Ficus

Ficus benghalensis

Code: TREE-C54DBB1AA3DEC6D **Location:** XIM University Campus **Local / Vernacular name:** ବର

Botanical Details

Leaf habit: nan Flowers / Fruits: nan Native range: nan

Uses & Importance

Ecological: The sago palm is ecologically significant, especially in swampy and wetland ecosystems. It thrives in waterlogged and nutrient-poor soils where many other plants cannot grow, making it a key species in such environments. Its root system helps in stabilizing the soil and preventing erosion, while its fallen leaves and decaying plant matter contribute to nutrient recycling. The plant also provides shelter and microhabitats for insects, birds, and small animals, thereby supporting local biodiversity.

Medicinal: Although the sago palm is primarily valued as a food plant, it also has some traditional medicinal applications. In indigenous communities, the starch, sap, and other parts of the plant are sometimes used in folk remedies to treat digestive problems, skin infections, minor wounds, and inflammations. The starch is believed to be easily digestible and soothing for the stomach. However, these uses are based on traditional knowledge and are not as extensively documented as its nutritional importance.

Cultural: The sago palm holds immense cultural and social importance in many Southeast Asian and Pacific Island societies. The starch extracted from its trunk serves as a staple food, especially in regions where rice cultivation is difficult. It is used to prepare a variety of traditional dishes such as porridge, flatbreads, and dumplings. Beyond food, its leaves are used for thatching roofs, weaving mats, baskets, and making handicrafts. The plant is often closely tied to local traditions, rituals, and community life.

Location

GPS: 20.15860192, 85.76535449

Directions: https://www.google.com/maps/dir/?api=1&travelmode=walking&destination=20.15860192%2C85.76535449