



REVIEW ARTICLE IN MILLETS AN AYURVEDA DIET

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ABSTRACT

Millets, a set of small-seeded grains but normally referred to as motaanaj or kshudradhanya have received prominence in Ayurveda due to their first-rate nutritional and therapeutic houses. Ayurveda, unfolds the historical treasure via types of food, herbs, every day routine and so on. and basically emphasizes the significance of food in retaining health and preventing diseases. Millets, being a critical part of the Ayurvedic food plan, provide an diverse variety of health blessings. those are considered to balance the doshas (bio- energies). several types of millets are without difficulty to be had and exact for physical workers, they can without difficulty digest. moreover, millets own a completely unique aggregate of macronutrients and micronutrients, that help every day want of recommended food plan of nutrients. this article provides insights the function of millets in Ayurveda, detail names of millets, out of common millets showed their compatibility with a character. understanding the importance of millets in Ayurveda can manual present day nutritional practices, selling an sustainable and healthy method to vitamins and health and how those assist in achieving the SDG intention said by using UN.

Keywords- Millets, Ayurveda Diet, SDG Goal, Sridhanya, Kshudradhany

I. Introduction

Ayurveda ideas are primarily based on the concept of trayoupstambha(three pillars) i.e., ahara (food plan), nidra (sleep), brahmacharya (to behave with greater recognition and with greater aware selections). Ayurveda texts point out, Ahar- an balanced food plan is the key to live a healthy, happy and prosperous life, physically and mentally- swasthasyaswasthyarakshnam Ayurveda advocates that aharis itself treated as aushadha(herbal medication) when it's miles taken in the correct and an balanced manner; and it's miles poison(visha), if it's miles taken in an imbalanced manner. Balanced food plan helps to make suitable function of physiology and psychology of an wholesome person in addition to an diseased person. Balanced food plan also prevents the not unusual illnesses to maintain us far from an doctor. Ayurveda information provides us an comprehensive and sequential knowledge of different sorts of aharavarga (classifications of food plan) when you consider that time immemorial.[1]

Acharya Charak has labeled aharavargain twelve(12) major categories; Acharya Shushruta has labeled aharavarga in major categories i.edravavarga with in addition divided in ten(10) categories and annapaanavarga which further divided in eleven(11) categories; Acharya Vagbhata has additionally labeled into , major categories i.edravavarga and anna-swarupavarga, every one is split into seven(7) categories.

Shukdhanya Varga-

raktshali, mahashali, kalam, sakunahat,turnak, dhirgshool, gauravdhanya, panduvarn, langul, sughandhik, lohval, sariva, pramodak, patang and tapniya.Thesedhanya are sheetal in virya, madhur in rasa and vipak; those are alp-vat-vardhak and - the feces(kittabhagend-product) comes in semisolid shape

Barak(kanguni), uddalak(vankodo), chin(china), sharad, ujjaval, durdur, gandhan, guruvind have the residences much less rationed than the shashtikdhanya. All dhanya are ripened in six months from summer season to wet season. So, those are known as shashtik(60 days). [2]

Sridhanya are generally known as Kshudradhanya(used as staple food- as an alternative food than main cereals) or Mota-anaj(generally used in rural regions- huge sized or used all millets used as a combination) or paramparikdhanya(regarded for traditional food) or Kudhanya(three) several millets wealthy paragraph but wishes tons strength foremulisification-those dhanya consume extra jathragini- fire+ water- to digest and to metabolize) or trinadhanya (trinadiverga- grass derived cereals and those have short term lifestyles span).[4]

For millennia, millets were delivered in historic texts, Rigveda, Yajurveda and Atharvaveda. historic texts had given references of common intake of millets, some of, like priyangu (foxtail millet), and shayamak (barnyard millet), chinek (proso- millet) etc., explained in beneath paragraphs. The phrase “Millet” is derived shape a latin phrase “Miliun” this means that small seed.

