that advances up to 7 -10 m (23 -33 ft.) big, each even white bark. The condition powerful leaves are 12 -25 cm ($4+^{1/2}$ - 10 in) lengthy and 10-18 cm (4 -7 in) widespread, and are forcefully lobed (three or five

sections). Dry fruits of *F. carica* are creased to a round to a rounded shape with a foremost hole 4 -6 cm in diameter, 1 cm abundant. Artificial of the fruit is wrinkled and well-lit yellow to brown in shade. The fruit encirclements many slight spores in soft mesocarp.

Microscopic: In crosswise area skin of epicarp, be completed up of solo layer of ovate or barrel designed cell covered with hardwearing cuticle. Hypodermal zone contains of heavy fenced collenchymatous cell that continue nearly hexangular to polygonal and 3 - 5 cells in breadth. These cells hold yellow brown packings. Occasional cells hold rosette crystals of calcium oxalated chocolate dark in color. The mesocarpic zone cover of great, thin-walled, ovated to many-sided or squarish parenchymatous cells without intercellular places. The lacticifers appearning in this zone are demanding tube-like and few are separated lacticifers spring helpful test of tannic acid. In external view the epicarp shows thick-walled parenchymatous cells which are oval to many-sided. The anomocytic methods of stomata are experimental which are annoying. The numerous guard cells are ovate to rounded containg starch grains. The crushed drug is chocolate in color. Underneath the optical microscope, the condition shows the incidence of cells of skin, hypodermis besides thick-walled paenchymatous cells of testa.

Identity, Purity & Strength[16]

Foreign matter

The material must comply with the following limits:

"Moisture (loss on drying): ≤ 2%"

"Over-all ash: ≤ 4%"

"Ash that is insoluble in acid: less than 1%

"Alcohol-soluble extractive: at least 20%"

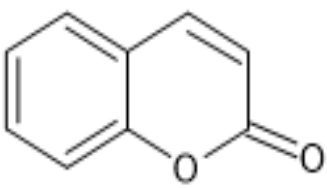
"Water-soluble extractive: at least 52%"

This formulation places totally parameters in one coherent specification block, specifying both the nature of each test and whether it is a minimum or maximum requirement, making the standard easy to understand at a glance.

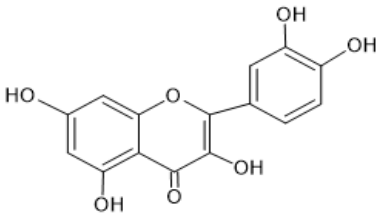
Nutritious value

F.carica is broadly fully-fledged for its edible fruit. These are sugary and juicy; a completely ripe selection is an excellent fruit that almost truthfully dissolves in the mouth. The fruit is recurrently dried for innovative use and this dried fruit is a major item of business. *F.carica* are one of the uppermost plant causes of calcium and fiber. According to USDA information for the Mission variety, dried figs are richer in fiber, copper, manganese, magnesium, potassium, calcium, and vitamin K relative to social wants. When related to apples(7.14mg/100g), bananas(3.88mg/100g), dates(25.0mg/100g), grapes(10.86mg/100g), oranges(40.25mg/100g), prunes(18.0mg/100g), raisins(40.0mg/100g) and strawberries(14.01mg/100g), figs have a advanced calcium content (132.5mg/100g) on a mass basis. The average energy intake decreased meaningfully after the supplement of fiber-rich food.[19] A current study has shown that the count of a soluble fiber supplement to the dietary food material could help in weight loss. Consequently 'fig' and their soluble fiber may help in weight loss since they hold extra fiber (12.21g/100g) than any of the typical fruits registered above.[20] For the reason that they affect the fruit's flavour, color, and nutritional qualities, phenolics are a critical section of fruit quality.[19]

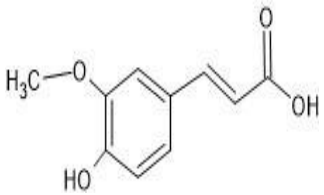
Chemical constituents present in the *F. carica*



