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## HEALTH PROMOTING COMPONENTS WITH NATURAL MEDICINAL AND NUTRITIONAL FACTS OF *MORINGA OLEIFERA*: A REVIEW

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**Abstract:** Moringa or Sahijan is also known as Drumstick tree or Horseradish tree which is a versatile tree useful not only for human being but also for animal. The botanical name of Moringa is *Moringa oleifera*. It belongs to family *Moringaceae*. The Moringa plant originated initially in the northern part of India and soon move to southern part. It is highly valued in human diet for its natural medicinal and disease resistance or immunomodulation properties.

**Keywords:** Human diet, Immunomodulation, *Moringa oleifera*, Natural medicine



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## INTRODUCTION

The plant kingdom represents a rich storehouse of organic compounds, many of which have been used for medicinal purpose. A number of Indian medicinal plants and various rasayans have been claimed to have immunomodulatory activities. Moringa is one of the important plant mentioned in all medicinal herbs<sup>1,2</sup>.

### Nutritional and health promoting components

The aqueous extract of the mature flowers of *M. oleifera* contain free natural sugars, D-mannose and D-glucose in the ratio of 1:5 and two unidentified carbohydrate bearing material along with protein and ascorbic acid<sup>3</sup>. The leaves of Moringa also contain same compound as well as niazirin and niazirin<sup>4</sup>. The leaves have high protein content of 27% and are rich in vitamins A and C, calcium, iron and phosphorus. The Bureau of plant industry, in its report, stated that weight per weight, Moringa leaves have the calcium equivalent to 4 glasses of milk, the vitamin C content of 7 oranges, potassium of 3 bananas, 3 times the iron of spinach, 4 times the amount of vitamin A in carrots, and 2 times the protein in milk<sup>2</sup>. It has been proved experimentally that *M. oleifera* leaf is a potent non-specific immune response enhancer in broiler chicks<sup>5</sup>.

## CONCLUSION

The aqueous extract and dried powder of *M. oleifera* leaf treatments shows stimulatory effect on non-specific immune response. So, *M. oleifera* can safely recommended as a immunostimulant

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