Millets are organization of vegetation come underneath Poaceae family which incorporate smaller seeds than primary cereals. Their small seeds keep wealthy vitamins. most millet plants are native of India and are popularly called nutri-cereals, as they provide most of the nutrients required for everyday body performing on everyday foundation. India is the leading producer and patron of millet plants and their products. the rural individuals who are residing in rural blocks and villages, grow and devour millets as a staple feed; due to the fact they preserve domestic animals, so dual cause is solved as cereals as grain and animal food as fodder; most crucial component is security, those are value powerful, and those grow obviously.

In Africa continent, different millets consisting of fonio and teff are grown. Why millets are crucial, historic texts and our ancestors have left strong imprint and proof on millets as a herbal, having wealthy vitamins, self-grown & pure cereal which whole the anybody in line with-day weight loss program goal. United state (UN) has delivered 17 Sustainable development goal (SDG); the goal number one, two and 3 i.e., no starvation, no poverty and good fitness and well-being respectively, we, AYUSH practitioners can manual and advise that those goals can be meet out thru to agriculture, or thru introducing millets preparation in food market.

1. Drought resistant
2. proof against pests and diseases
3. brief growing season
4. extremely good nutritive values
5. Alkaline forming cereals
6. Gluten loose
7. maximum bodily- workworkers devour because the nutritious weight-reduction plan

According to Nutraceutical, types of millets are based on area grown and its grain size, are classified as major and minor millets:

1. Major millets- a. Pearl millet (Bajra)
 - b. Finger millet (Ragi)
2. Minor millets- c. Foxtail millet (Kangni)
 - d. Proso millet (Cheena)
 - f. Little millet
 - g. Kodo millet
 - h. Barnyard millet

According to Ayurveda, millets (sridhanya) are listed with scientific names:

1. Nartaki/Ragi- Finger millet (Eleusine coracana)
2. Kangu (priyangu)- Foxtail millet (Setaria italica)

3. Shyamak- Barnyard millet (*Echinocloafrumentacea*)
4. Koradush(kodrava)- Kodo millet (*Paspalum scrobiculatum*)
5. Cheenak-Proso millet (*Panicum miliaceum*)
6. Gavedhuka- Job's tear millet (*Coix lachrymal jobi*)
7. Bajra-Pearl millet (*Pennisetum typhoides*)
8. Yavanal/Jwara- Sorghum (*Sorghum vulgare*)

because it was referred to above, Acharyas have referred to surely that extra consumption of ahara (weight loss plan) acts as visha (poison) within the frame. in keeping with prakriti(fundamental defect with dominant doshas) of every person must eat ahar (weight loss plan) to hold an healthy and non violent existence.

Ayurveda emphasizes on how lots weight loss plan we must consumption on daily basis. weight loss plan takes care of our health on regular basis however excessive consumption or without understanding the residences of meals, can place us in imbalance of doshas. this text aims to discover the nutritional capacity of millets and their residences, and what sort of consumption might be benefitted for an ordinary character; that is an attempt made to recognize the residences(gunas) and functions (karma) of millets together with their warning signs, contraindications, right processing and administration.

My Understanding (Bhuraji Narware)

earlier than going to detail approximately millets, my information towards properties of millets is that those are wealthy in content like iron, calcium, protein, fibers and carbohydrate etc. and typically maximum of millets are advised laghu, however my view is which millets are wealthy in iron, protein and different mineral contents are guru in nature- my information is guru way it takes a lot of time to break down complex nature of their properties into a simple form, wishes a lot of extra body strength to simplify the food stuff(millets). As we see commonly carbohydrate is ingested and digested less complicated than protein. Protein takes a lot of time to digest. So, while millets(which can be wealthy in protein content) preparation is fed on or eaten as a food even in a balanced way- the millet food pulls out the body fire(wishes extra enzymatic action) strength to proceed for ingestion, digestion and emulsification; side through side also those millets pull water content to emulsify the food to proceed further; this is the reason, dietetics and nutritionists supply choice to millets for reducing weight/obesity; however Ayurveda recommends to apply those varieties of food for the people who are doing physical activity like farmers or who walk from one location to any other location or who work hard like sports humans. however those ought to be fed on on change days or on weekend simply to complete the dietary value. On regular basis, those can be harmed the body because of hard to digest which can be wealthy in content for example, Bajra, Jowar, Jobs tear, Ragi. The e book Dhanvantri, describes approximately ahar(food) and gunas(properties).

