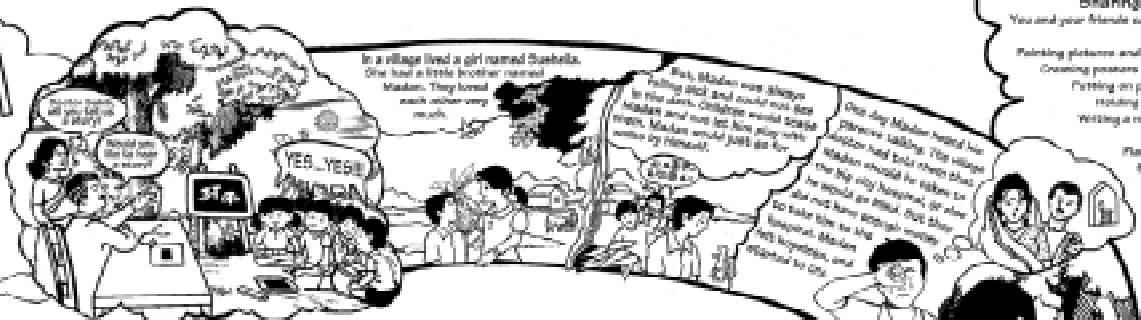


# The story of... Sanjeevani Booti



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

But, Madan was always falling sick and could not get healthy and one day he got very sick. Madan would just go for some dry fruits!

One day Madan had his fever again. Madan had told them that he would go for some dry fruits. But when he came back, he was very sick. He had to take him to the hospital. Madan was admitted to the hospital.

Planting plants and saplings on the walls  
Cooking pastries  
Parting on play  
Having cooking demonstrations  
Writing a newspaper article

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

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



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

Bushella tried to convince Madan and promised that she will find a cure for him.

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

Bushella 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 **300** diseases.

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

## 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. G. Chopra, 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, vital for preventing diseases of the eyes, skin and heart; alkaline and many other alkaloids; Vitamin C, fighting a host of illness including colds and flu; Calcium, building strong bones and teeth, and preventing the bone spurs common for older people; Potassium, essential for the functioning of the brain and nerves; Protein, 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.



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; 8 times as much calcium as milk; 5 times as much potassium as bananas; 2 times as much protein as yogurt.

Pleased the teacher asked, "Girls! What, 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 the subject.

Madan's mother started to include moringa leaves in the foods that she cooked. Her strength 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.

Yes, I am Dr. Madan.

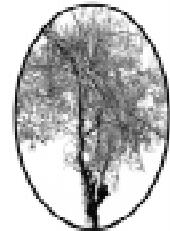
I will share this story with all my friends.

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 dal can also add variety and taste to our dishes.

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.

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



Name: \_\_\_\_\_  
School: \_\_\_\_\_



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