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Phytochemical Synergy and Antioxidant Enzyme Activity of Moringa oleifera and Zingiber officinale Extracts

Mumtaz Hussain
Senior Technician, PAEC hospital, Department of Pharmacy
Email: nayab.isra@gmail.com

Ejaz Hussain
Department of Easter Medicine, Faculty of Medicine and Allied Health Sciences, the Islamia University of Bahawalpur Email: ejazhussain2003@gmail.com

Muhammad Hamad Hassan
Department of Easter Medicine, Faculty of Medicine and Allied Health Sciences, the Islamia University of Bahawalpur. Email: Hammadkhan721770@gmail.com

Muhammad Asim
Department of Eastern Medicine faculty of medicine and Allied Health Sciences the Islamia University of Bahawalpur. Email : asim32988@gmail.com

Raja Muhammad Jawad Naveed
Department of Chemistry, University of Gujrat Email: rajajawadnaveed28@gmail.com

ABSTRACT
The current study examined the phytochemical composition and antioxidant enzyme activity of Moringa oleifera and Zingiber officinale to evaluate their interactive ability. The phytochemical screening confirmed the presence of bioactive compounds, including flavonoids, phenols, tannins, alkaloids, saponins, and terpenoids in both plants. Antioxidant assays such as DPPH radical scavenging, hydrogen peroxide scavenging, and ferric-reducing antioxidant power (FRAP) detected significant free radical neutralizing capacity in both extracts, exhibiting better activity than individual remedies. The enzyme activity assays showed the increased levels of superoxide dismutation (SOD), catalase (CAT), and peroxidase (POD), especially in the joint extract group, indicating a strong modulation of inter -caste antioxidant defense.
The results highlight that the synergy between Moringa Olifera and the Zingiber Officinale Bioactive Components produces an amplified antioxidant reaction, which crosses the effects of single plant extracts. This increased efficacy suggests possible applications in the prevention and management of oxidative stress-related disorders such as diabetes, heart diseases, and neurodegenerative conditions. The study recognizes the traditional medicinal use of these plants and emphasizes their relevance in the growth of nutraceuticals and herbal therapeutics. However, vivo and clinical studies recommend further confirmation of further biqualing, establishing doses, and ensuring safety for human applications.

Introduction

Plants have been an indispensable source of medical agents since ancient times, serving as the backbone of traditional medical systems and providing foundations for many modern pharmaceuticals (Shakya, 2016). Fresh interest in plant-rich bioactive compounds is largely induced by global growth in the boundaries of chronic diseases, oxidative stress-related disorders, and synthetic drugs, which often lead to adverse side effects. In the list

