

Review Article

ELUCIDATING THE PHYTOCHEMICAL PROFILE AND THERAPEUTIC POTENTIALS OF *MORINGA OLEIFERA*: AN INTEGRATIVE APPROACH

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Received: 01.04.2025 / Revised: 17.05.2025 / Accepted: 18.05.2025 / Published online: 08.08.2025 /
Published in final version: 17.12.2025

ABSTRACT

Medicines are substances that serve nutritional, therapeutic, or preventive purposes, while the term 'herbal medicine' is used to describe plant-based products with therapeutic, preventative, or dietary benefits. This review aims to provide a detailed description related to the pharmacological activities and phytoconstituents present in *Moringa oleifera* Lam. The study was performed by a literature survey of original research articles published in PubMed, ScienceDirect, Web of Science, Scopus, and Google, using keywords such as '*Moringa oleifera*', 'phytoconstituent' and 'pharmacological activities'. *Moringa oleifera* is extensively appreciated for its therapeutic qualities, as in the traditional medical system, almost all tree parts, including the roots, bark, gum, leaves, fruits, flowers, seeds, and seed oil, are utilized to cure a variety of illnesses such as high cholesterol, colitis, rheumatism, diarrhea, swollen glands, headaches, hemorrhoids, fever, constipation, bronchitis, and infections of the ears and eyes. Different scientific studies have been conducted on *Moringa oleifera*, including anti-inflammatory, antioxidant, anticancer, antidiabetic, antibacterial, antifungal, hepatoprotective, antifertility, antiasthmatic, anti-colitis, and anti-ulcer activity, etc. This pharmacological activity of *Moringa oleifera* is thought to be due to the presence of the following main phytoconstituents: alkaloids (moringin, niazirin, and niazimicin), flavonoids (procyanidin, isoquercitrin, rutin, astragalin, and apigenin), phenolic acids (gallic acid, syringic acid, and benzoic acid), fatty acids (9-octadecenoic acid and arachidic acid), lipid compounds (fatty acids, fatty alcohols, triacylglycerols, and saturated hydrocarbons), terpenoids and carotenoids (lutein, carotene, and polyphenol), sterols (β-sitosterol), phenols (eugenol), vitamins and antioxidants (ascorbic acid) and pigments (chlorophyll A), etc. In this study, we conclude that many phytoconstituents in *Moringa oleifera* are responsible for producing various types of pharmacological activities.

KEYWORDS: *Moringa oleifera*, herbal medicines, cultivation, phytoconstituents, pharmacological activities.

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1. Introduction

Moringa oleifera Lam. is native to the Indian subcontinent. It is a fast-growing, drought-resistant tree in the family Moringaceae. According to Paliwal et al. (2011), it is also known as moringa, drumstick tree (because of the seeds' thin, triangular sticks), horseradish tree (because of the roots' horseradish flavour), and ben oil tree or benzyl tree (due to the oil derived from the seeds) [1]. It is a deciduous tree with a trunk diameter of 45 cm and

a height of 10-12 meters. A thick layer of softwood surrounds the white-grey bark. The bark of the shoots is reddish-purple or greenish-white and hairy. The tree has an open shade of sagging, fragile limbs and fluffy tripinnate leaves. The fruit is a brown, three-sided hanging capsule that is 20-45 cm long and contains dark brown, rounded seeds about 1 cm in diameter [2]. Because its immature seed pods and leaves can be used as a vegetable, a traditional herbal remedy, and to purify water, it is frequently cultivated [3]. It is extensively appreciated

for its traditional medicinal uses, which include anthelmintic and aphrodisiac effects. It relieves high cholesterol, colitis, rheumatism, diarrhea, swollen glands, headaches, hemorrhoids, fever, constipation, bronchitis, and infections of the ears and eyes. This valued tree, with its various components, demonstrates digestive effects. In the traditional medical system, almost all tree parts, including the roots, bark, gum, leaves, fruits, flowers, seeds, and seed oil, are utilized to cure a variety of illnesses [4].



Fig. 1. Plant and leaves of *Moringa oleifera*.

1.1. Taxonomical classification [5]

Kingdom: *Plantae*
 Phylum: *Streptophyta*
 Class: *Equisetopsida*
 Subclass: *Mangnoliidae*
 Order: *Brassicales*
 Family: *Moringaceae*
 Genus: *Moringa*
 Species: *Moringa oleifera*

1.2. Common names and synonyms

The homotypic synonyms of *Moringa oleifera* are *Guilandina moringa* L., *Anoma moringa* (L.) Lour., *Hyperanthera moringa* (L.) Vahl, *Moringa moringa* (L.) Millsp., etc., while its heterotypic synonyms are *Hyperanthera decandra* Willd., *Moringa amara* Durin, *Moringa edulis* Medik., *Moringa erecta* Salisb., *Moringa zeylanica* Pers., etc. [5,6].

1.3. Geographical source

In India, *Moringa oleifera* is primarily found in Tamil Nadu, Karnataka, Kerala, and Andhra Pradesh, although it is also found in Uttar Pradesh and Bihar in the north. It is mostly a perennial plant species that has been cultivated for a very long time.

