

# Moringa- Shigru / *Moringa oleifera*

## Part consumed -

Root Bark, Leaves, Fruit,  
Flower

## Form consumed -

Dried powder, Juice,  
Cuisines

## Maximum daily consumption by adults –

Seeds Powder - 1-3 g

Root Bark Juice - 10-20 ml

## Composition

- Zeatin
- Niazinin A, B,
- Niazimicin A, B
- Methionine
- Quercetin
- Moringin
- Moringinine
- Beta - Sitosterol
- Kaempferol
- Caffeoylguinic Acid
- Fixed Oils



## Indications as per Ayurveda

- Antiseptic, Diaphoretic
- Anti-inflammatory
- Cardiotonic
- Digestive
- Laxative, Haemorrhoids
- Sedative
- Skin Diseases, Eye Diseases

## Modern Clinical Studies

- Analgesic
- Neuromuscular diseases
- Anti-oxidant
- Anti-inflammatory
- Anti-urolithic
- Anti- hypertensive
- Hepato-protective
- Anti-asthmatic
- Anti-cancer