

# HEALTH BENEFITS OF MORINGA

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*Moringa oleifera* is native to India, grown in the tropical and subtropical region of the world. It is commonly known as “drumstick” or horseradish tree. Every part of the tree is suitable for either nutritive or commercial purposes.

## INTRODUCTION

*Moringa oleifera* belongs to family Moringaceae is an effective remedy for malnutrition. Moringa is rich in nutrients, variety of essential phytochemicals present in its leaves, pod and seeds. In fact, it is said that moringa provides 7 times more vitamin C than oranges, 10 times more vitamin A than carrots, 17 times more calcium than milk, 9 times more protein than yogurt, 15 times more potassium than banana and 25 times more iron than spinach. The fact that moringa is easily cultivated makes it a suitable remedy for malnutrition.

## NUTRITIVE PROPERTIES

Every part of *Moringa oleifera* is storehouse of important nutrients and anti nutrients. Leaves of *Moringa oleifera* are rich in minerals like calcium, potassium, zinc, magnesium, iron, and copper, vitamins like beta-carotene of vitamin A, vitamin B, C, D and E is also present. Phytochemicals such as tannin, sterols, terpenoids, flavonoids, saponins, anthraquinones, alkaloids and reducing sugar present along with anti-cancer agents like glucosinolates, isothiocyanates, glycoside compounds and glycerol 1-9-octadecanoate. Moringa leaves have low calorific value and can be used in diet of the obese. The pods are fibrous and valuable to treat digestive problems and thwart colon cancer.

A research shows that immature pod contain around 46.78% fiber and 20.66% protein. Pods have 30 % of amino acid content, leaves have 44% and flowers have 31%.

## Best Benefits Of MORINGA POWDER

- > Boosts Stamina
- > Controls Diabetes
- > Anti-Oxidant
- > Lowers Cholesterol
- > Controls Blood Pressure
- > Detoxifies
- > Treats Depression
- > Organic Nature
- > Treats Minor Infections
- > Improves Immunity
- > Delays Ageing Process
- > Heals Wounds
- > Aids In Keratin Formation
- > Aids Improved Hair Growth
- > Stimulates Hair Growth



## MEDICAL PROPERTIES

*Moringa oleifera* can be used to cure more than 300 diseases. It has long been used in herbal medicine by Indians and Africans. The presence of phytochemicals makes it as good medicinal ages. It shows various medicinal properties like

- Anti diabetic properties
- Anti cancer properties
- Anti microbial Effect
- Anti inflammatory effects
- Anti oxidant properties
- Anti tumor properties

## COMMERCIAL APPLICATIONS

Moringa seeds are used to extract oil called Ben oil. This oil is rich in oleic acid, tocopherol and sterols. This oil can be used in cooking as a substitute for olive oil. Moringa seed powder is also used for water treatment, which is natural, biodegradable, safer compared to traditional inorganic chemicals coagulant (like Alum) used for water purification, also inexpensive.

## CONCLUSION

*Moringa oleifera* has enormous potential as nutritive and functional food, can be used to combat malnutrition especially among infants and nursing mothers around the world. It could also help to alleviate the problem caused by food insecurity and non-portable water, but more research is necessary.

