

Moringa olifera: bioactive compounds and its health benefits

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Abstract

Moringa oleifera is a ‘miracle tree’ that known as ‘horseradish tree’ or ‘drumstick tree’. This plant have ability to treat more than 300 diseases. It is a cruciferous plant scientifically called as Moringaceae, is a mono- generic family with 13 known species. It basically originated from Sub-Himalayan region, now it start to cultivate throughout the world because of its numerous health benefits. It can survive in subtropical and tropical areas, so it can be available in dry season when not available other vegetables. Due to its nutritive value the every part of this plant consumed by humans as well as animal or other commercial use include leaves, seeds, roots, bark, and pods. It not only good for nutritional values but also use to purify the water, field fertilizer, cattle’s feed, industrial use and traditional medicinal use. M. olifera have good amount of micronutrients and macronutrients that prevent from communicable or non-communicable diseases. Its leaves have anti-bacterial, anti-oxidant, anti-diabetic, and anti-inflammatory properties.



Biography:

I am Zonaira Nasir and I am in the last year of doctor of dietetics and nutrition sciences, at the age of 23 years, I will complete this degree from the University of Lahore.

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