

Drumstick – A Miracle Tree

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Moringa oleifera is also called “Miracle Tree” of “Tree of life”, owing to its excellent health, nutritional and environmental effects. Traditionally, moringa leaves are used as medicine in India to cure conjunctivitis and also to remove intestinal worms from the abdomen. The fresh moringa leaves also improve the milk production of pregnant and lactating mothers and are used to treat anemia. Transitional medicinal plants have long been used to treat various ailments in the primary health care system. Shigru (*Moringa oleifera*) is a drought resistant tree, multipurpose tree basically native of India and widely found in the sub-Himalayan region of northern India. According to Ayurveda, Aushadi dravyas are Virya Pradhan and Ahariya. Moringa obtains its name from the Tamil word, murungai, denotes twisted pod. Moringa oleifera is locally known as “Sahajna”. Sanskrit name of *Moringa oleifera* is “sigru”. Moringa is the highly valued plant of the genus *Moringa* belonging to the family Moringaceae. It is native to the tropical region of South Asia and India is the largest producer of the drumstick with an annual production of 1-1.3 million tones of fruits.

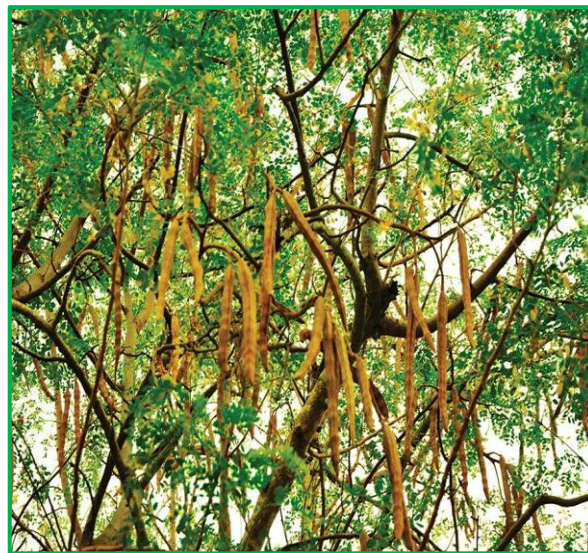


India is the largest producer of moringa, with an annual production of 1.2 million tones of fruits from an area of 380 km² (150 sq mi). Moringa is grown in home gardens and as living fences in South Asia and Southeast Asia, where it is commonly sold in local markets. Moringa is also actively cultivated by the World Vegetable Center in Taiwan, a center for vegetable research.

Geographic distribution of various species

Shape of Tree	Name of species	Geographical location
	<i>Moringa conconensis</i>	India
	<i>Moringal Lam.</i>	India
	<i>Moringa peregrina</i>	Horn of Africa, Arabia, Red Sea
Bottle shaped	<i>Moringa drouhardii</i>	Madagascar
	<i>Moringa hildebrandtii</i>	Madagascar
	<i>Moringa ovalifolia</i>	S.W. Angola and Namibia
	<i>Moringa stenopetala</i>	Ethiopia and Kenya
Tuberous shrubs	<i>Moringa atborea</i>	North eastern Kenya
	<i>Moringa borziana</i>	Somalia and Kenya

<i>Moringa longituba</i>	Ethiopia, Kenya and Somalia
<i>Moringa pygmaea</i>	Somalia
<i>Moringa ruspoliana</i>	Somalia, Ethiopia, Kenya
<i>Moringa rivae</i>	Ethiopia and Kenya



Nutritional facts

1. Drumstick pods and leaves are a storehouse of essential nutrients, whereas the leaves are the most nutrient part of the plant and one of the most nutrients, whereas the leaves are the most nutrient part of the plant and one of the finest source of calcium, iron, zinc, selenium and magnesium.
2. Fresh pods and seeds are a great source of oleic acid, a healthy fatty acid which is known to promote heart health. Moringa leaves is unique among all the greens as it is heaped with a good amount of protein about 9.8 gram of protein per 100 grams.



➤ Uses of drumstick

1. Drumstick is praised as a tree of life as almost all the part of the tree are beneficial and used for various purposes. The edible parts of the tree include leaves, stalks, stems, immature green fruit or seed pods, aromatic flower and young seeds are roots are made into nutritious and delicious dishes.
2. The mature seeds yield edible oil called ben oil, which is odorless, clear with high strength of behenic acid and resists rancidity. Seed cake after oil extraction is used as manure or as a flock to purify water. The shredded root with a distinct flavor is used as a condiment. Furthermore, the bark, sap, roots, leaves, seeds and flower find a prominent place in traditional medicine.



➤ Properties of drumstick

The major constituent of the drumstick passed biological activities that might play a role in its potential use in several medicinal systems such as Ayurveds, homoeopathy, unani, yoga, naturopathy and siddha.

- It may have an anti- oxidant property
- It may be an anti- diabetic (reduces blood glucose levels)
- It may have an anti- asthmatic
- It might help in alleviation of inflammation
- It may act as an anti- parasitic agent
- It may have an anti- bacterial property
- It may have an anti – fungal property
- It may have an – pyretic (reduces fever) agent
- It may be act as an anti-ulcer (reduces the formation of ulcer) agent
- It might help with cholesterol-lowering
- It may act as a laxative (manages constipation)
- It may act as a diuretic (promotes urine formation)



Composition

Plant part	Chemical composition	Medicinal uses
Root	Spiro chin	Vatanulomaka, Varandoshanasak, Vidradhi, Apaci, Chaksuya, Gulam
Leaves	Amino acids viz. aspartic acid and glutamic acid, serine, glycine	Purgativem poultice to sores, rubbed on temples for headaches, hronchitis, scurvy, control glucose levels, reduce glandular swelling. Dry powdered leaves are an amazing source of good quality essential amino acid.
Stem bark	Sterols, Terpens	Prevent enlargement of spleen, snit- tubercular activity, root bark extract is put into ears to relieve headaches and toothache. Sandhisootha, Bodypains
Gum		Dental caries, Astringent, imtestinal complaints, Abortifacient, syphilis and rheumatism Grahi, Aamvata
Flower	Quercetin, kaempferol	Aphrodisiac, abortifacient, lower the serum cholesterol, anti-inflammatory
Seed		Anti – hypertensive, decrease liver lipid peroxides Sandhivata, Aamvata, vatarakta

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