

# Drumstick is a Nutritional Tree

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**Abstract:** *Moringa oleifera*, native to India, grows in the tropical and subtropical regions of the world. It is commonly known as 'drumstick tree' or 'horseradish tree'. *Moringa* can withstand both severe drought and mild frost conditions and hence widely cultivated across the world. With its high nutritive values, every part of the tree is suitable for either nutritional or commercial purposes. The leaves are rich in minerals, vitamins and other essential phytochemicals.

Extracts from the leaves are used to treat malnutrition, augment breast milk in lactating mothers. It is used as potential antioxidant, anticancer, anti-inflammatory, antidiabetic and antimicrobial agent. *M. oleifera* seed, a natural coagulant is extensively used in water treatment. The scientific effort of this research provides insights on the use of moringa as a cure for diabetes and cancer and fortification of moringa in commercial products. This review explores the use of moringa across disciplines for its medicinal value and deals with cultivation, nutrition, commercial and prominent pharmacological properties of this "Miracle Tree".



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