Moringa is frequently cultivated in home gardens and sold in neighborhood markets in South and Southeast Asia. The World Vegetable Centre in Taiwan, a center for vegetable research, also actively cultivates moringa. It can be found in the wild or cultivated in Southeast Asia, South Asia, South America, Africa, Central America, and the Caribbean [7].

1.4. Cultivation and collection

With an annual production of 1.2 million tonnes of fruit spread across a 380 km² area, India is the world's largest producer of moringa. It only blooms once a year, between April and June, in places with colder winters and summers. Flowering can take place twice or even all year long under conditions of more regular seasonal temperatures and consistent rainfall [2].

Tropical, subtropical, and semi-arid climates are where moringa grows best. Although it can survive a variety of soil

types, it prefers neutral to slightly acidic soils (pH 6.3 to 7.0) and well-drained sandy or loamy soils. A plant that prefers heat and sunlight, moringa cannot tolerate frost. Because it is grown with rainwater and doesn't require expensive irrigation systems, *M. oleifera* is especially well suited to desert regions [8,9].

Moringa oleifera can be grown for its leaves, and factors like season, variety, fertilizer, and irrigation frequency significantly affect its yield. Under warm, dry conditions with some supplementary fertiliser and irrigation, moringa performs best. Hand tools like knives, scythes, and hooked blades are used for harvesting. It is advised to promote branching and boost yield and make harvesting easier by topping, trimming, pruning, or pruning. To keep the pods and leaves within reach, it is typically pruned back to 1-2 m per year and left to grow again [10].

Moringa plants are picked at two years old when they are fully grown and mature. Three hundred grams of freshly collected leaves were removed, ground up, and left to macerate in 70% ethanol for 24 hours at room temperature. The solvent was taken from the leaves after 24 hours. The solvent was then dried in an evaporator after 24 hours to obtain the extract [11].

2. Chemical constituents

2.1. Bark constituents

The bark of *Moringa oleifera* contains procyanidin A2, proanthocyanidin [12], eugenol, and 8-sitosterol-3-O-D-galactopyranoside [13].

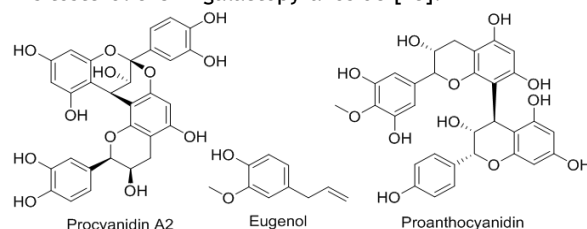


Fig. 2. Structure of constituents present in bark of *Moringa oleifera*.

2.2. Seed constituents

The constituents of the methanolic seeds extract are ascorbic acid, 2,6 dihexadecanoate, 9-octadecenoic acid, oleic acid, and 9-octadecenamide [14]. Hydroalcoholic and aqueous fractions of moringa seeds also contain moringin, niazirin, and niazimicin [15].

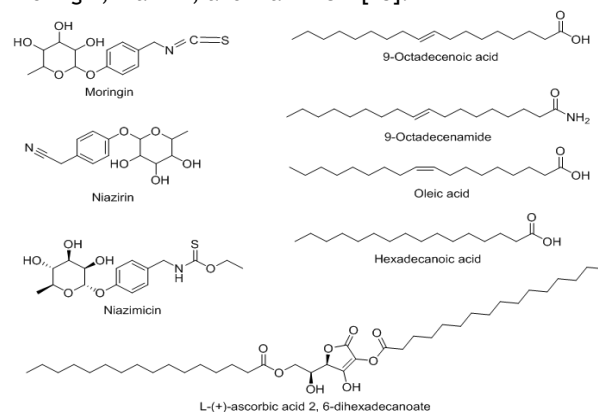


Fig. 3. Structure of constituents present in seeds of *Moringa oleifera*.

2.3. Leaf constituents

Chemical investigation of the alcoholic fraction of moringa leaves revealed lutein, fatty acids like palmitic acid, myristic acid, linolenic acid, stearic acid, oleic acid, and phenolic acids like gallic acid and syringic acid. It also contains carotene, polyprenol, B-sitosterol, and chlorophyll A [16]. It additionally contains niazirin, niazirin, and niazimicin, a nitrile glycoside, isoquercitrin, rutin, astragalin, apigenin, 5-caffeoylquinic acid, benzoic acid and ethyl palmitate [17].