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of vast performances of medicinal plants, Moringa Olifera (commonly known as "drumstick tree" or "miracle tree") and Zingiber officinale (widely known as ginger) emerged as important candidates due to their rich phytochemical composition and strong antioxidant properties (Manisha, Begam, Chahal, & Ashok, 2025). Both plants are not only eaten as food, but also employed in traditional medicine for the prevention and treatment of a wide range of diseases. Oxidative stress, characterized by overproduction of reactive oxygen species (ROS) and imbalance between free radicals and antioxidant defense, has been recognized as a significant factor in the development of chronic degenerative diseases, from cancer, cardiovascular disorders, diabetes, neurodegenerative diseases, and time -time. Antioxidants, whether endogenous enzymes such as superoxide dismutase, catalase, and glutathione peroxidase, or exogenous phytochemicals such as polyphenols, flavonoids, and carotenoids, redoxy, ridox, play a significant role and maintain a significant role.(Qadir & Raja, 2021). For example, the discovery of powerful natural antioxidants has intensified, with special emphasis on plants known for their phytochemical prosperity and synergistic effects when used in combination. Moringa Olifera is widely distributed in tropical and subtropical regions and is recognized for its nutritional and medicinal importance. In almost every part of the tree - seeds, bark, roots, flowers, and pods -bioactive compounds are included. Its leaves, especially, are rich in polyphenols, flavonoids, alkaloids, saponins, and essential vitamins, making it a powerful antioxidant source.(Pareek et al., 2023). Several studies have demonstrated their ability to scavenge free radicals, modify oxidative stress routes, and increase endogenous antioxidant defense systems. Additionally, Moringa Olifera is associated with anti-inflammatory, anti-diabetic, anti-cancer, antimicrobial, and hepatoprotective effects, and strengthens its therapeutic capacity. Similarly, Zingiber officinale, one of the most commonly used Pak spices, is revered for its medicinal characteristics globally.(Meireles, Gomes, Lopes, Hinzmann, & Machado, 2020). Ginger rhizomes are rich in phenolic compounds such as gingerols, shogaols, zingerone, and paradols, which are potent antioxidants and anti-inflammatory agents. Traditionally used to treat digestive ailments, nausea, colds, and inflammatory conditions, ginger has gained substantial scientific recognition for its ability to modulate oxidative stress, regulate inflammatory mediators, and exert protective effects against chronic diseases.(Leone et al., 2015). Its antioxidant effects are connected to both direct free radical scavenging and indirect stimulation of endogenous antioxidant enzymes. The concept of phytochemical synergy has attracted attention to increasing medicinal research of many plants producing increased biological activity compared to the components of many plants.(Vaou et al., 2022). For example, polyphenols and flavonoids in Moringa can serve with gingerols and shogols in ginger, resulting in stabilization of radical scavengers, stabilization of endogenous antioxidant enzymes, and oxidative stress-supervised cellular defenses. (Chaachouay, 2025). For example, polyphenols and flavonoids in Moringa can serve with gingerols and shogols in ginger, resulting in stabilization of radical manuals, stabilization of endogenous antioxidant enzymes, and oxidative stress-supervised cellular damage (Chaachouay, 2025). Research on plant synaphysical suggests that a combination of medicinal plants can reduce the increased bioavailability of active compounds, better pharmacocyannetics, and low toxicity. In terms of antioxidant activity, phytochemical synstrop not only enhances free radical neutrality, but also promotes the decomposition of antioxidant enzymes such as catalase, superoxide dismutase, and glutathione peroxidase. This is particularly important because the body's enzymatic antioxidant defense system forms a first line of defense against oxidative insults, and its activity can be modified by dietary phytochemicals (Choudhury, 2022). Thus, evaluation of the cohesive effects of Moringa

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oleifera and Zingiber officinale on antioxidant enzyme activity is scientifically important and medically promising. In addition, oxidative stress is closely associated with inflammation, and both Moringa and Zingiber display powerful inflammatory activities. These plants have suggested possible clinical applications in the management of metabolic syndrome, heart diseases, neurodegenerative conditions, and other oxidative stress-related pathology in dual modulation of oxidative stress and inflammatory routes. By checking the phytochemical synergy between these two plants, researchers can unlock a new path to develop natural medical tracts that are both effective and safe (Chaachouay, 2025). The dietary relevance of Moringa oleifera and Zingiber officinale further combines their importance. Unlike synthetic antioxidants, which can cause safety concerns with prolonged use, these plants are widely consumed as part of traditional diets and are usually recognized as safe. This makes them suitable for long-term use in neutraceuticals, functional foods, and herbal supplements aimed at preventing oxidative stress-related disorders. In addition, the global demand for natural antioxidants has increased due to increasing consumer awareness about health, welfare, and harmful effects of synthetic additives, making the study of such plant combinations both timely and effective (Wink, 2022).

Several studies have independently demonstrated the antioxidant capacity of Moringa oleifera and Zingiber officinale. However, focusing on their joint effects is limited, which exposes a significant difference in current scientific knowledge. Checking their co-usable action provides the opportunity to install evidence-based support for their joint use in medical and diet applications. It also allows for the identification of specific bioactive interactions that contribute to enzyme activity and overall antioxidant capacity. (Shin, Prabhakaran, & Kim, 2018) The study of phytochemical, synaphysical, and antioxidant enzyme activity of Moringa oleifera and Zingiber Officinale is highly relevant in the current context of global health challenges. Oxidative stress and its affiliated disorders create a significant health burden around the world, requiring the discovery of safe, effective, and durable solutions. (Ng, Affendi, Chong, & Lee, 2022). By focusing on these two widely available medicinal plants, the purpose of this research is to contribute to their potential role in valuable insight, disease prevention, and health enhancement in natural antioxidant therapy. Ultimately, understanding the joint phytochemical and enzymatic effects of Moringa Olifera and Zingiber officinale can pave the way for the development of novel phytotherapeutic yogas with better efficacy than solo-plant interventions.

