# Muringa amanyidwa mu nimu ezenjawulo....

**Mu siyansi webirime: Moringa oleifera**

Mu lungereza amanyidwa nga drumstick tree.

**Bengali:** Sajna
**Burmese:** Dandalonbin
**French:** Bèn ailé, Benzolive
**Gujarati:** Suragavo
**Hindi & Urdu:** Munaga, Sahijna, Segra
**Khmer:** Daem mrum
**Luganda:** Muringa
**Malay:** Kalor
**Malayalam:** Sigru, Muringa
**Marathi:** Sujna, Shevga
**Oriya:** Munigha, Sajina
**Sinhalese:** Murunga
**Spanish:** Ben, Morango, Moringa
**Tagalog:** Mulangai
**Tamil:** Murungai
**Telegu:** Munaga, Mulaga
**Thai:** Marum
**Vietnamese:** Chùm Ngây

Amanya amalala gasange ku:
www.treesforlife.org/moringa/names

## Mwangu okukuza:

- Okuva mu nsigo oba ettabi
- Ne mu ttaka etano
- Teyetaaga ndabirira yamanyi nnyo
- Akozesa amazi matono
- Aleeta ebibala n'ebikoola mu banga lyamyezi 8 gyoka

(Musimbe akabanga okuva awakaawo kuba ayinza okuleeta obusannyi.)

## Mwangu okweyambisa:

- Teeka ebikoola ebibisi oba ebikalu mu kyonna kyogenda okulya
- Ebikoola bikaze (mu kisikirize) era obitereka
- Wakati wa gulamuzi 8 na 24 ez'ensaano za muringa buli lunaku, zisobola okuyamba okulongasa obulamu bwo.

**Nga oyagala ebisingawo tukirira:**

**Trees for Life - Uganda**
C/O Agency for Environment and Wetlands (AEW)
Bell Depot H'se, 1st floor suite #3,opp.Kampala
Kolping H'se, Makerere Kavule Bombo Road
website: www.aew-ug.org • email: aew@aew-ug.org
Tel: +256 772 351 736

Bikyusiidwa mu Luganda aba AEW nga Bayambibwaako aba Trees for Life - International

## Beera wanjawulo!

- Simba omuti gwa muringa leero.
- Teeka Muringa mubuli ky'ogenda okulya.
- Gabana okumanya kunno n'abantu abalala abayinza okuyamba okufuulu ensi yaffe ey'obulamu obweyagaza.

TREES FOR LIFE
www.treesforlife.org
Trees for Life, 3006 W. St. Louis,
Wichita, KS 67203-5129 USA
Phone: (316)945-6929 Fax: (316)945-0909
moringa@treesforlife.org

Trees for Life ewa abantu amanyi nga eraga nti nga tuyita mukuyambagana, tusobola okwejja mu mbeera enyigiriza obulamu bwaffe obwa bulijjo.

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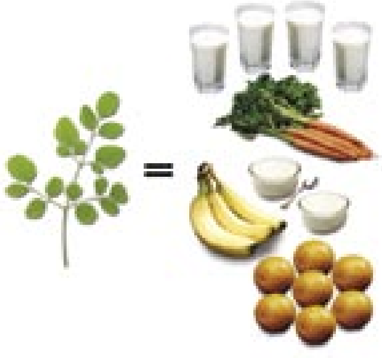
Waliwo enjogera erudewo agamba nti;

**“Ebikoola bya moringa biziyiza era nebiwonya endwadde eziwerere dala 300.”**



Naye okunonyereza okupya kukakasa nti obukoola bwa muringa obulabika ng’obutono, bujjudde ekiriisa ekyenjawulo ekiyamba okugumya emibiri gyaffe era n’okuziyiza endwadde ezenjawulo.