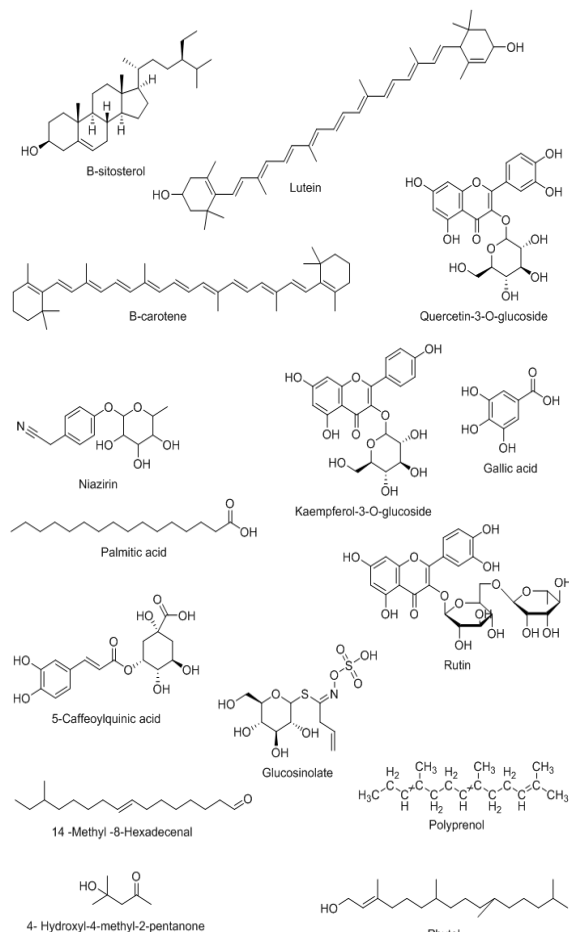


Fig. 4. Structure of constituents present in leaves of *Moringa oleifera*.

The constituents of the methanolic leaf extract of moringa are 9-octadecenoic acid, ascorbic acid, 2,6-dihexadecanoate, 3-ethyl-2,4-dimethylpentane, phytol and 4-hydroxy-4-methyl-2-pentanone [14], glucosinolate and isothiocyanate [18].

2.4. Root constituents

Roots of *Moringa oleifera* contain procyanidin [12], aurantiamide acetate, 1,3-dibenzylurea, capsaicin, capsazepine [19], N-benzyl, S-ethylthioformate, palmitic acid, and arachidic acid [20].

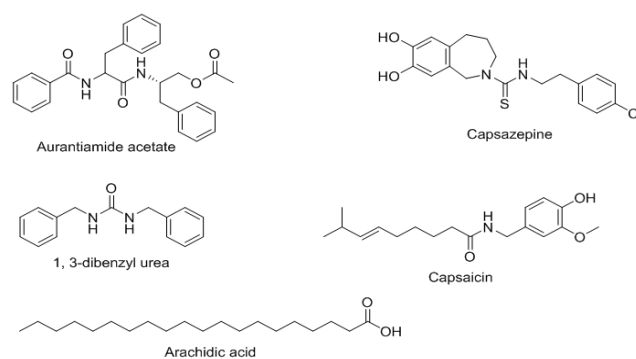


Fig. 5. Structure of constituents present in roots of *Moringa oleifera*.

3. Traditional uses

Almost every part of *Moringa oleifera*, was used in the traditional medicine system. Colitis, rheumatism, diarrhea, enlarged glands, headaches, hemorrhoids, fever, constipation, bronchitis, and infections of the ears and eyes are just a few of the many conditions it has historically been used to treat. Additionally, it is used to improve general health, aid with digestion, reduce cholesterol, and strengthen immunity [4]. Preparations made from moringa are used in many cultures to treat respiratory conditions including bronchitis and asthma, as well as to treat skin infections, joint pain, and inflammation. The seeds and seed oil have also been used for their antibacterial and cleansing qualities. These traditions demonstrate the plant's essential function in natural treatment systems around the globe [22].

Table 1. Phytoconstituents present in different parts of *Moringa oleifera*.

Plant part	Chemical constituents	Ref
Bark	Procyanidin A2, proanthocyanidin, N-benzyl S-ethylthioformate, eugenol and B-sitosterol-3-O-D-galactopyranoside	[12,13,21]
Seed	Ascorbic acid, 2,6-dihexadecanoate, 9-octadecenoic acid, oleic acid, 9-octadecenamide, moringin, niazirin and niazimicin	[14,15]
Leaf	Lutein, gallic acid, palmitic acid, myristic acid, linolenic acid, stearic acid, oleic acid, syringic acid, carotene, polyprenol, B-sitosterol, chlorophyll A, niazirin, niazirin, niazimicin, isoquercitrin, rutin, astragalin, apigenin, 5-caffeoylquinic acid, benzoic acid, ethyl palmitate, 9-octadecenoic acid, ascorbic acid, 2,6-dihexadecanoate, 3-ethyl-2,4-dimethylpentane, phytol, 4-hydroxyl-4-methyl-2-pentanone, glucosinolate and isothiocyanate	[14,16-18]
Root	Procyanidin, aurantiamide acetate, 1,3-dibenzylurea, capsaicin, capsazepine, N-benzyl S-ethylthioformate, palmitic acid, and arachidic acid	[12,19,21]

