

# The History of Noni - Traditional and Medicinal Uses

As far as research tells us, the history of noni is rich and varied.

Noni is a fruit that has been around for nearly 2000-3000 years. noni, or Indian Mulberry or scientifically *Morinda Citrifolia*, is believed to have originated in the Southeast Asia or the French Polynesian islands.

In traditional use, noni has been used both for medicinal purposes and food. Also in traditional uses of noni, it has been used in many other ways and virtually every part of the tree is used in some form or another.

The history of noni tells us about the more widely known traditional uses and medicinal uses of the different parts of noni have been used to help heal wounds, to treat infections and also to treat diabetes, fevers, skin problems, among others. Over 40 different medicinal remedies

can be identified by researchers that were used traditionally by different cultures. Within certain South Pacific islands, many stories have been passed down about the history of noni, and the traditional and medicinal uses.

Below is a table that shows some of the other traditional and medicinal uses of noni separated by the different parts of the tree used: Plant Part Used

## Traditional Medicinal Uses

### Leaves

Relieves cough, nausea, colic (Malaysia), tuberculosis, sprains, deep bruising, rheumatism, bone fractures, dislocations, hypertension, stomach ache, diabetes, loss of appetite, urinary tract ailments, abdominal swelling, hernias, vitamin A deficiency

### Fruit

Lumbago, asthma, dysentery (Indochina), head lice (Hawaii), wound poultice, broken bones, sores or scabs, sore throat, peeling and cracking of toes and feet, cuts, wounds, abscesses, mouth and gum infections, toothaches, appetite and brain stimulant food, boils, carbuncles, tuberculosis, sprains, deep bruises, rheumatism, stomach ulcers, hypertension Fruit juice Regulate menstrual flow, urinary tract problems, arthritis Stem Jaundice, hypertension Seed Scalp insecticide, insect repellent Flowers Sties

### Leaves, flowers, fruit, bark

Eye conditions, skin wounds, abscesses, gum and throat disease, respiratory ailments, constipation, fever, laxative

## Table 2: Modern Uses of Noni Complementing the Traditional and Medicinal Uses

ADD/ADHD, addictions, allergies, arthritis, asthma, brain problems, burns, cancer, cardiovascular disease, chemical sensitivity, chronic fatigue, diabetes, digestive problems, endometriosis, fibromyalgia, gout, hypertension, immune deficiency, infection, inflammation, jet lag, multiple sclerosis, muscle and joint pain, polio, rheumatism, severed fingers, sinus, veterinary medicine.