

# Noni Powder Profile

## Also known as

*Morinda citrifolia*, Indian Mulberry, Mengkudu, Nono, Nhau, Ashyuka.

## Introduction

Although there is some contradictory opinion, the noni fruit probably originated in SE Asia, and was then introduced through migration to India and Polynesia, where it thrives today. It has been used medicinally for over 2000 years for a wide variety of ailments. The first western documentation was in the late 18th century by Captain Cook who observed it being eaten the locales. Different groups of islands have different, unique uses for the fruit, but the wide spread use of noni for help with diabetes and venereal diseases seem to be common thread among all of them. Topically, it has traditionally been used for burns, cuts and wounds, abscesses, and as a shampoo for head lice. Internally, it has been used for gum and mouth infections, ulcers, asthma, heart health, and nausea, among others. The tree bark is used as a red dye, and the root is used as a yellow dye for clothing.

## Parts Used

Traditional Polynesian healers documented well over 40 medicinal uses for the entire tree, including many combinations of different parts. The powdered form is usually the most prevalent form used nowadays.

## Typical Preparations

The powder encapsulated, or locally in Polynesia as a fresh juice.

## Summary

Noni was mentioned in Ayurvedic texts well over 1000 years ago as Ashyuka, which means longevity, and was used as a balancing agent. The fruit itself is quite odoriferous, which makes the powdered form a more palatable way in which to take noni. Unlike other fruits, the noni has no "season", so it can be harvested every month from the same tree. The juice is traditionally made by placing the fruit in a jar with water until the fruit starts to decompose, at which point more water is added. The beverage is taken a little bit at a time, usually before meals.

## Precautions

No side effects have historically been reported, but because it has not been clinically studied, pregnant women and those breast feeding should avoid use for general safety.