

## Sahjan (Moringa Olifera)

Common name: Mungana, sainjna, shajna

Kingdom: Plantae

Family: Moringaceae

Order: Brassicales

Genus: Moringa

Species: Olifera



### Description

Moringa oleifera tree is a small, fast-growing evergreen or deciduous tree that usually grows up to 10 or 12 m in height. It has a spreading, open crown of drooping, fragile branches, feathery foliage of tripinnate leaves, and thick, corky, whitish bark. The tree is indigenous to North-West India and is plentiful on recent alluvial land in or near sandy beds or rivers and streams.

### Phytochemicals

The roots contain an active antibiotic principle, pterygospermin. The root bark contains two alkaloids (total alkaloids, 0.1%), viz. moringine which is identical with benzylamine and moringinine belonging to the sympathomimetic group of bases. It also contains traces of an essential oil with a pungent smell, phytosterol, waxes and resins. An alkaloid, named spirochin, has been isolated from the roots<sup>1</sup>.

Hypotensive principles niazinin A, niazinin B, niazimicin, and niaziminin A and B were obtained from ethanolic extracts of the fresh leaves.

### Medicinal Uses:

The plant extract is used to treat anemia, asthma, brain tonic, lower blood pressure, as an endocrine regulator, as an anti-inflammatory, against alopecia, for weight loss, liver problems, and to strengthen the kidneys,

The flowers, leaves, and roots are used in folk medicine of various countries for tumors, while the seed is used for abdominal tumors.

A decoction of the root is used for dropsy (retention of liquids in the body). The juice obtained from the root juice is applied topically as counter-irritant or rubefacient (to promote circulation to the skin).

The leaves are applied externally as a poultice to treat sores, rubbed on the temples for headaches, and possess purgative actions.

The bark, leaves, and roots have an acrid and pungent taste, and are taken to promote digestion.