• *F. pumila* var. *awkeotsang* (FPA) is an endemic *Ficus* in Taiwan

• Ficumarin is a new compound found in twigs of FPA (FPAT)

• FPAT ameliorates neutrophilic inflammation

• FPAT triggers Nrf2 antioxidative defense system

• Pyranocoumarins from FPAT may interfere with SARS-CoV-2