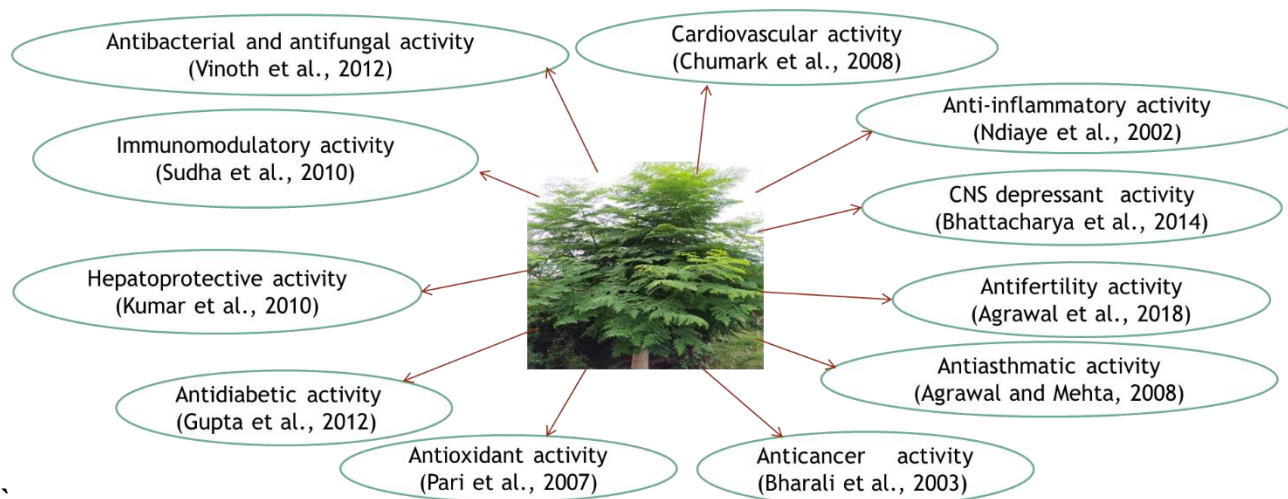


Fig. 6. Scientific study of *Moringa oleifera*.

4. Pharmacological activities

Scientific studies on the different parts of *Moringa oleifera* have revealed various pharmacological activities.

4.1. Anti-inflammatory activity

One of the most typical symptoms of many chronic disorders is inflammation. It is the body's normal defensive reaction to tissue damage brought on by physical trauma, chemical irritants, or microorganisms [23]. For inhibiting carrageenan-induced edema in rats, an aqueous extract of *Moringa oleifera* roots (750 and 1000 mg/kg) showed a dose-dependent anti-inflammatory effect, and the effect of 1000 mg/kg was comparable to that of indomethacin, a strong anti-inflammatory medication [24]. In another investigation, ripe seeds reduced edema by 77% at the dose of 3 mg/kg, whereas crude ethanolic extract of seeds reduced edema by 85% at a dose of 3 mg/kg body weight caused by carrageenan-induced paw edema in mice [25]. Similar activity was seen when leaves, seeds, flowers, roots, and bark were submerged in hot water [26].

4.2. Antioxidant activity

Antioxidants are chemicals that donate electrons to the body while preventing the formation of free radicals, which harm cells and result in oxidative stress. Additionally, they have been demonstrated to have an impact on the prevention and treatment of some acute and chronic illnesses, including cancer, heart disease, and stroke, as well as the aging process. Natural antioxidants are primarily found in medicinal plants [27]. In comparison to ascorbic acid, a well-known antioxidant, the methanolic extract of *Moringa oleifera* leaves showed good antioxidant activity (IC₅₀ value of 49.86 µg/mL) [28]. According to Pari et al. (2007), the main components of *Moringa oleifera* leaf extract are bioactive phenolic compounds that support antioxidant activity with total antioxidant activity as 0.636 µmol Trolox/mg [29]. Similar to ascorbic acid in terms of its antioxidant activity against the radicals 2,2-diphenyl-1-picrylhydrazyl (DPPH) and NO, the methanolic extract of *Moringa oleifera* seeds was found to be equally active [30]. According to Lalas and Tsaknis (2002), moringa seed oil exhibits greater antioxidant activity than both butylated hydroxytoluene (BHT) and tocopherol [31].

4.3. Anti-tumor and anticancer activity

A significant source of conventional medications for the treatment of many types of cancer has been identified as medicinal plants. According to Kamuhabwa et al. (2000), plants are frequently employed to make antitumor compounds that are clinically effective anticancer drugs [32]. By triggering the apoptotic pathway in HeLa cells, the aqueous extract of *Moringa oleifera* leaves has demonstrated strong anticancer activity with an IC₅₀ value of 70 µg/mL [33]. According to Parvathy and Umamaheshwari (2007), methanolic leaf extract exhibited cytotoxic activity against human multiple myeloma cells (U266B1) with an ID₅₀ value of 0.32 µg/mL [34]. The hydroalcoholic extract of drumsticks from *Moringa oleifera*, at the dose of 250 mg/kg for 14 days, produced a significant decrease in skin papilloma in a mouse model [35].

