

Beneficial Properties of Moringa Plant

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Abstract: Drumstick is a kind of seasonal legume, which belongs to the Moringaceae family. It is commonly used as a vegetable whose botanical name is Moringa Oleifera. Drumstick tree grows rapidly, apart from its beans, its flowers and leaves are also used in food. Organic Moringa oleifera powder is a bundle of wellness. It is a super nutrient capable of treating dozens of diseases. It contains many vitamins and minerals. Ancient Indian Ayurveda considers this plant super food. The same has been now verified by recent researches. Moringa has curing capacity for more than 300 diseases. Moringa is a plant that is native to areas of India, Pakistan, Bangladesh, and Afghanistan, its leaves, bark, flowers, fruit, seeds, and root are used to make medicine. Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.

Keywords: Moringa, Organic, Vitamins, Minerals, Diseases, Lubricant

INTRODUCTION

Drumstick is a kind of seasonal legume, which belongs to the Moringaceae family. It is commonly used as a vegetable whose botanical name is Moringa Oleifera. Drumstick tree grows rapidly, apart from its beans, its flowers and leaves are also used in food. It is rich in phytonutrients which has an impressive effect on overall health that is why even in Ayurveda, drumsticks are considered great for treatment Moringa is a plant that is native to areas of India, Pakistan, Bangladesh, and Afghanistan. It is also grown in the tropics. Referred to as the miracle tree, Moringa oleifera has been used for centuries by people living in Northern India and Southern Asia. Today, Moringa can be found growing in Latin America and Africa. It takes the Moringa tree about eight months to break ground, mature and bloom. If you crack a Moringa fruit open, it looks a little like an opened pea pod. Yet, each part of Moringa plant, including the root, has either vitamins, minerals or nutrients that support the human system.

The leaves, bark, flowers, fruit, seeds, and root are used to make medicine. Moringa is taken by mouth for "tired blood" (anemia), arthritis and other joint pain (rheumatism), asthma, cancer, constipation, diabetes, diarrhea, seizures, stomach pain, stomach and intestinal ulcers, intestinal spasms, headache, heart problems, high blood pressure, kidney stones, symptoms of menopause, thyroid disorders, and infections. Moringa is also taken by mouth to reduce swelling, as an antioxidant, to prevent spasms, increase sex drive (as an aphrodisiac), prevent pregnancy, boost the immune system, and increase breast milk production. Some people use it as a nutritional supplement or tonic. It is also used as a "water pill" (diuretic). Moringa is sometimes applied directly to the skin as a germ-killer or drying agent (astringent). It is also applied to the skin for treating pockets of infection (abscesses), athlete's foot, dandruff, gum disease (gingivitis), snakebites, warts, and wounds. Moringa is an important food source in some parts of the world. Because it can be grown cheaply and easily, and the leaves retain lots of vitamins and minerals when dried, moringa is used in India and Africa in feeding programs to fight malnutrition. The immature green pods (drumsticks) are prepared similarly to green beans, while the seeds are removed from more mature pods and cooked like peas or roasted like nuts. The leaves are cooked and used like spinach, and they are also dried and powdered for use as a condiment. Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.

The seed cake remaining after oil extraction is used as a fertilizer and also to purify well water and to remove salt from seawater. According to Ayurveda, drumsticks is rich in anti-inflammatory, antioxidant and tissue-protective properties. It is an excellent source of vitamins, minerals and amino acids. Vitamin A, C and Vitamin E, calcium, potassium and a good amount of protein are found in it. All these properties are beneficial in increasing the body's immunity,

reducing weight, treating joint pain and arthritis. It has the ability to maintain the balance of all the three doshas of the body i.e. Vata (air disease), Pitta and Kapha (mucus) and prevent all kinds of diseases caused by its outbreak. The nutrients present in it cure all skin problems. It improves digestion power by increasing the immunity of the body. Apart from this, drumsticks also help in stabilizing heart pressure, blood pressure, cholesterol etc.



Figure-1 Moringa Plant

Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.

