



ANCIENT GRAINS, MODERN MARVELS: EMBRACING MILLETS IN AYURVEDIC HEALING FOR OPTIMAL HEALTH

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ABSTRACT

Nutrition is a crucial aspect of health and development. Healthy eating is related to improved immune systems, safer pregnancies, and births, a reduced chance of diseases that are not transmissible (such as diabetes and cardiovascular disease), as well as improved longevity. Nonetheless, today's way of life and food choices lead to poor health and nutritional issues such as obesity and diabetes. Millets, which have no impact on weight and have an abundance of nutrients, can be employed in such cases. Millets are a group of small-seeded grasses widely farmed as cereal grains for human and animal use worldwide. Most millets belong to the Poaceae or Gramineae family, which is a grass family. Millet is high in protein, fibre, phosphorus, magnesium, copper, potassium, and manganese, thus serving as a nutrient powerhouse. This article discusses millet and its significance in our daily lives. Some millet preparations are additionally clarified so that they might be included in our daily lives.

Keywords: Millets, *Kshudra Dhanya*, Dietary supplements, *Ayurveda*

INTRODUCTION

Millets are the earliest and most rudimentary indigenous food grains utilized as a staple diet. "Millet" originates from the Latin term "Miliun," referring to "small seed" (Robert, 2000). Millets are a kind of plant in the Poaceae family with smaller seeds than main cereals (Macdonell & Keith, 1958). They differ among food grains because they are smaller when compared to others yet contain more nourishment. They were initially mentioned in the *Rigveda*, followed by the *Yajurveda* and the *Atharvaveda* (Bindu, 2010). Millets have been employed in *Ayurveda*

as a dietary meal and a treatment regimen since *Samhita Kala*¹. *Pathya* is one of the most exquisite therapeutic recommendations for these grains in various ailments. Millets include :

Synonyms of Millets³ :

Sr. No.	Name	Synonyms
1.	<i>Sama (Shyamak)</i>	<i>Shayamak, Shyam, Tribeej, Rajdhanya, Trinbeej, Uttam (Shastri, 2011)</i>
2.	<i>Ragi</i>	<i>Madhuli, Ragika, Nartak, Madua</i>
3.	<i>Kodo</i>	<i>Kodrav, Kordush, Kudyal, Uddalak, Madanagraj</i>
4.	<i>Neewar</i>	<i>Tini, Aranyadhanya, Munidhanya, Trinodbhav</i>
5.	<i>Gavedhuk (Job's tear)</i>	<i>Vaijyanti,</i>
6.	<i>Kanguni</i>	<i>Kanguni, Pitatandula, Vatal, Sukumar, Priyangu</i>
7.	<i>Cheena</i>	<i>Varak, Sthulkangu, Sthul, priyangu, Kangubhed, Marha</i>
8.	<i>Jowar</i>	<i>Jurnahwa, Yavnal, Raktika, Krostupuccha, Sugandhika,</i>
9.	<i>Bajra</i>	<i>Bajranna, Sajak, Nalika, Neelkaran, Agrayadhanya</i>

Millets are discussed in depth in *Ayurveda* under *Dhanya Varga*. Millets are known by several other names, including *Kudhanya* (inferior among cereals), *Kshudra Dhanya* (small sized cereals), and *Trina Dhanya* (grass-derived cereals). Millets general Guna and Karma (qualities and effects) are,

Rasapanchak⁴ and Therapeutic uses⁵ of Millets :

