



Moringa Oleifera is Miracle plant

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●INTRODUCTION●

Moringa Oleifera known as Drumstick plant. Moringa oleifera is an popular plant for its use in bioactive compounds. Moringa oleifera, the medicinal plant belongs to Moringaceae family, It has been used worldwide in medicine productions. Different parts of moringa plant contains numbers of important minerals, and a good source of protein, vitamins, and various phenolics. it is high in nutritional value. Because of high nutritive values, every part of the tree is suitable in nutritional purposes.

Health benefits of moringa

Good for Brain
Protects liver
Prevent Cancer

Anti-bacterial activity
Good for bones
Reduce Diabetes

Side effects of moringa

Upset stomach
mutations
Heartburn

Cell
Nausea



NUTRITIONAL VALUE AS PER 100gm.

Carbohydrates- 9.1g
Dietary Fiber- 2.1g
Fat-1.7g
Protein-8.1g
Calcium- 99.1mg
Iron-1.3mg
Magnesium –35.1mg
Manganese-0.119mg
Phosphorus-70.8mg
Potassium- 471mg
Sodium-70mg
Zinc-0.85mg

CONCLUSION:

Moringa is highly nutritious, and it shows high concentration of nutrient compared to other nutritional foods. In that research extraction and isolation of moringa. Moringa shows various diseases defending properties. It used as food supplement and therapeutic management.

REFERENCE:

- Suchada Jongrungruangchok, thanapat Songsak, supawan bunrathep, 2010. Nutrients and minerals content of eleven different samples of Moringa oleifera cultivated in Thailand.