

RESEARCH ARTICLE

Precious properties and health benefits of *Moringa oleifera*

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SUMMARY

Moringa oleifera is the best known of the thirteen species of the genus Moringaceae. It was believed to be originated from India in some 5000 years ago. The leaves are found to be rich in minerals, vitamins and other essential phytochemicals that can be used to treat malnutrition, control blood glucose and prevent anemia. *Moringa Oleifera* is considered as “miracle tree” because all its parts are used, especially for their pharmacological, nutritional and purifying water properties. Seeds are also used for water purification. The wood provides a blue dye and its is used for live fences. Medicinal qualities offer to treat diabetes, to enrich anemic blood, to staunch a skin infection, to be an antibiotic, to heal gastric ulcers, and, to care eyes. Moringa leaves are exceptionally nutritious. Very young plants can also be used as a tender vegetable. This review paper is exploring the health benefits of moringa leaves powder for its medicinal values and positive effects on various diseases and health problems.

Key Words : *Moringa oleifera*, Nutrients, Health benefits, Diseases

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