Sr. No.	Name	Rasa	Guna	Therapeutic uses
1.	<i>Sama (Shyamak)</i>	<i>Madhur Kashaya</i>	<i>Sheet, Snigdha, Laghu</i>	<i>Obesity, Raktapitta, Pittaj kasa, Urustambha, Stanyadosa, Jalodara</i>
2.	<i>Ragi</i>	<i>Madhur Tikta Kashaya</i>	<i>Laghu sheet</i>	<i>Brihana Triptikarak, Bala-karak, Raktapitta Shamak</i>
3.	<i>Kodo</i>	<i>Madhur Tikta</i>	<i>Guru, Ruksha</i>	<i>Obesity, Raktapitta, Pittaj kasa, Visha, Urustambha, Trishna, Jalodara, Kustha Stanyadosa, Jalodara</i>
4.	<i>Neewar</i>	<i>Madhur</i>	<i>Laghu, Snigdha, Sheet</i>	<i>Raktapitta, Vatarakta, Pathya, Kaphkarak, Malamutra ro-dhak</i>
5.	<i>Gavedhuk (Job's tear)</i>	<i>Kashaya Madhur</i>	<i>Ruksha</i>	<i>Obesity, Kapajh Chardi</i>
6.	<i>Kanguni</i>	<i>Madhur Kashaya</i>	<i>Guru, Ruksha</i>	<i>Kustha Vatakarak, Pittadaha nashak, Bhagnaasthi Sandhan</i>
7.	<i>Cheena</i>	<i>Madhur Kashaya</i>	<i>Ruksha</i>	<i>Brihana</i>
8.	<i>Jowar</i>	<i>Madhur</i>	<i>Guru, Sheet</i>	<i>Brihana Malroddhak, Ruchikarak, Viryavardhak, Raktavikar</i>
9.	<i>Bajra</i>	<i>Madhur</i>	<i>Ruksh, Ushna</i>	<i>Balya, Agnideepak, Strikamodpadaka, Punsat-vahar, Durjara (nighantu ratnakar)</i>

Reasons for Cultivating Millets⁶

Millets have been used in Indian cuisine since pre-historic times. Apart from great nutrition, there are several more reasons why millets have been grown for centuries. Some of these are :

1. **Drought resistant:** Millets require far less water to produce than other grains. Thus, they were usually planted in water-stressed areas and could withstand droughts.
2. **High nutritional value:** They have exceptional nutritive properties since they are abundant in phytochemicals and micronutrients.
 - a) **Alkaline-forming grain:** Aids in the maintenance of the body's PH equilibrium.
 - b) **Short growing season:** Due to their short growth season, millets reach maturity in 60-100 days.
 - c) **Pest resistant:** Millets are resistant to pests and illnesses, reducing the strain on farmers and providing health benefits.
 - d) **Gluten-free:** Gluten sensitivity is one of the most common gastrointestinal disorders nowadays. Gluten-free millets offer an option for folks.

Nutritional values of Millets

Millets contains Carbohydrates (60-70%) , Proteins (7-11%) , Fats (1.5-5%), Crude Fibre (2-5%). Millets also contains Calcium, Manganese, Manganese, Iron, Proteins, Polyphenols and Phosphorus.

Description in Nighantus

Even in *Ayurvedic Samhitas*, millets are mentioned in the form of *Trinadhanya* and *Kshudradhanya*.

1. **Charak Samhita:** Millets are mentioned in *Dhanyavarga*, like *Shyamak* and *Koradusha*. These are *Kashaya* and *Madhura* in *Rasa*, and their *Veerya* is *Sheeta*. They increase *Vata*, balance *Kapha*, *Pitta*, *Ruksha*, and *Grahi*, and are

light to digest. Various other *Samhitas* also mention millets.

2. **Bhavprakash Nighantu:** Millets are also mentioned in *Dhanyavarga*, like *Kshudradhanya* (*Kangun* et al.), *Kodo*, *Gavedhuka*, and *Yavanala*. According to *Bhavprakash*, *Kshudradhanya* is *Ushna*, has *Kashaya* and *Madhura Rasa*, *Laghu guna*, *Vipaka* is *Katu*, *Ruksha*, *Vatakarak*, and *Grahi*, and also decrease *Pitta* and *Kapha*.
3. **Kayedev Nighantu** : Millets are mentioned in *Dhanya Varga*.
4. **Dhanwantri Nighantu** : Millets are mentioned in *Suvarnaadi varga*.
5. **Shodala nighantu** : Millets are mentioned in *Trinadhanya varga*.
6. **Raja Nighantu** : Millets are mentioned in *Shalyaadi varga*.

Millets, according to Ayurveda:

1. **Kangu / Priyangu⁷** (*Setaria italica* - Foxtail millet) Foxtail millet, commonly referred to as *Kangu* emerged in India and China's northern region, where it is currently widely produced. It derives its name from how it appears as an arching bunch of flowers. After being nurtured in the last week of May, this dry crop might take up to 70 days to develop. Foxtail millet promotes the continual release of glucose without affecting the body's metabolism. Foxtail millet is known as a heart-healthy diet and aids in reducing diabetes prevalence in society due to its high magnesium content.

Guna - *Guru* (heavy for digestion)

Karma -

Sangrahi (absorbs excess fluids and promotes feces production and digestion)

Brumhana (nourishes bodily tissues) *Shoshana* (dries up excess fluids) *Bhagnasandhanakrit* (fracture recovery) *Durjara* (difficult for digestion)

Vrishya (aphrodisiac).