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Sahjan Powder or drumstick leaf powder or Sajna powder or Moringa - are almost 25% of proteins, which is considered too good for a plant-based protein. It has 9 essential amino acids to make it a complete protein supplement. Moringa leaves retain lots of vitamins and minerals when dried. Moringa is used in India and Africa in feeding programs to fight malnutrition. Because it provides a concentrated source of vitamin A, moringa is given to thousands of

children in third-world countries every year suffering from life-threatening vitamin A deficiency, which is linked to impaired immune function

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MEDICINAL BENEFITS

Asthma. Early research shows that taking 3 grams of moringa twice daily for 3 weeks reduces the severity of asthma symptoms and improves lung function in adults with mild to moderate asthma. Diabetes. Early research shows that taking moringa tablets along with a type medicine called sulfonylureas does not improve blood sugar control better than taking sulfonylureas alone in people with diabetes. Increasing breast milk production. Research regarding the effects of moringa for increasing breast milk production is conflicting. Some early research shows that moringa increases milk production, while other early research shows no benefit. An analysis of data from five clinical studies shows that moringa moderately increases milk product after one week of use when started on postpartum day 3. But it's not clear if moringa is beneficial when used for longer periods of time. Malnutrition. Early research shows that adding moringa powder to food for 2 months helps improve weight in malnourished children. Menopausal symptoms. Early research shows that adding fresh moringa leaves to food for 3 months improves menopausal symptoms such as hot flashes and sleeping problems in healthy, postmenopausal women. It is used for treatment of "Tired blood" (anemia). Arthritis. As a nutritional supplement. Birth control. Cancer. Constipation. Diarrhea. Epilepsy. Headache. Heart problems. High blood pressure. Increasing sex drive. Infections. Kidney stones. Stomach and intestinal ulcers. Stomach pain (gastritis). Swelling (inflammation). Stimulating immunity. Thyroid disorders.

APPLIED TO THE SKIN

Athlete's foot. Dandruff. Gum disease (gingivitis). Warts. Skin infections. Snakebites.

Pregnancy: It is UNSAFE to use the root, bark, or flowers of moringa if you are pregnant. Chemicals in the root, bark, and flowers might make the uterus contract. In traditional medicine the root and bark were

used to cause miscarriages. There is not enough information available about the safety of using other parts of moringa during pregnancy. Breast-feeding: Moringa is sometimes used to increase breast milk production. It seems to be safe for the mother when taken for several days. But there isn't enough information to know if it is safe for the nursing infant. Therefore, it is best to avoid moringa if you are breast-feeding. Taking moringa along with levothyroxine might decrease the effectiveness of levothyroxine. Moringa might lower blood sugar. Diabetes medications are also used to lower blood sugar. Taking moringa along with diabetes medications might cause your blood sugar to go too low. Moringa might lower blood pressure. It has the potential to add to blood pressure lowering effects of antihypertensive drugs.

BENEFITS OF DRUMSTICK

Helpful in reducing weight-

Consumption of drumstick pods or leaves helps in controlling the increasing weight because drumstick contains chlorogenic acid, which exhibits anti-obesity properties. It affects the process of liver gluconeogenesis and insulin release in the body which is effective for the treatment of obesity.

Beneficial for cancer-

The medicinal properties present in drumstick work to prevent or protect against dangerous diseases like cancer. Drumstick bark and leaves have anti-cancer and anti-tumour properties. Apart from this, polyphenols and polyflavonoids properties are present in drumstick leaves which exhibit anticancer, antioxidant properties. In this way, all these elements are helpful in preventing cancer.

Helpful in increasing immunity-

Vitamin C and other properties present in drumsticks play an important role in reducing the growth of various pathogenic microorganisms and diseases. It mainly contains an immunomodulatory agent which helps in improving the body's immune system.

Helpful in improving energy level-

Drumstick is high in lipid fat which works to increase energy by going to the body. Lipids are considered a good source of energy. Apart from this, there are fatty acids like fat-soluble vitamins and bioactive present in

drumsticks which help in improving the working capacity of the body. In this way, drumsticks help in increasing the energy levels in the body.

