

SRI SARAVANA IMPORT AND EXPORT

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Drumstick Leaves

Dried Drumstick / Moringa leaves are **suitable for making tea and a variety of other uses**. The tea is loaded with antioxidants and vitamins that will help clear your mind and boost energy levels. You can prepare a tea by steeping a handful of dry leaves in hot water for a few minutes.

The Moringa tree is native to the south of the Himalayan Mountains in northern India and grown around the world. It is widely used as food and medicine.

Nearly every part of the Moringa tree is edible. It is rich in **antioxidants** and other nutrients which are commonly missing in the diets of people living in undeveloped countries.

When dried, its leaves can be ground into a fine powder that will keep many months without refrigeration.

For thousands of years the ancient Egyptians, Greeks, and Romans grew Moringa trees. In addition to calcium, iron and potassium, Moringa leaves contain several important vitamins:

- **Vitamin A** which helps maintain healthy vision, immunity, and fetal growth
- **Vitamin C** which protects the body from pollutants and toxins

- **Vitamin E** which acts as an antioxidant

Moringa powder can be used as an antiseptic to sterilize contaminated surfaces. It is effective against a wide range of bacteria and fungi, including those that cause gastric ulcers and gastric cancer.

Moringa powder is also used for treating various other diseases, from malaria and typhoid fever to hypertension and diabetes. Its broad variety of compounds is thought responsible for its beneficial effects.

Moringa powder is used as a medicine in multiple ways. It can help prevent and treat chronic diseases like **inflammatory** diseases, **diabetes**, and **cancer**. The benefits of Moringa powder stem from its many plant-based compounds.

Hyperglycemia is an early warning sign of diabetes, while hyperglycemia is a risk factor for heart disease. Based on scientific data, Moringa powder holds healing potential for both these ailments.

Health Benefits

Many health benefits of Moringa powder are due to its rich proteins, minerals, amino acids, **antioxidants**, and **flavonoids**. Moringa powder can be used to protect tissue (liver, kidneys, heart, and lungs), and to reduce pain.

Other health benefits of Moringa include:

Antioxidant Properties

Antioxidants help protect cells against free radicals, which are produced by digesting food, smoking, and exposure to radiation. Antioxidants from plant-based sources such as Moringa powder are considered best.

Anti-Inflammatory Effects

Approximately 1 million women each year are diagnosed with **benign breast disease**, putting them at a higher risk of developing breast cancer. Research shows these women may benefit from anti-inflammatory treatment. Taking an anti-inflammatory such as Moringa powder on a regular basis has shown to offer women greater protection from breast cancer.

Lower Blood Glucose Levels

Diabetes is a growing health concern in the United States. In human studies, Moringa powder reduced blood glucose levels in diabetic patients by a significant amount.

High Levels of Bioactive Compounds

Bioactive compounds, including vitamins, flavonoids, alkaloids, and other vital dietary components, can be found in significant amounts in Moringa powder.

These compounds are beneficial in treating chronic conditions like high blood pressure (which can lead to a number of heart and other conditions), diabetes, insulin resistance, non-alcoholic liver disease, cancer, and overall inflammation.

Treatment of Tumors

Other tumors may be treated with Moringa powder. A recent study found it to be effective in treating skin cancer.

Health Risks

No bad side effects have been linked to high doses of flavonoids from plant-based food. This may be explained by the relatively low portion that goes into the blood circulation and fast rate at which it is absorbed by the body, as well as flavonoids being purged.



