

## MEDICINAL IMPORTANCE OF DRUM STICK

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### ABSTRACT:

*Drum stick is a tree that is extremely nutritious and has many potential and healthy uses. Drumstick, or moringa, has been part of Indian cuisine for ages. The chewy vegetable is known for its essential amino acids, vitamins, and minerals and medicinal benefits. It is one of the green leafy vegetables which are rich and natural source of iron.*

*Drumstick can be grown easily, it is considered as a source of many medicines since its leaves, flowers and pods are used as food and medicine from ages. The nutritional value of Sahjan is well established among people in India and it is a beneficial food for developing countries to prevent anemia and where malnutrition is prevalent. Seed pods are used as a vegetable. Excellent oil is derived from the seeds, which is used for cooking and lubrication of delicate mechanisms. The leaves are extensively used as a vegetable in many parts of the world. The bark, sap, roots, leaves, seeds and flowers are used in traditional medicine. Drumsticks or moringa have been a source of nutrition and are rich in anti-oxidants and bioactive plant compounds.*

**Key word:** Drum Stick, ages. Anemia, Drum stick leaves.

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## INTRODUCTION

Drumstick, or moringa, has been part of Indian cuisine for ages. The chewy vegetable is known for its essential amino acids, vitamins, and minerals and medicinal benefits. It is also a delicious vegetable that is a staple in many parts of the country; especially the East. “The miracle tree” *Moringa oleifera* is the tree from which the drumsticks are obtained. Bengali and North-eastern population swear by the multiple benefits of this vegetable.

Drumstick trees can reach a height of about 9 m (30 feet); they have corky gray bark, branching and fernlike leaves. Drumsticks are used for culinary purposes, immense nutritional benefits and use in traditional medicine. The green sticks are known to be kind to our skin and overall health. With its antibacterial and antifungal properties, it also helps us to keep fit and stay healthy. It has highly scented white flowers and long bean like seed pods. The benefits of drumsticks are many, but in this article researcher has highlighted its various medicinal benefits.

## MEDICINAL VALUE

Drumstick can be grown easily, it is considered as a source of many medicines since its leaves, flowers and pods are used as food and medicine from ages. The nutritional value of Sahjan is well established among people in India and it is a beneficial food for developing countries to prevent anemia and where malnutrition is prevalent.

Seed pods are used as a vegetable. Excellent oil is derived from the seeds, which is used for cooking and lubrication of delicate mechanisms. The leaves are extensively used as a vegetable in various parts of the world. The bark, sap, roots, leaves, seeds and flowers are used in traditional medicine. Drumsticks are a source of nutrition and are rich in anti-oxidants and bioactive plant compounds. The entire drumstick plant consisting of its leaves, pods and flowers are full of nutrients that are beneficial and every part of the plant has food and medicinal value. It is healthy to eat drumsticks in some or the other form regularly to get its all benefits. In Rig-Veda it has been mentioned as a plant grown in kitchen.

### Rich source of vitamins and minerals:

Drum stick is a tree which is very nutritious and has many potential and healthy uses. It is one of the green leafy vegetables which are rich and natural source of iron. Drum Stick leaves can treatment almost 300 types of diseases. Drumstick Leaves are high in nutrition and medicinal properties. Drumstick leaves are an excellent source of vitamins and minerals. If we want to take drumstick as a supplement, then taking it in capsule form won't supply large amounts of nutrients. We need to include the fresh pods or leaves in our daily meal to utilize the best benefits. The tree of life, *Moringa* or drum stick tree is considered to be the most nutrient rich plant on earth.

### Night – blindness:

In children Night – blindness can be cured by serving its leaf juice. This juice helps boost immunity too.

### Regulates blood sugar levels:

The high blood sugar level is the main characteristic of diabetes, which in turn leads to heart diseases. Drumsticks are known to reduce increase in blood sugar levels significantly. Plant compounds such as isothiocyanates help in reducing blood sugar levels as well as enhance gall bladder functioning. This helps in lowering blood glucose level also.

### Helps to purify the blood

Drumstick helps in purifying the blood of toxins and making our organs function in a better way. They further act as a potent antibiotic agent. Eating drumsticks on a regular basis may help us regularize blood circulation well.

### Boosts immunity

Constantly changing weather and hectic lifestyle takes a toll on the immune system. Drumstick and its healthy green leave act as an immunity booster that helps control body temperature during a fever.

### Helps in developing stronger bones

Due to the presence of a high amount of calcium and iron in drumsticks, they play a major role in developing strong and healthy bone structure. It also stops the loss of bone density and increases overall stamina and health.

### Acne treatment

Drumsticks are packed with antifungal properties, which make them perfect for dealing with skin ailments. One of the leading benefits is that it helps minimize and treat pimples, boils and abscesses. Its leaves can be used as face masks with give our skin an instant clean-up. They also contain antioxidants like vitamins A, B, and C, which contribute to anti-ageing benefits.

**Reduces inflammation**

The key to tight and glowing skin is to include anti-inflammatory foods in your diet. The flavonoids and isothiocyanates present in moringa give them their capacity to fight inflammation. They do so by blocking specific cytokines that make you feel bloated. These properties can also help people suffering from rheumatic pain.

**Aids in weight loss**

The weight-loss claims of drumsticks are recent. The presence of isothiocyanates a compound known for arresting weight gain is supposed to help in weight loss. The focus is on the nutrient-packed individual pods found in a drumstick, a dietary addition that helps you complete a well-balanced meal. Healthy eating for the win!

**Digestive health**

Our face is where the signs of an upset stomach show up first. Oiliness and breakouts can be associated with digestive issues and as such, it becomes essential to not neglect one's gut health. Moringa maintains optimum levels of gut bacteria in your system. It prevents high-fat-induced obesity by enhancing the mucus lining of the stomach. It can also treat and fight ulcers.

**Heart health**

A healthy heart is must for leading an active lifestyle. Regularly consumption of drumsticks showed improvement in diastolic cardiac function and reduced fibrosis ventricles. It also helps in reducing cholesterol levels and lowers blood pressure levels and fights free radical damage; all of which can help keep heart diseases away.

**Anti-Cancer ability**

One of the many benefits of drumsticks includes its cancer-fighting property. The vegetable inhibits cancer cell growth and is considered to be a potent dietary supplement all around. It works exceptionally well with cancers associated with the breast and colon. This is made possible by a compound present in it, called Nano composites that destroy cancerous cells and retain healthy ones!

**Brain Health**

There are many brain foods that you might already know of; seafood being one of the primary ones. For vegetarians, drumsticks can be the alternative that promotes brain health. They slow down neurodegeneration and improve memory. This can be achieved by arresting the reduction of neuronal density, a condition that gets worse with age.

**Detoxifies blood**

Most of you are familiar with the blood purification properties of neem leaves. It has been used in Ayurveda for ages to fight acne and pigmentation from deep within the skin's surface. But what you might not know is that drumsticks are equally potent in getting rid of toxins from your blood. They also fight bacteria and fungus; reducing the chances of certain infections.

**Liver Nourishment**

There is a reason why dermatologists check their patients for liver function. It is an essential indicator of skin functions. One of the benefits of a drumstick includes its capacity to rid your liver of certain toxins. It reduces excess cholesterol in the organ and also reverses damage caused by external medications.

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