



MORINGA: THE MIRACLE TREE

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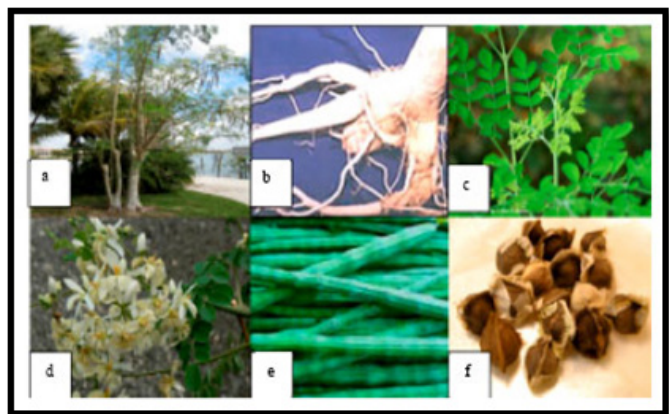
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INTRODUCTION

Moringa oleifera is known as “Horseradish tree” or “Drumstick tree”, native to India. The best useful tree and an enormous amount of benefits in the world. *M. oleifera* is a type of local medicinal Indian herb which has turn out to be familiar in the tropical and subtropical countries. *Moringa oleifera* is one of the vegetables of the Brassica order and belongs to the family Moringaceae. The Moringaceae is a single genus family with 13 known species. The other terms used for Moringa are Horseradish tree, Drumstick tree. *M. oleifera* nutritionally relevant is that it is drought resistant, fast growing, easy to cultivate and manage, and is capable of adapting in virtually all tropical and subtropical climates.

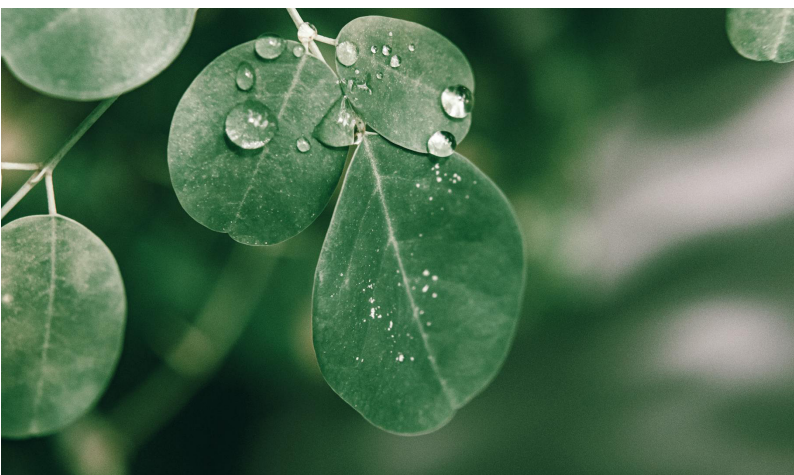
MEDICINAL USE

- ❖ According to Ayurveda traditional medicine practitioners, *M. oleifera* can prevent and cure about 300 diseases. It is capable of acting as cardiac and circulatory stimulants and possess antitumor, antiepileptic, anti-inflammatory, antiulcer, antihypertensive, hypoglycemic, cholesterol lowering, antioxidant, antibacterial, antifungal, anti-diabetic, anti-asthmatic.
- ❖ The Moringa has been used in various health care products including body and hair moisturizers and conditioners.
- ❖ Moringa Leaves relieve headaches, expel worms, reduce swelling, and heals skin diseases, inflammation of the eyes and ears, bronchitis and inflammation of mucous membranes, scurvy and increase milk production (quality and quantity) in lactating women, i.e. breastfeeding mothers.
- ❖ Moringa Flowers are an excellent tonic, expel worms, treat tumours and enlarged spleen, relieve sore throat, and treat anxiety.
- ❖ Moringa Pods & seeds purify water, treat tooth ache from tooth decay, expel worms, treat problems of the liver and spleen, and relieve joint pain
- ❖ Moringa Roots are used as a laxative and to treat spasms of the colon, treat circulation problems, high blood pressure, kidney dysfunctions and low back pain; for gout, asthma and hiccoughs.
- ❖ Fresh leaves are said to be inserted into the nose of a comatose person, who is then aroused from the coma.



SOME TRADITIONAL HERBAL REMEDIES WITH MORINGA

1. **Cuts and wounds** Pound fresh leaves into a paste. Cover the wound with this paste, bandage and leave for 3 days.
2. **A woman has given birth and is bleeding.** Pound fresh leaves add a little water and give her to drink.
3. **Prevention of polio.** Give flowers to children to eat to prevent polio.
4. **Chronic sores** Take some roots, wash them and scrape the outside layer off. Heat in water. Use the water to clean the wound.
5. **To bring fever down.** Dip a Moringa branch into water and stroke the whole body. Then give Moringa tea to drink.
6. **Snake and scorpion bites.** Pound the root, add leaves and apply to the bite. Stops the poison from spread



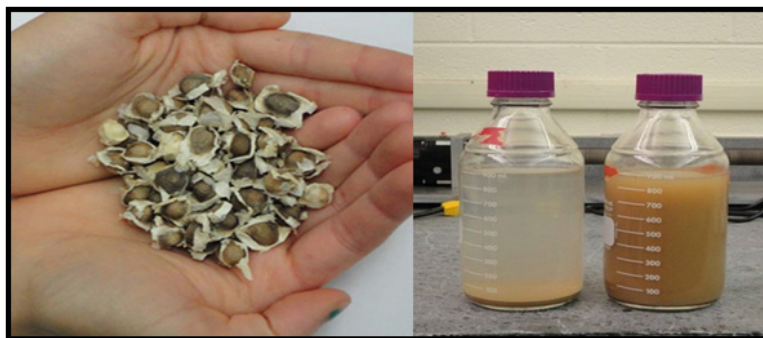
7. **Brain power for school children** – especially under-performing children. Moringa root water take one cup and mix with half a cup of honey. Give to the child first thing in the morning, even retake it in the evening. Prepare this root water fresh every day.

8. **Stomach pains** Chew and eat two seed kernels and drink a cup of water.

9. **Arthritic pains** Chew and eat two seed kernels in the morning and two again at night. Rub the oil on the affected parts morning and night.

WATER PURIFICATION:

Moringa is one of the most important natural substances that can be used in the purification of drinking water at low cost and low risk to human health and the environment. *M.oleifera* is one of the medicines to reduce the occurrence of waterborne disease.



PROCESS:

- ✓ Water can be purified by adding 2 grams of Moringa seed powder to 20 liters into a bottle and shake for 5 minutes.
- ✓ Dirty water that is to be treated can be filtered through a clean cloth into the container.
- ✓ Until the water becomes clear and the impurities have sunk to the bottom leave the bucket undisturbed for one hour then filter the water through a clean cloth boil the water before drinking

CONCLUSION:

- ✓ *Moringa oleifera* tree is indeed a miracle tree with enormous potentials yet to be fully explored in medicinal and food application. All parts of *Moringa oleifera* tree is said to have useful assets that can help humankind.
- ✓ The capacity of the Moringa tree is inspiring in mitigating the adverse effects of climate change. The research report by Japanese has displayed that the rate of absorption of carbon dioxide (CO₂) by the Moringa tree is twenty times (20x) higher than that of general vegetation. There is great potential for the Moringa tree to not only store carbon, but also to improve the livelihoods of many smallholder farmers.
- ✓ *Moringa oleifera* really recognized to be a "Miracle tree", because it has multipurpose use for humankind and thus named as a nature gift at very low price.

