

## An overview on pharmacological action of *Shigru* (*Moringa oleifera* Lam.) with special reference to Malnutrition

Dr D V Kulkarni<sup>1</sup>, Dr Renuka Devhare<sup>2\*</sup>

1. Professor and Head of Department, (Dravyaguna), Government Ayurved College,  
Osmanabad, Maharashtra. 413501
2. PG Scholar (Dravyaguna)

**Email ID:** – [renukadevhare26@gmail.com](mailto:renukadevhare26@gmail.com)

### Abstract

Malnutrition is the major problem faced by backward class in our country. It is due to lack of traditional knowledge about plants which are grown in our surrounding complex. Here, we are proposing *Shigru* as best choice in protein energy malnutrition.


In *Ayurveda* Acharya Bhavmishra has mentioned that *Shigru* is in *Guduchyadi varga*. It is *Katu* (*kshariya*), *Tikta in rasa*, *Katu in Vipaka* and *Ushna in Veerya*. It possesses *Laghu*, *Ruksha* and *Tikshna guna*. He also mentioned that *Shigru* has ‘*Visheshad Deepanah*’ property. Actually *Shigru*, a tree often found in everywhere, is a rich source of bioactive phytochemicals. All parts of the plant except roots are pharmacologically used. So called as “Miracle tree”.

Along with nutrient property it has antioxidant, CNS, antimicrobial, protease inhibitors, analgesic, antipyretic, wound healing, antidiabetic, anti-malarial, anti-lipidaemic, hepatoprotective, anticancer activity accompanied by water purification property.

*Shigru* is more useful and well known vegetable as well as nutrient supplement amongst tribal areas like Melghat. It is rich in calcium, vitamins, antioxidants, beta-carotene, and minerals and is freely available.

In these article we have discussed the pharmacological action of *Shigru* with the help of properties explained in *Ayurveda*.

**Keywords** – pharmacology, *Shigru*.

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