

श्रीमञ्ज (Moringa oleifera) MORINGACEAE
Latin word - oleum (oil)

- Also known as Drum Stick Plant and Horse radish tree.
- Widely cultivated for its young seed pods & leaves used as vegetables & for traditional herbal medicine.
- Considered as an aggressive invasive species.
- Flowering begins within first six months after planting.
- Fruit is hanging 3-sided brown capsule of 20-45 cm holding dark brown globular seeds.
- Seeds have 3 whitish papery wings for dispersal. Also k/as श्वेत मरिच
- It's a sun & heat loving plant & doesnot tolerate freezing.
Particularly suitable for dry regions
- Moringa is actively cultivated by World Vegetable centre in Taiwan, a centre for vegetable research.
- Can be propogated from seed or cuttings.
- Moringa is highly nutritive with presence of Vit A, B₁, B₂, B₃, B₅, B₆, B₉, Vit C & many important minerals like calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc.
- It's all parts are edible.
- Leaves are the most nutritious part being a significant source of Vit B, C, K, provitamin A as beta carotene, protein & manganese.
- Seed pod are a good source of dietary fibre, potassium, magnesium & manganese.
- Seeds contains high level of vit C & moderate amount of Vit. B & dietary minerals.
- An edible oil k/as ben oil is derived from its seed.
- Ben oil has potential for use as a biofuel.
- Left over seed cakes may be used as fertilizer & to purify water.

- With so high nutritive value शिग्रु has been used to combat malnutrition

गुण - लघु, रक्त

रस - कटु, तिक्त, विपाक - कटु

वीर्य - अष्ठा

- With these properties in Ayurveda it is also k/as सौचक (रोग नष्ट करने वाला).

- In Ayurveda granthas - 2 varieties of शिग्रु r defined as -

(white flowered) श्वेत (कटु शिग्रु) - wide spread

(Red f.) रक्त (सधुर शिग्रु) (M. concanensis Nimmo)

Raj nighantu has also described नील शिग्रु ।

- Chemical composition - Moringine (in root bark)

Pterygospermin (in root - an active antibiotic)

- अष्ठा, तिक्ता गुणो से हृद्योन्तेजक व रक्तभार वर्धक है (B.P ↑)

- शोथ नाशक, कफघ्न, रौचन, पाचन, कृमिघ्न, शूल प्रशमन, आर्तव जनन विषघ्न, स्वेदजनन, कुष्ठघ्न है ।

- बीज लेखन व चक्षुष्य है, इसका अंजन नेत्र रोगों में करते हैं ।

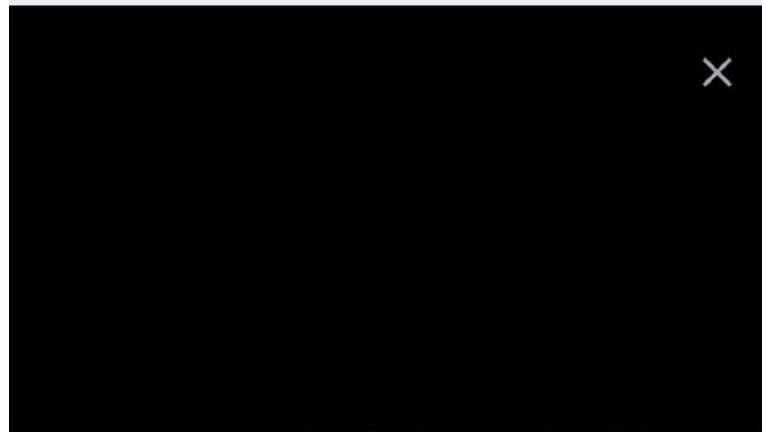
बीज चूर्ण नस्य in शिरो रोग ।

बीज तैल अङ्गुलि in सन्धिवात, आमवात etc

- पुत्रोज्यांग - मूलत्वक, बीज

- विशिष्ट भोग - श्यामादि चूर्ण

- अहितकर - in पित्त प्रकृति पुरुष
contraindicated in pregnancy



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Details







