

## A CASE STUDY OF MILLET'S POSITIVE RESEARCH ON HEALTH EFFECTS

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### Abstract :

*Millets means 'Thousands of grains in a handful' which means very small grains. Millets are mainly of two types major millets and minor millets. In the present research, a case study has been done using a minor millets i.e. Sri Anna. In this Part I Diabetic patient included Sri Anna is his diet for last 6 months and completely excluded wheat, rice, sugar, milk, flour from his diet. Research included various foods of millets in the patient's diet like ambli, rice (various types of rice), chapati, idli, dosa, dhokla, dhirdi, thalipeeth, cutlet, momos, sik kabab etc. The following findings were obtained from the daily research 1. Before using Millets the patients fasting reading was 200-250 but after using Millets his fasting reading was take about 95-120. 2. Before he had to be given a dose of 11-14 units of insulin but now he has to give 9-10 units of insulin. 3. Medical problems of the patients family members are also completely cured like fatty liver, PCOD. etc.*

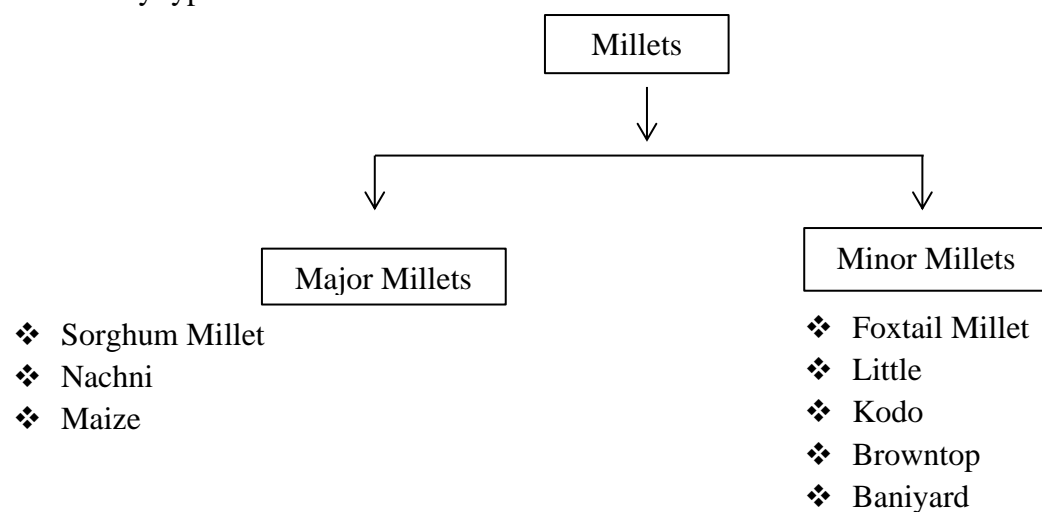
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### Introduction :

What is Millets?

The word millets is derived from the **French word mille**. Which means 'Thousands of grains in a handful'. It means very small grains. It was obtained from plant of grass species. Therefore they are called Millets.

How many types of Millets ?



Millet's Man Dr. Khadarwali sir has called these 5 minor millets as 'Sridhanya'.

The Prime Minister of our country Shri Narendra Modi has called these 5 positive Millets as 'Sri Anna'.

In the 30 years of Khader Wali Sir's experience, he said that Sridhanya Millets. If we used this millets our daily life, we can cure any disease in the world. As soon as one hears this, the researcher's attitude will be instilled in themselves .

In the words of Dr. Khadanwali Sir **"If your food is right there is no need for medicine.**

**If your food is not right No medicine will work".**

Dr. Khadr Wali Sir has

Special research has been done :

- Glucose Imbalance
- Hormones Imbalance
- Microbe Imbalance

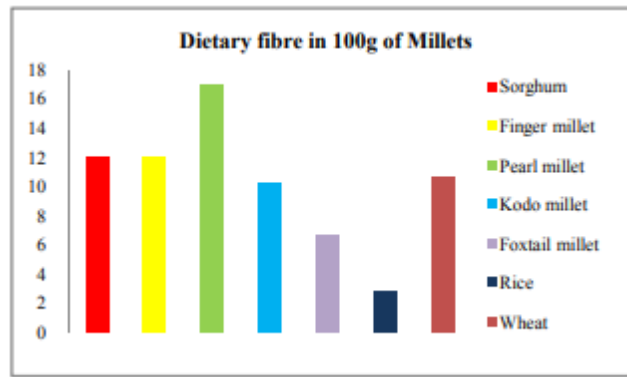
It is said that any work should be started with oneself first. So this research six months ago. Part 1 Diabetic patient in the researcher's house this experiment of Sridhanya was done with the aim of curing his disease.

