



Conference Abstract

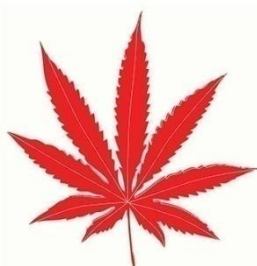
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NUTRA-PHARMACEUTICAL POTENTIAL OF MORINGA OLIFERA AND ITS USAGE AS FUNCTIONAL FOOD

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ABSTRACT

Nowadays socio-economic status is continuously changing and people are becoming more conscious regarding their health. There is one such natural food source which act as functional food and can be utilized to add functionality to other foods is Moringa oleifera. This plant contains medicinal properties and also use as food. It is enriched with many macro and micro nutrients. It contains vitamins, protein, phosphorus, carbohydrate, iron, calcium, beta carotene, potassium, and other useful bioactive compounds necessary for normal functioning of the body. Moringa has many benefits aspects its seeds and leaves are the most utilized parts, containing bioactive compounds they can regulate osmotic adjustment, various metabolic pathways, enzymatic and hormonal activities. Its morphological parts like seed coat, seed cotyledon, stem bark and root bark contain antimicrobial activity. Their leaves possess essential amino acids such as methionine, lysine, cysteine, and tryptophan. Dietary consumption of its parts is encouraged by other specialists as a strategy of personal health preservation and self-medication in the treatment of various diseases. It contains various therapeutic properties like anticancer, antiulcer, antimicrobial, antioxidant and has the ability to treat diabetes, obesity, inflammation, hypertension and microbial infections. Moringa oleifera is very versatile plant. Their leaves contain various types of antioxidant compounds such as ascorbic acid, flavonoids, phenolic compounds and carotenoids. It's also enriched with protein help in combating the protein energy malnutrition for the undernourished population of world. Moringa has enormous potential uses and can be used as functional ingredient in many products.

Keywords: Moringa oleifera, Macro nutrients, Micro nutrients, Therapeutic properties