The tamasic food grows on or below the floor(continues the extra earth and water detail); those food supply electricity to the body due to the fact they're at once bound with gravity; because of this property, they're referred to as tamas or those are heavy in properties; which can be more difficult to digest, and produce & eat warmth and supply the equal to the body machine; although the glide of strength could be very slow, because of less ration of air and fire detail.

Five Elements (Panchmahabhoot) Theory says:

in the current manifested international, those factors (tatvas), do not exist in natural form, they usually found in some varying ratios in any physical form- count. So, essentially, prithvitatva includes the grossest and densest properties and attributes, due to the fact Prithvi percentage is the highest, out of the 5 factors. The equal method applies on the other factors.

5 factors (panchmahabhoot) have its own vibrational frequencies and continuum of strength; for example prithvimahabhoot starts off evolved from its maximum densest and slowest vibrational frequencies then jal/aphamahabhoot continues less dense vibrational frequencies; so the equal for, next agnimahabhoot is having the extra diffused vibrational frequencies than previous two factors (prithvi and jal) and vayumahabhoot has the extra subtlest vibrational frequencies than the previous ones.

Prithvi tatva is extra stable, grossest and densest manifested form; Jal tatva is less stable, less dense and liquid form; agnitatava is in the state of transformational strength, very less dense and its warmth spreads in surrounds restrained vicinity; however the vayutatva is the vibrational force or critical moves which could glide from one location to different – it's far an car carries the diffused records(emotions/emotions/thoughts) viavital strength go with the flow (vata movements) inside their vibrational fields/diffused channels (pranmaya kosha); akashtatva is that subject or premises which maintains the account of the whole thing approximately an being.

Gurutavam- Jal-Bhumyo Patan- Karma Karnam (prashashtbhashya, guna granthi); lowest level of vibrational strength gives the solidity- exchange into a shape/shape or depend; dense shape maintains the extra gandha(scent); maximum gravitational pressure(guruta).

Milletts which are rich in protein or mineral text, virtually will take time to digest. this is my private (Sangeeta) opinion

The book- Ayurveda ki Aushdhiyan aur Unka Vargikaran written with the aid of creator Kaviraj Shri Vishavnath Devedi has written the comparative Ahar Dravya type from the brihattriyi (charak, Sushurat and Vagbhata): right here the focal point is at the millets and its verga.

SN	CHARAK(SU.28)	SN	SUSHRUTA(SU.46)	SN	ASHTANG(SU.6)
ANNAPAN VARGA (SPECIALLY- - - SHALI, SHASHTIK AND BRIHI)					
	SHUK-DHANYA VERGA		SHALI-DANYA VERGA		SHUK-DHANYA VERGA
A	SHALI	A	SHALI	A	SHALI
1	Rakt-shali	1	Rakt-shali	1	Rakt
2	Maha-shali	2	Maha-shali	2	Mahan
3	Kalm-dan(kalm)	3	Kalm	3	Kalm(Kalmdan)
4	Shakunnahrit(vakra)	4	Shakunnahrit(vakra)	4	Turnak
5	Turnak	5	Kardmak	5	Dirgha-shook
6	Dhirgh-shook	6	Dirgha-shook	6	Pundrik
7	Gaur-dhanya	7	Pundrik	7	Panduk
8	Panduk	8	Panduk	8	Rodr-shook
9	Langul	9	Pushpandak	9	Sugandhik
10	Sughandhak	10	Sugandhak	10	Pundru
11	Lohbal	11	Rodrapushpak	11	Sara-mukha(krishan-mukha)
12	Sariva	12	Kanchanak	12	Pramod
13	Pramodak	13	Sheetbhiruk	13	Gaur
14	Patang	14	Mahish-shook	14	Sariva
15	Tapniya	15	Maha-shook	15	Kanchan
16	Yavak	16	Hayanak	16	Mahish
17	Hayan	17	Dushak	17	Shook
18	Panshu	18	Mahadushak	18	Kusumandak
19	Vapya	B	SHASHTIK DHANYA	19	Langal
20	Naishadhak	19	Shashtik	20	Lohvala
B	SHASHTIK DHANYA	20	Kang-guk	21	Kardam
21	Shashtik	21	Mukundak	22	Dushak
22	Barak	22	Pitak	23	Sheetbhiruk
23	Uddalak	23	Pramodak	24	Patang
24	Sharad	24	Kaklak	25	Tapniya
25	Ujaval	25	Asanpushpak	26	Yavak
26	Durdur	26	Mahashashtik	27	Hayan
27	Gandhak	27	Churnak	28	Pansu

