

Moringa oleifera



Moringa oleifera is a fast-growing, drought resistant tree native to the southern foothills of the Himalayas in north western India. It is widely cultivated throughout the tropics and subtropics for its nutritious leaves, seeds, and flowers.

Name of *Moringa oleifera* in Indian languages:

1. Hindi: Sahjan, Munga
2. Tamil: Murungai
3. Telugu: Munaga
4. Malayalam: Muringa
5. Kannada: Nugge
6. Marathi: Shevga
7. Bengali: Sajna, Sojne Data

TAXONOMY:

Kingdom: Plantae
Clade: Tracheophytes
Order: Brassicales
Family: Moringaceae
Genus: *Moringa*
Species: *M. oleifera*



USES

1. Culinary Uses:

Leaves: Moringa leaves are highly nutritious, rich in vitamins (such as vitamin C, vitamin A, and B vitamins), minerals (including calcium, potassium, and iron), and protein. They are consumed fresh or dried and powdered, used in soups, salads, and as a nutritional supplement.

Seeds: Moringa seeds are rich in oil (known as ben oil or behen oil), which is edible and also used in cooking, cosmetics, and as a lubricant.

Flowers: Moringa flowers are edible and often used in culinary dishes.

2. Medicinal Uses:

Traditional Medicine: Various parts of the moringa tree have been used in traditional medicine for their potential health benefits, including anti-inflammatory, antioxidant, and antimicrobial properties.

Antioxidant: Moringa is known to be rich in antioxidants, which help neutralize free radicals in the body.

Other Uses:

Water Purification: Moringa seeds have natural coagulant properties and can be used to clarify and purify water.

Livestock Feed: The leaves and pods of moringa are used as fodder for livestock.

Fertilizer: Moringa leaves and fallen pods can be used as organic fertilizer to enrich soil.

Cultivation:

Moringa oleifera is well-suited to arid and semiarid environments, thriving in hot, dry conditions. It grows best in well drained sandy or loamy soils.

The tree is propagated from seeds or cuttings and grows rapidly, often producing edible leaves within a few months of planting.

Moringa oleifera is valued for its nutritional benefits, versatility, and resilience in challenging environments, making it a valuable tree for combating malnutrition and supporting sustainable agriculture in many parts of the world.

Characteristics Feature

- **Size:** Moringa oleifera is a small to medium sized tree that typically grows to a height of 510 meters (1633 feet), with a sparse, open crown.
 - **Leaves:** The leaves are compound, with each leaf made up of multiple pairs of leaflets (pinnate), and are bright green and elliptical in shape.
 - **Flowers:** Moringa produces fragrant white flowers that are small and clustered at the ends of branches.
 - **Fruits:** The fruit is a long, slender, green or brown capsule that contains several seeds.
 - **Seeds:** The seeds are triangular in shape and brownish grey in colour, with three papery wings.
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