

A REVIEW

Nutraceutical potential of *Moringa oleifera*

■ Babita Yadav

SUMMARY

Northern India, south of the Himalayas, is inhabited to the largest habitat of *M. oleifera*, a tropical deciduous tree that belongs to the *Moringa* family. *M. oleifera* includes a variety of nutrients, including protein, vitamin A, minerals, essential amino acids, flavonoids, and isothiocyanates. Extracts of *M. oleifera* have a number of health benefits, including anti-inflammatory, antioxidant, anti-carcinogenic, hepatoprotective, neuroprotective, hypoglycemic, and lipid-lowering properties. The health advantages of *M. oleifera* are due to its phytochemicals, including flavonoids and isothiocyanates. This article is a review that concluded studies on *M. oleifera*'s bioactivity and pharmacological processes in the prevention and treatment of chronic illnesses. These disorders include inflammatory diseases, neuro-dysfunctional diseases, diabetes, and cancer. Studies on *Moringa oleifera* are summarized in this review, focusing on taxonomy, cultivation, nutritional characteristics, medical applications and value-added products.

Key Words : *Moringa oleifera*, Nutrient composition, Medicinal values, Antioxidants, Flavonoids

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AUTHOR FOR CORRESPONDENCE

Babita Yadav, Department of Botany, Nehru College, Chhibramau,
Kannauj (U.P.) India
Email : drbabitay@gmail.com