

Moringa

Botanical name: *Moringa oleifera*

Energetics/Actions: bitter, pungent, hot, dry, antioxidant, anti inflammatory, hypotensive, nourishing tonic, galactagogue

Description

Moringa is also known as Drumstick tree or Horseradish tree. Used in Ayurvedic medicine for 5,000 years, it is native to India and also grows easily in South America, Africa and Asia. In Chiapas, Mexico, chewing the seeds is considered to be detoxifying.



Moringa is a highly nutritious herb and all parts of the tree are used. Moringa is a good source of fiber, vitamin C, vitamin A, B vitamins, calcium, potassium and iron and contains many more vitamins and minerals. In Ayurveda it is used to detoxify *and* as a heart and blood tonic.

Uses

Skin: Increases skin hydration during winter months.

Blood sugar regulation: May promote pancreatic health and reduce blood sugar.

Heart health: Reduces absorption of cholesterol in the intestines. May reduce blood pressure by relaxing artery walls.

Dose

Tea: 1 teaspoon of dried or powdered leaf in 1 cup boiling water. Steep for 5-10 minutes covered. The powder can be added to a half cup boiling water for a thicker, matcha-like tea.

Powdered herb: 1-3 teaspoons 3 times a day

Leaf extract: 500 mg a day

Seeds: Remove outer layer, chew no more than 3 seeds a day. Do not eat seeds on an empty stomach.

Safety Information

Not for use in pregnancy. Talk to your healthcare provider if you are taking any medications.