The Story of Sanjeewani Booti

Moringa leaves prevent 300 diseases

Indiа's ancient tradition of ayurveda says the leaves of drumstick tree prevent 300 diseases. Modern science confirms the basic idea.

Dr. C. Gopalan, President, Nutrition Foundation of India and Dr. Kemal Kriketawanni both maintain that moringa leaves are a rich, inexhaustible source of micronutrients.

Moringa leaves contain large amounts of:

- Vitamin A, essential against diseases of the eyes, skin and heart
- Amino acids and many other antinutrients
- Calcium, building bones and teeth, and preventing the best spike common for older people
- Potassium, essential for the functioning of the brain and nerves
- Proteins, the basic building blocks of all our body cells

These are essential nutrients in themselves, but their combination in moringa leaves creates a powerful disease-preventing health tonic.

Sushelia asked many people but everyone advised that Madan should go to the city hospital. One day an old man told her that Madan should eat moringa leaves...

Moringa leaves are Sanjeewani Booti and they prevent 300 diseases.

Sanjeewani Booti

In a village lived a girl named Sushelia. She had a little brother named Madan. They lived with their parents.

One day Madan was playing in the field and fell and cut his hand. He could not hold anything and kept crying. Sushelia was very worried.

That night Sushelia had a nightmare. She saw Madan was blind and being chased by demons...

Sushelia tried to console Madan and promised that she will find a cure for him.

From the literature they found that moringa leaves have 4 times as much vitamin A as carrots; 7 times as much vitamin C as oranges; 4 times as much calcium as milk; 3 times as much potassium as bananas; 2 times as much protein as yoghurt.

Madan's mother started to include moringa leaves in the foods that she cooked. His eyesight improved dramatically and he was no longer sick.

And people started to plant moringa trees and share the knowledge with others.

Easy to plant: Moringa leaves are easy to plant and care for. They can be grown from seeds or cuttings. Cuttings should be more than one inch thick and more than two feet long. Dig a three-foot cube plot, and plant the bottom end of the cutting about one foot deep in a mixture of equal parts manure, soil and sand. Plant cuttings in the spring, or during the monsoons.

Add taste: Moringa leaves are not only super-nutritious, but a few grames cooked with any vegetable or dal can also add variety and taste to our dishes.

Year-round use: For convenient year-round use, one may dry the leaves and store them in a jar. A few spoonfuls of dried moringa leaf powder adds nutrition to any vegetable or dal.

...Madan grew up to become a doctor and today he shares the knowledge of the Sanjeewani Booti with everyone.

Sharing the word:

You and your friends can share this message by:

- Painting pictures and slogans on the walls
- Creating posters
- Putting on plays
- Holding cooking demonstrations
- Writing a newspaper article
- Planting a few moringa trees
- Start a moringa nursery
- Share saplings with others

See how many other creative ideas you can come up with.

Together, we can do a world of good.