Review Of Related Literature:

Malunggay (*Moringa oleifera*) and Avocado (*Persea Americana*) as a Treatment for Pimple

Submitted By:
Frances Joyce Matining
John Emerson Pagtakhan
Jhoanna Rein Duzon

III- Mendeleev

Submitted To:
Ma’am Bago
Moringa oleifera (Malunggay)

"Drumstick tree" and variants thereof redirect here. This name is also used for the golden shower tree (Cassia fistulosa). *Moringa oleifera* (synonym: *Moringa pterygosperma*) is the most widely cultivated species of the genus *Moringa*, which is the only genus in the family Moringaceae. English common names include *moringa*, and *drumstick tree*, from the appearance of the long, slender, triangular seed pods, *horseradish tree*, from the taste of the roots which resembles horseradish, or *ben oil tree*, from the oil derived from the seeds. The tree itself is rather slender, with drooping branches that grow to approximately 10m in height. In cultivation, it is often cut back annually to 1–2 meters and allowed to regrow so the pods and leaves remain within arm’s reach.

In developing countries, moringa has potential to improve nutrition, boost food security, foster rural development, and support sustainable landcare. It may be used as forage for livestock, a micronutrient liquid, a natural anthelmintic and possible adjuvant.

**Etymology**

*Moringa* derives from the Tamil word *murungai*. The Chinese name, pronounced *la mu* in Mandarin and *lat mok* in Cantonese, means “spicy (hot) wood” and is reminiscent of the English name, "horseradish tree".

**General nutrition**

Many parts of the moringa are edible. Regional uses of the moringa as food vary widely, and include:

- The immature seed pods, called "drumsticks", popular in Asia and Africa.
- Leaves, particularly in the Cambodia, Philippines, South India, Sri Lanka and Africa.
- Mature seeds
- Oil pressed from the mature seeds
- Roots

**Leaves**

The leaves are the most nutritious part of the plant, being a significant source of B vitamins, vitamin C, provitamin A as beta-carotene, vitamin K, manganese and protein, among other essential nutrients. When compared with common foods particularly high in certain nutrients per 100 g fresh weight, cooked moringa leaves are considerable sources of these same nutrients.

Some of the calcium in moringa leaves is bound as crystals of calcium oxalate though at levels 25-45 times less than that found spinach, which is a negligible amount.
Drumsticks

The immature seed pods, called "drumsticks", are commonly consumed in South Asia. They are prepared by parboiling, and cooked in a curry until soft. The seed pods are particularly high in vitamin C, but are also a good source of dietary fiber, potassium, magnesium and manganese.

Seeds

The seeds, sometimes removed from more mature pods and eaten like peas or roasted like nuts, contain high levels of vitamin C and moderate amounts of B vitamins and dietary minerals (right table, USDA).

Seed oil

Mature seeds yield 38–40% edible oil called ben oil from its high concentration of behenic acid. The refined oil is clear and odorless, and resists rancidity. The seed cake remaining after oil extraction may be used as a fertilizer or as a flocculent to purify water. Moringa seed oil also has potential for use as a biofuel.

Research

Moringa is undergoing preliminary research to reveal potential properties of its nutrients and phytochemicals, some of which include antibacterial effects in vitro, improved glucose tolerance in a rat model of diabetes, inhibition of Epstein-Barr virus activity in vitro and reduction of skin papillomas in mice.

Potential for water purification

In preliminary research, moringa seed powder is being assessed for its potential to make river water potable. Research showed that filtering with seed powder may diminish water pollution and bacterial counts.

Source: http://en.wikipedia.org/wiki/Malunggay

Title of the article: Moringa oleifera

Date Retrieved: 26 June 2013 at 16:46.

Moringa oleifera (Malunggay) as a Treatment for Pimples

1. Moringa As A Treatment For Acne

Moringa leaf powder has been put into action productively by the United Nations World Health Organization to treat infant malnutrition in Africa. Now it's being put into action in the United States for lots other reasons, the least of which is malnutrition. Moringa has been implemented for over three thousand years to treat over 300 ailments within ancient cultures and now on college establishments it's been known to treat acne in three days, hangovers in one hour, and implemented as an appetite suppressant that makes available crucial nutrients. Athletic competitors are into it seriously as they discover it helps them physically and mentally especially late in contests.

Moringa leaf does not offer energy using sugar or caffeine so there are no downs. It's more like an energizer bunny occurrence: you just keep going and going and going. Moringa has the unusual capability to travel nutritionally wherever the body is in need. Different from other supplements that pass through you if you don’t need it, Moringa is utilized all over the body.

