

Botanical Name- Ficus carica L.

Common Name -Anjeer



Uses

1. Improves digestion and relieves constipation.
2. Boosts immunity.
3. Helps manage diabetes by regulating blood sugar levels.
4. Aids in weight management.
5. Reduces cholesterol levels.
6. Supports heart health.
7. Enhances bone strength due to calcium and magnesium content.
8. Alleviates menstrual cramps.
9. Promotes healthy skin.
10. Reduces the risk of anemia by improving hemoglobin levels.
11. Acts as a natural energy booster.
12. Helps in managing asthma.
13. Provides relief from sore throat.