

A Review on Nutritional Properties and Medicinal Uses of Moringa Oleifera

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Abstract: *Moringa oleifera*, also called the "tree of life" or "miracle tree," is categorized as a miraculous plant. Originating from India, *Moringa oleifera* thrives in tropical and subtropical areas globally. The Drumstick tree or Murungai tree is known by the local language name. This amazing tree possesses significant health benefits and is commonly grown for its nutritional content. Moringa leaves are utilized to treat diabetes and cancer due to their presence of phytochemicals and antioxidants. In general, the snacks were found to have satisfactory texture and enhanced nutritional value based on sensory evaluation. Developing a convenient ready-to-eat food product with excellent functional and nutritional qualities is achievable by utilizing pre-treated moringa leaf. Moringa is highly nutritious due to the various essential phytochemicals found in its leaves, pods, and seeds. It is claimed that moringa contains leaves contain fourtimes vitamin A than in carrot, seven times vitamin C in orange's, 4 times calcium in milk, three-time potassium in banana in and two times protein in milk. Moringa enhances the body's metabolism. The essential nutrients in Moringa gently assist in enhancing the body's metabolic functions gradually. The Moringa plant offers the nutritional advantages that many diets are missing. There are numerous advantages to consuming Moringa leaves for your health. One example is the moringa leaf, which can enhance your immune system, make your bones stronger, help with reduce liver damage.

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