4.4. Antidiabetic activity

The most prevalent metabolic disease in the world is diabetes, which is a serious public health issue. It leads to hyperglycemia, which develops into microvascular and macrovascular problems and frequently results in mortality. Scientific investigations have validated the antidiabetic characteristics of numerous medicinal plants, which have been used for centuries in various communities to treat diabetes [36]. Numerous studies using lab animals have assessed the anti-diabetic effectiveness of *Moringa oleifera*. Its seeds, roots, and stem bark (aqueous, ethanolic, and methanolic extracts) have been demonstrated to provide effective glycemic control in diabetic animals and human models [37]. *Moringa oleifera* pod and leaves methanolic extracts had antidiabetic properties and were effective against streptozotocin zithromax (STZ)-induced diabetic albino rats. After 21 days of treatment with 150 and 300 mg/kg, rats showed reduced serum levels of glucose and nitric oxide, while insulin and protein levels increased, indicating a significant slowdown in the progression of diabetes [38]. Huang et al. (2020) also revealed the mechanism of the anti-insulin resistance effect of moringa seed extract at 10 µg/mL that stabilised the SRC (a non-receptor protein tyrosine kinase), PTPN1 and caspase-3 [39], while Jiang et al. (2024) found the protective effect of moringa stem extract

on islet β -cell at 500 mg/kg [40].

4.5. Immunomodulatory activity

The scientific community is very interested in the use of plants for immunomodulation since it provides an alternative to traditional chemotherapy for some disorders. It is predicated on plants' capacity to modify immunological function efficiently, thus supporting good health and maintaining the body's resistance to infections [41]. An experimental mouse model of cellular and humoral immunity was used to assess the immunomodulatory properties of a methanolic extract of *Moringa oleifera* leaves. Two dosages of the extract (250 and 750 mg/kg, p.o.) markedly raised blood immunoglobulin levels and shielded mice from *Pasteurella bovis*-induced death. An indirect hemagglutination test revealed a considerable rise in circulating antibody levels. Furthermore, extracts from the *Moringa oleifera* leaves boosted neutrophil adhesion, reduced the effects of cyclophosphamide on neutropenia, and raised the phagocytic index in tests for the removal of charcoal [42].

4.6. Antibacterial and antifungal activity

Due to the rise in antimicrobial resistance, interest in therapeutic plants and microorganisms with antimicrobial characteristics has been increasing. This resistance could be the result of improper use of prescription medications or adverse antibiotic side effects. Plants are also being used more frequently as an alternative to conventional medications to treat infectious diseases because of the high cost of those medications [43]. *Salmonella* sp., *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and *Escherichia coli* were sensitive to the antibacterial effects of both aqueous and ethanolic extracts of *Moringa oleifera* leaves [44]. Similarly, *Escherichia coli*, *Enterobacter*, *Proteus vulgaris*, and *Staphylococcus aureus* were treatable with the acetone leaf extract of moringa at a concentration of 5 mg/mL, while *Micrococcus kristinae* was inhibited at 0.5 mg/mL. Saponins, tannins, phenolic phytoconstituents, and alkaloids were found to have antibacterial properties [43]. *Salmonella typhi*, *Escherichia coli*, *Enterobacter* spp., *Staphylococcus aureus*, and *Pseudomonas aeruginosa* were treated with ethanolic and chloroform extracts of *Moringa oleifera* leaves at 200 mg/mL [45]. *Pseudomonas aeruginosa*, *Staphylococcus aureus*, and *Escherichia coli* were all suppressed by petroleum ether extracts of *Moringa oleifera* roots. In contrast to chloroform and water extracts, which inhibited *Pseudomonas aeruginosa* and *Escherichia coli*, the ethanolic extract inhibited *Staphylococcus aureus* and *Proteus mirabilis*. Its bio-selenium nanoparticle preparation also showed antibacterial activity against *Listeria monocytogenes* and *Corynebacterium diphtheriae* at a concentration of 7 mg/mL [46].

4.7. Hepatoprotective activity

The liver is a crucial organ that performs several essential tasks, such as detoxification and protein synthesis. If these tasks are interfered with by the numerous substances we are exposed to, the results could be fatal [47]. Wistar rats treated with 500 mg/kg of *Moringa oleifera* ethanolic leaf extract showed less necrotic cell damage and wider hepatic sinusoidal space compared to the negative control group, which showed obvious hepatic cord torsion, disappearance of necrotic cells, and loss of sinusoids [48]. This study examined the

hepatoprotective effect of *Moringa oleifera* ethanol leaf extract on the histology of paracetamol-induced liver damage. Using histopathological endpoints, methanol extracts of *Moringa oleifera* leaves and flowers enhanced hepatoprotective efficacy against carbon tetrachloride-induced hepatotoxicity in rats. At a dose of 250 mg/kg orally, the extract significantly protected against bilirubin, serum glutamate pyruvate transferase (SGPT), serum glutamate oxaloacetate transferase (SGOT), alkaline transferase, and lysosomal enzyme levels in serum. The liver cell degeneration brought on by CTLs was likewise normalized in the extract-treated group's liver sections, which were also comparable to silymarin, a well-known hepatoprotective compound. Additionally, they hypothesized that coumarin's capacity to regulate inflammatory mediators and avert cell damage may contribute to the hepatoprotective effect [49].