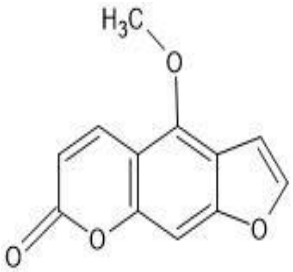
A. Coumarin



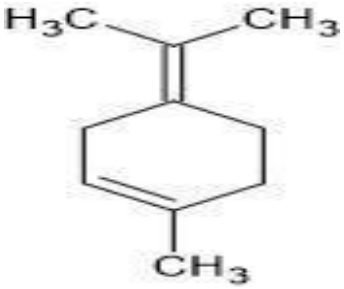
B. Quercetin



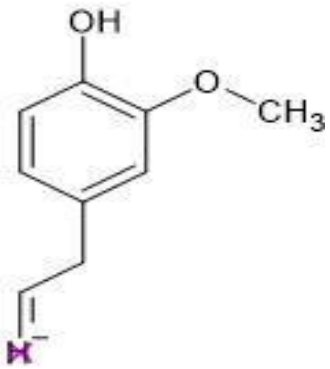
C. Ferulic acid



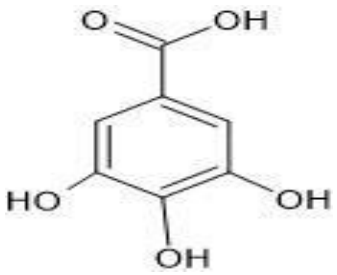
D. Bergapten



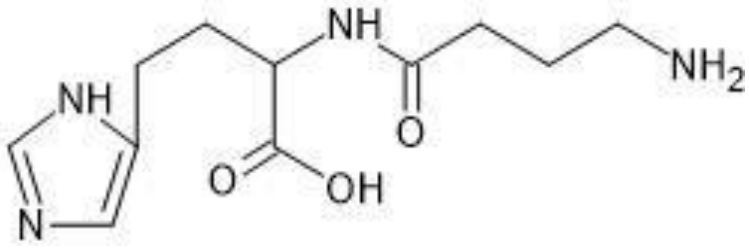
E. Terpinolen



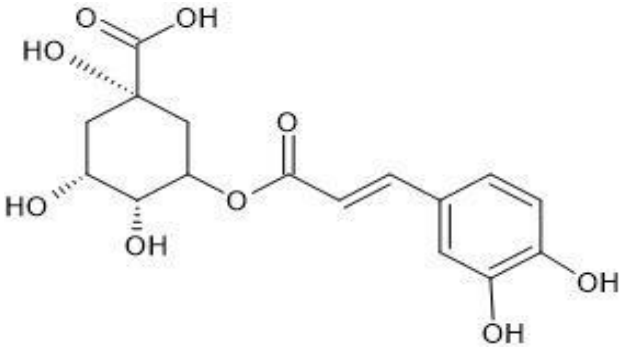
F. Eugenol



G. Gallic acid



H. Ficin



I. Chlorogenic acid

Biological activities

1. Anticoagulant activity

Cardiovascular disease is currently the important cause of death, accountancy for 17.9 million losses. That quantities to 32% of all losses universal in 2019.[20] Using a human platelet ex vivo model, the aqueous ethanolic extract of *F. carica* was verified aimed at antiplatelet and antispasmodic effect in rabbits. When isolated, *F.carica* tested confident for terpens, sterols, alkaloids, flavonoids and saponins. There are many sources for anticoagulant enzyme such as "Calotropis gigantea" and "Croton bonplandianus", *F.benghalensis*, *F.carica*, *F.synadenium*, *F.umbellatum*, *Neriu oleander*, *artocarpus heterophyllus*, *Manilkara zapota*, *F.religiosa*, carica papaya & *plumeria acutifolia*, Plant latex with anticoagulant property are great position in estimation to currently present drugs as they do not have any sideeffect.[21]

