

PEEPAL OR PIPAL TREE & A MIRACLE MEDICINAL SOURCE LEAST KNOWN

(compiled by: nsir malik)

About thirty+ years I was sitting in my car, parked on road side, near Mozang crossing, Ferozpur road, Lahore. I had parked for lighting my cigarette as I never light or even do anything that might distract me from my attention to driving. It was a very hot day in; probably July, and having no AC I was already roasting in that scorching heat. The sun in early afternoon is always hottest and it really hurts if it shines directly onto your skin. The steering was so hot that I could hardly hold it for long.

As I lifted the lighter towards cigarette clamped in my lips a huge jolt from rear threw me towards steering and dashboard. There were no "Head Rests" in most of the cars and accordingly mine was without it. As I returned to seat rest with same jerk my head was towards sky. There was terrible pain in the neck. I could not move as I could not imaging what had happened. Suddenly an old man; around sixty as I recall, appeared at my driving side window with all imaginable apologies and saying he lost control saving a road crosser and brakes did not work. That is when I realized what was that shock and big bang as his car came to a dead stop by hitting mine from the rear.

I could; as I knew about whip lash and consequences. My neck was already living with an earlier accident's after effects as my two vertebrae 5 & 7 were slightly dislodged and I had to wear neck collar off and on. I held my head with all the force I could afford by holding my hair for keeping it in a position where I could see the road. I requested the old man that damage had been done and I could not wait for any ambulance or such help. I asked him to help me turn my car around as my personal physician was close by; a few minutes' drive from the spot of accident.

I drove in first gear with flashers ON; holding rather carrying my head in my hand, and reached the clinic. After a long honking the assistant came out. I told him to rush and get the doc out immediately with stiff neck collar. Mr Bokhari; yes that was my doc's name, came running out and put that neck noose around my neck slightly too tight as it was a must. I was not to be moved through stretcher as lying down could be fatally dangerous. I could have paralysis as minimum after effect. I was still holding my head from hair while two attendants moved me, with strong arms one each under my arm pits. X-ray revealed the damage and some swelling that had come up. Medications were prscribed and office van transported me home in same upright painful position. It took long time reaching home as fast driving was not allowed by the doctor. I spent nearly a month in sitting position even at night. Then I was advised some heat treatment and the verdict that I had to wear neck collar; the hard one, 24/7 for the rest of my life. I really became a bionic man behaving like a robot. I could not see my feet even what to talk about legs and belly. It went on for nearly 15 years.

Then one evening a miracle; that I did NOT have any faith in, was passed onto me by a circus performer. It was a wedding reception and some professionals; it is usual here to call paid dancers to perform on weddings, were dancing on a small stage. I was obstructing the view of that angel; I remember him as that till date, and he got annoyed. I turned, with great effort to him, like a robot and told him my neck is damaged. He smiled and later burst into laughter saying 'dear be a man, this happens to us quite often and we use Pipal Laakh with pure milk'. My eyes froze. I could not believe what he was saying. Inside my heart I was nearly laughing as top orthopaedics had told me to live like that for ever. But a faint voice from within said there was no harm in trying as I always believed in herbal and 'ayurvedic' medicines, coming from family of Hakeems. Both my grand fathers were known Hakeem or 'vads'.

After the dance; known as MUJRA, was over I approached him and asked how to use it and from where to get it. He casually told me to go to grocery shop or any Hakim's clinic and ask for Pipal Laakh; the gum that oozes out from the tree all over. Each morning and evening take one heaped tea spoon with a glass of pure milk; not skimmed milk, and use it for a month as the hurt was quite old.

The very moment I drove to a grocery shop and hesitantly; with very weak faith, mumbled fo Pipal Laakh. The man behind the counter asked how much. I said give me quarter kg. The price was like a joke; not even one third of a dollar.

I came home. Sat there staring in empty corner thinking if it works what a miracle it would be. I will have no damned collar 24/7. I will turn & toss in bed and sleep like I wish. Look all around me after ages. Oh I was day dreaming.

Next morning; half heartedly, dumped a teaspoon into my mouth and drank a glass full of pure fresh milk which I never drink normally. Evening before supper it was another dose. It continued for as I recall for next two weeks. I was scared to take the collar off. Gradually and slowly I untied the Velcro holder strips. The neck; due to being in cage for so many years, was now used to being a Robotic Neck, stiff as if ateel rod was inside. I did not move it for very long time. There was no pain any more. My sisters shouted with joy. My mother walked in and nearly fainted with joy seeing no collar and sat in that corner saying son be extra careful lest you damage it more. I took few steps but the shock from feet did not cause any pain. I slowly rather very slowly tried to turn left little, then a little to right, then tback to frontal view, there was not any kind of pain. Then after so many long years I looked up a little and then finally I saw my own two feet on the floor. Oh I was so happy and relieved. My sisters rubbed olive oil on my neck; which was forbidden even for touching for years by now. In following week I was fully back to normal except that neck muscles needed time to adjust if I wanted full movements. I drove my car after ages without collar and with NO FEAR from all cars around me. I could see traffic my left and right. I was so relieved that I forgot to complete the prescription and by the end of third week or so I did not remember to think about the medication. I was on top of the world.

