



## INDIAN MULBERRY - NUTRITIONAL FRUIT

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The tropical fruit of *Morinda citrifolia* or Noni, is widely grown all over the world. An alternative name for it is 'Indian Mulberry'. Regarding its capacity to restore health, it is among the most significant sources of traditional medicine. However, in recent years, its popularity has declined because of its unpleasant odor from the ripened fruit. It is indigenous to Australia and Southeastern Asia (Indonesia).

Noni is renowned for having a wide range of environmental tolerances. It thrives in extremely dry to extremely moist environments and may grow on infertile, acidic and alkaline soils. Noni can withstand a broad range of environmental conditions, including exposure to flooding, wind, fire and salinity. Every portion of the plant has both traditional and contemporary purposes, the roots and bark are used for dye and medicines, the trunks are used for firewood and tools, and the leaves and fruits are used for food and medicines. Many different illnesses and disorders are treated with traditional and modern medicine, albeit most of these have not yet been proven to be effective by science. Noni grows well as a monoculture in full sun or as an intercrop in conventional agro-forestry subsistence systems. It has lately attained major commercial relevance globally through a range of health and cosmetic products derived

from fruits and leaves. Fruit juices are one example of these.

### TAXONOMY OF NONI FRUIT

Kingdom	Plantae
Order	Gentianales
Family	Rubiaceae
Genus	Morinda
Species	<i>citrifolia</i>

### NUTRITIONAL COMPOSITION OF NONI FRUIT (in 15 ml juice)

S. No.	Fruit composition	Amount
1.	Calorie	3.5 kcal
2.	Carbohydrate	0.9 g
3.	Total Sugars	0.9 g
4.	Na (Sodium)	1 mg
5.	Vit (Vitamin C)	1.5 mg
6.	Niacin	170 mcg
7.	Folate	0.12 mcg
8.	Ca (Calcium)	2 mg
9.	Mg (Magnesium)	800 mcg
10.	Fe (Iron)	35 mcg
11.	K (Potassium)	10 mg
12.	Zn (Zinc)	300 mcg



### GENERAL USES

- Fruits are used as a famine food and also use them in local medicine (juice) by people in places like Hawaii and Australia. Ripe fruits are eaten raw with salt and unripe fruits are cooked in curries in some cultures, including Burma. On long sea trips, fruit is boiled, mixed with coconut and consumed as a stimulant.
- Terminal buds are utilized for both culinary and medicinal purposes.
- Nut/seeds: Foetid oil, made from nuts or seeds, is applied topically to the hair to act as an insecticide or insect repellent.
- Leafy vegetables: Mature leaves are wrapped around fish before cooking and served with the fish itself, whereas younger leaves are cooked as vegetables and served with rice in Java and Thailand.
- Beverage: Dried leaves or fruits are used to create infusions and teas for medicinal purposes.
- Spice/Flavouring: When cooking, fish or other meats or foods are wrapped in noni leaves.
- Food for animals: The fruit is fed to pigs in places like Puerto Rico, while the leaves are used as animal fodder in places like Niue, India, and as a source of nutrition for silkworms in other places.



### MEDICINAL BENEFITS

**Reduce Blood pressure:** The presence of Scopoletin, which has been demonstrated scientifically to cause blood vessels to enlarge and reduce blood pressure. Additionally, it encourages the body to produce Nitric oxide, a substance that makes blood vessel more elastic and capable of expanding more readily.

**Cures heart disease and stroke:** A healthy circulatory system is encouraged by the xeronine system. Noni contributes more magnesium into the heart cells which aids in maintaining a healthy cardiac rhythm. Both anti-inflammatory and histamine inhibiting properties of scopoletin make them great for fostering the smooth joint movement.

**Enhanced immune system:** The cellular enhancing properties of noni may help to reduce the damage to the joints and other affected tissues, including joints. The immune system and pancreas both operate better as a result.

This is accomplished by noni serving as an adaptagen that helps in self-healing. This may relate to diabetes by assisting cells that are unsuccessfully attempting to utilize blood glucose or by impairing the beta cells in the pancreas.

- Helps treat inflammation and allergies, which are the root causes of asthma.

- By controlling hormones and having an effect on the liver and hormone receptors, it also helps relieve menstrual migraine headaches. Noni tea functions as an analgesic, general febrifuge and aid in the treatment of Malaria.
- Jaundice is treated with a decoction made from Noni's stem bark.
- Poultices made of leaves or fruits can also be used to treat rheumatism, sprains, deep bruises, and TB.
- It is believed that the fruits are utilized as an appetite and brain stimulant.
- Red and yellow pigments, which are used to make dyes, are found in the bark and roots, respectively. Old-fashioned noni dyes, used for centuries, are still used to color clothing and textiles.