

International Year of Millets 2023

Household Medicinal Plants and benefits of Millets

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International Year of Millets?

- The year 2023 has been declared by the United Nations as the International Year of the Millet, following a proposal by India, which wants to position itself as a global hub for millets.
- On 6th December 2022, the Food and Agriculture Organization (FAO) of the United Nations, organized an opening ceremony for the International Year of Millets – 2023 at Rome, Italy. The event was attended by a delegation of senior government officials from India. Next in the series, prior to the year-long celebration of ‘International Year of Millets (IYM) 2023’, the Department of Agriculture & Farmers Welfare hosted a special ‘Millet Luncheon’ for the Members of the Parliament at the Parliament house
- Millets can play an important role and contribute to our collective efforts to empower smallholder farmers, achieve sustainable development, eliminate hunger, adapt to climate change, promote biodiversity, and transform agrifood systems

Why?

- Food and Agricultural Organization of the UN has to say about millets. As the global agrifood systems face challenges to feed an ever-growing global population, resilient cereals like millets provide an affordable and nutritious option, and efforts need to be scaled-up to promote their cultivation
- Provide nutritious food and fodder.
- Less water consuming than other cereals.
- Grows faster & putting less stress on environment.
- No pests and diseases problem.
- Can grow in even marginal lands.
- Complete Food and Nutritional Security.
- Will supplement the existing income of the farmers.

MILLETS ARE SMART FOODS

BENEFITS OF MILLET PRODUCTION AND CONSUMPTION

GOOD FOR CONSUMER

- Low glycemic index
- Rich in mineral, vitamins and antioxidants
- Prevents lifestyle diseases

GOOD FOR FARMERS

- Short crop duration
- Resource efficient use of resources
- Hardest, resilient and adaptable to harsh climate

GOOD FOR PLANET

- Low water footprint
- Zero carbon footprint
- Energy-efficient crops



Why did millets lose preference over the past few decades?

- A paper published in the Ethnic Foods Journal, part of Springer Nature, claims that before the Green Revolution, production of rice and millets were higher than the production of wheat, barley, and maize combined all together.
- But since then, the production of millets has gone down, and “the crops that were once consumed in every household became a fodder crop in just a few decades” after the Green Revolution.

For Millets

- The Department of **Agriculture & Farmers Welfare** has taken a proactive multi-stakeholder engagement approach (engaging all the central government ministries, states/UTs, farmers, start-ups, exporters, retail businesses, hotels, Indian Embassies etc.)
- Ministry of **Sports and Youth Affairs**, Government of India. The ministry has planned 15 activities over 15 days in January which include engaging sports persons, nutritionists and fitness experts through video messages, conducting webinars on millets with leading nutritionists, dieticians and elite athletes, promotion amplification through Fit India App, etc.
- The **states** conducted millet centric activities including mahotsavs / melas and food festivals, training of farmers, awareness campaigns, workshops/ seminars, placement of hoardings and distribution of promotional material at various key locations in the state, etc.
- Millets are also an integral part of the **G-20 meetings** and delegates will be given a true millet experience through tasting, meeting farmers and interactive sessions with start-ups



Ministry of Ayush, Government of
India ✓






1 Feb · 🌐

As the United Nations is observing 2023 as the International year of Millets as there is a renewed interest in millets around the globe.

This series on millets will create awareness about health benefits as mentioned in our Ayurveda scriptures.

Source : <https://bit.ly/3wOc5sG>

#IYM2023 #Ayush #AmritKaalBudget


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AYURVEDA: MILLETS AND ITS BENEFITS

Sushruta Samhita (600-500 BC) classified cereals as Trunadhanya or Kudhanyavarga

Millets under Khudhayna varga:

- Kodo millet (kodrusaha),
- Barnyard millet (syamaka)
- Adlay millets (gavedhuka),
- and others



Millets in India

- ‘Millets’ were among the first crops to be domesticated in India with several evidence of its consumption during the Indus valley civilization
- In India, millets are primarily a kharif crop, requiring less water and agricultural inputs than other similar staples

What is millets

- Millets (ragi, bajra and jowar etc.) are cereal, like rice or wheat, but used to be referred to as coarse cereals, an obvious reference to the external texture which is not smooth. All cereals are a rich source of carbohydrate but millets also come with more protein, dietary fibre, iron and calcium content than rice or wheat
- Millet is a pseudo grain and a member of the grass family Poaceae which produces a dry, edible one-seeded fruit, “caryopsis,” commonly called a kernel, grain or berry. The grain is small, round, and relatively soft with a mild flavor.

