

Guillermou

In these reviews Moringa Oleifera leaves are the most studied and have been shown to be beneficial in several chronic conditions, such as hypercholesterolemia, high blood pressure, diabetes, insulin resistance, non-alcoholic liver disease, cancer, and general inflammation. Overall, it is well documented that Moringa Oleifera leaves are a good strategy for various conditions associated with heart disease, diabetes, cancer, and fatty liver. Table 1 of the first link e presents a list of some bioactive components present in OM leaves, their postulated actions in the animal model used, their protection against a specific disease and the corresponding reference.

With respect to cancer, moringa (MO) has been studied for its chemopreventive properties and has been shown to inhibit the growth of several human cancer cells. Several studies have reported the ability of OM leaves to protect organisms and cells from oxidative DNA damage, associated with cancer and degenerative diseases. MO leaf extract was found to inhibit the viability of acute myeloid leukemia, acute lymphoblastic leukemia, and hepatocellular carcinoma cells. Several bioactive compounds, including 4-(l-rhamnosyloxy)benzyl isothiocyanate, niazimycin, and -sitosterol-3-O--d-glucoopyranoside present in MO, may be responsible for its anticancer properties.

MO leaf extract has also been shown to be effective on pancreatic and breast cancer cells. In pancreatic cells, MO was shown to suppress the growth of pancreatic cancer cells by inhibiting NF-B signaling and increasing the efficacy of chemotherapy by enhancing the effect of the drug on these cells. The antiproliferative effects of MO were also demonstrated in breast cancer cells.

Posted On 04/02/2024

Guillermou

A recent study evaluated the effects of various extracts of *Moringa Oleifera*, including leaves and roots, and nanocomposite preparations of these compounds against HepG, breast MCF7 and colorectal HCT116/Caco2 cells. All of these preparations were effective in terms of their cytotoxic impact, measured by apoptosis. Several animal studies have also confirmed the effectiveness of *Moringa Oleifera* leaves in preventing cancer in rats with diethylnitrosamine-induced liver carcinomas and in suppressing azoxymethane-induced colon carcinogenesis in mice. www.mdpi.com/.../91 (2017).-- www.mdpi.com/.../402 (2022).-- irdhjournals.com/.../16 (2024).-- www.cell.com/.../S2405-8440 (24)04292-0.pdf (2024).-- www.cell.com/.../S2405-8440 (24)03838-6.pdf (2024).--- journals2.ums.ac.id/.../4446 (2024).--- www.mdpi.com/.../757 (2024).-----

----- *Moringa Oleifera* es eficaz contra las infecciones dentales.

Se han llevado a cabo investigaciones antimicrobianas contra los microbios que causan infecciones dentales en las hojas de *M. oleifera* tanto en extractos acuosos como en etanol. Se informa que esta planta es activa in vitro para inhibir varias bacterias orales como *E. faecalis*, *S. mutans*, *P. gingivalis*, *S. aureus* y *C. albicans*, y se ha probado ex vivo.

Los componentes químicos contenidos en *M. oleifera* son fenólicos, glucosinolatos, flavonoides, ácidos grasos, esteroides, alcaloides, esteroides, terpenos y varios otros compuestos. Basado en los efectos farmacológicos y componentes químicos contenidos en *M. oleifera*, esta planta tiene el potencial de desarrollarse en ms para producir un producto agente antibacteriano, especialmente para la salud dental. www.mdpi.com/.../142 (2024).--

Posted On 04/02/2024

JudyCharl

Moringa is easy to grow, can even be grown in a deep large pot, and cut back frequently to create a bushy plant if desired. I let mine grow to full height last year, planted in a flower bed, just to see how tall it would grow and it was well over 12 feet tall. We feed the leaves to our chickens as well as adding them to our salads every day. The leaves are great in smoothies or cooked with spinach as a side dish. Moringa should be in everyone's "seed vault" and part of every food security plan. Organic seeds are available in many places as moringa gains popularity in this country.

Posted On 04/02/2024

david48

Moringa likely has very high Oxalates. That should be understood, and accounted for, before supplementing with it on a regular basis. That is, ingesting large amounts of it on a daily basis. (As though it were a "food", suitable for human consumption on a macro level.) It may have some health benefits, for certain illness situations. But with very high Oxalates, it is important to count the costs also. It should be partaken of mindfully, and carefully, only (!) it seems to me. Incidentally, matcha is also very high in Oxalates. It is questionable whether that substance should be considered a health elixir either.

Posted On 04/02/2024

DebbyW

Twice, I tried to grow Moringa in pots. Two even got two feet tall. But they all would keel over and die. Maybe in a warmer climate I could plant them outdoors and they'd thrive.

Posted On 04/02/2024

JudyCharl

Sounds like they weren't getting enough sun. They also like deep pots, at least 24" deep, but deeper is better. They have a very long tap root. Not sure what climate you're in but the pots can be moved outdoors into a sunny spot protected from high winds as long as the days are nice and warm and the nights don't go below 60-65.

Posted On 04/02/2024

andiroadrunner

Hi DebbyW ; I am in New England too (I recall your previous posts and noted you are near me)- Zone 6a to 6b, according to new designation.....FYI; I am in process of ordering seed from Baker Creek for a Dwarf Variety # HB245 in the catalogue, p. 89. (www.rareseeds.com). I have overwintered an ornamental hardy banana from Logee's Greenhouse in my town, for several years, by mulching over it with a bale of straw as they do; so I am going to try planting in ground and then mulching heavily for winter...and also plant seed in one pot to bring inside. Perhaps the dwarf variety will have a shorter taproot.

Also, I choose an area to plant that is protected from wind and frosty microclimates, like dips/valleys in terrain where frost settles when I planted the more tender plants. My Vern's Brown Turkey Fig survived this way until freaky 80 degree weather in February caused early budding and then extreme cold followed. Hope this is helpful, just to consider to avoid pitfalls. To All: The seed catalogue mentions that "Roots are reputed to be poisonous, do not eat."

Posted On 04/04/2024

dav8619

Several have mentioned the oxalate problem with Moringa - can this be neutralized by taking with some type of citrate (as Dr. Mercola has suggested with spinach salads etc)? Possibly a capsule of magnesium citrate?

Posted On 04/09/2024

Allaglow

I found some delicious moringa teas that I sweeten with stevia and honey. One is ginger peach/mango. My new favorite hibiscus watermelon. Can drink hot or cool. I could not stand taste of plain moringa. I am glad to learn of specific benefits

Posted On 04/03/2024

helpothers

Moringa grows in zone 10-11. You need a lot of space as these things can grow 10ft in a year and need to be regularly pruned to keep them smaller so they don't get leggy. A friend planted seeds and had 6 ft. plants in 4 months.

Posted On 04/02/2024

JudyCharl

I'm in zone 8 and grew moringa very easily here. Because if it's rapid growth, it can be grown where seasons are not as long as in zone 10-11, as long as the days are nice and warm. Seeds can be started indoors for planting when the soil warms as long as deep pots are used. I've grown moringa successfully here for more than 5 years with no problem.

Posted On 04/02/2024

vanhelmont

I'm in zone 9 and have them growing in the yard. I think our low for the past winter was 38 and they are still doing fine. A frost will probably kill them back, and they probably wouldn't survive a hard frost.

Posted On 04/03/2024
