

Moringa oleifera

Kingdom: Plantae
Order: Brassicales
Family: Moringaceae
Genus: Moringa
Species: *Moringa oleifera*



The **Moringa** (*Moringa oleifera*), commonly known as the drumstick tree or horseradish tree, is a highly versatile and fast-growing plant native to the Indian subcontinent. Here are key details:

Height

- **Mature height:** Moringa trees typically grow to about **5 to 12 meters**, with some trees reaching up to **15 meters** in ideal conditions.

Uses

1. Nutritional uses:

- **Leaves:** Rich in vitamins (A, C, and E), minerals (calcium, potassium), and protein, moringa leaves are used in soups, salads, and as a powder supplement.
- **Pods (Drumsticks):** Commonly used in cooking, especially in Indian and South Asian cuisine.
- **Seeds:** Moringa seeds are eaten when tender or processed to extract oil, which is used in cooking and cosmetics.
- **Flowers:** Edible and are often used in teas or dishes.

2. Medicinal uses:

- **Antioxidant and anti-inflammatory properties:** Moringa leaves, flowers, and seeds are used in traditional medicine to treat conditions like inflammation, joint pain, and high blood pressure.
- **Water purification:** Moringa seeds are effective at purifying water by binding with impurities and allowing them to settle.

Religious and Cultural Importance

- **Hinduism:** In Indian culture, moringa is considered a sacred tree in some regions. Its leaves and flowers are often used during **rituals** and **festivals**, such as during **Ayudha Puja**, a day of worship for tools and machinery, especially in South India.
- **Symbolism:** Moringa is associated with health and vitality, often being grown near homes and temples as a symbol of **nourishment** and **well-being**.
- **Folk practices:** In certain communities, the tree is believed to ward off evil spirits and is used in protective rituals. The moringa tree is also planted as a **sign of prosperity** in some traditions.