Millets are Nutri-Cereals

- Nutri-Cereals are one of the earliest grains that are being cultivated and consumed by the people in India and the world.
- Nutri-Cereals can be classified as major and minor Nutri-Cereals.
- Major Nutri-Cereals include sorghum (jowar) & pearl millet (bajra).
- Minor Nutri-Cereals includes finger millet (Ragi), foxtail millet (Kangni), proso millet (Cheena), kodo millet, barnyard millet (Sanwa) and little millet (Kutki).
- Sorghum is the fourth most important food-grain in India after rice, wheat, and maize in terms of area and production.
- Finger millet (ragi) also forms a major part of the food basket in some states like Karnataka, Telangana and Uttarakhand.
- Other minor Nutri-Cereals are also being cultivated in varying scales in various parts of the country, mainly by tribal and marginal farmers.

Benefits of Millets

- Millets are a **whole grain** that's packed with protein, antioxidants, and nutrients.
- **High magnesium** helpful for diabetics, it stimulates the levels of insulin, increasing the efficiency of glucose receptors in the body, keeping blood sugar levels balanced
- **Phosphorus** development of healthy bones and teeth, repair muscle tissue as well as improve kidney function and muscle contraction and helps neutralize acids in our blood, keeping our pH balanced and healthy
- **gluten-free whole grains** increase fiber intake, feeling full for longer while promoting healthy and regular digestion and protect against cardiovascular disease and diabetes
- **Folate** (vitamin B9) is vital to pregnant women, used to make DNA and other genetic material in the body and promotes healthy production of red blood cells and cell division
- **Protein** to keep our cells functioning, to rebuild and repair muscles, brain development and reduce the risk of cardiovascular disease
- **Omega 3 Fatty Acids** increase HDL (good cholesterol) in the body and improve brain function and memory. They may have numerous health benefits, such as helping lower your blood sugar and cholesterol levels. Plus, they're gluten-free, making them an excellent choice for people who have celiac disease or follow a gluten-free diet

Nutritional Composition of Millets as compared with major cereal crops (Per 100 g)

Commodity	Protein (g)	Carbohydrates (g)	Fat (g)	Crude fibre (g)	Mineral matter (g)	Calcium (mg)	Phosphorus (mg)
Sorghum	10.4	72.6	1.9	1.6	1.6	25	222
Pearl millet	11.6	67.5	5.0	1.2	2.3	42	296
Finger millet	7.3	72.0	1.3	3.6	2.7	344	283
Proso millet	12.5	70.4	1.1	2.2	1.9	14	206
Foxtail millet	12.3	60.9	4.3	8.0	3.3	31	290
Kodo millet	8.3	65.9	1.4	9.0	2.6	27	188
Little millet	8.7	75.7	5.3	8.6	1.7	17	220
Barnyard millet	11.6	74.3	5.8	14.7	4.7	14	121
Barley	11.5	69.6	1.3	3.9	1.2	26	215
Maize	11.5	66.2	3.6	2.7	1.5	20	348
Wheat	11.8	71.2	1.5	1.2	1.5	41	306
Rice	6.8	78.2	0.5	0.2	0.6	10	160

For the health 5 things should be replace

Thing	To be replace
White salt	Sendha namak/ rock salt
Wheat	Millet
Sugar	Jaggery
Milk (Animal)	Milk (Coconut, peanut etc)

MILLETS OF INDIA

Amaranth	राजगीरा
Barnyard	सनवा
Buckwheat	कुट्टू
Finger millet	रागी
Foxtail millet	कांगनी
Kodu	कोड़ो
Little millet	सामा
Pearl millet	बाजरा
Proso millet	चेना
Sorghum	जवार

