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Antioxidant activity and total phenolic content of Moringa oleifera leaves in two stages of maturity.

Publication: Plant foods for human nutrition (Dordrecht, Netherlands)
 Publication Date: 2009
 Study Author(s): Sreelatha, S;Padma, P R;
 Institution: Division of Physical Sciences, NTU, Singapore, Singapore. sree_latha04@yahoo.com
 Shortcut link to this study: <http://science.naturalnews.com/pubmed/19904611.html>


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Antioxidants play an important role in inhibiting and scavenging free radicals, thus providing protection to human against infections and degenerative diseases. Current research is now directed towards natural **Antioxidants** originated from plants due to safe therapeutics. **Moringa oleifera** is used in Indian traditional medicine for a wide range of various ailments. To understand the mechanism of pharmacological actions, antioxidant properties of the Moringa oleifera leaf extracts were tested in two stages of maturity using standard in vitro models. The successive aqueous extract of Moringa oleifera exhibited strong scavenging effect on 2, 2-diphenyl-2-picryl hydrazyl (DPPH) free radical, superoxide, nitric oxide radical and inhibition of lipid per oxidation. The **Free radical** scavenging effect of Moringa oleifera leaf extract was comparable with that of the reference **Antioxidants**. The data obtained in the present study suggests that the extracts of Moringa oleifera both mature and tender leaves have potent antioxidant activity against free radicals, prevent oxidative damage to major biomolecules and afford significant protection against oxidative damage.


PMID: 19904611

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