28	Kuruvind	28	Kurvak	29	Bashap
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C	BRIHIDHANYA	29	Kedar	30	Naishdhak
29	Brihidhanya	C	BRIHIDHANYA	31	Shashtik(shavet)
30	Patal	30	Krishanbrihi	32	Shashtik(asit)
31	Kordush(Kodrav)	31	Shalamukhi	33	Mahabrihi
32	Shayamak	32	Jatumukha	34	Krishanbrihi
33	Hasti- shayamak	33	Nandimukha	35	Jatumukh
34	Nivar	34	Lavakshak	36	Kukutandak
35	Toyaparni(Jalparni)	35	Tvaritak	37	Lavakhaya
36	Gavedhuk	36	Kukutandak	38	Paravatak
37	Prashantika	37	Paravatak	39	Shakar
38	Jalshayamak	38	Patal	40	Sarkodalak
39	Lohitpriyanu		KU-DHANYA	41	Ujjaival
40	Anupriyangu	39	Kordushak	42	Chin
41	Mukund	40	Shayamak	43	Sharad
42	Jhinti	41	Nivar	44	Durdur
43	Garmuti	42	Shantanu	45	Gandhan
44	Varuk(shanbeej)	43	Barak	46	Kuruvind
45	Varak(shayambeej)	44	Uddalak	47	Patal
46	Shivir	45	Priyangu	48	Kangu
47	Utkat	46	Madhulika	49	Kodrav
48	Jurn(Jonar)	47	Nandimukhi	50	Nivar
49	Yav	48	Kuruvind	51	Shayamak
50	Venuyav	49	Gavedhuk	52	Yav
51	Godhum	50	Sar	53	Anuyav
52	Nandimukhi(Yavika)	51	Varuk	54	Venuyav
53	Maduli(Godhumbheda)	52	Toyaparni	55	Godhum
		53	Mukundak	56	Nandimukh
		54	Venuyav		

mentions barak (kanguni), Uddalak (ban-kodo), chin (china), sharad, ujjaival, durdur, gandhan, kuruvind, all these are kudhanyawhich method those needmuch digestive fire power to digest than Charak shashtikdhanya that have rich (extra nutrients) in residences and want less power to digest. Kudhanyameans the alternate or staple meals to be ate up in wintry weather season to keep the frame warm.

i. Kodo(kordub) and sawanvak (shayamak)- their residences of rasas are kashaya and madhur; are laghuguna and instigates/vitiates vata dosha- pacify kapha and pitta dosha; virya is sheet; grahi and dhatu shoshak;ii. Hastisyama (badisavank),nivar (tinni ka chaval), toyaparni, gavedhuk, prashatika, ambhashyama (jalsayamak), lohit anu, priyangu, mukund, jhindi, garmuti, varuk(san ka beej), varak, shivir, utkat, jurnhah- all dhanya have the equal residences as savankdhanya preserves; all these dhanya are triptdhanya- after consuming thesedhanya, we've got a sense of delight and fullness. [Charak sutra sathan- page no. 528, 27/ 14]