For diabetes-

Drumstick flowers, leaves, bark and pods have anti-diabetic properties, which help in reducing the level of glucose present in the blood. Therefore, regular consumption of drumstick bean vegetables or tablets made from it in their diet is beneficial for diabetic patients.

Effective for blood pressure-

Problems related to blood pressure are treated with the use of drumsticks. In fact, the fresh leaves and pods of Moringa have antioxidant properties like flavonoids which reduce the rate of high blood pressure by reducing the number of free radicals in the body.

Helpful in reducing cholesterol-

Drumstick contains beta-sitosterol which acts as an anti-inflammatory by slowing down the chemical process that produces bad cholesterol in the body. Apart from this, it contains Camp Ferrol in which improve metabolism and cell function. In this way, the consumption of drumsticks helps in reducing the bad cholesterol ie LDL levels in the body.

Helps in strengthening bones-

Drumstick i.e, Moringa is known to keep bones healthy and strengthen them. In fact, Moringa contains a good amount of calcium, potassium, magnesium, silicon and protein, which is very important for the development of bones. On this basis, it is believed that the consumption of Moringa is beneficial for providing nutrition and strength to the bones.

For joint pain-

Drumstick has anti-inflammatory properties, which work to relieve joint pain and swelling. It also has anti-arthritis and anti-osteoporotic properties. These properties help in reducing the risks of bone disease.

Beneficial for liver-

Wrong eating habits and lifestyles have a direct effect on the liver. In such a situation, it is necessary to change your diet and routine from time to time. For this, adding drumstick pods or their leaves along with other foods in your diet is very beneficial for the liver.

Actually, it contains a flavanol called Quercetin, which acts as a hepatoprotective. It protects the liver from any kind of damage. Therefore, include drumstick flowers, leaves and buds in your diet.

For brain health-

Drumstick consumption is good for brain health. It is believed to be beneficial for warding off Alzheimer's (amnesia), Parkinson's (disorder associated with the central nervous system). The nutrients present in it are known to promote brain health. Along with this, it is also helpful in sharpening or improving memory.

For anaemia-

Drumstick bark or its leaves are used to prevent anaemia i.e. deficiency of red blood cells because ethanolic extract properties are found in its leaves. It contains anti anaemia properties and continuous consumption improves the level of haemoglobin and also helps in the production of red blood cells.

Beneficial for skin-

Oleic acid is found in drumsticks which helps to moisturize dry skin as a cleansing agent. It contains Vitamin-A, Vitamin-E and antibacterial properties which makes the dull and dry skin soft. In addition, drumstick has antiepileptic, antihypertensive and antifungal properties that take complete care of the skin. In this way, the skin is made healthy by consuming drumsticks or its leaves.

For anti-ageing-

Drumstick pods or their leaves contain a sufficient amount of vitamin E which works to protect the skin from damage caused by free radicals and to give glowing skin by improving the collagen formation of the skin.

Uses of Drumstick

- Drumstick or its leaves are eaten as a vegetable.
- Drumstick is cut and used for making soup.
- Drumstick pods or leaves are used in tablets or capsules.
- Its leaves or flowers can be dried and consumed by making powder.

Precautions and Side effects of Drumstick

- Women should avoid its consumption during periods, as it increases pitta.
- Avoid its consumption during bleeding disorder.

- This can cause an increase in irritation. Therefore, do not consume it if there is a problem of gastritis or acidity.
- Drumstick leaves work to reduce high blood pressure. Therefore, people suffering from low blood pressure should avoid its consumption.
- Its consumption provides relief in diabetes. Therefore, excessive consumption of it can also cause a decrease in the level of glucose more than necessary. Drumstick pods can be used during pregnancy but do not consume their bark, leaves and flowers during this time or consume it only as per the advice of the doctor.

Organic Moringa oleifera powder is a bundle of wellness. It is a super nutrient capable of treating dozens of diseases. It contains many vitamins and minerals. Ancient Indian Ayurveda considers this plant super food. The same has been now verified by recent researches. Moringa has curing capacity for more than 300 diseases.