It is a rice alternative. *Kangu* also relieves labor pain and is utilized in the circumstances such as *Amvata*.



Fig. 1(a) *Priyangu* (Foxtail millet) plant



Fig. 1(b) *Priyangu* (Foxtail millet) seeds

2. ***Sama* / *Shyamaka*⁸ (*Echinochloa frumentacea* - **Barnyard millet**)** *Shyamaka*, a Barnyard millet, is a tiny white seed considered more nutritious than any other cereal grain. Properties are *Sangrahi* (absorbs excessive fluids and helps for normal formation of feces and enhances digestion) and *Dhatu shoshaka* (dries up the body tissues).

Little Millet - Little millet, also known as *Sama*, *Shavan*, or *Kutki*, is high in minerals such as zinc, Iron, potassium, and calcium. This grain is high in vitamin B3, which reduces cholesterol, stimulates a fast metabolism, repairs tissue, and generates ener-

gy. It is also high in minerals, including calcium, Iron, potassium, and zinc. Furthermore, it provides the body with the required lipids to help in weight reduction. Another advantage is that it is high in fibre. Because it is high in fibre, carbs, and protein, it is used to aid in weight loss. It is also high in calcium and phosphorus, which are necessary for bone formation. *Shyamaka Panchang* is used in *Pittaj Vikara* and *Vibandha*. It is also known as the cereal of people experiencing poverty.



Fig. 2(a) *Shyamaka* (Barnyard millet) plant



Fig. 2(b) *Shyamaka* (Barnyard millet) seeds

3. ***Koradusha*/ *Kodrava* (*Paspalum scrobiculatum* - **Kodo millet**)⁹**

Rasa - *Madhura-Tikta rasa* (sweet-bitter in taste)

Guna - *Guru* (heavy for digestion)

Karma -

Param Graahi (absorbs excessive fluids and helps for normal formation of feces and enhances digestion),

Vishahara (anti-poisonous)

Avrishya (Antaphrodisiac)

Patya in *Vrana* (best diet for wounds and ulcers)



Fig. 3(a) *Kodrava* (Kodo millet) plant



Fig. 3(b) *Kodrava* (Kodo millet) seeds

It is a traditional dish with a flavor comparable to rice that benefits weight loss. It is easily absorbed and high in phytochemicals and antioxidants, which help to prevent various ailments associated with sedentary living. Furthermore, Kodo millet alleviates hip and knee pain and regulates menstruation in women. Diabetic patients can also be fed it instead of rice.

4. *Cheenaka* (*Panicum miliaceum* - Proso millet)¹⁰



Fig. 4(a) *Cheenaka* (Proso millet) plant

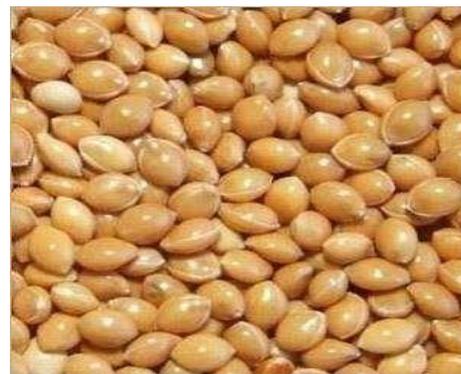


Fig. 4(b) *Cheenaka* (Proso millet) seeds

Guna - *Guru* (heavy for digestion), *Durjara* (difficult for digestion)

Karma -

Brumhana (nourishes the body tissues)

Bhagnasandhanakara (promotes fracture healing)

Pellagra is caused by a lack of Niacin (vitamin B3), which Proso millet can assist with. Niacin is abundant in proso millet. It is historically served as a restorative food, particularly after delivery or illness.

5. *Ragi* / *Nartaki* (*Eleusine coracana* - Finger millet)¹¹

Rasa - *Tikta-Madhura* - *Kahaya Rasa* (bitter-sweet-astringent in taste)

Guna -

Sheeta (cold in potency-anabolic)

Snigdha (unctuousness)

Karma -

Balya (promotes strength)

Vrishya (aphrodisiac).



