

# Drumstick

- [Phytopedia](#)
- [VEGETABLES](#)



Drumstick regulates sugar and has anti inflammatory properties

## GEEK TALK

Moringa Oleifera

## BUT WE TALK

Drumstick, Nugge (Kannada), Murunkai (Tamil)

# GEEK TALK

Moringa Oleifera

## BUT WE TALK

Drumstick, Nugge (Kannada), Murunkai (Tamil)

## GOEGRAPHICAL DISTRIBUTION

## DID YOU KNOW?

Globally this species is found in India and Pakistan. It is indigenous to the sub-Himalayan tracts of Northwest India. This species is cultivated throughout India and in many other tropical countries.

## CULINARY USES

Drumstick is a fast-growing and drought-resistance tree. It is grown in tropical and subtropical regions of South Asia. It is long and slender with triangular seed pods. The plant called Moringa has leaves that have myriad health benefits.

## KITCHEN PHARMACY

Drumstick is an important vegetable used widely throughout India in different cuisines.

- it is used for water purification.
- it controls blood sugar and blood pressure.
- The calcium in it has strengthen bones.
- It is rich in vitamins and it helps skin and hair.
- Drumstick is good for immunity, skin and is a good source of macro and micronutrients.

CONTENT PARTNER

