

## Nutritional value of *Shigru* (*Moringa oleifera* Lam.)

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*Shigru* (*Moringa oleifera* Lam.) has been studied for its nutritional value and it is observed that among all the edible parts, the leaves of the plant constitute a rich-source of essential nutrients. Because of the high contents of Vitamin A & C in the leaves, it can be supplemented in the diet for prevention and cure of diseases caused due to the deficiencies of vitamin A in children.