



**THE NUTRITIONAL,
MEDICINAL
&
ECONOMIC USES OF**

***Moringa
oleifera***

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INTRODUCTION

WHAT IS THIS MORINGA?

Moringa oleifera is a small, graceful, deciduous tree with sparse foliage, often resembling a leguminous species at a distance, especially when in flower, but immediately recognized when in fruit. The tree grows to 8 m high if allowed to grow without trimming. The bark of the tree is smooth, dark grey. The wood is soft. Leaves alternate, the old ones soon falling off. Leaflets are dark green above and pale on the under surface; variable in size and shape, but often rounded-elliptic, seldom as much as 2.5 cm long.

Where is this Moringa's origin?

Moringa is said to have originated from India. Over the centuries, the Moringa tree has been carried to all the tropical parts of the world, where it readily takes root. Moringa tree is commonly used for food, for medicinal purposes, as a wind-break in fields, and many other purposes. Ancient Egyptians treasured Moringa oil as protection for their skin from the ravages of desert weather. Later, the Greeks found many healthful uses for Moringa and introduced it to the Romans.

WHY MORINGA IS CALLED THE MIRACLE TREE AND TREE OF LIFE

Many plants and trees are beneficial to mankind, but few are as giving as the Moringa Oleifera tree. Moringa trees have a list of medicinal, nutritive, and practical uses that are second to none. A single Moringa tree can provide leaf for nutrition, oil for cooking

and healthy skin, seed cake for water purification and wood to build shelter and keep you warm.

The Moringa tree thrives in arid conditions, where its benefits are most valuable and most needed. Living up to its nickname as a miracle tree, Moringa is the basis of many health and nutrition programs funded by various charitable organizations. Moringa leaf capsules and bulk leaf powder are an incredible nutritional supplement with more than 30% protein, all of the essential amino acids, 27 vitamins and 46 antioxidants.

Moringa is truly a gift to the impoverished in parts of the world where life is hard and nutrition is scarce.

In many cultures, the phrase used to identify the Moringa tree translates as the Tree of Life. This term may bring religious meaning to mind, but in truth, cultures worldwide share the symbolism of the Tree of Life as a symbol for life, growth and change. Moringa is known as a tree of life because its many gifts are life-giving. Amazingly, in addition to basic nutrition and water-purifying properties. Moringa's health benefits have been used in the prevention/management of more than 300 ailments.

Within the past ten years, *Moringa oleifera*, a tropical, multipurpose tree has grown from being practically unknown, even unheard of, to being a new and promising nutritional and economic resource for developing countries. The leaves, which are easy to grow and rich in proteins, vitamins and minerals, are becoming widely used in projects fighting against malnutrition. Producing moringa leaves is also a means of generating agricultural income, developing the food processing industry and founding new businesses. **The moringa tree grows widely in Africa, where, up until recently, it was used solely around houses to form hedges or to give shade.** Occasionally it

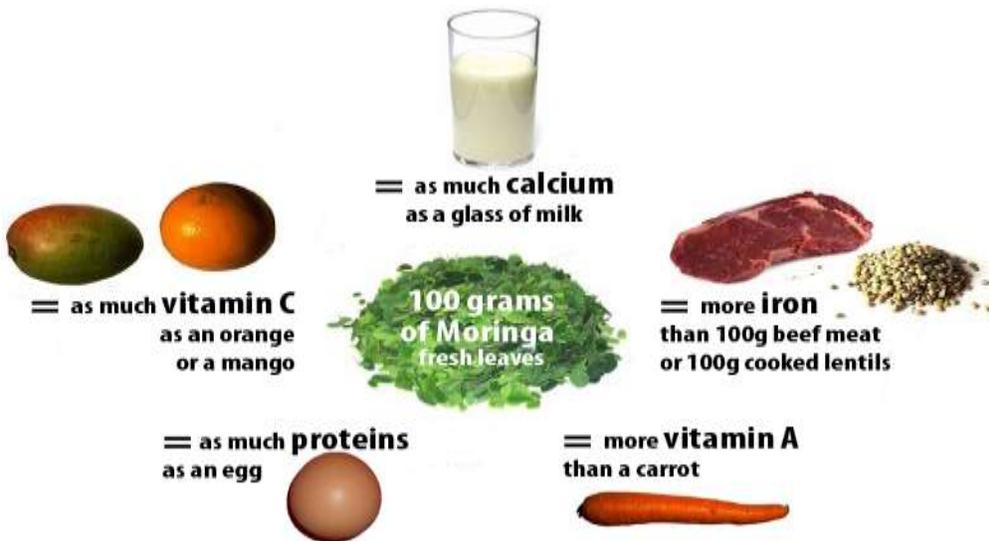
was used for medicinal purposes or collected for food. The Hausa from Niger and Nigeria, who eat the moringa leaves as a vegetable, are the only ones who have been, for decades now, growing and selling this product. At the end of the 1980s, moringa was being studied by a few researchers, uniquely for its water-treatment properties.

