



BLDEA's
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Moringa oleifera



Moringa oleifera is a fast-growing, drought-resistant tree of the family Moringaceae, native to the Indian subcontinent. Common names include moringa, drumstick tree, horseradish tree, and ben oil tree or benzolive tree.

Scientific name: *Moringa*

Higher classification: *Moringaceae*

Order: *Mustards and allies*

Rank: Genus

Family: Moringaceae; Martinov

Kingdom: Plantae

parts of this plant such as the leaves, roots, seed, bark, fruit, flowers and immature pods

Vitamins. Fresh leaves from MO are a good source of vitamin A & C

Polyphenols. The dried leaves of MO are a great source of polyphenol compounds, such as flavonoids and phenolic acids. ...

Alkaloids, Glucosinolates and Isothiocyanates. ...

Tannins. ...

Saponins.

Moringa is also taken by mouth to reduce swelling, as an antioxidant, to prevent spasms, increase sex drive (as an aphrodisiac), prevent pregnancy, boost the immune system, and increase breast milk production. Some people use it as a nutritional supplement or tonic. It is also used as a "water pill" (diuretic).

Morphological Characteristics:

oleifera is a fast-growing, deciduous tree. It can reach a height of 10–12 m (32–40 ft) and the trunk can reach a diameter of 45 cm (1.5 ft). The bark has a whitish-grey colour and is surrounded by thick cork. Young shoots have purplish or greenish-white, hairy bark.