

Sahjan

Botanical Name: *Moringa oleifera*

Family: Moringaceae

Common Name: Drumstick tree

Hindi Name: सहजना, सुजना

Part Used: Leaves, pods, flowers, bark, and seeds \

Moringa oleifera (also known as "moringa" or "drumstick tree") is a native plant of northern India. It's a fast-growing, drought-resistant tree, commonly cultivated in South and Southeast Asia. *M. oleifera* is a fast-growing, deciduous tree that can reach a height of 10–12 m (33–39 ft) and trunk diameter of 46 cm (18 inches). The flowers are fragrant and hermaphroditic, surrounded by five unequal, thinly veined, yellowish-white petals. The fruit is a hanging, three-sided, brown, 20–45 cm capsule, which holds dark brown, globular seeds with a diameter around 1 cm. The bark has a whitish-gray color and is surrounded by thick cork. Young shoots have purplish or greenish-white, hairy bark. The tree has an open crown of drooping, fragile branches, and the leaves build up a feathery foliage of tripinnate leaves. The entire plant, including its leaves, pods, and roots, is edible and has various health benefits, earning it the nickname "The Miracle Tree. Drumstick (Sahjan), also known as *Moringa oleifera*, is a nutritional powerhouse, offering a wide range of vitamins, minerals, and antioxidants. It's a good source of protein, fiber, and vitamins like A, C, and B-complex. Sahjan (*Moringa oleifera* or drumstick tree) is a nutritional powerhouse with several medicinal properties. It's known for its anti-inflammatory, antioxidant, and antimicrobial effects. Additionally, it can help regulate blood sugar, manage high blood pressure, and support digestive health. The anti-inflammatory and antioxidant

properties of drumstick can also benefit skin health, potentially reducing signs of aging and improving skin's overall appearance. The rich nutrient content supports hair health as well, promoting hair growth and reducing hair loss. Rich source of vitamins, minerals, and amino acids, fights free radicals, inflammation reduce some diabetes symptoms, protect heart, liver and brain booster, antimicrobial.