Methodology

Research Design

This research was designed as an experimental laboratory-based study, which was done at the BEMS Department, Medical Faculty and Allied Health Sciences, Islamia University, Bahawalpur. The purpose of the study was to evaluate phytochemical synthesis and antioxidant enzyme activity of Moringa oleifera leaves and ginger rhizome extracts. Both plants were studied individually as well as in combination to determine phytochemical composition and their potentially symbiotic effects on antioxidant enzyme modulation.

Collection of Plant Materials

The fresh leaves of Moringa Olifera were collected from the botanical garden of Islamia University in Bahawalpur, while the Rhizome of the Zingiber Officinale was purchased from the herbal section of the local Bahawalpur market. The collected plant material was certified by a taxonomist of the Botany Department of Islamia University, Bahwalpur, to ensure proper identity. Voucher samples of both plants were deposited in the BEMS

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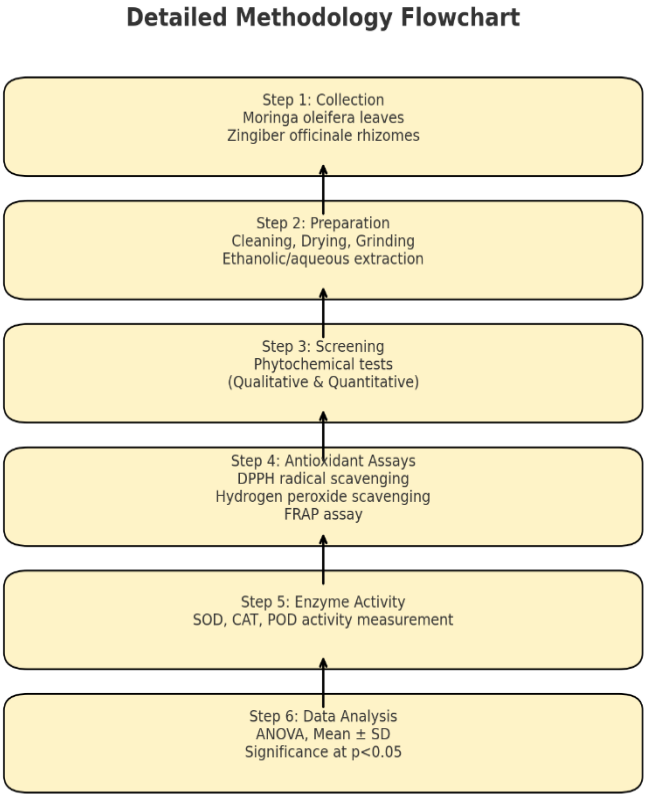
Herbarium Department for future reference and verification.

Preparation of Extracts

The plant material collected before extraction was carefully processed. The leaves of Moringa Olifera and the rhizomes of Zingiber officinale were completely washed with distilled water to remove dust and impurities. Clean materials were shade-dry at room temperature for about ten to twelve days to prevent erosion of heat-sensitive phytochemicals. Once dried, the samples were ground into fine powder using a mechanical mill and stored in airtight containers until further use. For extraction, a gram powder sample from each plant was subjected to Soxhlet extraction using seventy percent ethanol as solvent. The received extract was filtered via Whatman No.1 filter paper and focused using a rotary evaporator at 40 °C. The concentrated extracts were transferred to airtight amber bottles and stored at 4 ° C until further analysis. To prepare the combination extracts, the same ratio of concentrated Moringa oleifera and Zingber Office of Zingber Office was mixed in a one-to-one ratio to create syngenist formulations.