Sushruta writes millets as Kudhanya- kodo, shayamak, nivar, shantnu, varak, udalak, priyangu, madhulika, nandimukhi, kuruvund, gvedhuk, varuk, todparni, mukundak, venuyav- all kudhanya are ushana, kashaya, madhur, ruksa, katu in vipak, kapha-nashak, mutra- alpata, vata- pitta prakopak.

i. Kodo, nivar, shayamak, and shantanu are kashaya, madhur, and shit guna, pitta shamak;ii. madhuli and nandimukhi are madhur, sheet, sanigdha in guna;

iii. varuk and mukundak are absorbent (capable of take in liquid from the surface);iv. venuyav are ruksha, viryaushan, vipakkatu, kaphanashak, kashaya- vataprakopak.

Ashtagaridyahas given the references of millets in chapter of annaswaroop-vijyaniya; millets are named as trindhanya or kudhanya or kshudradhanya, for example kangu (kaguni), kodav, nivar(tinni ka chaval), sanva; their residences are sheetal, laghu, vat-karak, lekhan, kapha-pita nashak. those millets are cooked very effortlessly and earlier than different cereals. those haven't any bran (outer protecting) like shalibrihi and santhi rice.

i. Nivardhanya synonyms are kumkum-dhanya, vanya-dhanya, jal-udbhava, jal-ruha, sujatka, rakt- mangal, sukumar, swarnj; its residences are madhur(sweetened) and sheetal

(balances fire and offers cooling impact),

enables in reliving free motions (atisar), and balances immoderate acidic nature in blood(rakta-pitta); most essential thing is to word approximately this special millet is, it births swayamjat

(to develop its very own- robotically oozes out from soil) where the water content rich in soil- we will say that close to rivers, herbal ponds or rain dominant regions; Indian rishis prefer to devour these self-grown millets, who were residing in forests for meditation, liberation, long time penance exercise; ii.

Yavnalor shevetyavnal or javar (sorghum valgare); its synonyms are dirgh-nal, dirgh-shar, dhavlo, nakshashtra-akriti; it's miles a annual grass shrub; it's miles grown on dry soil; Utrakhandstate historically agriculture this millet in tremendous region of land.

historically, matured seeds are eaten after frying as we devour fried black gram; it's miles one factor of combined grain (mandva and kodo) which enables for to finish nutrition and giving strength for getting ready combined grain roti.

Few other types of yavnal also are given in texts i.e., tuvarnal, sharadyavnal. Bhavprakash Nighantu mentions common homes of kshudradhanya-kinchitushan (maintain warm temperature however in low ratio), madhur and kashaya rasa (candy and astringent in flavor), laghu (cooked without problems, maintains body in lighter side), lekhan (to eliminate extra fat/ adipose tissue), vipakkatu (absorbed in flow as an stinky flavor product), ruksha (if we devour- it outcomes dryness within the body), adarta ko sukhana (it pulls out water thru warm- astringent homes of millets), vatkarak (normally amplifies the float of motion), mal ko bandhnevala (to bind/form solid- fecal remember thru astringent assets), raktavikar and kaphavikarnashak (purifies blood and decreases fat).(5)

i. Kanguni or Priyangu or Foxtail- yellow is the excellent out of 4 (black, crimson, white and yellow); it enables to bone grafting, nourishes all tissues (bringhan), creates dryness, reduces kapha(liquify/melts accumulated fat). it is also used for horses;

ii. China or Chinak or Prosomillets have the equal homes of Kanguni;

iii. Shayamakor Savan or Barnyard millets are rich in nutrition B1, it balances pitta dosha (reduces accumulated warmth and pacifies blood problems) and relieves constipation(vibandh);

iv. Vankodo or Kodomillets exaggerate vata doshas and are grahi (feeling of fullness) and

v. other trin dhanya are noted in quick, like charuk(sharbeej), vanshyav(bans kebeej), kusumbhbeej, gavedhuka, neevartini, yavnal(panera), zuar which are used as food(anna).(Bhavprakash Nighantu- Dhanya varga- 74-75)

