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# The Potential of Moringa Oleifera and Stevia Rebaudiana In Boosting the Nutritional Health and Alleviating Poverty of East African Women Through Value Addition

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## Abstract

Moringa Oleifera is the scientific name for a widely cultivated medicinal crop more commonly known as the “drumstick tree.” Native to North India, it is sometimes referred to as a “miracle tree” because nearly all parts of the tree have medicinal applications. Moringa leaves, for example, are an excellent source of many vitamins and minerals. The plant is a complete plant protein with all 9 essential amino acids. It packs more nutrients per serving than any other plant in its category.

On the other hand, Stevia Rebaudiana a sweet herb, has been used for treatment of diabetes in several countries for example Brazil, although a positive effect on antidiabetic, its complications have not been unequivocally demonstrated. This herb also has numerous therapeutic properties which have been proven safe and effective over hundreds of years. Streptozotocin is a potential source of oxidative stress that induces genotoxicity. The herb has been proven beneficial for controlling blood sugar and insulin levels, a possibility of lowering blood pressure, and a sweetener that’s actually good for teeth. Research on both these herbs has been approved by the World Health Organization (WHO).

Uganda, as a country located in the equatorial region boasts of several factors including a great climate, fertile soils and favourable rainfall to support the cultivation of the two species; Moringa Oleifera and Stevia Rebaudiana. On the same note, the country is battling a frail health system that needs to be supported using traditional medicine. There is a great possibility of successfully achieving this and alleviating poverty through the supporting women out-growers in the region.

With this on-going research, we hope to find a pattern between the two herbs; Moringa Oleifera and Stevia Rebaudiana on the boosting of nutritional health and alleviation of poverty of East African women through value addition

**Keywords:** Moringa oleifera; Stevia rebaudiana; Nutritional health; Poverty

## Biography

Aisha Nakasujja is the Founder and CEO of Aloesha Organic Natural Health Products. The company is engaged in the research and manufacturer of organic and natural health products/pharmaceuticals. These products range from nutritional supplements, immune boosters, beauty products, juice and herbal medicines that are all made locally. With her 26 years career as a naturopathic specialist/ natural medicine scientist, she has managed to bring tremendous change to the health sector by providing health oriented consultations and creating specialized herbal medicinal formulas. She is the Vice Chairperson of the Uganda Moringa Hub, Vice Chairperson “Traditional & Modern Health Practitioners against AIDS (THETA UGANDA) and has been a Board Member at the “American Chamber of Commerce and Industry Uganda (AMCHAM).

## Research Interest

Traditional medicine and Indigenous knowledge conservation, Extraction of active compounds from herbs.

## Joint event of World Heart Congress & Traditional Medicine 2020d

Osaka, Japan- March 12-13, 2020.