Fig. 5(a) Ragi (Finger Millet) plant



Fig. 5(b) Ragi (Finger Millet) seeds

The nutrients in this superfood aid digestion, slow aging, and reduce the risk of heart disease. Ragi, which dominated Indian cuisine for many years, fell out of favor as wheat and rice consumption increased. It made a comeback, however, as the UN FAO emphasized the value of millet intake in avoiding malnutrition and other diseases. Finger millet is high in natural calcium, which helps to build bones and reduces the risk of fractures. It also contains naturally occurring Iron, which aids in treating anemia. Finger millet is suitable for young children, the elderly, and pregnant women since it is high in cal-

cium. It aids nursing moms in producing enough breast milk.

6. **Gaveduka (Coix lachryma jobi - Adlay millet)**¹²

Rasa - Katu-Madhura Rasa (pungent-sweet in taste)

Karma -

Karshyakaari (emaciating)

Kapha Hara (pacifies Kapha Dosha)

Mutral (diuretic) hence used in *Mutra Krich*

Sangrahi (absorbs excessive fluids and helps for normal formation of feces and enhances digestion)

Dhatu Shoshaka (dries up the tissues)



Fig. 6(a) Gaveduka (Adlay Millet) plant



Fig. 6(b) Gaveduka (Adlay Millet) seeds

The roots of this plant are used in *Pidita Artava* (dysmenorrhea). Chapati made from this grain helps in weight loss.

7. **Jowar / Yavanaala (Sorghum vulgare - Sorghum)**¹³

Trishghna (pacifies excessive thirst)

Karma -

Avrishya (Antaphrodisiac)

Ruchya (enhances taste perception) *Kledaghna* (pacifies excessive moisture content)

Mutrajanan (urogenesis) *Vrishya* (aphrodisiac).



Fig. 7(a) Jowar (*Sorghum vulgare*) plant



Fig. 7(b) Jowar (*Sorghum vulgare*) seeds
Pitta),

Bajra (*Pennisetum typhoides* Burm. - Pearl millet) - The most popular millet is pearl millet, often known as *Bajra*. For many years, *Bajra* has been a mainstay of Indian food, whether made as *Khichadi* or used to create *rotis*. Given that it requires a high temperature to flourish, *Rajasthan* is India's leading producer of this nutrient-rich crop. This uncommon crop is grown in the summer when temperatures increase and is resistant to harsh circumstances such as dryness, low salinity, low soil fertility, and high pH. Magnesium, found in pearl millet, helps asthmatic patients breathe more accessible and reduces the effects of migraine. Pearl millets contain fibre, which helps to reduce the incidence of gallstones.

Indications or Therapeutic uses

1) KANGU (FOXTAIL MILLET)¹⁴

- a) *Atisara* (Diarrhea) - *Sangrahi* (absorbs excessive fluids and helps for normal formation of feces and enhances digestion)
- b) *Grahani* (irritable bowel syndrome)
- c) *Sthoulya* (Obesity) and *Prameha* (Diabetes Mellitus) - *Brumhana* (Nourishing) and *Shoshana* (dries up excess moisture), which implies it may be utilized for *Dhatu Shoshana* (reduction of bodily tissues) of overfed *Dhatu*s such as *Meda* (Adipose tissue) and *Mamsa* (Muscle tissue), while also providing nourishment by giving micronutrients.
- d) *Asthi Bhagna* (fractures) - *Bhagnasandhanakrit Karma* (Facilitates fracture healing)
- e) *Twak Vikara* - *Kapha-Pitta Pradhana Twak Vikara* (Skin problems due to vitiation of *Kapha* and

- f) *Amavata* (Rheumatoid Arthritis)

2) SHYAMAKA (BARNYARD MILLET)¹⁵

- a) *Atisara* (Diarrhea) - *Sangrahi* (absorbs excessive fluids and helps for normal formation of feces and enhances digestion)
- b) *Grahani* (Irritable Bowel Syndrome) as it is *Badda Vitkara* (compactness of feces)
- c) *Santarpana Janya Vyadhi* (Diseases due to over nourishment)
- d) *Sthoulya* (Obesity) - *Lekhaniya* (Scraping)
- e) *Prameha* (Diabetes Mellitus)
- f) *Medoroga* (Diseases due to excessive lipids) as it is *Shoshana* (Dries up excessive moisture), *Ruksha* (Reduces unctuousness)
- g) *Badda Mutrakara* (Promotes normal formation of urine)
- h) *Kapha - Pitta Pradhana Rogas* (Diseases due to vitiated *Kapha* and *Pitta*)
- i) *Twak Vikara* (Skin Diseases)
- j) *Amavata* (Rheumatoid Arthritis)