All the five Atras in the minor group are Kado for experimenting with this Disease little.

Experiment of this Disease all the five foods of the minor group are Kado, little foxtail, browntop, baniyard. Started using this sridhanya regularly in our life.

**Table 1:** Nutrient value of millets, Nutritive value of Indian Foods

Crop/Nutrient	Protein (g)	Fiber (g)	Minerals (g)	Iron (Mg)	Calcium (Mg)
Sorghum	11	6.7	2.7	3.4	13
Finger Millet	7.3	3.6	2.7	3.9	344
Foxtail Millet	12.3	8	3.3	2.8	31
Kodo Millet	8.3	9	2.6	0.5	27
Little Millet	7.7	7.6	1.5	9.3	17
Pearl Millet	10.6	1.3	2.3	16.9	38
Proso Millet	12.5	2.2	1.9	0.8	14
Barnyard Millet	11.2	10.1	4.4	15.2	11



**Fig. 1** Dietary fibre present in 100g of millets comparing to rice and wheat, Nutritive value of Indian Foods.

**What precautions were taken :**

- First of all, stop using foods like wheat, rice flour, sugar, milk & animal product in our daily meals.
- Not only the use of all plastic containers and non-stick utensils in the house was stopped, but also the use of plastic container even signal plastic was also stopped, and instead of that place, the use of all steel pots and earthen pots was started.
- Refined oil also stopped and started using crude oil.

**What did the Food of Sridhanya Millets do in the beginning :**

Ambli, Rice, Chapati, Idli, Dosa, Dhokla, Dhirdi,

Daily uses and treatments of Millet

Researcher used Millets to cure type 1 diabetes in her 9 year old child. When I started using Millet in my diet, I started getting amazing positive results form the first day.

Researcher gave ambali to the patient at 8.30 am. in the morning within 45 minutes of taking ambali, he began to feel hungry. Then some fruit was given to him. Lunch time is usually between 12.30-1.00 noon. But on the first day of Millets he could not bear his hunger. So its at 12.00 noon. His reading was 75 when RBS reading was taken. That he had low sugar. After this they were served lunch. Thus. Where his sugar level used to be 150-200 between up to 75-80. On the very first day, the researcher decided to follow this path for the rest of her life. This period was summer vacation.

**Failures while using Millets :**

While using Millets there were successes along with failures at times. Through those failures, we are helped to overcome our mistake and move forward in a better way. Sometimes the patient’s sugar level was very low and sometimes very high. We do it because we need check his RBS twice a week between 2-3 midnight as per doctor’s advice. As the readings at that time are around 45-50, he is afraid of going into hypoglycaemia, so he should give

something sweet or sugary had to do this the fear of hypoglycaemia could be avoided but the fasting reading on the next morning would come up to 300. At such times the situation was very confusing. To satisfy researcher her self went to Dr. Khadar Wali Sir & got complete training. According to them a dose of insulin is determined and given thrice a day without taking reading. We went on and on in their manner. It all went smoothly until the summer break.

But now from the time school started there was a big difference in the reading of the patient. When we got to the root of the matter, it was noticed that the patient used to eat tasty food with other children. The patient box used to continuous only vegetable and he no longer wanted one everyday. So he also wanted variety in the lunch box like every one else. That's way he likes to do new research for him now.

Making new dishes like thalipeeth, cutlets, momos, curd chard, mathri, etc.

### **Conclusion:**

According to the Dr. Khadar Wali Sir, consumption of Sridhanya millets if done regularly for 6 months to 2 years would improve our body from within and make it capable of eliminating any disease form our body.

- This has proved true in my patients case today the patients conditions has improved a lot. Before using millets the patient RBS fasting reading used to be around 200-250 but today his fasting reading is around 95-120.
- Earlier a patient had to give 11-14 unit of insulin but today he only need to give 9-10 units of insulin.

Part-1 Diabetes at the time of the experiment on the Diabetes patient, he did not know when the other members of the patients family also had some problem life PCOD, fatty liver and other troubles.

### **References :**

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