4.8. Cardiovascular activity

Cardiovascular disease (CVD) is a group of illnesses that affect the heart and blood vessels, including hypertension, hyperlipidemia, thromboembolism, coronary heart disease, congestive heart failure, angina chest pain, atherosclerosis, cerebral insufficiency, venous insufficiency, cardiac arrhythmia [50]. CVD is the leading cause of death worldwide, and medicinal plants have been used to treat it. Their capacity to function as antioxidants, vasodilators, adrenergic receptor antagonists, and platelet-activating factors (PAF) may be the cause of this [51]. In rabbits given a 12-week high-cholesterol diet (HCD) (5%), *Moringa oleifera* caused dyslipidemia. Following the treatment diet, plasma levels of triglycerides (TG), high-density lipoprotein (HDL), low-density lipoprotein (LDL), and total cholesterol (TC) were elevated in rabbits fed the HCD. The carotid arteries had extensive plaque formation as a result of the diet. The aforementioned elevations were decreased in HCD rabbits given a daily dose of 100 mg/kg body weight of *Moringa oleifera* aqueous leaf extract, and TC, lipoprotein cholesterol, TGs, and plaque formation rate were all lowered by 50%, 75%, and 97%, respectively. Simvastatin, which lowers cholesterol, has a protective effect that is comparable to that at a daily dose of 5 mg/kg body weight [52,53]. Similar results were found when HCD albino rats received a methanolic extract of *Moringa oleifera* leaves and when HCD rabbits received an aqueous extract of *Moringa oleifera* fruit [54]. The recent study on moringa by Kumulosasi et al. (2021) revealed the antihypertensive effect of its ethanolic and aqueous stem extract at the dose of 1000 mg/kg [55], whereas in another study Odii et al. (2023) found the antihypertensive effect of its methanolic leaf extract by producing negative inotropic and chronotropic effect at 10 mg/mL [56].

4.9. Antifertility activity

Contraceptive side effects and their long-term safety remain a serious concern despite the wide range of medications and devices that are already on the market for contraception. Women have historically employed herbal remedies to facilitate labour, increase menstrual flow, or decrease fertility [57]. The following approach was used to demonstrate the antifertility effects of *Moringa oleifera* stem bark extract. Pregnant rats weighing 130 to 200 g were randomized into four groups.

Laparotomy was performed on the 10th day of pregnancy, and live fetuses were observed in both horns of the uterus. Rats in the experimental groups were given 25, 50, and 100 mg/kg of flower stem bark extract, while rats in the control group were given 0.5 mL of distilled water once daily. Alcoholic extracts of *Moringa oleifera* have been shown to affect estrogenic activity and the estrous cycle, supporting its antifertility properties. The number of live births was shown to be noticeably decreased by the alcoholic extract, whereas post-implantation loss and the absorption rate both clearly increased. There were more spontaneous abortions at the 100 mg/kg dose than at any other level. The extract demonstrated substantial estrogenic effects (vaginal opening, vaginal keratinization, and increased uterine weight) in ovariectomized juvenile rats and lengthened the estrous cycle, particularly the intermission phase, in laboratory animals. They claimed that ovarian and extra-ovarian hormones were responsible for the breakdown of ovarian extracts [58]. A recent study examined the antifertility effects of ethanol extracts of *Moringa oleifera* leaves and roots in female Wistar rats in a dose-dependent manner at 250 mg/kg and 500 mg/kg [59].

4.10. Central nervous system (CNS) activity

An essential organ system of the human body is the CNS. Alzheimer's disease and other degenerative neurological conditions have an impact on a variety of body functions, including balance, mobility, memory, mental function, and cardiac function. These illnesses are fatal and generally incurable [60]. Numerous herbal remedies have demonstrated activity against illnesses of the CNS and are effective painkillers. Using the actophotometer test and the rotarod test, Bhattacharya et al. assessed the locomotor activity and muscle relaxant activity of the ethanolic leaf extract of *Moringa oleifera* in an albino rat model. Six groups of six albino rats were used. Normal saline (2 mL/kg) was given orally to the control group, while diazepam (10 mg/kg) was given to the standard group, and 50, 100, 200, and 400 mg/kg of the extract were given to the experimental groups, respectively. The outcomes demonstrated strong CNS depressant and muscle-relaxing properties in a dose-dependent manner in the ethanolic extract of *Moringa oleifera*. According to their theories, substances found in plants, such as flavonoids and saponins, easily cross the blood-brain barrier and have a variety of effects on the central nervous system, including memory, cognition, and neurodegeneration. They also theorized that these effects are mediated through gamma-aminobutyric acid (GABA), which may be the cause of the compound's CNS inhibitory and muscle-relaxing properties [61]. Using mice as their test subjects, Bakre et al. investigated the neurobehavioral and anticonvulsant effects of ethanol extracts of *Moringa oleifera* leaves. Open field, well plate, Y-maze, elevated plus maze (EPM), and pentobarbital-induced hypnosis were used to evaluate neurobehavioral characteristics, whereas pentylenetetrazole, picrotoxin, and strychnine were used to evaluate hypnotic-induced seizures in this study of *Moringa oleifera*. According to the findings, rearing, grooming, falling, and locomotion were all significantly and dose-dependently reduced by the extract (250-2000 mg/kg). Additionally, it enhances memory and learning while simultaneously reducing anxiety's effects. Additionally, the extract (2000 mg/kg) protected mice from seizures brought

on by pentylenetetrazole but did not affect seizures brought on by picrotoxin and strychnine [62]. It also modulates cholinergic and purinergic enzyme activity in microglial cells and is effective in hippocampal sclerosis with temporal lobe epilepsy [63,64]

