

# A Study on Use of Moringa Leaves in South Indian Cuisine and its Health Benefits

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**Abstract:** *Moringa Oleifera* is a multipurpose and exceptionally nutritious vegetable tree with a variety of potential uses. It is a sub-tropical species that is known by different regional names as benzolive, drumstick tree, kelor, marango, mulangay, nébéday, saijhan, mooringai and sajna. It has very high nutritional properties that would be useful as a food supplement, especially in those relegated communities. Besides its nutritional and medicinal applications, *Moringa oleifera* is very useful as an alley crop in the agro-forestry industry.

**Keywords:** Moringa Oleifera.

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