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Health

# Chaya leaves are a 'treasure for health', help control blood sugar, and keep digestion in check

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Sahjan (Moringa oleifera) is a tree that grows easily even with little water. India is the largest producer of Sahjan. Every year, about 1 to 1.3 million tons of Sahjan pods are produced here. It is also cultivated in countries like the Philippines, Sri Lanka, Malaysia, Indonesia, and Taiwan. In different states, it is known by names like Sahjan, Saivga, Murungai, and Mungakaya. According to a review study published in the science journal 'Heliyon' in 2024, Sahjan leaves contain several bioactive compounds such as flavonoids, alkaloids, and carotenoids. These have

antioxidant, anti-diabetic, anti-inflammatory, and cardioprotective properties. This is why moringa is called the 'miracle tree' and its leaves are called a 'superfood.' Learn from the doctor the right way to eat it.

**Tags:** #moringa oleifera #superfood