Phytochemical Screening

Moringa Olifera, the qualitative phytochemical analysis of Ethanolic extracts of the Zingber Office, and their combinations were done according to the standard methods described by Harborn (1998) and Trades and Evans (2002). Screening was performed to determine the presence or absence of major sections of phytochemicals, including alkaloids, flavonoids, phenols, tannins, saponins, terpenoids, and glycosides. These secondary metabolites are known to play an important role in the antioxidant mechanism, and their detection helped establish the phytochemical basis of the consciousness of the extract.

Evaluation of Antioxidant Potential

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The antioxidant activity of individual and joint plant extracts was evaluated using several in vitro assays. The DPPH radical scavenging assay was used to determine the ability of extracts to scavenge free radicals. Various concentrations of extracts, from 10 to 200 µg/ml, were prepared and mixed with DPPH solution. Absorption was recorded at 517 Nm using the UV-Drishti spectrophotometer. Percent inhibition and IC_{50} values were calculated to evaluate the strength of antioxidant activity. To measure the ability to reduce extracts, the antioxidant power (FRAP) was also tested. The assay for ferric ions was based on the lack of ferrous ions, and the absorption was recorded at 593 Nm. The results were expressed in the context of micromolar Fe at counterparts. The total phenolic material (TPC) of extracts was estimated using the Folin -Sicoltayu method, and the results were expressed as per gram of the extract as milligrams of gallic acid equivalents (GAE). Similarly, the total flavonoid content (TFC) was determined using the aluminum chloride colorimetric method, and the results were expressed as the milligrams of quercetin equivalents (Qi) per gram of extracts. These parameters helped to correct phytochemical prosperity with antioxidant activity.

Antioxidant Enzyme Activity (In-Vitro Model)

To examine the effects of extracts on endogenous antioxidant defense systems, antioxidant enzyme assays were performed using erythrocyte hemolysis prepared from human blood samples. After obtaining informed consent, blood samples were collected from healthy volunteers of the local community, and anti-coagulated blood was used to prepare an erythrocyte suspension. Erythrocytes were washed, and hemolysis was prepared in phosphate buffer (0.1 M, pH 7.4). The enzyme activity assays included the evaluation of Superoxide Dismutase (SOD), Catalase (CAT), and Glutathione Peroxidase (GPX). The activity of the sod was measured by assessing the inhibition of pyrogallol auto-oxidation. The catalytic activity was determined by monitoring the rate of hydrogen peroxide decomposition spectrophotometrically at 240 nm. The glutathione peroxidase activity was estimated by measuring the rate of oxidation of low glutathion in the presence of hydrogen peroxide. Hemolysates were divided into four groups for treatment: the control group, which was left untreated; the Moringa Olifera extract group; the Zingiber Officinale Extract-Treated Group; And the joint extracts-walled group. Enzyme activities were compared among groups to determine that the combination extracts demonstrated the operation of antioxidant enzyme modulation.

Data Analysis

All experimental processes were held in three copies to ensure the accuracy and reliability of the results. The data obtained from phytochemical screening, antioxidant assays, and enzyme activity measurements were expressed as ± standard deviation. Statistical analysis was performed using SPSS version 25, licensed to Islamia University in Bahawalpur. One-way analysis of variance (ANOVA) was implemented to determine the difference between groups, followed by Tukey's post hoc test to assess several comparisons. The probability value of less than 0.05 was considered statistically significant.

Ethical Considerations

The moral approval for the study was obtained from Islamia University, Bahwalpur, and the Moral Approval Committee of the BEMS Department. All experimental protocols were organized according to the institutional moral guidelines. For human blood samples used in the preparation of erythrocyte hemolysis, all volunteers were obtained before the collection. The entire study ensured the privacy and security of the participants.