3) KORADUSHA/ KODRAVA (KODO MILLET)¹⁶

- a) *Grahani* (irritable bowel syndrome) due to *Param Grahi* (absorbs excessive fluids and helps for normal formation of feces and enhances digestion), *Badda Vitkara* (compactness of feces)
- b) *Vrana* (Wound and ulcers)
- c) *Santarpana Janya Vyadhi* (Diseases due to over nourishment of body tissues) like *Sthoulya* (Obesity), *Prameha* (Diabetes Mellitus), *Medoroga* (Diseases due to excessive lipids) due

to *Kleda Shoshana* (Dries up excessive moisture), *Ruksha* (Reduces unctuousness), *Lekhana* (scraping), *Vatakarak* (Increases *Vata*), due to *Pitta-Rakta Shamaka* (Pacifies vitiated *Pitta* and Blood)

- d) **Vishartha** (Affected due to poison) as it is *Visha Hara* (Pacifies effects of poison)
- e) **Kapha-Pitta Pradhana Roga** (Diseases due to vitiated *Kapha* and *Pitta*)
- f) Kodo millet immediately decreases glycated haemoglobin levels, promotes the production of liver glycogen, and enhances diabetics' energy levels.
- g) Kodo millets are an excellent source of antioxidants. The phenolic compounds in this little millet lower LDL or bad cholesterol, protect the heart, lower blood pressure, and prevent various other chronic illnesses. These antioxidants also fight against free radicals that cause cell and tissue damage, preventing several forms of cancer.
- h) Kodo, an excellent alternative to rice and wheat, aids in weight reduction by stimulating metabolic activity and combating metabolic syndrome.
- i) Kodo millets are gluten-free and suitable for gluten-intolerant persons.
- j) Regular consumption of Kodo millet is extremely advantageous for postmenopausal women who have symptoms of cardiovascular diseases, such as elevated blood pressure and cholesterol levels.

4) **CHEENAKA (PROSO MILLET)**¹⁰

- a) **Santarpana Janya Vyadhi** (Diseases due to over nourishment of body tissues) like *Sthoulya* (Obesity), *Prameha* (Diabetes Mellitus), *Medoroga* (Diseases due to excessive lipids) due to *Guru* (Heavy), *Ruksha* (Reduces unctuousness), *KaphaHara* (Pacifies *Kapha*),
- b) **Brumhana** (Nourishing)
- c) **Asthibhagna** (Fracture)
- d) **Kapha Pradhana Roga** (Diseases due to vitiated *Kapha*).
- e) Proso millet is indicated in conditions like Car-

diovascular diseases and diabetes mellitus.

5. **NARTAKI (FINGER MILLET)**

- a) Raktapitta (Bleeding disorders)
- b) Amlapitta (Gastric disturbances)
- c) Twak Roga (Skin diseases), as it is *Tikta-Madhura* (Bitter-Sweet), *Kashaya Rasa* (Astringent taste), *Sheeta* (cold in potency – anabolic in action), *Snigdha Gunayukta* (Property of Unctuousness)
- d) *Daurbalya* (Loss of energy) due to *Balya Karma* (helps to improve energy)
- e) *Sthoulya* (Obesity) and *Prameha* (Diabetes Mellitus) as it is *Tikta-Kashaya* (Bitter and Astringent in taste)
- f) *Balya* (Increases strength and energy)

The nutritional facts of finger millet are listed below¹⁷.

- a) Finger millet/ Ragi for losing weight: Ragi includes Tryptophan, an amino acid that suppresses hunger and aids in weight management. Ragi is absorbed slower, which keeps one from consuming too many calories. Furthermore, the fibres in Ragi provide a sensation of fullness, which helps to reduce excessive food consumption.
- b) Finger millet/ Ragi for bone health: Ragi is high in calcium, which aids with bone strength. It is an excellent source of natural calcium for developing youngsters and the elderly. Ragi intake aids bone formation in growing youngsters and bone health maintenance in adults. Ragi prevents disorders like osteoporosis and may lower the chance of fracture.
- c) Finger millet/ Ragi for diabetes: The phytochemicals in finger millet aid in delaying digestion. This aids in the regulation of blood sugar levels in people with diabetes. Research done in 2000 discovered that a Finger Millet-based diet benefits diabetes since it has more fibre than rice and wheat. The study also discovered that a diet high in whole-finger millet has a decreased glycemic response or the potential to raise blood sugar levels. This is because Ragi flour contains components that reduce starch digestion and absorp-

tion.