## Kyewunyisa ate nga kituufu

Obutoffari obuzimba emibiri gyaffe obumanyiddwa nga ‘proteins’ mu lungereza, bukolebya ate obutoffali obutono ennyo obumanyiddwa nga ‘amino acids’.Kibadde kimanyiddwa nti obutoffali buno obutono ennyo tobufuna oluvannyuma lw’okulya ennyama, amagi, era n’amata. Ekyewunyisa moringa byonna abirina.

**2** emirundi ebiri okusinga ekirisa kya puloteyini ekiri mu mata ga Yugati

Ekiriisa eki manyidwa nga vitamini C, kituyamba okunyweeza obwerinzi bwe mibiri gyaffe eri endwadde ezitali zimu era n’okuziyiza endwadde ezitukwata nga ziyitira mu banaffe okugeza nga Senyiga.oba lubyamira. Ebibala nga emicungwa bimanyidwa okuba nga byebirimu ekiriisa kino.Naye Moringa ate ye alimu ekisingawo.

**7** emirundi musanvu okusinga ekiriisa kya vitamini C ekiri mu micungwa

Ekiriisa (era omunyo gw’omubiri) ekimanyadwa nga potasiyamu, kiyamba ku bwongo ne kubusimu bw’omubiri. Amatooke gamanyidwa nga ge galimu ekiriisa kino. Naye Muringa agakubya ssubi, nanti agasingira wala.

**3** emirundu esatu okusinga ekiriisa kya potasiyamu ekiri mu matooke

Ekiriisa ky’omubiri ekimanyidwa nga Vitamini A, kikola nnyo okuziyiza endwadde z’amaaso, ensusu ne mitima era n’endwadde endala nnyingi. Ekyokulya ekimanyidwa nga kaloti kye kibadde kikyansinze okubeeramu ekiriisa kino. Naye Muringa akubisaamu emirundi egiwera

**4** emirundi ena okusinga vitamini A eziri mu kaloti

Omunyo gw’omubiri oguyitibwa kalisiyamu (calcium) gugumya amagumba n’amanyo.Amata galimu kalisiyamu ono mungi dala. Naye Muringa ate ye alimu asingawo.

**4** emirundi ena okosinga kalisiyamu ali mu mata

Ebipimo bino bigerageranidwa gulamu ku galumu eyeebyo ebyogedwako wagulu n’ebikoola bya muringa.*

## Kiringa kulima kafukunya w’ebiriisa ku mulyango go.

**Ebikoola bya muringa nga bigerageranidwa n’ebyokulya ebirala ebyabulijo***

| Ebiriisa | ebyokulya ebyabulijo | ebikoola bya muringa ebibisi | ebikoola bya muringa ebikalu |
|---|---|---|---|
| Vitamini A | 1.8 mg Mu Kaloti | 6.8 mg | 18.9 mg |
| Kalisiyamu | 120 mg Mu Mata | 440 mg | 2003 mg |
| Potasiyamu | 88 mg Mu Matooke | 259 mg | 1324 mg |
| Puloteyini | 3.1 g Mu Yugati | 6.7 g | 27.1 g |
| Vitamini C | 30 mg Mu Micungwa | 220 mg | 17.3 mg |

** Bisimbudwa mu kitabo, Ebiriisa eby’omugaso ebiri mu byendya bya buyindi ekyawandiikibwa C.Gopalana ne banne, era n’okuva mu kitabo “ Omuti ogwekyewunyo-Muringa oleifera: ebiriisa eby’obutonde mu bugwa njuba,ekyawandikiibwa Lowell Fugile. Ebisingaawo bisange*: www.treesforlife.org/moringa

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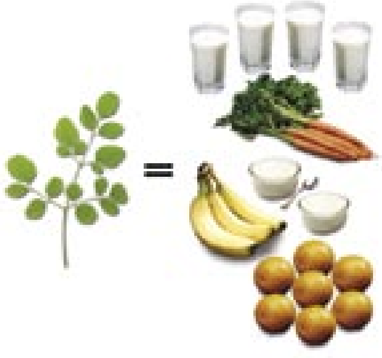

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