

What Makes Moringa Good for You?

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Moringa oleifera is a plant that is often called the drumstick tree, the miracle tree, the ben oil tree, or the horse radish tree. Moringa has been used for centuries due to its medicinal properties and health benefits. It also has antifungal, antiviral, antidepressant, and anti-inflammatory properties.



Fast facts on moringa:

- The tree is native to India but also grows in Asia, Africa, and South America.
- Moringa contains a variety of proteins, vitamins, and minerals.
- *Moringa oleifera* has few known side effects.
- People taking medication should consult a doctor before taking moringa extract.



What is in moringa?

Moringa has medicinal properties and contains many healthful compounds. Moringa contains many healthful compounds such as:

- vitamin A
- vitamin B1 (thiamine)
- B2 (riboflavin)
- B3 (niacin), B-6
- folate and ascorbic acid (vitamin C)
- calcium
- potassium

- iron
- magnesium
- phosphorus
- zinc

It is also extremely low in fats and contains no harmful cholesterol.

What are the benefits?

Moringa is believed to have many benefits and its uses range from health and beauty to helping prevent and cure diseases. The benefits of moringa include:

- **Protecting and nourishing skin and hair:** - Moringa seed oil is beneficial for protecting hair against free radicals and keeps it clean and healthy. Moringa also contains protein, which means it is helpful in protecting skin cells from damage. It also contains hydrating and detoxifying elements, which also boost the skin and hair. It can be successful in curing skin infections and sores.
- **Treating edema:**-Edema is a painful condition where fluid builds up in specific tissues in the body. The anti-inflammatory properties of moringa may be effective in preventing edema from developing.
- **Protecting the liver:** - Moringa appears to protect the liver against damage caused by anti-tubercular drugs and can quicken its repair process.
- **Preventing and treating cancer:** - Moringa extracts contain properties that might help prevent cancer developing. It also contains niazimicin, which is a compound that suppresses the development of cancer cells.
- **Treating stomach complaints:** - Moringa extracts might help treat some stomach disorders, such as constipation, gastritis, and ulcerative colitis. The antibiotic and antibacterial properties of moringa may help inhibit the growth of various pathogens, and its high vitamin B content helps with digestion.
- **Fighting against bacterial diseases:** - Due to its antibacterial, antifungal, and antimicrobial properties, moringa extracts might combat infections caused by *Salmonella*, *Rhizopus*, and *E. coli*.
- **Making bones healthier:** - Moringa also contains calcium and phosphorous, which help keep bones healthy and strong. Along with its anti-inflammatory properties

moringa extract might help to treat conditions such as arthritis and may also heal damaged bones.

- **Treating mood disorders:** - Moringa is thought to be helpful in treating depression, anxiety, and fatigue.
- **Protecting the cardiovascular system:** - The powerful antioxidants found in Moringa extract might help prevent cardiac damage and has also been shown to maintain a healthy heart.
- **Helping wounds to heal:** - Extract of moringa has been shown to help wounds close as well as reduce the appearance of scars.
- **Treating diabetes:**-Moringa helps to reduce the amount of glucose in the blood, as well as sugar and protein in the urine. This improved the hemoglobin levels and overall protein content in those tested.
- **Treating asthma:** - Moringa may help reduce the severity of some asthma attacks and protect against bronchial constrictions. It has also been shown to assist with better lung function and breathing overall.
- **Protecting against kidney disorders:** - People may be less likely to develop stones in the kidneys, bladder or uterus if they ingest moringa extract. Moringa contains high levels of antioxidants that might aid toxicity levels in the kidneys.
- **Reducing high blood pressure:** - Moringa contains isothiocyanate and niaziminin, compounds that help to stop arteries from thickening, which can cause blood pressure to rise.
- **Improving eye health:** - Moringa contains eyesight-improving properties thanks to its high antioxidant levels. Moringa may stop the dilation of retinal vessels, prevent the thickening of capillary membranes, and inhibit retinal dysfunction.
- **Treating anemia and sickle cell disease:** - Moringa might help a person's body absorb more iron, therefore increasing their red blood cell count. It is thought the plant extract is very helpful in treating and preventing anemia and sickle cell disease.

Side effects

Although Moringa may have very few reported side effects, a healthcare professional should be consulted before it is taken. Anyone considering using moringa is advised to discuss it with a doctor first. Moringa may possess anti-fertility qualities and is therefore not

recommended for pregnant women. There have been very few side effects reported. People should always read the label on the extract and follow dosage instructions.

Risks

Some of the medications to be particularly aware of are:

- **Levothyroxine:** Used to combat thyroid problems. Compounds in the moringa leaf may aid the thyroid function, but people should not take it in combination with other thyroid medication.
- **Any medications that might be broken down by the liver:** Moringa extract may decrease how quickly this happens, which could lead to various side effects or complications.
- **Diabetes medications:** Diabetes medications are used to lower blood sugar, which moringa also does effectively. It is vital to ensure blood sugar levels do not get too low.
- **High blood pressure medication:** Moringa has shown to be effective at lowering blood pressure. Taking moringa alongside other drugs that lower blood pressure may result in it becoming too low.

Can it aid weight loss?

Evidence has shown that moringa extract can be effective in reducing and controlling weight gain in mice. Its high vitamin B content helps with smooth and efficient digestion and can assist the body when converting food into energy, as opposed to storing it as fat.

Moringa is thought to:

- reduce weight gain
- help to lower cholesterol and blood pressure
- prevent inflammation
- help the body convert fats into energy
- reduce fatigue and improve energy levels