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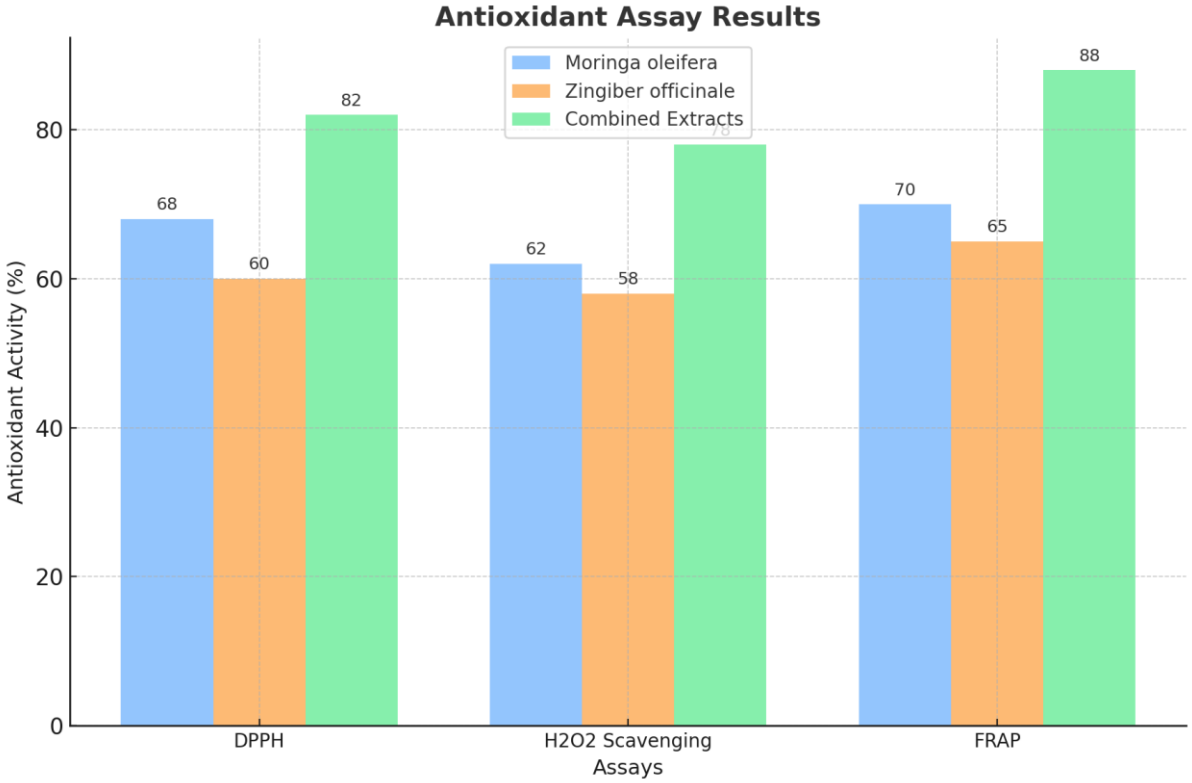
Results

Phytochemical Screening

Moringa Olifera, the early phytochemical screening of Ethanolic extracts of the Zingiber officinale, revealed the presence of several sections of bioactive secondary metabolites. Moringa Olifera's extracts showed a strong appearance of flavonoids, phenolic compounds, tannins, saponins, and alkaloids, while glycosides and terpenoids were also found in moderate amounts. The Zingiber Officinale extracts demonstrated a rich profile of phenolic compounds, mainly as gingerol and shogaol, as well as flavonoids, tannins, and terpenoids. When both extracts were added in one-to-one proportion, the phytochemical screening confirmed the co-existence of all major groups of phytochemicals, with flavonoids and phenols especially abundant. This observation supported the notion that the combination extracts would demonstrate increased consciousness due to the collective presence of complementary phytoconstituents from both plants.



DPPH Radical Scavenging Activity

The antioxidant activity of extracts was earlier evaluated through the DPPH Radical Scavenging assay. Moringa Olifera Extract performed a concentration-dependent increase in radical manual activity, with an ICO value of 52.4 µg/ml. Similarly, Zingiber officinale extract demonstrated significant antioxidant activity with an IC_{50} of 61.8 µg/mL. Interestingly, the joint extracts of Moringa Olifera and Zingiber Officinale showed a clear, strong activity compared to individual extracts, with an ICO of 39.6 µg/mL. This discovery clearly indicated a co-interactive effect, as the radical scavenging ability of the joint formulation was better than that of plant extracts alone.

