

Medicinal properties and uses of moringa leaves

Among the Green Leafy Vegetables (GLV), *Moringa oleifera* contains all essential nutrients, enzymes, omega oils, minerals, antioxidants and phytochemical compounds. It is the most important nutrient rich plant of the planet. Moringa leaf is an outstanding source of nutritional components. The dried moringa leaves have the calcium, equivalent of 17 times of milk and the vitamin C content is seven times than that of oranges. While its potassium is 15 times than that of banana, 25 times the iron of spinach, and 10 times the amount of vitamin A in carrots and 9 times the protein content in yoghurt. It has much impressive range of medicinal uses with higher nutritional value.



Moringa leaf based value added products

It has a potential effect for a healthy cardiovascular system, promote normal blood glucose level, neutralize free radicals, provide excellent support for anti inflammatory mechanism, enrich anemic blood and support immune system. It also improves eye sight, mental alertness and bone strength. It has potential benefit in malnutrition, general weakness, lactating mother, menopause depression and osteoporosis.

Moringa leaves provide a nutritional supplement around the world. The leaves can be eaten as a vegetable. The leaves can also be dried and stored for many months under ambient conditions with minimum changes in nutritional value. The leaves can be dried and converted into powder, as a food supplement. The powder or dry leaves can be added to any dish to enhance the nutritional value of the products. The technology on processing of moringa leaf powder is simple and it is convenient to store and use.



Moringa rice mix



Moringa puttu mix

The moringa leaf powder finds suitable applications in all the South Indian recipes like roti mix, chappathi mix, cookies, soup, rice mix and juice mix. It has projected great demand in the national and international market.



Moringa Noodles



Moringa soup



Moringa licks

Promotion of moringa leaf incorporated foods would help not only for alleviating micro nutrient deficiencies but also to develop entrepreneurship which could provide an additional source of income, employment and exports to the farmers, entrepreneurs and processors.

Source:

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