

CULTURAL SIGNIFICANCE OF MILLETS

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Healthy food habits are the secret of, healthy life. During course of time people have forgotten millet, which are rich. Source of nutrients. Many ailments are the results of unbalanced nutrient diet. The fat millets consumption on regular basis as part of diet will provide. healthy food with health security. This Consciousness is growing among the people growing attention towards millet consumption. The need of complementing policy towards millet Cultivation. With traditional methods of Cultivation which were followed during 1950's with provide healthy food with less water no fertilizer insecticide Sprays and traditional methods of cultivation. Indian agriculture is Predominantly rain fed agriculture. Out of the total production of Cereal 90% comes from rain fed agriculture. As such the pulses Cultivation in future also important to food security.

National Advisory Council has recently taken policy decision to supply millets through public distribution system. millets are richest source of nutrients which provide nutritional food security to human diet. It will also fill gap in food grains i-e. Rice and Wheat. Sorghum finger millet Bajra maize, Pearl millet (Bajra) oats and other small millets, which may not be superior to quality of rice but they are their nutritional value is far better than rice. Their regular inclusion in diet will definitely enrich human diet.

The use of millets as Staple food is common Practice in Indian villages. The another benefit Of millet Cultivation is it provides food to animal. Another positive aspect that they. very efficient in energy conversion.

Millets Cultivated are Shoot term crops

Comes for harvesting within about 4 months

The benefits of millets are

1. Millets are ancient crops.
2. Cultivated in arid, hilly, and ruler regions
3. Grown in different Conditions.
4. Resistant to climate change.
5. Grains are highly nutritious,
6. Fodder to animal.
7. Higher income source with least Cultivation Cost to farmer

Food Consumption for secured sustainable life as crops are grown by organic farming. majority millets are cultivated in Soils with low fertility day land cultivation, with capacity of Sustainable yield. Paddy and Wheat are providing food security to Indian food. Millets are providing nutritional food security to human diet hence carries special significance

The benefits to human health :

1. least allergist

2. Improves digestive Capacity.
3. Reduce triglycerides
4. Good to nervous system.
5. Reduces high blood pressure
6. Reduce diabetics
7. high in phosphorus
8. Reduces Store formation in Kidney
9. Beneficial to Women during Post menopause period
10. Minimizes possibility of breast Cancer and heart diseases
11. Natural source of Vitamin B-12. and Calcium,

Pregnant and lactating mothers can have small millets. The baby in Womb will grow stronger with this food. 3-6 months pregnant women should take foxtail millet and brown top millets. During 6-9 months Pregnancy Kobo millet and little millet. Lactating mothers should take barn yard millet, east millet for more milk along with drum Stick leaves to children use finger millet or feast milk fox tail millets are good for nerves and mental health. Kobo millets Purity of blood improve resistance power and overcoming anemia diabetes, Constipation, good for found Sleep. Barnyard millet little millet and Brown top millets are beneficial over for cholesterol reduction problems of ovaries Sperm, BP, Thyroid eyes and obesity

Table no.1 MILLET RECIPES

| SR. NO. | MILLET | RECIPES | ADVANTAGES |
|---------|-------------------------------|--|---|
| 1. | Little Millet | Khicholi Kheer Upma | Gluten free |
| 2. | Amaranth Millet (Rajgira) | Porridge Dosa Millet with warm berries | Richest in vitamin-c |
| 3. | Barnyard millet (kuthiravali) | Upma Khicholi | Low glycemic index |
| 4. | Sorghum Millet | Porridge Salad soup | Inhibiting tumor growth Benefits to diabetic patient |
| 5. | Finger Millet (raagee) | Dosa Upma Laddu | Good for weight loss, cholesterol, diabetes |
| 6. | Brown top millet (Korle) | Khicholi Pullav Salad | Rich in protein Gluten free |
| 7. | Buckwheat | Salad Porridge patties | Gluten free |

Amravati city house-Wives are not very much aware on inclusion of millets in regular diet and recipes with nutritional benefits. Stretches the need for education awareness campaign.

Reference Book :-

- Human Nutrition:- Prof. Dr Eravati Karve
- Text Book of Food and Nutrition Annie Fredrick 2006