



MORINGA

RISOUL, VIESSELMANN, FRIELER

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ORIGINS & BACKGROUND

The Moringa tree is native to India, Pakistan, Bangladesh, and Afghanistan, and grows well in arid climates. Moringa is an important food source in many parts of the world, because it can be grown cheaply, is full of nutrients, and retains its nutrients when dried.

Moringa trees grow throughout the developing world and have been used by programs to reduce child malnutrition in India. Moringa tree dried leaves, can be easily preserved. Eating 30 grams of Moringa tree leaf powder a day, a child can satisfy all their daily requirement of Vitamin A,

80% of daily calcium needs, 60% of daily iron needs and nearly 40% of protein needs.

PREPARATION

The leaves, bark, flowers, fruit, seeds and root from the Moringa tree can all be utilized. The leaves can be cooked like spinach or dried into a powder form and used as a condiment or additive to foods such as smoothies. The green pods from the plant can be prepared like green beans. If the plant is more mature the seeds can be removed and cooked like peas or roasted like nuts. Also, the oil in Moringa seeds is used in foods, perfume, machine lubricant and hair care prod-



ucts. The remainder of the seed after oil extraction can be used as a fertilizer or to purify well water and can remove salt from seawater.

SAFETY

Although the leaves, fruit and seed are commonly used as food, the root and root extract is not recommended to be consumed. There is an alkaloid found in the root and when isolated it may cause fatal paralysis. Moringa should also not be consumed by pregnant women because it may cause uterine contraction and abortion. Although Moringa is traditionally used to increase breast milk production there is little research the effects on the infant.



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HERBAL ACTIONS

- Antianemic
- Antidiabetic
- Antidiarrhetic
- Antifungal
- Anti-inflammatory
- Antioxidant
- Antirheumatic
- Aphrodisiac
- Astringent
- Antiseptic
- Antifungal
- Galactagogue
- Hypotensive
- Tonic



DOSING & COST

Current dosing recommendations for Moringa are unknown and may vary based on desired benefit. However, there is a lethal dose value (LD50) for *M. oleifera* extract. Moringa extract (methanol) is safe and nontoxic up to 5g/kg.

The cost of Moringa is dependent upon what part of the tree you are purchasing and in what form ie. capsules, powder, fresh.



SAFETY & DRUG INTERACTION

Animal research suggests Moringa may have hypotensive and hypoglycemic effects which could result in an additive effect when taken with antidiabetes or antihypertensive medications/herbs. This combination could lead to an increased risk of hypoglycemia and hypotension. Also, Moringa might reduce thyroid hormone levels and therefore reduce the effectiveness of thyroid hormone replacement therapy.



COMMON USES

- Nutritional supplement
- Increase breast milk production
- Anemia
- Diabetes
- Hypertension
- Antiseptic
- Lubricant
- Water purifier
- Arthritis
- Diarrhea
- Bacterial, fungal & viral infections



BOTTOM LINE

Overall, Moringa is useful in providing protein and other essential nutrients to undernourished communities around the world, but there is not enough research to recommend Moringa in treatment of various diseases and conditions. Consumption of Moringa is safe in healthy individuals who are not pregnant or breast feeding.