1. Pearl Millet (Bajra) :



Pearl Millet Plant and Grains

2. Finger Millet(Ragi) :



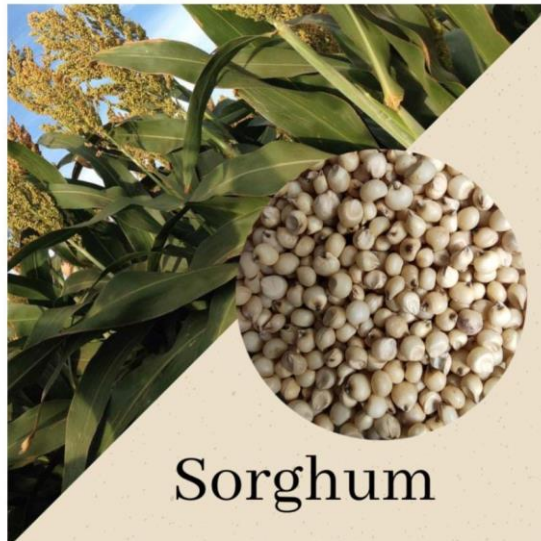
Finger Millet Panicle and Grains

3. Foxtail Millet(Italian Millet) :



Foxtail Millet Panicle and Dehulled Grains

4. Sorghum (Jowar) :



Sorghum Plant and Grains

5. Little Millet(Suan/Samai) :



Little Millet Plant and its Dehulled Grains

6. Proso Millet(Panivaragu) :



Proso Millet Plant and its dehulled Grains

7. Kodo Millet(Varagu) :



Kodo Millet and its Dehusked Grains

8. Barnyard Millet(Sanwa):



Barnyard Millet Panicles and its Grains

9. Browntop Millet (Korale):



Browntop Millet Plant and its Grains

Millet Recipes



Millet Khichdi (Foxtail Millet Khichdi)



How to cook millet (lemon millet)



Ragi porridge recipe for babies |



Ragi malt (ragi porridge)



**Ragi Modak Recipe | Ragi
Kozhukattai or Modakam**



Multigrain roti



Ragi Dosa Recine



Ragi idli recipe (soft & fluffy nachni idli)



Ragi Cookies



Ragi biscuits



Jowar upma | Jonna upma |



Jowar pops



Foxtail Millet Pulao



Ragi Mudde | Finger Millet Balls

Household Medicinal Plants



Zingiber officinale

Many people enjoy ginger tea on a regular basis, and this is one of the simplest ways to use it. Simply chop off a couple of inches of ginger root and let it steep in hot water for fresh ginger tea

- Reducing inflammation (reduces the risk of osteoarthritis and other disease associated with inflammation)
- Boosting immune function (antibacterial, antifungal, antiviral, and antiparasitic properties)
- Improving cardiovascular health and circulation (protects against clotting, improves lipids, and reduces [blood pressure](#))



Allium sativum

In order to get the health benefits, the fresh clove must be crushed or chopped in order to stimulate the release of an enzyme called alliinase which in turn catalyzes the formation of allicin. Allicin, in turn, rapidly breaks down to form a number of different organosulfur compounds. So to "activate" garlic's medicinal properties, compress a fresh clove with a spoon prior to swallowing it, or put it through your juicer to add to your vegetable juice. A single medium-size clove or two is usually sufficient and is well-tolerated by most people



People commonly use garlic for high blood pressure, high levels of cholesterol or other fats in the blood, and hardening of the [arteries](#). It is also used for the common cold, [osteoarthritis](#), and many other conditions

Mentha piperita

It may also relax the muscles of your intestines, allowing gas to pass and easing abdominal pain. Try peppermint oil or leaves added to tea for gas relief. Inhaling the peppermint aroma may offer memory enhancement and stress relief, and peppermint oil acts as an expectorant and decongestant, and may help clear your respiratory tract.

benefits to the respiratory system, including for coughs, colds, asthma, allergies, and tuberculosis



Curcuma longa

turmeric is widely used for promoting digestion, regulating [diabetes](#), boosting immunity, treating ulcers and wounds, preventing oral problems, enhancing skin qualities, diminishing hair woes and many more



Phyllanthus emblica

Promotes immune function. Amla juice is a great source of vitamin C, which is a water-soluble vitamin that acts as an antioxidant
Enhances liver health. ...
Supports healthy digestion. ...
Promotes heart health. ...
May increase hair growth. ...
Improves kidney health.



Piper longum

Pippali is an effective herb in managing cough and cold. Pippali controls cough, releases mucus, clears air passages, thus allowing the patient to breathe freely



Ocimum tenuiflorum

Tulsi shown to counter metabolic stress through normalization of blood glucose, blood pressure and lipid levels, and psychological stress through positive effects on memory and cognitive function and through its anxiolytic and anti-depressant properties





**THANK
YOU**