Information about the Moringa tree is becoming more readily available as the Moringa tree continues to grow in popularity. This is evidenced by web sites offering Moringa trees for sale in places where it is a non-native plant. Moringa trees grow rapidly – almost as fast as bamboo! - And need to be pruned weekly. In addition to seedlings, you can also start your own Moringa tree by planting Moringa seeds, which will germinate and grow rapidly for you to enjoy.

There are very few species of plant on earth that deserve the name of a miracle tree, but the Moringa tree is certainly one of these selected few species. Rapid growth, powerful nutrition, skin vitality, water purification, and many other significant uses put the Moringa tree at the top of the list for the world's trees of life.

MORINGA, A GREEN “SUPERFOOD”

The leaves of Moringa, this small tree found in the tropics, were recently identified by the *World Vegetable Center* (Taiwan) as **the vegetable with the highest nutritional value among 120 types of food species** studied. Easy to cultivate and resistant to drought, this tree produces abundant leaves with a **high concentration of proteins, vitamins, and minerals**: 100 grams of fresh Moringa leaves provide the same amount of protein as an egg, more iron than a steak, as much Vitamin C as an orange, and as much calcium as a glass of milk.



Moringa grows throughout the developing world and has already been **used by programs to reduce child malnutrition** in India. For over forty years, **WORLD HEALTH ORGANISATION (WHO)** has been using the tree to combat malnutrition.

Its dried leaves, in powder form, can be easily preserved and used. Eating 30 grams a day, a child can satisfy all his daily requirement of Vitamin A, 80% of daily calcium needs, 60% of daily iron needs, and nearly 40% of protein needs.

Given the world food crisis, the use of local resources like Moringa is critical to reduce the dependence of developing countries on imported goods, and to improve nutrition among poor households. Two or three trees in a courtyard are sufficient for the needs of one family.

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AMAZING FACTS ABOUT MORINGA TREE!

Below are some amazing facts about this miracle tree.

Medicinal Values of Moringa starting with the Leaves:

Moringa Leaves relieve headaches, expel worms, relieves swelling, and heals skin diseases, inflammation of the eyes and ears, bronchitis and inflammation of mucous membranes, scurvy and increase milk production (quality and quantity) in lactating women, i.e. breastfeeding mothers.

Moringa Flowers are a good tonic, expel worms, treat tumors and enlarged spleen, relieve sore throat, and treat anxiety.

Moringa Pods & seeds purify water, treat tooth ache from tooth decay, expel worms, treat problems of the liver and spleen, and relieve joint pain

Moringa Roots are used as a laxative and to treat spasms of the colon, treat circulation problems, high blood pressure, kidney dysfunctions and low back pain; for gout, asthma and hiccoughs.

Fresh leaves are said to be inserted into the nose of a comatose person, who is then aroused from the coma!

In laboratory tests the leaf extract of Moringa lowers blood sugar within three hours, heals stomach ulcers, is a powerful muscle relaxant, reducing blood pressure and causing sleep. Also in laboratory tests, juice extract from leaves and bark have shown antibacterial and antiviral properties, and show strong activity against the tuberculosis bacteria.

SOME TRADITIONAL HERBAL REMEDIES WITH MORINGA

Many people said that Moringa had helped greatly to improve their general health. Some said that their short sight had improved.

1. CUTS AND WOUNDS

Pound fresh leaves into a paste. Cover the wound with this paste, bandage and leave for 3 days.

2. A WOMAN HAS GIVEN BIRTH AND IS BLEEDING.

Pound fresh leaves add a little water and give her to drink.

3. PREVENTION OF POLIO.

Give flowers to children to eat to prevent polio.

4. CHRONIC SORES

Take some roots, wash them and scrape the outside layer off. Heat in water. Use the water to wash the wound. Then dress as outlined in number 1 above

5. EPILEPSY.

Pound the bark or the roots of a mature tree. Add tender leaves and a little water. Smear this paste over the face and the whole body. Also put a little of the pounded root in a handkerchief and inhale.