- d) Finger millet/ Ragi for lowering blood cholesterol: Finger millet consists of the amino acids lecithin and methionine, which aid in lowering cholesterol levels by removing excess fat from the liver.
- e) Finger millet/ Ragi for anemia: Ragi is an excellent source of natural Iron. Ragi consumption helps in Anaemia.
- f) Finger millet/ Ragi for relaxation: Ragi intake naturally relaxes the body. It can help with anxiety, sadness, and insomnia (sleepless nights). Ragi can also help with migraines. Millet can be consumed in a variety of ways, including Although millets are high in nutrients, they lack the flavor of other grains. To consume these millets, many preparation methods might be used. The following are some of the ways millet may be consumed.

6) GAVEDUKA (ADLAY MILLET)¹²

- a) Sthoulya (Obesity)
- b) Sthula Pramehi (Diabetes mellitus, which leads to being overweight)
- c) Kapha Pradhana Vyadhi (Diseases due to Kapha) as it is Karshyakaari (Imparts weight loss)
- d) Kapha Hara (Pacifies Kapha).

e) Rheumatism

7) JOWAR / YAVANAALA (SORGHUM)

- a) **Raktapitta** (Bleeding disorders)
- b) **Amlapitta** (Gastric disturbances)
- c) **Twak Roga** (Skin diseases) as it is *Pittaghna* (Pacifies vitiated *Pitta*), *RaktaShamaka* (Pacifies vitiated *rakta*)
- d) **Sthoulya** (Obesity)
- e) **Prameha** (Diabetes Mellitus) as it is *Tikta-Kashaya* in *Rasa* (Bitter and Astringent in taste)
- f) **Trishnaghna** (Pacifies thirst)
- g) **Kaphahara** (Pacifies Kapha).

Health benefits of Sorghum¹⁸

- a) **Celiac disease** - Celiac disease (CD), one of the most common hereditary disorders, causes reac-

tions in genetically predisposed individuals to the gluten proteins found in wheat and other grains. This condition, which can cause excruciating abdominal pain, is caused by the immune system's unfavorable reaction to gluten. Sorghum contains no gluten and is a healthy diet alternative for persons with celiac disease. Sorghum products did not affect the level of anti-transglutaminase antibodies when taken continuously.

- b) **Obesity**- Obesity is an increasing problem in India, and it is linked to several chronic ailments, including diabetes and cardiovascular disease (CVD). Dietary fiber-rich foods improve big intestine function and delay digestion and absorption, minimizing the risk of chronic illnesses. Sorghum contains unique chemical and physical qualities (bulk to diet, viscosity, water holding capacity, and absorption capacity) that influence physiological behavior. It also has much fibre. It aids in satisfying hunger, increases satiety, and reduces risk factors for obesity.
- c) **Diabetes mellitus** - Diabetes Mellitus is a complicated metabolic condition that is a severe public health problem in many nations. Whole grain diets lower LDL cholesterol, triglycerides, and blood pressure while increasing HDL cholesterol. According to research on the processing and cooking of white and yellow *jowar* variations, boiling Yellow *Jowar* flour (coarse) has a lower glycemic index than flour derived from the same. Similarly, chapati made from white flour had a lower glycemic index than chapati made from yellow *Jowar* flour. These alterations in the glycemic index caused by processing and cooking play a crucial role in diabetic diets.
- d) **Coronary Heart Diseases** - Regular consumption of whole grains reduces the risk of CVD.
- e) **Cancer** - Anti-carcinogenic properties of sorghum have been well documented. Consumption of sorghum has positive health impacts on cancer. The polyphenols and tannins in sorghum have anti-mutagenic and anti-carcinogenic properties and can act against human melanoma cells, as well as positive melanogenic activity.

Introduction in day-to-day life

Millets can be used in our day-to-day routine in many forms.