2. Antiviral property

Anjeer's primary ingredient in term of antiviral properties is quercetin. Quercetin possesses antiviral properties. The primary constituents of *F. carica* are volatile compound, organic acids and phenolic compounds. Bergapten, quercetin-3-o-glucoside, quercetin-3-o-rutinoside, and other phenolic compounds. Quercetin was mainly mined from the aqueous extract of *F. carica* leaves.[22]

3. Antioxidant activity

An essential metric for describing the biological activity of medicinal plant and their constituents is antioxidant activity.[23] According to reports, phenolic compound has potent antioxidant activity that is mediated by pro-oxidant metal ion chelation, enzyme activity inhibition, and free radical scavenging.[24] *F.carica* holds many phenolic compounds that show countless biological roles in plants. Around of them are likewise favourable to human health, meanwhile they are able to act as an antioxidant by unlike conducts: dropping agents, H donators, unrestricted radical searchers, singlet oxygen quenchers and thus obtainable. 'Fig' fruits of *F.carica* stood studied with six gainful 'fig' changes with dissimilar color (black, red, yellow and green) for entire polyphenols, entire flavonoids, antioxidant volume and outline of anthocyanins. The antioxidant belongings were determined by ferric dropping antioxidant method. Fruits take the peak antioxidant potential and the main concentrations of polyphenols, flavonoids and anthocyanins.[25,26]

4. Anticancer Activity

Since the latex of *F.carica* a combination of 6-O-acyl-β-dglucosyl- β-sitosterols has remained known as an effective cytotoxic mediator that prevents the development of unlike cancer cell positions in vitro. Bioactive complexes like 6-O-acyl-bD-glucosyl-b-sitosterols, i.e. AGS (acyl mediety: palmitoyl, linoleyl, stearyl and oleyl) stood isolated from 'fig' latex. Palmitoyl copied of AGS acts as maximum strong inhibitor for several cancer cell positions as coordinated with linoleyl, stearyl and oleyl derivatives. AGS has remained shown to inhibit the cancer cell positions DG-75, Jurkat and DU-145 in vitro. AGS is the most effective anticancer drug.[27]

5. Anti-Fungal Activity

Once confirmed against oral microorganisms, the methyl alcohol extract of *F.carica* displayed high antibacterial action (MICs:0.156 to5mg/ml; MBCs:0.313 to 5mg/mL). Figs might role as a natural antibacterial mediator, as shown by the synergetic properties of methyl alcohol

extract with ampicillin or gentamicin against oral bacteria.[28] Using the disc-diffusion technique, the antibacterial properties of *F.carica* fluid extracts in hexane, trichloromethane, ethyl group acetate and methyl alcohol stood inspected in vitro against five bacterial classes and seven fungal strains. Methanolic extract (75%) powerfully withdrawn microsporum canis and ethyl group acetate extract at a concentration of 750 μg/Ml33, Though the slight inhibition concentration (MIC) of the methyl alcohol section verified a whole inhibition against candida albicans (100%) at a concentration of 500 μg/mL and a undesirable effect against *Cryptococcus neoforman.*[29]

6. Antibacterial Activity

The methyl alcohol extract of *F.carica* (MICs, 0.156 to 5 mg/mL; MBCs, 0.313 to 5 mg/mL) displayed a solid uncontaminated activity against oral microorganisms. Figs may role as a normal uncontaminated agent, as sign by the synergetic effects of methyl alcohol extract with ampicillin or gentamicin against oral bacteria.[28] Hexane, trichloromethane, ethyl acetate and methyl alcohol extracts of *F.carica* fluid were calculated for their antimicrobial properties in vitro against five microbial classes and seven strains of fungi using disc-diffusion technique. The methyl alcohol fraction's slight reserve concentration (MIC) proved a broad of candida albicans (100%) at 500 μg/mL besides a harmful effect on *Cryptococcus neoforman*; at 750 μg/mL, the methanolic extract (75%) powerfully inhibited microsporum canis and ethyl group acetate extract.[29]

