

Moringa Oleifera Leaves is Powerfull Nutrient

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SUMMARY

Moringa Oleifera is one of the most useful tropical trees. Its leaves are extremely valuable source of nutrition for people of all ages. Nutritional analysis indicates that Moringa leaves contain affluence of essential, disease preventing nutrients. The young leaves are edible and are commonly cooked and eaten like spinach or used to make soups and salads. Moringa, is a natural as well as cultivated variety of the genus Moringa belonging to family Moringaceae .It is one of the richest plant sources of Vitamins, Calcium, Copper, Iron, Potassium, Magnesium, Manganese and Zinc. It has more than 40 natural anti-oxidants.

INTRODUCTION

Moringa is an easily propagated plant which thrives well in harsh environmental conditions. It is increasingly gaining global attention due to an excellent profile of nutrients and antioxidants. Moringa leaf is rich in minerals, amino acids, vitamins and -carotene. It also contains a rare combination of health-promoting antioxidants: zeatin, quercetin, sitosterol, caffeoylquinic acid and kaempferol. "The Miracle Tree" owing to their multipurpose applications including as a source of food, medicine, edible oils, biofuel and applications for water sanitations. While the chemistry and pharmacology of the Indian Moringa along with its usage have been exhaustively studied, the scientific evidence to justify the multipurpose usage, The message of Moringa utilisation also appeared to be well received by consumers, and both fresh and dried powdered leaves of *M. stenopetala* are now widely sold in cities of Ethiopia and abroad as nutritional supplements (Oliveira *et al.* 1999)

Moringa has been used as a traditional medicine around the world, for anemia, skin infections, blackheads, anxiety, bronchitis, catarrh, chest congestion, asthma, blood impurities, cholera, glandular, swelling, headaches, conjunctivitis, cough, diarrhea, eye and ear infections, fever, abnormal blood pressure, hysteria, pain in joints, pimples, psoriasis, respiratory disorders, scurvy, semen deficiency, sore throat, sprain, tuberculosis, for intestinal worms, lactation ,diabetes and pregnancy. (Manzoor *et al.*, 2007 and Mishra *et al.*, 2011). The healing properties of Moringa oil have been documented by ancient cultures. Moringa oil has tremendous cosmetic value and is used in body and hair care as a moisturizer and skin conditioner. Moringa oil has been used in skin preparations and ointments since Egyptian times. The leaves possess remarkable nutritional and medicinal qualities .They contain high amount of vitamin C, which fights a host of illnesses including colds and flu; vitamin A, which acts as a shield against eye disease, skin disease, heart ailments, diarrhea, and many other diseases; Calcium, which builds strong bones and teeth and helps prevent osteoporosis; Potassium, which is essential for the functioning of the brain and nerves, and Proteins, the basic building blocks of all our body cells (Babu, 2000).



Health Benefits of Moringa Powder:

- 1) Protect the eyes
- 2) Keep bones strong and healthy
- 3) Stimulate nervous system
- 4) Help to prevent heart disease
- 5) Boost immune system
- 6) Prevent growth of cancer cells
- 7) Prevent anemia in pregnant womens
- 8) Helps in fetal bone & teeth development
- 9) Acts as detoxifying agent
- 10) Control the blood sugar level in diabetes

Nutritional composition of Moringa leaves as per 100 gm

Nutrients	Fresh leaves	Dry leaves	Leaf powder
Calories (cal)	92	329	205
Protein (g)	6.7	29.4	27.1
Fat(g)	1.7	5.2	2.3
Carbohydrates(g)	12.5	41.2	38.2
Fibre (g)	0.9	12.5	19.2
Vitamin B1 (mg)	0.06	2.02	2.64
Vitamin B2 (mg)	0.05	21.3	20.5
Vitamin B3 (mg)	0.8	7.6	8.2
Vitamin C (mg)	220	15.8	17.3
Vitamin E (mg)	448	10.8	113
Calcium (mg)	440	2185	2003
Magnesium (mg)	42	448	368
Phosphorus (mg)	70	525	204
Potassium	259	1236	1324
Copper (mg)	0.07	0.49	0.57
Iron (mg)	0.8529.	25.6	28.2

(Source- Lakshmipriya *et al.*,2016)**CONCLUSION**

Moringa powder has more appealing characteristics. The result of the chemical analysis showed the moringa could potentially exert the strongest influence on the sensory character of incorporating the powder in any product development.

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