

The story of Sanjeevani Booti



Doctor Sahib will you tell us a story?
Would you like to hear a story?

YES... YES!!!

In a village lived a girl named Susheila. She had a little brother named Madan. They loved each other very much.

But, Madan was always falling sick and could not see in the dark. Children would tease Madan and not let him play with walks by himself.

One day Madan heard his parents talking. The village doctor had told them that Madan should be taken to the big city hospital, or else he would go blind. But they did not have enough money to take him to the hospital. Madan felt hopeless, and started to cry.

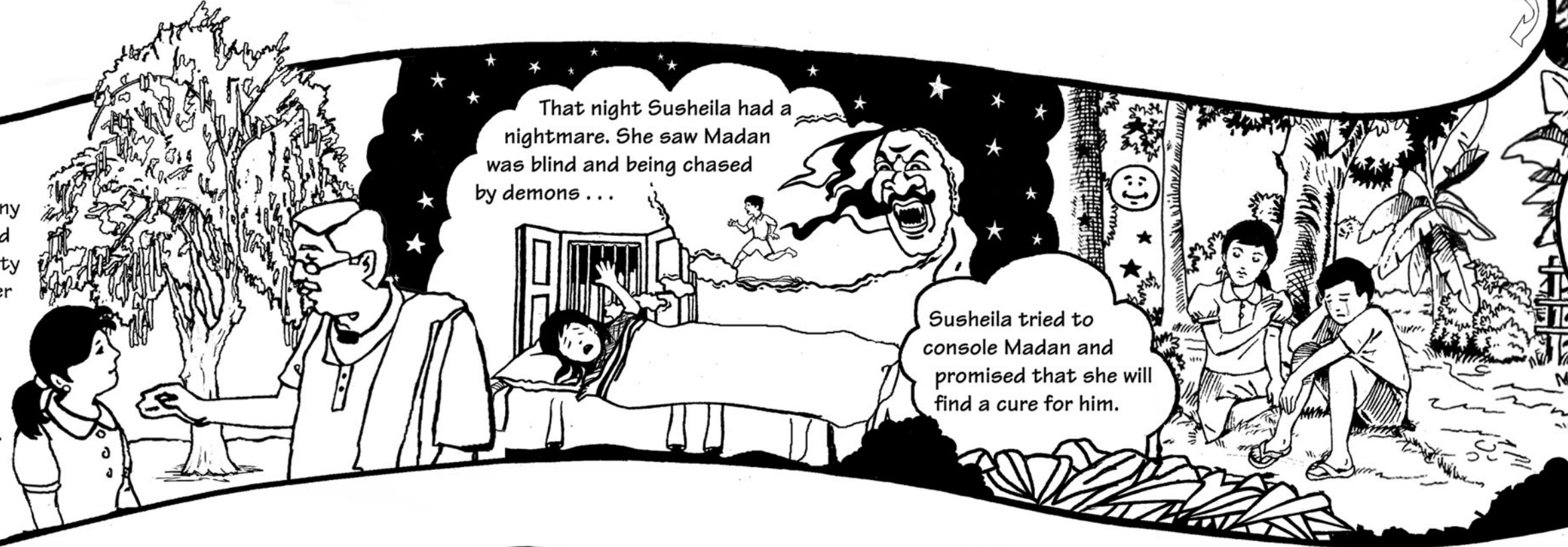
Plant a few moringa trees
Start a moringa nursery
Share saplings with others

See how many other creative ideas you can come up with.
Together, we can do a world of good.

Susheila asked many people but everyone advised that Madan should go to the city hospital. One day an old man told her that Madan should eat moringa leaves...
... because moringa leaves are Sanjeevani Booti and they prevent 300 diseases.

Susheila told her teacher, Ms. Ahmed, what the old man had shared with her. Ms. Ahmed suggested that they should talk with her brother who is a doctor and might know more on this subject.

300



That night Susheila had a nightmare. She saw Madan was blind and being chased by demons...

Susheila tried to console Madan and promised that she will find a cure for him.

Discouraged, Madan went walking. When it became dark he could not see and was lost. Susheila became very worried and went out looking for him. She called out, Madan... Madan... Madan!!

Moringa leaves prevent 300 diseases

India's ancient tradition of ayurveda says the leaves of drumstick tree prevent 300 diseases. Modern science confirms the basic idea.

--Dr. C. Gopalan, President, Nutrition Foundation of India and Dr. Kamla Krishnaswami both maintain that moringa leaves are a rich, inexpensive source of micronutrients.

Moringa leaves contain large amounts of:

Vitamin A, shielding against diseases of the eyes, skin and heart; diarrhea and many other ailments. Vitamin C, fighting a host of illness including colds and flu. Calcium, building strong bones and teeth, and preventing the bent spine common for older people. Potassium, essential for the functioning of the brain and nerves. Proteins, the basic building blocks of all our body cells.

These are essential nutrients in themselves, but their combination in moringa leaves creates a powerful disease-preventing health tonic.

The next day they went to the doctor. He said that this was quite a coincidence because he was himself involved in research on the benefits of moringa leaves... and the moringa leaves are loaded with nutrition.



Pleased the teacher asked, "Salim Bhai, how do these leaves prevent 300 diseases?" "Maybe you and your class can do some research and find out for yourselves," he said, and gave them some literature on this subject.

From the literature they found that moringa leaves have 4 times as much vitamin A as carrots; 7 times as much vitamin C as oranges; 4 times as much calcium as milk; 3 times as much potassium as bananas; 2 times as much protein as yogurt.



Madan's mother started to include moringa leaves in the foods that she cooked. His eyesight improved dramatically and he was no longer sick. The information on the benefits of moringa leaves started to spread and people started to eat moringa leaves.



... Madan grew up to become a doctor and today he shares the knowledge of this Sanjeevani Booti with everyone.



And people started to plant moringa trees and share the knowledge with others.

Adds taste: Moringa leaves are not only super-nutritious, but a few grams cooked with any vegetable or daal can also add variety and taste to our dishes.

Year-round use: For convenient year-round use, one may dry the leaves and store them in a jar. A few spoonfuls of dried moringa leaf powder adds nutrition to any vegetable or daal.

Easy to plant: Moringa leaves are easy to plant and care for. They can be grown from seeds or cuttings. Cuttings should be more than one inch thick and more than two feet long. Dig a three-foot cube pit, and plant the bottom end of the cutting about one foot deep in a mixture of equal parts manure, soil and sand. Plant cuttings in the spring, or during the monsoons.



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