7. Hypolipidemic Activity

Leaf extract after *F.carica* may be a supportive supplement to resistor the announcement of TG and TC in poultry liver-colored. An 8week ancient rooster through a lot of middle fat had its liver-colored removed, sliced and cultured through increasing volume of leaf extract, insulin and together. While insulin widely increased TG secretion (0.190 ± 0.013 mmol/L), TG content (0.523 ± 0.093 mmol/L) and TC secretion (1.727 ± 0.412 mmol/L) outside the basal level ($P < 0.001$) and after the leaf extract was additional, the effects were severely reduced to the basal equal in a concentration-dependent style ($P < 0.001$). Additional hypolipidimic training in the animal model is extended by Asadi and assistants (2006). The volume of triglyceride (TG) in the liver, as well as the liver's announcement of TG and lipid, have stood initiate to be reduced by 'fig' tree leaves (fig tree leaf extract or FTE). Moreover, a slight rise in the FTE dosage caused in a extensive reduction in the liver's TG secretion stages

and hepatic TG contented. The discovery suggests that the leaf extract might be a valuable dietary complement to control the liver's creation of TG and cholesterol.[30]

8. Antihelmintic

As each WHO, only a rare drugs are usually used in the behavior of helminthes in human lives. Antihelmintic from the normal bases may show a key part in the action of bloodsucker contaminations. The Antihelmintic property of *F.carica* leaf extract in water, petroleum ether, trichloromethane and methyl alcohol were inspected against Pheritima posthuma in difference to mebendazole, a common medication.[31] This category of activity is also stated in different followers of Ficus, i.e. *F.benghalensis* Linn and *F.racemosa* Linn the anthelmintic action of the fluid of *F.carica* was examined in NIH mice logically infected with *Syphacia obvelata*, *Aspiculuris tetraptera*, and *Vampirolepis nana*. *S.obvelata* was effectively detached by the fluid, which stood assumed in dose of 3mL/kg/day for 3 days in a row. Though, *A.tetraptera* (2.6%) and *V.nana* (8.3%) stood not meaningfully removed. It was non counselled to employment this frame in old-style medicine due to its incomplete Antihelmintic action and high acute harmfulness by hemorrhagic enteritis.[32]

9. Hypoglycemic Activity

Fashionable rats by streptozotocin-induced diabetes, the greenery extract meaningfully compact blood sugar levels once administered orally or intraperitoneally. In preserved diabetic rats, bulk loss was ducked and the being directory was meaningfully altered by plasma insulin stages. The results displayed that *F.carica* aqueous extract obviously had hypoglycemic properties.[5] The hypoglycemic result of an aqueous extract of leaves takes remained established in streptozotocin-induced diabetic rats.[33] Wherever these animals stood unsable to miss weight. Also, treatment elevated the endurance index, which was connected with advanced plasma insulin stages. The fruit of *F.carica* has also been exposed to display a similar action.[34]

CONCLUSION

Hydroxy carbons, aliphatic alcohols, volatile components, organic acids, fatty acids, phytosterols, anthocyanins, amino acids and other kinds of secondary metabolites are among the many important phytoceutical and neutraceuticals that are present in 'fig'. These elements support the fruit's pharmacological and nutritional properties. Immunity significantly declines after the covid-19 pandemic, resulting in debilitated people and a higher rate of disease. Food or fruit that is in high in essential nutrients is therefore necessary in order to fortify the body

and increase immunity. If the food has a specific pharmacological activity, that would be beneficial. Because of its high nutritional value, *F.carica* has become a popular traditional medicine remedy for a number of ailments such as anaemia, cancer, diabetes, leprosy, liver disease, paralysis, skin disorders and ulcers. It is a strong candidate in pharmaceutical biology for both possible therapeutic uses and the development and formulation of new drug.

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