Table:1 Sridanya-guna(inherent properties of millets)

Millets	Rasa	Guna	Virya	Vipaka
Ragi (nartaki)	Madhur Kashaya	Guru	Sheet	-
Shayamak	Madhur Kashaya	Laghu	Sheet	-
Kanguni (priyangu)	Madhur Kashaya	Laghu	Sheet	Madhur

Bankodo (kordush)	Madhur, Kashaya	Laghu	Sheet	Katu
Cheenak	Madhur kashaya	Guru Ushan	Sheet	Katu
Bajra	Madhur Kashaya	Guru, RukshaUshan	Ushan	Katu
Yavnal (jowar)	Madhur Kashay	Guru Ruksha, Ushan	Ushan	Katu
Gavedhuk (job's tear)	Katu,svadu (bh.p.)	-	-	Madhur

1. RAGI- FINGER MILLET (ELEUSINE CORACANA)

Ragi (Finger millet) (100gm)	Protein (gm)	Fat (gm)	Carb o (gm)	Cal. (mg)	Iron (mg)	Mag. (mg)	Potassiu m (mg)	Sodiu m (mg)
	7.30	1.30	72.0	344	3.9	137	408	11
	Thiami ne(mg)	Ribo. (mg)		Niaci n	Vit A (carotene) microgra m	Fiber	Calories (Kcal)	
	.37	.17		1.34	42	11.50	328	



2.PRIYANGU-FOXTAIL MILLET (SETARIA ITALICA)



Priyangu (foxtail) 100 gm	Protein (gm)	Fat (gm)	Carbo (gm)	Cal. (mg)	Iron (mg)	Mag. (mg)	Phos. (mg)	Sodium (mg)
	13	.8	72	9	3	-	204	-
	Thiamine(mg)	Ribo. (mg)		Niacin	Vit D	Fiber	Calories	
	0.3	0.11		4.1	-	6.7	356	

3.BAJRA- PEARL MILLET (PANNISETUM TYPHOIDES)



Bajra (Pearl) 100gm	Protein (gm)	Fat (gm)	Carbo (gm)	Cal. (mg)	Iron (mg)	Mag. (mg)	Phos. (mg)	Sodium (mg)
	11.8	5.0	67.0	42	8.0	137	296	19
	Thiamine(mg)	Ribo. (mg)	Nico. (mg)	Niacin (mg)	Vit E (mg)	Fiber	Calories (kcal)	
	.32	.27	-	2.4	-	11.4	353	

4.JOWAR- YAVNAL MILLET (SORGHUM VALGARE)



Jowar (yavanal) 100gm	Protein (gm)	Fat (gm)	Carbo (gm)	Cal. (mg)	Iron (mg)	Mag. (mg)	Phos. (mg)	Sodium (mg)
	10.6	3.1	75.0	26	4.22	165	287	-
	Thiamine (mg)	Ribo. (mg)	Zinc (mg)	Niacin (mg)	Vit E (mg)	Fiber	Calories (kcal)	
.67	.11	1.79	2.48	-	6.7	361		

5.KORDUSH-KODO MILLET (PASPALUM SCROBICULATUM)



Kordush (Kodo) 100gm	Protein (gm)	Fat (gm)	Carbo (gm)	Cal. (mg)	Iron (mg)	Mag. (mg)	Phos. (mg)	Sodium (mg)
	9.8	3.6	66.6	35	1.7	-	-	-
	Thiamine (mg)	Ribo. (mg)		Niacin (mg)	Vit E (mg)	Fiber	Calories (kcal)	
.15	.09		2	-	5.2	353		

6.SHAYAMAK- BARNYARD MILLET (ECHINOCLOA FRUMENTOCEA)



