

## Shigru

**Botanical Name** – *Moringa oleifera* Lam.

**Family**- Moringaceae

### Botanical synonyms-

*Anoma moringa* (L.) Lour.  
*Guilandia moringa* L.  
*Hyperanthera arborea* J.F.Gmel.  
*Hyperanthera decandra* Willd.  
*Hyperanthera moringa* (L.) Vahl  
*Hyperanthera pterygosperma* (Gaertn.) Oken  
*Moringa domestica* Buch.-Ham.  
*Moringa edulis* Medic.  
*Moringa erecta* Salisb.  
*Moringa moringa* (L.) Millsp.  
*Moringa nux-eben* Desf.  
*Moringa octogona* Stokes  
*Moringa parvifolia* Noronha  
*Moringa polygona* DC.  
*Moringa pterygosperma* Gaertn.  
*Moringa robusta* Boj.  
*Moringa sylvestris* Buch.-Ham.  
*Moringa zeylanica* Pers.

**Classical Names/ Synonyms**- *aksheev, shigruni, sehjan, shobhanjjan, mochak, tikshngandha*

### Vernacular names-

English The Horse-Radish Tree, Horse radish tree, Drum stick tree

Irula - Murungamaram

Others - Horseradish Tree, Murungai (Tamil), Muringai (Malayalam), Drumstick Tree, Sonjna/  
Moringa/ Drumstick Tree/ Horseradish Tree/ Ben Oil Tree/ Murungakka/ Munuga/ Murung/  
Murung-a-kai/ Shewga, Shevga (Marathi), Senjana (Hindi), Mashinga (Konkani)

Tamil Moringa, Murungamaram, Sohajna

### Different Species-

Shwet- katushigru, *Moringa oleifera*

Rakta- madhushigru, *Moringa concanensis*

### Habitat and Distribution-

Indigenous to Sub-Himalayan tracts, widely cultivated throughout the tropical countries.

**Botanical Description-**

A middle sized soft tree with thick corky bark. Leaves compound, with pale green leaflets when young, become darker when older and yellow at the fall period. Generally planted in the the home stead, also use as hedge as cuttings propagate easily, found as escape in the forest.

Flowers small, whitish , honey scented. Fruit is a capsule about 9 - 20 inch. long.

Flower-In axillary, divaricate panicles; white. Flowering throughout the year.

Fruit-An elongate, torulose capsule, angled, longitudinally 3-valved; seeds many, 3 angled, 3 winged. Fruiting throughout the year.

Field tips-Bark corky grey, exuding yellowish-white gum.

Leaf Arrangement-Alternate-spiral

Leaf Type-Tri-pinnate

Leaf Shape-Ovate or elliptic

Leaf Apex-Rounded

Leaf Base-Rounded

Leaf Margin-Entire







### **Ayurvedic Properties-**

- **Rasa-** *katu,tikta*
- **Guna-** *laghu,ruksh,tikshna*
- **Virya-** *ushna*
- **Vipaka-** *katu*
- **Dosha Karma-** *kaphavaatshamak*

### **Karma-**

*Vidaahakrit,Sangrahi,Shukrala,Hrudya,Pittarakta prakopana*

### **Prayoga-**

*Chakshushya* – Improves vision, good for eyes.

*Kaphavataghna* – Decreases imbalanced Kapha and Vata

*Vidradhi* – Useful in abscess. It helps in quick wound healing of abscess, upon oral intake and external application as paste.

*Shvayathu* – It is a good anti inflammatory herb.

*Krimi* – useful in worm infestation in stomach and in wounds.

*Meda* – helpful to decrease fat and obesity.

*Apachi* – Useful in relieving carbuncles.

*Visha* – Anti toxic. Has detoxifying action.

*Pleeha* – Useful in spleen related diseases

*Gulma* – Useful in abdominal bloating and tumors

*Ganda Vrana* – Useful in lymphadeniti

### **Part Used-**

*Mooltwak,beeja*

**Dose-**

*mooltwak swaras- 10-20ml*

*Beejachurna- 1-3gm*

**Important Formulations-**

*Shobhanjanadi lepa,shyamaadi churna*

**References from Brihatrayee-**

***Charaka Samhita –***

*Krimighna*

*Svedopaga*

*Shirovirechanopaga*

*Katuka Skandha*

***Sushruta and Vagbhata – Varunadi Group***

**Bibilography-**

1)<https://easyayurveda.com/2012/12/06/moringa-benefits-medicinal-usage-complete-ayurveda-details/amp>