4.11. Antiasthmatic activity

A significant fraction of the world's population suffers from asthma, which accounts for most of the cases in international studies [65]. Asthma can be treated with *Moringa oleifera* n-butanol extract from its seeds. In guinea pigs, ovalbumin causes airway irritation that can be effectively treated with *Moringa oleifera*. By increasing total lung volume, breathing rate, and total differential cell counts in blood and lavage fluid, it was found that the herb protected against acetylcholine-induced bronchoconstriction and airway inflammation. It was concluded that the extract's antiasthmatic effect resulted from a modification of the Th1/Th2 cytokine imbalance at 400 mg/kg [66]. To determine the efficacy of *Moringa oleifera* seed extract in the treatment of bronchial asthma, Agrawal and Mehta carried out a clinical trial. Twenty people with mild to moderate asthma received dried seed kernel extract at a dose of 3 g/day for three weeks. The outcomes demonstrated that the use of *Moringa oleifera* extract considerably reduced the severity of asthma symptoms while simultaneously enhancing lung function. Most patients had significantly lower erythrocyte sedimentation rates (ESR) and noticeably higher haemoglobin (Hb) values. The values of forced vital capacity, forced expiratory volume, and peak expiratory flow in asthma patients all showed considerable improvements. *Moringa oleifera* had no negative effects on any patient. As a result, *Moringa oleifera* seeds are thought to be effective in the treatment of bronchial asthma patients [67]. Suresh et al. (2020) also found the antiasthmatic effect of methanolic leaf extract of moringa against ovalbumin-induced allergic asthma in a dose-dependent manner at 250 and 500 mg/kg [68].

4.12. Antiuro lithiatic activity

To evaluate its antiuro lithiatic activities, the CuO and CuO nanoparticles doped with 20% Ag obtained from the aqueous leaf extract of *Moringa oleifera* were prepared. By using X-ray powder diffraction, the nanoparticles' average crystallite size and monoclinic crystal structure were determined. Field emission scanning electron microscopy (FE-SEM) and transmission electron microscopy (TEM) investigations of the synthesised nanoparticles revealed nanostructures. The synthesised doped CuO nanoparticles exhibited growth inhibition against bacteria but had remarkable antimicrobial activity when silver (Ag) was added at a higher dopant concentration of 20%. When the concentration of nanoparticles was increased, the weight of the crystals generated steadily decreased, going from 2.67 g to 0.51 g for pure and from 2.67 g to 0.36 g at 5% concentration for 20% CuO doped with Ag. This decreases the rate of struvite stone nucleation that results in urinary tract infections and encourages the development of magnesium ammonium phosphate hexahydrate crystals. Therefore, an ideal candidate for environmental, biological, and pharmaceutical applications would be the favourable effect of Ag-doped green synthetic and pure CuO nanoparticles [69].

4.13. Anti-colitis activity

Rats exposed to colitis produced by acetic acid are protected by the aqueous extract of *Moringa oleifera* leaves. In the treated animals, the extract enhanced antioxidants (CAT and GSH) and lowered pro-oxidant indicators (MDA and NO) in a dose-dependent manner at 25, 50, and 100 mg/kg orally. Additionally, moringa extract decreased colon weight-to-length ratio and histological scores, which may indicate its ameliorating effect on experimentally induced colitis in rats. This could enhance its anti-colitis properties. These findings may support the use of this plant for the treatment of digestive diseases in conventional medicine [70].

4.14. Galactagogue activity

A natural galactagogue called moringa is used to boost breast milk production in the first few weeks after giving birth. Eighty-eight postpartum women were randomly assigned to one research group that received oral capsules containing leaf extract of *Moringa oleifera* at 450 mg and one control group that received oral capsules containing

a placebo. The capsules were given twice daily before meals for 3 days. The findings demonstrated that on day three postpartum, there was no difference in the median milk volume between the Moringa leaf group (73.5 mL) and the control group (50 mL). However, compared to the control group, the moringa group produced 47% more breast milk at the dose of 900 mg/day. The Moringa group's exclusive breastfeeding rate at six months surpassed the WHO target. To enhance the production of breast milk, moringa leaves can be utilised as a prolactin-enhancing herb [71].

4.15. Anti-ulcer activity

Additionally, moringa exhibits anti-ulcer and gastroprotective effects. Dalhoumi et al. (2022) have looked at the role of *Moringa oleifera* extract and its phytochemicals in anti-ulcer activity. In this investigation, rats with stomach ulcers were treated with a single oral dose of 100 mg/kg body weight of *Moringa oleifera* leaf extract; ulcers were generated with a 150 mmol/L HCl solution.

