The Story of Sanjeevani Booti

Morinda leaves prevent 300 diseases

India’s ancient tradition of using morinda leaves or drontic to prevent 300 diseases. Modern science confirms the ancient idea.

with I. Nayar, Professor, Nutrition Foundation of India and Dr. R. N. Krishna. Krishna and booti both maintain that morinda leaves are a rich, irreplaceable source of essential nutrients.

Morinda leaves contain large amounts of:

- Vitamin A, aiding against diseases of the eye, skin and heart
- Vitamin C, fighting a host of illness including colds and flu
- Calcium, building strong bones and teeth, and containing the bone opener

Vitamin C is a key nutrient in the diet, and essential for the functioning of the brain and nerves. Protein, the basic building block of all our body cells.

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

Add taste: Morinda leaves are not only medicinal, but a great source of sugar and sugar, with any vegetable or meal can add variety and taste to our diets.

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

Easy to plant: Morinda leaves are easy to plant and care for. They can be grown from seed or cuttings. During should be more than one inch thick and more than two feet long. Dig a three-foot hole and plant the bottom end of the crotalaria tuber about one foot deep in a mixture of equal parts manure and sand. Plant in the spring or during the monsoon.

Sanjeevani asked many people to come to the village to see the leaves. She was told that she should not to morinda leaves. For morinda leaves are not good for the health and they can cause the following:

- Poor understanding
- Poor concentration
- Poor eyesight
- Poor skin
- Poor bones
- Poor teeth
- Poor digestion

Then one evening she asked her mother why sanjeevani leaves are not good for the health. Her mother said that morinda leaves are not good for the health and they can cause the following:

- Poor understanding
- Poor concentration
- Poor eyesight
- Poor skin
- Poor bones
- Poor teeth
- Poor digestion

Sanjeevani’s mother started to include morinda leaves in the foods she cooked. The health improvement was dramatic and he became healthier. The information on the benefits of morinda leaves started to spread and people started to eat morinda leaves.

Sanjeevani Booti

Learn how to grow and use morinda leaves for health benefits.

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