6. TO BRING FEVER DOWN.

Dip a Moringa branch into water and stroke the whole body. Then give Moringa tea to drink.

7. SNAKE AND SCORPION BITES.

Pound the root, add leaves and apply to the bite. Stops the poison from spreading.

8. SHORT SIGHT.

Wash the flowers in salt water, chew and swallow. Take three times daily. Or cook the flowers in palm oil.

9. TO CLEANSE THE BLOOD.

Wash the root and remove the bark (not the “bast”, i.e. the inner layer immediately under the bark that carries the sap from the roots to the leaves). Put into water that has just boiled and has been removed from the heat. The water changes colour. Mix with a few Moringa leaves. Thereafter, take every day take Moringa leaves in water.

10. BRAIN POWER FOR SCHOOL CHILDREN – especially under-performing children.

Wash Moringa root, remove the bark and soak in water for two days until the water changes color (brown / pink). Remove the roots, take one cup of the liquid and mix with half a cup of honey. Give to the child first thing in the morning – then he should have no breakfast until 9 o'clock. He can even take it again in the evening. Prepare this root water fresh every day.

POWERFUL AND HIGHLY POTENT MORINGA SEEDS

The Moringa Oleifera tree provides some of the most useful and valuable seeds on earth. The Moringa Oleifera seeds create powerful and natural medicines used to heal a variety of ailments. In addition, Moringa Oleifera seeds are used to purify water, feed animals and cooking. The extracts can produce powerful fertilizers and pesticides that keep other plants healthy.



While many parts of Moringa Oleifera trees are deemed useful, the seeds are especially prized for their medicinal powers. The seeds have valuable properties that enable them to treat a wide array of illnesses and conditions. These include rheumatism, gout, sexually transmitted diseases, urinary infections, boils, and even epilepsy. When used as medicine, the seeds are pounded and mixed with coconut oil. Often, seed oil derived from the Moringa Oleifera seeds will be used in place of the mashed seeds. Moringa Oleifera seeds, when fresh, are eaten like green peas. The peas are harvested until they harden and strained or boiled to remove the bitter coating.

Moringa Oleifera **seed powder** is particularly effective in purifying water. This is important in many societies, where the only drinking water available may come from a dirty river or lake. The Moringa Oleifera seed powder removes dirt by joining with the particles and sinking to the bottom. It also is extremely effective in removing harmful bacteria from bodies of water. Moringa Oleifera seed powder is much more economical, and arguably, safer than aluminum sulfate (ALUM) and other chemicals

traditionally used in water purification. **No wonder the Nigerian Government has set up a water treatment plant in Kaduna State which utilizes moringa seeds.** Moringa Oleifera seeds treat illness, purify water and provide delicious meals. These useful seeds prove the need for traditional medicine in today's world.

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HOW TO EAT MORINGA SEEDS FOR WEIGHTLOSS AND OTHER BENEFITS

Moringa seeds give good results like **weight loss**(for those trying to shed weight); **diabetes**(for those suffering from high sugar level), chronic pains as in **arthritis**, energy boost, good sleep(for those suffering from insomnia). Insomnia is a medical term for those having trouble falling asleep or staying asleep, etc.

Almost daily People ask me questions like: *How many moringa seeds should I take in a day? Should I peel the seeds before taking? Should I swallow the seeds?* Sounds funny isn't it? For more questions and answers, [click here](#). But exactly how should [moringa seeds](#) be taken? How many seeds are too much per time/day? Read on to get answers to your questions...

One day, I gave a good friend of mine some moringa seeds to take home. I warned him not to give to his pregnant wife and added- "*se your wife dey pregnant na? You can do and do and do....*" and both of laughed out loud, knowing what I was talking about *codedly*.

But Surprisingly, the following day he came visiting, this time around with moringa seeds in his hands, peeling and chewing as we talked. Then I inquired to know how many seeds he took, assuming he knew the maximum number of moringa seeds he is to consume in a day. You know what my friend said? "I have eaten more than twenty (20) already only this morning...my daughter is also eating with me. I eat them like groundnuts..."

I could not help but scream! That was way too much! Another surprise? He did not frequent the toilet as others do when they eat just two (2) seeds a day. Now that was by the way. Let's face the business for the day.

So...

.....exactly how do I eat moringa seeds to achieve desired results?

Below are few tips to help you make the most of the [moringa seeds](#) you've got so as not to do more harm than good to yourself. Did I say "more harm"? Yes! Too much of everything is BAD!

RULE NO. 1

DO NOT EAT [MORINGA SEEDS](#) ON AN EMPTY STOMACH!