An illustration of how fabulous Moringa leaf powder is: gram for gram it includes 7 times the vitamin C in oranges, four
times the calcium in milk, four times the vitamin A in carrots, two times the protein in milk, and 3 times the potassium in bananas. Moringa is the 100% perfect study aid! By clicking to this HGH Review website you can obtain other knowledge.

Sources: http://naturalpinoyherbs.weebly.com/malunggay--moringa.html.

The malunggay pods are the most valued and widely used part of the plant. Malunggay pods contains essential amino acids, vitamins and other nutrients. Malunggay pods may be eaten raw or may be prepared or cooked. Malunggay pods may be fried and may produce a clear, odorless and sweet oil mostly called - Ben Oil.

Medical Uses Of Malunggay - Health Benefits

Malunggay, combat malnutrition, used to combat malnutrition, especially among infants and nursing mothers vitamins A, B and C, calcium, iron and protein

Malunggay - Anti infectious: Antibacterial; Anti Fungal, . In late 1940's, The Department of Biochemistry at the Indian Institute of Science in Bangalore (PLN Rao) have found that malunggay or Moringa Oleifera leaves contain a compound"pterygospermin" that is known in medical science as having antimicrobial, antibacterial, anti fungal properties.

Malunggay - Anti Cancer Malunggay or Moringa has been shown in studies to have an anti-tumor capacity. Moringa contains benzyl isothiocyanate. There are many studies that have shown this chemical and compounds derived thereof to have anti-cancer and chemoprotective capabilities. This chemoprotective aspect is critical for those who are battling cancer; this helps strengthen cells so that they can tolerate chemotherapy. Malunggay is also considered in the treatment of prostate cancer and skin cancer. (Ref: Fuglie LJ (2000) New Uses of Moringa Studied in Nicaragua. ECHO Development Notes #68, June, 2000. ttp://www.echotech.org/network/modules.php?name=News&file=article&sid=194)

Malunggay (Moringa Oleifera) Herbal Medicine Preparation

Malunggay decoction for washing sores and wounds, Boil malunggay roots and let it cool to tolerable warm temperature and use it to wash wounds and sores. By gargling the Malunggay decoction, it may also be used to wash mouth sores and sore throats.

Malunggay poultice. Grounded Malunggay seeds, leaves and bark may be applied topically as poultice onto swollen flesh to relieve inflammation.

by pressing.

Sources: http://www.medicalhealthguide.com/articles/malunggay.htm

Copyright © 2011 www.medicalhealthguide.com, USA, UK, Canada, Australia, India, Philippines, Singapore

Malunggay's (Moringa) image was even used as the official logo of the Food and Nutrition Research Institute, an agency of the Department of Science and Technology here in the Philippines

One hundred grams or 1 cup of cooked malunggay leaves contain:

- 3.1 g. protein
- 0.6 g. fiber
- 96 mg calcium
- 29 mg phosphorus
- 1.7 mg iron
- 2,820 mg ß-carotene
- 0.07 mg thiamine
- 0.14 mg riboflavin
- 1.1 mg niacin
- 53 mg ascorbic acid or vitamin C.

The *antioxidant activity of malunggay* is about 71%, with µ-tocopherol (vitamin E) equivalent of 45.

Malunggay leaves are an excellent source of vitamin A and B, and minerals such as calcium and iron. It is even an excellent source of protein, being higher than the amino acid pattern of Food and Agriculture Organization-reference protein, yet contains very low fat and carbohydrates. The leaves are incomparable as a source of the sulfur-containing amino acids methionine and cystine, often the natural minerals humans lack.

Due to its high vitamins A, C, and E, which are very potent antioxidants, malunggay is a very good quencher of unstable free radicals that can react with and damage molecules that cause aging. Antioxidants reduce the appearance of wrinkles and fine lines. They also prevent the onset of various chronic diseases like arthritis, cancer, and heart and kidney diseases.

Malunggay contains the phytochemical niaziminin, which is found to have molecular components that can prevent the development of cancer cells (Faizi et al., 1992) and correlated with inhibitory ability against superoxide generation. The first naturally-occurring thiocarbamates, novel hypotensive agents niazinin A, niazinin B, niazimicin and niaziminin A and B were isolated from malunggay.

**Sources:** [http://healthassistant.blogspot.com/2009/03/moringa-malunggay-is-miracle-vegetable.html](http://healthassistant.blogspot.com/2009/03/moringa-malunggay-is-miracle-vegetable.html)
Avocado (Persea americana)

is a tree native to Central Mexico, classified in the flowering plant family Lauraceae along with cinnamon, camphor and bay laurel. Avocado or alligator pear also refers to the fruit, botanically a large berry that contains a single seed.

