



# Mehr Chand Mahajan DAV College for Women

## Sector 36-A, Chandigarh

<b>BOTANICAL NAME</b>	<i>Moringa oleifera</i> Lam.
<b>COMMON NAME</b>	Moringa, Horseradish tree, Drumstick tree, Mungna, Saijna, Shajna
<b>FAMILY</b>	Moringaceae



**DISTRIBUTION** India, Central America, Caribbean and Southeast Asia

**FUN FACT** Moringa is known to offer more Vitamin C than oranges, more iron than spinach, more calcium than milk, and more potassium than bananas.

**COMMON USES**

1. Most of the essential amino acids necessary for protein synthesis are abundantly present in Moringa tree.
2. Moringa is known to replenish energy levels and tissue repairing, it is also an adaptogenic herb, as its name suggests itself it can adapt to the different body needs providing energy throughout the day ending it with restful sleep.
3. It can cleanse the body within due to presence of large amount of antioxidants in it.
4. Moringa is a rich source of vitamins and minerals too like vitamin C, beta-carotene, vitamin E, iron, vitamin B6 and riboflavin,

However, this information must be used only under medical supervision.

**REFERENCES**

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5745501/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8869219/>
3. <https://www.researchgate.net/publication/228346351> Moringa oleifera A Review of the Medical Evidence for Its Nutritional Therapeutic and Prophylactic Properties Part 1
4. <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:584736-1>