It is not advisable to eat moringa seeds when you have not taken any food before, especially early in the morning. What will happen if I do that? Good question. It may cause you to purge. Although that is not a bad one entirely because it is the after-effect of detoxification. So if you are ready to frequent the toilet, go ahead... But I will advice you to do that only when you want to see that result-DETOXIFICATION.

RULE NO. 2

DO NOT EAT [MORINGA SEEDS](#) WITH THE COVERING(PEELS)

It is not hygienic eating the moringa seeds with the bark on. Again, for every rule there is an exception. Therefore for those who want to achieve faster weight-loss, make sure you wash the moringa seeds with water and salt and rinse at least twice. DON'T USE ANY DETERGENT FOR WASHING! Laughs...



Moringa seeds with shells(peels)



Moringa seed without shell(peeled)

Then you can eat them that way. Like I said, if you want to loose weight with [moringa seeds](#), that is the trick... Having said that, I need to also tell you the reason behind it isn't it? *Moringa seeds* back(covering) are very fibrous! I have just told you a million-dollar secret! You must pay me for that! Smiles...

RULE NO. 3

DO NOT EAT [MORINGA SEEDS](#) IF YOU ARE **PREGNANT!**

Now read this slowly again and again... If you are pregnant, please **STOP** taking *moringa seeds* until after delivery. But can you be taking other moringa products, Yes! Especially the moringa leaves/leaf powder. But for the seeds, please STOP! Incidentally, if you are looking for the fruit of the womb, or trying to conceive(TTC), moringa seeds are A MUST for you. Can you see the irony there? Yes, that is MORINGA for you.

RULE NO. 4

DO NOT EAT MORE THAN TWO (2) MORINGA SEEDS PER TIME!

Yes! You read right. Do not mind my friend who ate over 20 seeds at a go. That is not correct. Eat a maximum of two (2) moringa seeds per time. In fact, if you are eating for the first time,

start with one (1). Subsequently you may take two. How many should I take in a day? Did I hear you ask that? Four*. Why did I asterisk the four? Because that is the very much we recommend to our clients, depending on their peculiar conditions.... Don't ask me further questions... 😊

Now...

Benefits of taking *moringa seeds*

Here is a rundown of the **nutritional, environmental, and economic and health** benefits of *moringa seeds*. This is not an exhaustive list. Moringa seeds are very helpful for:

1. The oil from moringa seed is considered an excellent TONIC! No wonder, as it contains a multitude of **vitamins** and **beneficial** substances
2. Moringa seeds contain between 30-42% oil, with 13% saturated fats and 82% unsaturated fatty acids (**those considered very beneficial in the diet**).
3. Moringa seeds contain phytochemicals with known powerful antioxidant ability such as kaempferol, quercetin, rutin, and caffeoylquinic acids.
4. **Increased energy**
5. **Poor vision** or other eye problems- not blindness!
6. **Brain boost**
7. Helps with *staphylococcus aureus*.
8. Aids in **sleeplessness**-insomnia
9. Helps with **constipation**
10. *Moringa seeds* are rich in Oleic acid, Oleic acid is typically associated with olive oil, as the latter is one of the main sources of this unsaturated fat(good fat) in the diet.

11. **Moringa seeds** are rich in the vitamins A and C and the mineral iron. Vitamin A is important for eye health and night vision, healthy skin, hair and nails and cell growth. Vitamin C is an important antioxidant that protects you from the damaging effects of free radicals. It is also important in wound healing, immune function and collagen synthesis. Iron is an important component of red blood cells and a low intake causes iron-deficiency anaemia.

12. **Antibacterial Effect**

The June 2010 issue of "Revista do Instituto de Medicina Tropical de Sao Paulo" reported that researchers have discovered that extracts from the moringa seeds have antibacterial effects. In this study, the extract exhibited a bactericidal effect against *Staphylococcus aureus*, *Vibrio cholerae* and *Escherichia coli*. This gives credence to the use of moringa seeds and leaves as an antiseptic in traditional medicine.

13. **Moringa oil** can be extracted from Seeds. Ben oil, as it is called is an essential oil-one of the best worldwide with many applications. For more on moringa oil, [read this post](#).

14. **Moringa seeds (and seed cake obtained after oil extraction)** are being used for water treatment-dirty water, not your clean tap water. Don't say I said so...

15. [Moringa Seeds](#) can be planted and you have other moringa trees growing. Please plan to plant moringa this year and smile to the banks for the rest of your life.

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