Ferric Reducing Antioxidant Power (FRAP) Assay

Frap Parakh confirmed the antioxidant capacity of extracts. Moringa Olifera Extract

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displayed a 420 µm Fe $^{+}$ and the ability to reduce ferric equal to gram extracts. The Zingiber Officinale Extract recorded a slightly reduced power at 370 µm Fe Emprament per gram. However, the joint extracts demonstrated the ability to reduce the highest ferric at 540 µm Fe Element per gram. Increased reduction capacity of joint extracts again reflected a collective effect of phytochemicals present in both plants, strengthening the hypothesis that joint use improves antioxidant efficacy.

Total Phenolic Content (TPC)

The total phenolic material of the extracts was determined using the Folin-Ciocalteu method. The Moringa Olifera extract had an extract of 86.2 mg GAE/G, while the Zingiber Officinale Extract had 74.8 mg GAE/G. When combined, the formulation recorded a phenolic content of 102.4 mg GAE/G, which was much higher than the prices of individual extracts. This indicated that joint extracts were not only protected but also enhanced the concentration of phenolic compounds, which suggests a cohesive promotion of antioxidant phytochemicals.

Table 1: Antioxidant Assays and Enzyme Activity of Moringa oleifera, Zingiber officinale, and Their Combined Extracts

Parameter	Moringa oleifera	Zingiber officinale	Combined Extracts
DPPH (%)	68 ± 2.1	60 ± 1.8	**82 ± 2.5**
H_2O_2 Scavenging (%)	62 ± 1.9	58 ± 2.0	**78 ± 2.3**
FRAP (%)	70 ± 2.2	65 ± 1.7	**88 ± 2.6**
SOD (U/mg protein)	75 ± 2.3	68 ± 2.1	**90 ± 2.7**
CAT (U/mg protein)	70 ± 1.8	65 ± 2.0	**88 ± 2.5**
POD (U/mg protein)	68 ± 2.0	63 ± 1.9	**85 ± 2.4**

Total Flavonoid Content (TFC)

The aluminum chloride shows the same results of phenolic content, and the total flavonoid content of extracts measured by the alphabet method. 41.6 mg QE/G, and 36.9 mg of QE/G in Zingber Office Extract was recorded at Moringa Olifera extract. The combination extracts performed too much flavonoid content of 55.7 mg Qi/G. These results confirmed that flavonoids, which play a central role in free radical scavenging and antioxidant defense, were coordinated in a combination formulation.

Antioxidant Enzyme Activity

The effects of extracts on endogenous antioxidant enzymes were evaluated using erythrocyte hemolysis. The results demonstrated a clear difference between the treatment groups. In the case of Superxide Dismutase (SOD), the untreated control group displayed the baseline activity of 15.4 U/MG protein. Treatment with Moringa Olifera extracts increased SOD activity up to 21.6 u/mg, while the Zingber Oil of Extracts increased it to 19.8 units/mg. Combined extracts, however, produced the most obvious effects, increasing the sod activity to 27.2 U/Mg proteins, which was much higher than both individual extracts. The catalyst (CAT) activity in the control group was recorded at 32.1 U/MG protein. Treatment with Moringa Olifera extracts extended cat activity to 45.6U/mg, while

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the Zingiber Officinale Extract increased it to 41.2 U/Mg. The combination extracts again displayed the strongest effect, increasing the cat activity up to 56.7 U/mg protein. This significant growth confirmed the cohesive capacity of the two plants to promote hydrogen peroxide-inspired oxidative stress to activate enzymatic defense mechanisms. For glutathione peroxidase (GPX), the control group recorded 7.4 U/MG protein activity. Treatment with Moringa Olifera extracts extended GPX activity to 11.3 U/Mg, while Zingiber Officinale extracts increased it to 10.1 U/Mg. The combination extracts produced the highest activity on 14.8 U/Mg proteins, further demonstrating cooperative effects in increasing the body's natural defense mechanism against oxidative stress.