Table 2. Pharmacological activities of *Moringa oleifera*.

Activities	Parts of plant	Fraction	Doses	Mechanism of action	Ref.
Antioxidant activity	Leaves, seeds	Ethanollic, aqueous	100-500 mg/kg, oral, in rats	Reduces oxidative stress markers such as malondialdehyde and hydrogen peroxide	[73-75]
Antimicrobial activity	Leaves, seeds, bark	Methanolic, ethanollic, aqueous	50-200 mg/mL in-vitro	Exhibits activity against bacterial and fungal pathogens	[76-78]
Anti-inflammatory activity	Leaves, seed	Methanolic, aqueous	200-400 mg/kg, oral, in rats	Inhibits pro-inflammatory cytokines and COX-2 expression	[79-81]
Antidiabetic activity	Leaves	Aqueous, ethanollic	100-300 mg/kg, oral, in rats	Reduces fasting blood glucose, improves insulin sensitivity, and upregulates GLUT4	[82,83]
Neuroprotective activity	Leaves, seeds	Aqueous, ethanollic	250-500 mg/kg, oral, in rats	Protects neurons, improves cognitive function, and reduces neuroinflammation	[84]
Spasmolytic activity	Seeds	Methanolic	100-300 mg/kg, oral, in rats	Relaxes intestinal and uterine muscles	[85]
Purgative effect	Leaves, seeds	Aqueous, methanolic	200-500 mg/kg, oral, in rats	Increases fecal pellets and improves intestinal motility	[86,87]
Hepatoprotective activity	Leaves, bark	Aqueous, ethanollic	200-400 mg/kg, oral, in rats	Reduces liver enzymes and protects against hepatotoxicity	[88,89]
Anticancer activity	Leaves, seeds	Ethanollic, methanolic	50-200 µg/mL (in-vitro) and 100-300 mg/kg, oral, in rats	Inhibits cancer cell proliferation and induces apoptosis	[79,90]
Cardioprotective activity	Leaves, seeds	Aqueous, methanolic	100-400 mg/kg, oral, in rats	Reduces blood pressure, cholesterol levels, and oxidative stress in the heart	[91,92]
Anti-ulcer effects	Leaves, seeds, bark	Aqueous, ethanollic	200-400 mg/kg, oral in rat	Reduces gastric acidity, protects gastric mucosa	[93-95]
Wound healing activity	Leaves, bark	Ethanollic, aqueous	5-10% (w/w) topical formulation	Enhances collagen synthesis, promotes tissue regeneration	[96,97]
Diuretic activity	Leaves, seeds	Aqueous, methanolic	100-300 mg/kg oral in rat	Increases urine output and promotes renal function	[87,98]
Analgesic activity	Leaves, bark	Ethanollic, methanolic	200-400 mg/kg oral in rat	Reduces pain perception and inflammatory pain	[99,100]
Antipyretic effect	Leaves	Ethanollic, aqueous	100-400 mg/kg oral in rat	Reduces fever and body temperature	[100]
Anti-obesity activity	Leaves, seeds	Methanolic, aqueous	200-400 mg/kg oral in rat	Lowers triglycerides, LDL cholesterol, and increases HDL	[101,102]
Immunomodulatory activity	Leaves, seeds	Aqueous, methanolic	5-10% suspension in fish	Enhances immune response, increases cytokine production	[103]

The findings demonstrated that the gastric mucosa of rats treated with the plant produced a large amount of mucus and therefore had a higher pH in rats pre-treated with *Moringa oleifera* compared to animals suffering from ulcers. While in the plant-protected stomach, the injury rate was significantly lower (79%). Interestingly, oral administration of *Moringa oleifera* protected the gastric mucosa by reducing malondialdehyde (MDA) levels and increasing antioxidant enzyme activity in adults [72].

5. Conclusion and prospects

Moringa oleifera has attracted a lot of scientific interest because of its varied pharmacological characteristics and rich phytochemical makeup. Its diverse medicinal potential is attributed to the presence of bioactive substances such as flavonoids, alkaloids, tannins, and saponins, etc., as highlighted in this review. Its anti-inflammatory, anti-microbial, antidiabetic, hepatoprotective, cardioprotective, and neuroprotective properties have been shown in studies, which makes it a viable option for the creation of functional foods and natural medications.

Therefore, we conclude that there are many chemical constituents present in different parts of *Moringa oleifera* that are responsible for producing various types of pharmacological activities. This plant is also used in food preparation and is thought to be entirely safe. However, continuous studies should be carried out related to the clinical and toxicological profile of *Moringa oleifera*. Thus, further studies should concentrate on issues of *Moringa oleifera* medicinal value and effectiveness, safety, and quality control.

Author Contributions: Conceptualization, A.K.P., P.C. and N.S.; data curation, A.K.P., N. Singh and S.C.; writing-original draft preparation, A.K.P. and N. Singh; writing-review and editing, P.C. and N.S.; supervision, N.S. and P.C. All authors have read and agreed to the published version of the manuscript.

Funding: This research received no external funding.

Conflicts of Interest: The authors declare no conflict of interest.

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