



## Medicinal use of Moringa

In research done by Kasolo JN et al, *Moringa oleifera* was found to contain Phytochemicals which are non-nutritive chemicals that plants produce as a self defense mechanism. Phytochemicals present in *Moringa oleifera* include catechol tannins, Gallic tannins, steroids, triterpenoids, flavonoids, saponins, anthraquinones, alkaloids and reducing sugars (Kasolo JN et al). These phytochemicals have been researched and are known to have medicinal values for humans such as detoxification and purification of water, antibiotics, skin treatment, anti-inflammatory, ulcers, blood pressure, diabetes, anemia and many other uses. The presence of this chemical indicates the possible healing properties of this species leaves and other parts of its tree. Locals in countries where *Moringa oleifera* grows know and understand the healing abilities of this plant (Kasolo JN et al). Here are some examples of local uses of *Moringa*.

### Some local uses of Moringa

- The juice from the leaf is mixed with honey followed by a drink of coconut milk 2 to 3 times a day to help cure diarrhea, dysentery and colitis in India and Senegal.
- Leaves are applied to sores and skin infection and they are also prescribed to cure anemia in Senegal.
- Leaves are also used for skin treatments to cure cuts, scrapes, sores, rashes and signs of aging.
- It is used to help with anxiety and sleeplessness.
- In India and Senegal the gum of Moringa is used to treat fevers, dysentery and asthma.
- The gum is used for dental decay in India.
- In Aruba, the paste of crush seeds is used to cure warts.
- Powdered Moringa oleifera leaves are sprinkled on children's food in Senegal to help combat malnutrition.

### Moringa Medicinal Uses

Most parts of the Moringa Tree are used in medical science. Some of the remedies are described here but there is no guarantee they will work for every case!

### Moringa Leaves

- Leaves rubbed against the temple can relieve headaches.
- To stop bleeding from a shallow cut, apply a poultice of fresh leaves.
- There is an anti-bacterial and anti-inflammatory effect when applied to wounds or insect bites.
- Extracts can be used against bacterial or fungal skin complaints.
- Leaf tea treats gastric ulcers and diarrhea.
- Eating Moringa food products is good for those suffering from malnutrition due to the high protein and fibre content.
- Leaves treat fevers, bronchitis, eye and ear infections, inflammation of the mucus membrane

- The iron content of the leaves is high, and they are reportedly prescribed for anemia in the Philippines.
- Dried Moringa leaves treat diarrhea in Malawi, Africa.
- The powder ground from the seeds is also used in the treatment of scurvy skin diseases (common bacterial infections of the skin).

### **Moringa Flowers**

- Flower juice improves the quality and flow of mothers' milk when breast feeding.
- Flower juice is useful for urinary problems as it encourages urination.
- In Haiti, villagers boil Moringa flowers in water and drink the tea as a powerful cold remedy.

### **Moringa Pods**

- If eaten raw, pods act as a de-wormer and treat liver and spleen problems and pains of the joints.
- Due to high protein and fiber content they can play a useful part in treating malnutrition and diarrhea.

### **Moringa Seeds**

- Used for their antibiotic and anti-inflammatory properties to treat arthritis, rheumatism, gout, cramp, sexually transmitted diseases and boils. The seeds are roasted, pounded, mixed with coconut oil and applied to the problem area. Seed oil can be used for the same ailments.
- Roasted seeds and oil can encourage urination.
- They can also be used as a relaxant for epilepsy.
- Moringa seeds are effective against skin-infecting bacteria *Staphylococcus aureus* and *Pseudomonas aeruginosa*. They contain the potent antibiotic and fungicide terygospermin.

### **Moringa Roots, Bark, and Gum**

- The roots and the bark have all of the properties described above but are more concentrated. Therefore much more care should be taken if using them as medicines.
- The roots and bark are used for cardiac and circulatory problems, as a tonic and for inflammation. The bark is an appetizer and digestive.
- In Senegal and India, roots are pounded and mixed with salt to make a poultice for treating rheumatism and articulars pains. In Senegal, this poultice is also used to relieve lower back or kidney pain  
Fodder-branches
- The alkaloid spirachin (a nerve paralyzant) has been found in the roots.
- The gum is diuretic, astringent and abortifacient and is used against asthma.

### **Moringa Oil**

- Oil of Ben is used for hysteria, scurvy, prostate problems and bladder troubles.
- Villagers in Oman use Moringa oil to treat stomach disorders. They also use it in perfume and hair oil.

### **Moringa & Ayurveda medicine**

Uses every part of the Moringa Tree and considers it one of the most valuable and useful plants. The ayurvedic medicine of India has many uses for Moringa Tree products, such as a natural antibiotic, an aid in childbirth, for treating liver disorders, and many other uses.