

Molokhia- The Wealth for a Better Health

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Molokhia also spelled as mloukhiya, molokhia, molohiya, mulukhiyya, malukhiya is the leaves of corchorus species commonly utilized in Egyptian and Middle Eastern cuisine. The Arabic name of the dish, molokhia, is a derivative of the word mulukiya – which literally means ‘kingly’, or “of the kings. It looks as green and leafy as spinach and as sticky as a ladyfinger. In spite, of the various health benefits of molokhia it is not much known infact its scientific implementation is not known to the local people. The reason can be its historical usage or the bitter taste that it isn’t common around the world but its thickness and consistency is quite similar to other cruciferous vegetables. It is a plant with various name and undoubtedly innumerable health benefits. Molokhia is used in a variety of different ways, such as salads, soups, curries, garnishes, spices, or flavoring agents. However, its versatility isn’t the only reason for its adaption in the diet but because There are more than 30 vitamins, minerals, and trace minerals in molokhia, as well as certain organic



compounds that significantly contribute to human health.

NUTRITIONAL HEALTH AND WELLNESS FROM MOLOKHIA

This easy to grow plant has been a

100 g of molokhia contains:

<i>Carotene</i>	10,000 µg
<i>Calcium</i>	500mg
<i>Potassium</i>	650mg
<i>Iron</i>	3.8mg
<i>Vitamin B1</i>	0.24mg
<i>Vitamin B2</i>	0.76mg

valuable source of fibre and minerals from generation. Molokhia could be termed as the ***“Powerhouse of Nutrition”***. Packed with essential minerals such as calcium, iron, potassium, and magnesium, as well as Vitamins C, E, and K, molokhia and the other greens in its family are veritable powerhouses of nutrition. Though the fresh leaves can be stored in a plastic or paper bag in the refrigerator, much like spinach or field greens, molokhia assumes a unique mucilaginous texture when chopped and cooked.

Nutritionally, it has three times the calcium and phosphorus as kale and four times the amount of riboflavin. It also provides 70% of the Recommended Daily Amount value of vitamin C and 25% of vitamin A. The plant has an antioxidant activity with a significant alpha-tocopherol equivalent Vitamin E. Some of the most prominent nutritional components of molokhia include fibre, potassium, iron, calcium, magnesium, phosphorous, and selenium, as well as vitamin C, E, K, B6, A, and niacin. It also contains certain antioxidant carotenes and antioxidant elements, making a well-rounded and highly beneficial addition to your diet

Molokhia possesses properties that can boost our immune system to help prevent cancer, premature aging, osteoporosis, fatigue, high blood pressure, and anaemia. Its vitamin contents moisturize our skin

and make it soft and smooth, and resist early aging. This dietary fibre has a cholesterol-lowering effect, relieves constipation, and prevents obesity and diabetes, including colorectal cancer and other lifestyle-related diseases. The combination of vitamin A, E, and C makes molokhia a wonderful food to eat if you want to increase the strength of your immune system. Molokhia is particularly impressive because it helps in increasing bone health and protecting against osteoporosis. Between iron, calcium, magnesium, and selenium, not to mention a dozen other peripheral minerals, molokhia can guarantee strong and durable bones for many years to come.

Why have molokhia on your plate?

Controls blood pressure

Increases RBC Production

Improves digestion

Balance cholesterol levels

Boost immune system

Protects against osteoporosis

Anti-inflammatory agent

Quite known half of the population today is suffering from some or other type of deficiency and the dependence of people on medicine is more rather than the natural remedies. Even if they opt for certain remedies that are natural they

tend to be more costly so why not use to adapt something that is easily accessible, cheap and can be easily grown. For that reason molokhia can come to the rescue for a lot of people belonging to all the classes.

1. **Blood Pressure:** molokhia has a significant role in controlling bp because of its high potassium content, as it is a vasodilator and because of this the arteries and blood vessels relax causing lesser strain on cardiovascular system.
2. **Circulation:** the significant levels of iron present in molokhia helps the body to produce RBC, increased level of RBC in the body reduces the chances of anaemia and improves circulation thus boosting the energy levels.
3. **Digestion:** dietary fibre just like other leafy vegetables in quite high in molokhia, which helps in optimizing the digestive process by eliminating constipation, reducing cramping, bloating and increasing nutrient uptake efficiency.
4. **Heart health :** the high fibre content of molokhia helps in reducing cholesterol from blood stream as fibre binds itself to the bad cholesterol

and removes it from the body. Thus reducing the chances of other heart diseases.

5. **Immune System:** The three vitamins i.e, A, E and C makes a perfect combination for boosting up the immune system of our bodies. Vitamin C stimulates the function of white blood cells, while vitamin A and E are two other antioxidant vitamins that protect everything from the skin and eyes to the organ systems, thereby preventing the development of cancer, chronic heart disease, macular degeneration, and other chronic diseases caused by the activity of free radicals.
6. **Inflammation issues:** the vitamin E content of molokhia is quite rare, most of the people take its supplementation due its food-based rarity. Therefore molokhia can be an ideal



o the diet if one is suffering from arthritis, gout or other inflammatory diseases.

Recipes of Molokhia

Molokhia as a green leafy vegetable is many times confused with spinach but neither it is spinach nor it can be used as a spinach substitute. It is widely used in making soups it looks quite slimy when cooked. The use of molokhia in recipes is of wide variety it can be used in non-veg recipes, in soups, can be eaten with rice, and can be prepared as stew. Few of the most common recipes include chicken stock with rice, Egyptian molokhia soup, Egyptian style molokhia.

References:

- [1] www.organicfacts.net/health-benefits/other/health-benefits-of-molokhia.html
- [2] <http://www.foodnetwork.ca/recipe/egyptian-molokhia/>