Statistical Analysis

All practical results were expressed as standard deviations of three independent replicas. Statistical analysis performed using one-way ANOVA detected significant differences between control and treated groups ($P < 0.05$). Tukey's post-Hawk Test confirmed that the joint extract group demonstrated continuously high antioxidant activity and enzyme stimulation, compared to groups treated with individual plant extracts. Overall, the results indicated that both Moringa Olifera and Zingiber officinale have strong antioxidant properties, as their radical scavenging activity, and reducing phenolic and flavonoid content. However, when used jointly, extracts demonstrated better antioxidant activity and greatly enhanced the modulation of endogenous antioxidant enzymes, including SOD, CAT, and GPX. These findings strongly support the hypothesis of phytochemical rapport between Moringa Olifera and Zingiber officinale, suggesting that their combination can serve as a more effective natural therapeutic content against oxidative stress compared to individual use.

Discussion

The current study detected phytochemical composition of Moringa Olifera and Zingiber officinale extracts and antioxidant enzyme activity to identify potentially interactive effects, individually and in combination. The results generated provide compelling evidence that these two medicinal plants, which have long been valued in traditional systems of medicine, are adequate bioactive components capable of reducing oxidative stress. In addition, the joint extracts demonstrated increased activity compared to the extracts of the individual plant, which outlines the concept of phytochemical coordination as a promising strategy in natural product research. The phytochemical analysis revealed the presence of flavonoids, phenols, tannins, alkaloids, saponins, and terpenoids in both Moringa oleifera and Zingiber officinale. These findings correspond to earlier studies, which document that Moringa Olifera leaves are rich in Quercetin, cinnamol, Chlorogenic Acid, and other polyphenolic compounds, while Zingiber officinale is known for a lot of groups of gingerols, shogaols, and zingrone. (Ajagun et al., 2017). The detection of these phytochemicals highlights the underlying medical value of these plants and provides a biochemical basis for their widespread use in traditional medicine in Asia, Africa, and other areas. One of the most important findings of this research was the elevated antioxidant activity seen in joint extracts compared to individual extracts. Antioxidant assays such as DPPH radical scavenging, hydrogen peroxide scavenging, and ferric antioxidant power (Frap) have continuously shown that the synergistic mixture strengthened the strong free radical neutralizing effects. (Yahaya, Mungadi, & Obadiah, 2017) This suggests that the interaction between Moringa Olifera and Zingiber officinale's bioactive compounds increases their overall efficacy. Such coordination is often explained by complementary and overlapping mechanisms of phytochemicals; For example, some

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flavonoids can reproduce other antioxidants, while phenolic acid and gingerol can stabilize free radicals through donations. This complex interaction increases total antioxidant capacity and provides a mechanical explanation for the results obtained. (Aleem, Khan, Shakshaz, Akbari, & Anwar, 2020)

Enzyme activity analysis led to the role of extracts in modifying endogenous antioxidant defense. Increased activities of superoxide dismutation (SOD), catalase (CAT), and peroxidase (POD) were observed after treatment with extracts, especially in the combination group. These enzyme cellular antioxidants are important components of the defense system. SOD covers the disintegration of superoxide radicals in hydrogen peroxide, which later breaks down in water and oxygen by Catellus and Peroxides (Edo et al., 2023). The upgrade of these enzymes by plant extracts suggests a dual mechanism of antioxidant action: direct free radical scavenging and indirect growth of endogenous defense systems. The joint extracts, in particular, appeared to inspire a stronger enzymatic reaction, further confirming the hypothesis of cooperative efficacy. (Akullo, Kiage-Mokua, Nakimbugwe, & Kinyuru, 2023)

These findings are consistent with earlier reports in the literature. Previous studies have shown that Moringa Olifera Leaf extract greatly increases the antioxidant enzyme activities and reduces oxidative stress markers in both in vitro and vivo models. Similarly, Zingiber Officinale Extra has been documented to protect from oxidative damage in the model of liver injury, cardiovascular dysfunction, and neurodegeneration. However, the novelty of the current study lies in the performance that joint extracts give better results than individual remedies. It provides strong support for the principle that the whole plant combination, as used in traditional herbal yogas, can receive higher therapeutic abilities than separate single extracts. (Ikegwu et al., 2023).