Sahjan Powder or drumstick leaf powder or Sajna powder or Moringa - are almost 25% of proteins, which is considered too good for a plant-based protein. It has 9 essential amino acids to make it a complete protein supplement. Moringa leaves retain lots of vitamins and minerals when dried. Moringa is used in India and Africa in feeding programs to fight malnutrition. Because it provides a concentrated source of vitamin A, moringa is given to thousands of children in third-world countries every year suffering from life-threatening vitamin A deficiency, which is linked to impaired immune function



Fig-2 Blossam of Tree

Sahjan Powder/Drumstick leaf powder has:
Vitamin A - more than 4 times than carrots
Vitamin C - 7 times more than Oranges
Potassium - 3 times more than bananas

Protein - 3 times more than curd/yogurt

Calcium - 4 times more than milk.

Magnesium - 36 Times more than Eggs

Iron - 25 times more than Spinach

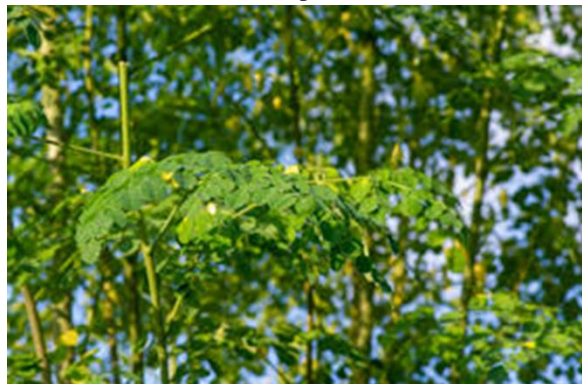


Fig-3 Moringa Tree with Fruits

Taking one teaspoon powder every day you are getting these necessary minerals like protein, calcium, iron, magnesium, vitamin A, B, C, Riboflavin etc. Regular intake of organic moringa powder helps our body not to develop many diseases as this contains the above necessary nutrients naturally, which are absorbed by our body more efficiently than any medicine or supplements.

One cup of chopped moringa leaves is packed with iron, calcium, vitamin C, vitamin B6, and riboflavin and has notable amounts of potassium, vitamin A, vitamin E, and magnesium.

Moringa powder contains three grams of protein per tablespoon and contains all of the essential amino acids necessary for energy production, muscle repair, and more.

Moringa has been shown to decrease markers of oxidative stress and improve blood glucose in postmenopausal women. Moringa has also been shown to improve thyroid health, which controls hormones related to energy, sleep, and digestion.

Moringa contains high concentrations of polyphenols that reverse oxidation in the liver. Preliminary research has shown that moringa can also reduce symptoms of liver fibrosis and protect against liver damage.

The antioxidants found in moringa may prevent premature wrinkles and possibly help you live longer. Moringa has been shown to lower inflammation in cells.

Moringa has been shown to reduce lipid and glucose levels and regulate oxidative stress in lab studies. It's also been shown to help reduce weight gain and insulin resistance in animal studies.

Moringa leaf powder contains high amounts of fiber that's critical for digestion and may even reduce your risk of disease. Moringa may also help inhibit the growth of various pathogens that can cause digestive upset. It may support brain health. It's estimated that worldwide, 55 million people are living with Alzheimer's and other dementias. Moringa leaf is high in vitamins C and E, which combat the oxidative stress associated with Alzheimer's. Animal studies of both Alzheimer's and dementia are showing promising results. More good news: Moringa has also been linked to increased dopamine and serotonin ("happy hormones"), and with more research, it could possibly be used to help treat depression in the future.

HOW TO USE MORINGA POWDER

Made from dried and ground moringa leaves, the powder has a mild flavor with a slightly earthy taste, so it works well with many different recipes.

CONCLUSION

Organic Moringa oleifera powder is a bundle of wellness. It is a super nutrient capable of treating dozens of diseases. It contains many vitamins and minerals. Ancient Indian Ayurveda considers this plant super food. The same has been now verified by recent researches. Moringa has curing capacity for more than 300 diseases.

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