1. Bread prepared from millet is more healthy than regular bread.
2. Laddoos of millets with flax seeds and dry fruits can be made.
3. In Sweet *Pongal* and *Bisibelebhath*, foxtail millets can be used as a substitute for rice.
4. Foxtail millets, barnyard millets, proso millets, and little millets can also be used as a substitute for rice in *kheer* and mango rice.
5. *Idli*, *dosa*, and pancakes can also be prepared using different millets.
6. *Upma*, sweet *halwa*, *barfis*, and vegetable *pulao* can be prepared using different millets.
7. All the recipes are very healthy and full of nutrition.
8. *Bajra*, Sorghum, and *Ragi* can be used to make chapatis which are full of fiber and easy to digest. These chapatis can be specifically given to obese and diabetic patients.
9. Millet porridge with fruits and dry fruits can also be made for children.
10. Cakes and cookies using millet are also very nutritious and healthy for children.
11. Cutlets, *dhokla*, and various types of rice can also be prepared.
12. Roasted millets or puffed millets are also prepared.

This way, different healthy, nutritious, and even tasty recipes can be prepared using millet. This way, one can lead a healthy lifestyle in this sedentary lifestyle.

Contra indications¹⁹

1. Most of the Millets, in general, are *Ruksha* (Reduces Unctuousness) and *Vatakara* (Increases *Vata*), which makes them unsuitable for *Vata Pradhana Vyadhi* (Diseases due to *Vata* dominance) like *Sandhigata Vata* (osteoarthritis), *Shoola* (Conditions with pain), *Karshya* (Underweight), *Shosha* (Emaciated), etc.
2. Due to *Durjarata* (Difficult to digest), they are not to be used in *Ajeerna* (Indigestion),

Mandagni (Reduced digestion capacity), and *Vibandha* (Indigestion because of *Vata* that leads to bloating).

3. Suppose Millets have to be used in the above-said conditions. In that case, *Samskara* (Processing) helps balance *Vata* (one of three bioforces governing the nervous functioning of the body). It eases digestion like soaking Millets in warm water before cooking, adding *ghee* with the preparation, adding *Deepana-Pachana* (Drugs that enhance digestion) and *Vata Shamaka* *Prakshepakas* (Spices that pacify *Vata*), etc. need to have opted, and *Matra* (quantity and frequency) should be regulated.
4. Traditional processing of millets, like soaking and cooking, helps reduce antinutritional components and enhances millet grains' nutritional quality and bio-availability.
5. *Ayurveda* never recommends millets under the list of *Nitya Sevaniya Ahara* (foods to be used regularly), which emphasizes that millets should not be used daily. This is also signified by the term *Kudhanya* attributed to millets, which means they are inferior among cereals.

Easy to cook Recipes.

1. Jowar Upma

Ingredients required- ½ cup jowar grains, 1 onion, 1 carrot, 1 dry red Chilli, 1 tsp urad dal, ½ tsp grated ginger, 1 tsp mustard seeds, ¼ tsp asafoetida, ½ tsp red Chilli powder and salt as per taste.

2. Raggi Laddoo

Ingredients required- 1 cup ragi flour, 1/2 cup powdered jaggery, 1/4 cup ghee and ½ teaspoon cardamom powder.

3. Kodo Millet Porridge

Ingredients required- ½ cup kodo millet, 1 liter milk, ¼ cup powdered jaggery and 1 teaspoon ghee.

4. Bajra Biscuits

Ingredients required- ½ bajra flour, ½ cup wheat flour, ¼ teaspoon cardamom powder, ¼ teaspoon baking powder and 4 tablespoons powdered sugar.

5. Kuttu Fusion Dosa

Ingredients required- ½ cup ragi flour, ¼ cup wheat

flour, ¼ tsp black pepper powder,
¼ tsp coriander powder, ½ tsp cumin powder, ½
tsp red Chilli powder and salt as pertaste.

6. Jowar Pancake

Ingredients required- 1/4 cup jowar flour, 1/4 cup wheat flour, 2 eggs, ½ teaspoon baking powder, ¼ teaspoon salt, 1 mashed banana, 3 tablespoon honey and 1/4 cup milk.

CONCLUSION

In conclusion, embracing millets in Ayurvedic healing offers a profound opportunity to reconnect with our ancestral wisdom while addressing modern health challenges. These ancient grains are true marvels, rich in essential nutrients, and uniquely suited to balance our doshas and promote overall well-being. Incorporating millet into our diet can enhance digestion, boost immunity, and provide sustained energy without causing imbalances. With their eco-friendly cultivation and adaptability to various culinary delights, millets exemplify sustainable and holistic nourishment for our bodies and the planet. As we embrace this ancient treasure trove, we embark on a journey of optimal health and harmony, aligning ourselves with nature's abundant gifts and unlocking the path to a healthier and more balanced life.

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