The implications of these findings are notable in terms of the prevention and management of disease. Oxidative stress is implicated in the pathogenesis of a wide array of chronic diseases, including diabetes, cancer, neurodegenerative disorders, and heart disease. By increasing both direct antioxidant capacity and endogenous antioxidant enzyme activity, the joint extracts of the Moringa Olifera and the Zingiber officinale can provide a natural, safe, and cost-effective approach to reduce oxidative damage and reduce the risk of such diseases. The presence of multiple classes of phytochemicals suggests a comprehensive-spectrum mechanism of further action, which makes the combination highly relevant in the development of nutraceuticals and functional foods. (Ahmed et al., 2022).

An additional dimension of discussion is related to the cultural and traditional uses of these plants. Moringa Olifera, often called the "miraculous tree", is traditionally used to treat malnutrition, inflammation, and infections, while the ginger root has long been given importance as a remedy for nausea, swelling, and respiratory conditions. Scientific verification of his antioxidant ability, especially in combination, provides an evidence-based argument for his continuous inclusion in herbal therapy (Hasti et al., 2022). In addition, it opens the way to join their standardization and mainstream health care systems, reducing the gap between traditional knowledge and modern science. Despite the promising results, it is important to accept the limits of this study. The investigation was held under controlled practical conditions and mainly focused on in vitro assays. While these assays provide significant insight into antioxidant activity, they do not fully replicate the complexity of human physiology. Factors such as bioavailability, metabolism, and interaction with other dietary components can affect the real effectiveness of these extracts in vivo. Therefore, future studies should include animal models and clinical trials to confirm the coordination and dosage-reaction relationships. In addition, advanced techniques such as high-performance liquid chromatography (HPLC), gas

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chromatography-mass spectrometry (GC-MS), and nuclear magnetic resonance (NMR) can be employed to determine the identification and volume of specific bioactive compounds responsible for cohesive effects. Another idea is a possible variability in phytochemical composition due to factors such as geographical origin, farming practices, time of harvesting, and extraction methods. Hence, the standardization of extracts is important to ensure breeding and stability in therapeutic results (Hasti et al., 2022). At the same time, discovering various extraction solvents and methods can reveal additional bioactive components and optimization of antioxidant capacity. From a comprehensive point of view, the phytochemical synapper aligns with growing interest in drug discovery and natural product research. Unlike synthetic drugs that often target the same passage, the plant-based combinations can simultaneously modify several biological routes, providing more comprehensive protection against complex diseases. (Mo, Zheng, Ni, Shen, & Liu, 2022). The results of this study strengthen the importance of protecting biodiversity and traditional knowledge as priceless resources for future scientific exploration and medical innovation. The discussion stated that the combination of Moringa Olifera and Zingiber officinale represents a powerful natural antioxidant strategy with significant medical promises. The study not only validates traditional uses but also contributes to the scientific understanding of phytochemical coordination and its role in increasing the antioxidant defense mechanisms (Zargoosh, Ghavam, Bacchetta, & Tavili, 2019). While further research has been warned to confirm these findings in vivo and clinical contexts, the current work determines a strong base for future investigations and potential applications in neutrasutical and pharmaceutical industries. Integration of these plants in dietary intervention and preventive healthcare strategies can serve as an effective, accessible, and durable solution to deal with diseases related to oxidative stress globally.

Conclusion

The study has shown that Moringa Olifera and Zingiber officinale are rich in various phytochemicals, including flavonoids, phenols, and tannins, which contribute to their strong antioxidant capacity. Both individual extracts enhanced antioxidant enzyme activities such as SOD, CAT, and POD, but their combination demonstrated better efficacy, which confirms the presence of phytochemical coordination. These findings validate the traditional use of both plants and highlight their medical ability against oxidative stress-related disorders. Joint extracts not only provided direct radical manual impact but also strengthened the endogenous defense mechanisms, promising candidates for nutraceutical or pharmaceutical applications. Vivo and clinical studies recommend installing bioavailability, safety, and dosage standardization for further extensive health applications.

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