Avocados are commercially valuable and are cultivated in tropical and Mediterranean climates throughout the world. They have a green-skinned, fleshy body that may be pear-shaped, egg-shaped, or spherical. Commercially, it ripens after harvesting. Trees are partially self-pollinating and often are propagated through grafting to maintain a predictable quality and quantity of the fruit.

Allergies

Some people have allergic reactions to avocado. There are two main forms of allergy: those with a tree-pollen allergy develop local symptoms in the mouth and throat shortly after eating avocado; the second, known as latex-fruit syndrome, is related to latex allergy and symptoms include generalised urticaria, abdominal pain, and vomiting and can sometimes be life-threatening.


The Use Of Avocado Seed For Pimples Treatment

Blend a portion of avocado and swabbed with cotton on the pimples. Thanks to its emollient and nourishing properties of avocado, the cream will act against inflammation and redness and make your skin smooth. The avocado, in fact, is particularly suitable for dry skin and for the treatment of skin relaxed, unstressed and off. –

See more at: [http://naturalacnetreatmenttips.blogspot.com/2013/04/seven-natural-acne-treatment-recipes.html#sthash.v92Ueaza.dpuf](http://naturalacnetreatmenttips.blogspot.com/2013/04/seven-natural-acne-treatment-recipes.html#sthash.v92Ueaza.dpuf)

DRY AVOCADO SEEDS FOR NUTRITION

Dec 7, 2010 | By Milo Dakota

Next time you cut into an avocado to make guacamole or a California salad, don’t be too quick to toss out the large seed in the middle of the fruit. Dry avocado seeds pack a big nutritional punch that may help you stay healthier and live longer. But you will need a high-powered food processor to grind the seeds into edible form.

ANTIOXIDANTS

Avocado seeds are rich sources of an antioxidant called anthocyanins. Anthocyanins may protect against colorectal cancer, according to a study conducted at the University of Leicester in England. In the study, published in the February 2009 issue of “Cancer Prevention Research,” tumors in patients given doses of anthocyanins shrunk considerably. Anthocyanins, which may also reduce inflammation and aid digestion, can be found in other fruits and vegetables, including cranberries and red cabbage.

VITAMIN C

Avocado seeds also provide vitamin C. Fifty percent of the vitamin C in avocados can be found in the seeds. The antioxidants in vitamin C, in addition to boosting your immunity, may also give your metabolism a boost. Several studies, including one conducted at the University of North Carolina, show a link between vitamin C intake and the ability of the...
body to burn fat. The study found that men and women who took vitamin C during exercise enjoyed higher rates of metabolism than those who took placebos, according to a report published in the April 2008 issue of "Applied Physiology Nutrition and Metabolism."

**BIOFLAVONOIDS**

Dry avocado seeds contain bioflavonoids similar to those found in green tea. Bioflavonoids may help protect against heart disease. In a study conducted by Japan's Tohoku University Graduate School of Medicine, people whose diets contained plentiful amounts of bioflavonoids enjoyed longer, healthier lives. Of the 40,000 people whose health was monitored in the 11-year study, those who consumed bioflavonoids from green tea were 30 percent less likely to die from heart attacks and strokes, according to the "Journal of the American Medical Society," published in September 2006.

**HOME REMEDIES**

Dry avocado seeds are used in assorted folk remedies. If you suffer from diarrhea or dysentery, mixing some ground avocado seed into a cup of tea may provide relief. If you have a toothache, you could place a piece of seed in the affected area for temporary abatement of pain. You can also use powdered avocado seeds externally to alleviate dandruff, and a paste of water and crushed seeds to treat pimples; in case of a makeup emergency, you can use the paste in place of cheek blush.

**FACTS TO CONSIDER**

Two factors may temper your enthusiasm for seeking out the nutritional benefits of dry avocado seeds. The first is that the hardness of the seeds makes them difficult to grind. You will need a food processor with a sharp blade to grind the seeds. The second problem is that the seed of the avocado contains tannin, and you may find it bitter. One way to disguise the taste is to use a teaspoon or so of powdered avocado seed in a smoothie in the same way that you might add a protein or vitamin boost to a blended drink.