Shayamak (Barnyard) 100gm	Protein (gm)	Fat (gm)	Carbo (gm)	Cal. (mg)	Iron (mg)	Mag. (mg)	Phos. (mg)	Sodium (mg)
	10.0	3.0	72.0	11	1.5	75	210	9
	Thiamine (mg)	Ribo. (mg)	Zinc	Niacin (mg)	Vit E (mg)	Fiber	Calories (kcal)	
	-	-	1.2	-	-	7.0	360	

IMPORTANT NUTRIENTS IN EACH MILLET:

- Finger Millet- wealthy in calcium and polyphenols.
- Foxtail Millet- wealthy in protein; food for diabetes sufferers.
- Proso Millet- wealthy in Thiamine; food for cardiac sufferers.
- Barnyard Millet- excessive in fiber and pleasant alternative torice.
- Kodo Millet- excessive lecithin (used for Dementia and Alzheimer)
- Little Millet- food for reinforcing immunity.
- activity's Tear- wealthy in protein, excessive leucin and glutamic acid.
- Browntop Millet- food for constipation, wealthy in fiber.

MATERIAL AND METHOD:

A. Millet: Finger millet (*Eleusine coracana*), Foxtail millet (*Seteria italica*), Proso millet (*Panicum miliaceum*), Barnyard millet (*Echinochloa crus-galli*), Kodo millet (*Paspalum scrobiculatum*), Little millet (*Panicum sunatrense*), Fonio (*Digitalia exillia*), task's tears (*Coix lacryma*), Brown pinnacle (*Usochioaromose*).

B. Appendage: to cook millets with exceptional fashion, require supportive utensils and others groceries, diverse form of spices (kitchen healers) is required to beautify the volatile homes, throughout the processing of cooking.

word: -if we cook recipes of millets on the dust range(chulha), it provides up natural cosmic power thru natural manner of heating and enhances the satvaguna of food.

for example- for vata individual: saffron, coriander, fresh ginger, cumin, black pepper, fennel; for pitta: cinnamon, turmeric, fennel, cardamom; for kapha: clove, turmeric, black pepper, mustard seeds, pink

chilli, black pepper, fenugreek seed, those spices help as appetizer, stimulant and facilitates in balancing doshas within the frame.

methods: exceptional sorts of Millets as food:

Finger millets (ragi) are being utilized in a variety of ways, a alternative with different cereal grains & their flour such as rice & different starchy grains; we consume as manduachappati, dosa, idli; those products deliver darkish shade, little bit hard, roasted are an awful lot tasty; nice for to govern sugar in diabetes; Proso millets are being used as burfi, biscuits and burfi; Barnyard millets are cooked as lemon rice; Kodo, Teff, Jobs Tear, Fonio and Little millets recipes are very an awful lot in fashion like halwa, prantha, pulav.

CONCLUSION

1. Millets are first-class used in Santarpanjanya Vikara (sicknesses due to excessive nutritional (carbohydrate, protein and fat diet) and Kapha-Pitta Doshaja Vikara.

2. normally, the individuals who belong to rural and vulnerable segment of society used millets as a meals therapeutics; side by way of side who do physical paintings like people, farmers or employees of enterprise etc.; these are used as a potential nutrient meals who've widespread weak spot.

3. normally, millet diet is for use to prevent mal-nutritional purpose with first-class warning signs of every day recommended diet and additionally with contraindications- do no longer use on normal foundation. however, in instances of vataja vyadhi (sicknesses delivered due to extra accumulation of vitiated vatao re excessive float of motion), they should keep away from this sort of meals recipes. earlier than recommending millets, it's far extraordinarily important to assess someone's agni (digestive ability) and prakriti (primary charter). there are numerous patya kalpanas (food arrangements) that may be crafted from millets; therefore, it is important to choose an preparation that is appropriate for both the patient (prakriti) and the disease (rog) for you to get the entire fitness advantages of millets.

4. consistent with Ayurvedic literature, millets were used as an nutritional supplement in addition to an therapeutic agent. So, use of millets is as ahar and auashadha both; in an balanced way.

5. Millets can serve the several cause of majorly 3 SDG to help in cast off poverty through agriculture and to enhance fitness and to keep dietary data.

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