

Drumstick or Shigru

Latin Name(s): Moringa pterygosperma / Moringa oleifera

English Name(s): Drumstick, Horse Radish

Sanskrit / Indian Name (s): Shigru, Shobhanjana



Cure for: It has an impressive range of medicinal uses due to its high nutritional values. Different parts of the plant contain a profile of important minerals, and are a good source of protein, vitamins, -carotene, amino acids and various phenolics. The leaves, roots, seed, bark, fruit, flowers and immature pods act as cardiac and circulatory stimulants, possess antitumor, antipyretic, antiepileptic, antiinflammatory, antiulcer, antispasmodic, antihypertensive, antioxidant, antidiabetic, antibacterial and antifungal activities.

The leaves are highly nutritious, and a significant source of beta-carotene, Vitamin C, protein, iron and potassium. The fresh leaves are cooked and used like spinach, and the dried ones are crushed into a powder, and used in soups and sauces. The leaves also have excellent medicinal properties. The whole plant is considered a good source for calcium and phosphorus. In Siddha medicine, the drumstick seeds are used as a sexual virility drug for treating erectile dysfunction in men and also in women for prolonging sexual activity. It has been used successfully to combat malnutrition among infants and women of childbearing age.