**REFERENCES**

- Moon Dragon: Avocado
- California Avocado Commission: Avocado Nutrients
- "Cancer Prevention Research"; Pilot Study in Oral Anthocyanins for Colorectal Cancer Chemoprevention; S. Thomasset et al; February 2009
- "Biotech Business Week"; Research Conducted at Dongeui University Medical Department has Updated Our Knowledge About Leukemia; June 1 2009
- "Applied Physiology Nutrition and Metabolism"; Gender Comparisons of Exercise-Induced Oxidative Stress: Influence of Antioxidant Supplementation; A. H. Goldfarb et al; April 2008

Article reviewed by J.A. Rist Last updated on: Dec 7, 2010


**Dry avocado seeds pack a big nutritional punch**

Next time you cut into an avocado to make guacamole or a California salad, don't be too quick to toss out the large seed in the middle of the fruit. Dry avocado seeds pack a big nutritional punch that may help you stay healthier and live longer. But you will need a high-powered food processor to grind the seeds into edible form. Antioxidants Avocado seeds are rich sources of an antioxidant called anthocyanins. Anthocyanins may protect against colorectal cancer, according to a study conducted at the University of Leicester in England. In the study, published in the February 2009 issue of "Cancer Prevention Research," tumors in patients given doses of anthocyanins shrunk considerably. Anthocyanins, which may also reduce inflammation and aid digestion, can be found in other fruits and vegetables, including cranberries and red cabbage. 

**Diabetic Diet & Meals Free Diabetic Recipes > Breakfast, Lunch - Snack - Dinner - Dessert.**

[www.diabetesinfocenter.org](http://www.diabetesinfocenter.org) Sponsored Links Vitamin C Avocado seeds also provide vitamin C. Fifty percent of the vitamin C in avocados can be found in the seeds. The antioxidants in vitamin C, in addition to boosting your immunity, may also give your metabolism a boost. Several studies, including one conducted at the University of North Carolina, show a link between vitamin C intake and the ability of the body to burn fat. The study found that men and women who took vitamin C during exercise enjoyed higher rates of metabolism than those who took placebos, according to a report.
Bioflavonoids

Dry avocado seeds contain bioflavonoids similar to those found in green tea. Bioflavonoids may help protect against heart disease. In a study conducted by Japan's Tohoku University Graduate School of Medicine, people whose diets contained plentiful amounts of bioflavonoids enjoyed longer, healthier lives. Of the 40,000 people whose health was monitored in the 11-year study, those who consumed bioflavonoids from green tea were 30 percent less likely to die from heart attacks and strokes, according to the "Journal of the American Medical Society," published in September 2006.

Home Remedies

Dry avocado seeds are used in assorted folk remedies. If you suffer from diarrhea or dysentery, mixing some ground avocado seed into a cup of tea may provide relief. If you have a toothache, you could place a piece of seed in the affected area for temporary abatement of pain. You can also use powdered avocado seeds externally to alleviate dandruff, and a paste of water and crushed seeds to treat pimples; in case of a makeup emergency, you can use the paste in place of cheek blush. Facts to Consider

Two factors may temper your enthusiasm for seeking out the nutritional benefits of dry avocado seeds. The first is that the hardness of the seeds makes them difficult to grind. You will need a food processor with a sharp blade to grind the seeds. The second problem is that the seed of the avocado contains tannin, and you may find it bitter. One way to disguise the taste is to use a teaspoon or so of powdered avocado seed in a smoothie in the same way that you might add a protein or vitamin boost to a blended drink.

Read more: http://www.livestrong.com/article/327942-dry-avocado-seeds-for-nutrition/#ixzz25qTauzRK

Sources: http://ceodcure.blogspot.com/2012/09/dry-avocado-seeds-pack-big-nutritional.html

Antimicrobial

Avocado seed might offer natural antibiotic and antifungal benefits, according to a study published in the March 2009 issue of the Journal "Revista de Sociedade Brasileira de Medicina Tropical." In the test-tube study, avocado seed extracts inhibited a variety of pathogens, including Candida and other fungi and the mosquito that carries the tropical disease yellow fever.

Antioxidants

A range of antioxidant phytochemicals in avocado seed, including flavanols and proanthocyanidins, might make avocado seed extract useful as a healthy food additive or antioxidant supplement, according to a study published in the May 2012 issue of the "Journal of Agricultural and Food Chemistry." Antioxidant and antimicrobial effects of avocado seed might also help prevent food spoilage, according to a study published in the May 2011 issue of the "Journal of Agricultural and Food Chemistry." The test-tube study showed that avocado seeds and skins contain higher levels and activity of antioxidant compounds such as catechins and procyanidins compared to avocado pulp. Seed and skin extracts protected against oxidation of fats and proteins in prepared meats, and moderately inhibited some types of pathogenic bacteria.

Sources:

Review Of Related Literature:

Tamarind (  

Submitted By:
Frances Joyce Matining
John Emerson Pagtakhan
Jhoanna Rein Duzon

III- Mendeleev

Submitted To:
Ma’am Bago