The prescription has already helped so many of my colleagues and acuantances and is being passed on.

Placed below are details on the Budha Tree. My belief is that wherever Budh & Hindus worship any plant there lies big secret medicinal values and for sure. I discovered Arjuna bark, and Cinnamon likewise as very effective and tested over hundreds of years for medicinal miracles.

Classification

- Kingdom : Plantae
- Division: Magnoliophyta
- Class: Magnoliopsida
- Order : Rosales
- Family : Moraceae
- Genus : Ficus
- Species : F. religiosa
- Scientific Name : Ficus religiosa

Other names : Bo tree, Bodhi tree, Sacred tree, Beepul tree, Pipers, Pimpal, Jari, Arani,Ashvattha, Ragi, Bodhidruma, Shuchidruma, Pipalla, Ashvattha and the Buddha tree are the other names used for the Banyan tree.

Description : Peepal is a large, fast growing deciduous tree. It has a heart shaped leaves. It is a medium size tree and has a large crown with the wonderful wide spreading branches. It shed its

leaves in the month of March and April. The fruits of the Peepal are hidden with the figs. The figs are ripen in the month of May. The figs which contain the flowers grow in pairs just below the leaves and look like the berries. Its bark is light gray and peels in patches. Its fruit is purple in colour. It is one of the longest living trees.

Other Species : *Artocarpus heterophyllus* Lam, *Artocarpus incissus* L., *Artocarpus nobilis* Thw. Are some of the other species of the Peepal tree.

Location : Peepal tree is grown throughout India. It is mainly grown in State of Haryana, Bihar, Kerala and Madhya Pradesh. It is also found in the Ranthambore National Park in India. Pipal is also very common in Pakistan all over the country. But its medicinal values are not known nor availed except collecting the gum or Pipal Laakh. The Laakh is used for polishing wooden furniture if a certain tone is required.

Cultivation : Peepal tree is easily propagated through the seeds or through the cuttings. It can grow in any type of soil. Young peepal needs proper nourishment. It requires full sunlight and proper watering.

Medicinal uses : This tree of life has also got so many medicinal values. The juice of its leaves extracted by holding them near the fire can be used as the ear drop. Its power bark has been used to heal the wounds for years. The bark of the tree is useful in inflammations and glandular swelling of the neck. Its root bark is useful for stomatitis, clean ulcers, and promotes granulations. Its roots are also good for gout. The roots are even chewed to prevent gum diseases. Its fruit is laxative which promotes digestion and checks vomiting. Its ripe fruits are good for the foul taste, thirst and heart diseases. The powered fruit is taken for Asthma. Its seeds have proved useful in urinary troubles. The leaves are used to treat constipation.

Other uses : People in India collect the Peepal leaves, clean them, dry them and than paint them with the gold acrylic in order to preserve them for years. From the bark of the Peepal tree reddish dye is extracted. Its leaves are used to feed the camels and the elephants. When the leaves are dried they are used for the decoration purpose.

Cultural importance : Peepal tree has the great importance in India especially among the Buddhist who regard Peepal or Pipal tree as the personification of Buddha. Lord Buddha attained enlightenment mediating under the Peepal tree. It is regarded as the sacred tree and the people uses its leaves for the religious purposes. According to the Buddha – 'He who worships the Peepal tree will receive the same reward as if he worshiped me in person'.

The Peepal tree has its own symbolic meaning of Enlightenment and peace. People tie threads of white, red and yellow silk around it to pray for progeny and rewarding parenthood. Hindus in India hold the great spiritual regard for the Pipal Tree, they regard it as the tree beneath which Vishnu was born.

The tree has a very long life and provides rich shade for resting in hot weather. Once planted it grown on its own due to long roots which suck all the needed water etc., for its survival.

Major Benefits of Peepal

Peepal tree is of great medicinal value. Its leaves serve as a wonderful laxative as well as tonic for the body. It is especially useful for patients suffering from Jaundice. It helps to control the excessive amount of urine released during jaundice. The leaves of Peepal are highly effective in treating heart disorders. It helps to control the palpitation of heart and thereby combat the cardiac weakness. Ayurveda makes an extensive use of the leaves of peepal due to the numerous benefits it provides. To know more about the medicinal benefits of Peepal, read on.

For constipation problem, there can be no better remedy than the consumption of leaves of

Peepal. Dry the Peepal leaves in sun and powder them. Add a solution of jaggery and anise to it. Mix it with water and consume it. This concoction will ensure proper bowel movement. The Indian basil peepal works wonders in treating dysentery. Prepare a mixture of grinded coriander leaves, peepal leaves and sugar and chew it slowly. The leaf of a peepal plant is also considered valuable in the treatment of various kinds of skin disorders.

Pipal leaves are of great use in getting rid of mumps. All one needs to do to avail the benefits of peepal plant is smear the leaves of Peepal with ghee and then warm it on low flame. After that, bandage it over the swollen inflamed part of the body. It is surely going to provide the patient with a great relief. Even for boils, this remedy will prove to be quite effective. In case of formation of pus, bandaging the leaves of Peepal will ensure that the growth subsides. But, it will give beneficial results only if the problem is in its preliminary stage.

The best thing about Pipal is its gum of LAAKH which cures all spinal pains and hurts etc.