

# Moringa oleifera - The miracle tree

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## Abstract:-

Moringa oleifera is a “Miracle Tree” because of all its part are use for nutritional , pharmacological properties . It is a tropical species that is known by various regional name as Drumstick , Moringo ,Saijhan and Sajna . Moringa is a very valuable food crop ( It is highly nutritive , grow very fast and drought resistant) . Moringa oleifera is a multipurpose herbal plant used as human food . Moringa oleifera contains essential amino acid, carotenoids in leaves vitamin A ,vitamin C , protein calcium and potassium so that this plant as a nutritional supplements.

The leaves and branches can be used as food for livestock and fish.Due to high nutrient content of the leaves moringa can be incorporated into the mulching system . Moringa leaf powder can be used as a supplement to boost or stimulate the immune system of HIV / AIDS positive people . Global industrialization and the increasing demand for environmental friendly products make moringa have great potential as a source of pharmaceutical dyes , Biofuels , Human food , Animal and fish food and water purification products

Keywords :- Miracle Tree , Tropical species , high nutrient contents , HIV(Human Immunodeficiency virus) , AIDS (Acquired immunodeficiency syndrome)

## Introduction :-

The plant Moringa oleifera is a native to the Indians sub-continent and naturalized in tropical and subtropical areas around the world. It belong to the family Moringaceae and is a deciduous tree , fast growing drought resistant, average height of 12 meter at maturity . The plant has twelve other varieties of species. Moringa oleifera is most common .

Touted as a “Miracle plant” by the national Institute of Health (NIH). This amazing plant is called by its globally known name of Moringa (Moringa oleifera). Moringa is a great source of Vitamin A , Vitamin c , Protein calcium and potassium , citing from an Indian study . Moringa is equivalent to

- 7 times the Vitamin C of oranges
- 4 times the Vitamin A of Carrots
- 4 times the Calcium of Milk
- 3 times the Potassium of Bananas

Moringa oleifera also contains protein , Iron Vitamin A (from beta carotene ), Riboflavin , Vitamin B6 , Vitamin C , Magnesium.

- It contains antioxidants which fight free radicals in the body. In other word Moringa offers high protection against free radicals
- It provides protection against inflammation .
- It maintains a healthy brain

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