



ISSN 2456-3110

Vol 9 · Issue 9

September 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Role of Millets in prevention and management of lifestyle disorders

Sneha R. Gupta<sup>1</sup>, Brijesh Mishra<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, Dept. of Ayurveda Samhita Siddhanta, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

<sup>2</sup>Principal, HOD and Guide, Dept. of Ayurveda Samhita Siddhanta, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

## ABSTRACT

To study the role of Millets in prevention and & management & lifestyle disorders. Ayurveda is recognized as the foremost life science & describes ways to prevent & manage lifestyle disorders. Ayurveda provides better solution in the forms of proper dietary management and lifestyle advisor. Millets are gluten free diet they have considerable potential in foods and beverages and can meet the growing demand of gluten free diet.

**Key words:** Millets, lifestyle disorders, Pathya- Ahara - Vihara.

## INTRODUCTION

Health is the most precious thing we all ideally should maintain. All the ideologist from the last decades are saying "Health Is Wealth" to keep this Keep this wealth millets play a vital role.

A numerous new diseases have emerged in recent years so humans started moving towards being fit and healthy, for healthy life millets like Bajra (pearl millet), Kodra (kodo millet), Ragi (Finger millet), Jowar (sorghum) Barri (proso millet) and other gives us the proper nutrition, nutritional diversity, and health benefits. On the basis of different studies Gov of India proposed 2023 as "International Year of Millet". Millets plays important role in prevention and management of lifestyle disorder.

Millets are nutritionally comparable to major cereals

and several good sources of protein, micro nutrients, and phytochemicals.

Sorghum contains - 10% protein and 8.5 % lipid

Finger millet contain - 12-16% protein and 2-5 % lipid.

Sorghum, finger millet and other millets contain - 65-75% carbohydrates 15-20% dietary fibers.

Most of the millets like Bajra, sorghum, Rahi, little millet, kodo millet and other having more minerals and trace elements compared to cereals.

## Health Benefits of millets on various lifestyle disease

Millets reduces the risk of heart diseases, prevention from diabetes, improve digestive system, lower risk of cancer, protective against several degenerative disease.

## Diabetes mellitus

DM is a chronic metabolic disorder characterized by hyperglycemia with alterations in carbohydrates, Protein, and lipid metabolisms. The efficiency of insulin and glucose receptors in the body increased by the significant level of magnesium content present in millets and helps in preventing Diabetes.

## Sorghum

It is rich in dietary fiber & low glycemic index which could help in prevention & control of Type II DM.

## Address for correspondence:

Dr. Sneha R. Gupta

Post Graduate Scholar, Dept. of Ayurveda Samhita Siddhanta, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

E-mail: snehagupta29482@gmail.com

Submission Date: 05/08/2024

Accepted Date: 15/09/2024

## Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: [10.21760/jaims.9.9.27](https://doi.org/10.21760/jaims.9.9.27)

**Pearl millet**

It is known to increase insulin sensitivity & lower the level of triglycerides because of its higher fiber content it digests slowly and releases glucose in to the blood at slower rate as compared to other food.

**Finger millet**

The poly phenols of finger millet have major antidiabetic and antioxidants components when evaluated for reducing inhibiting activity. It has shown significant result in dermal wound healing procedure.

**Cardiovascular Disease**

Being rich source of magnesium millets help in reducing blood pressure and risk of Heart Strokes specially in arteriosclerosis. Potassium present in millets helps in keeping Blood pressures low by acting as vasodilator. High Fiber present in millets play major role in cholesterol lowering eliminating LDL.

**Obesity**

Obesity is an emerging problem in India. Intake of high dietary fiber decorates Incidence of obesity.

foods rich in high dietary fiber Improve the large bowel function & slows the digestion + absorption process, thereby reducing the risk of chronic diseases.

**Cancer**

Millets are rich in phenolic acids, tannins and phytate. these nutrients reduce the rise colon and breast cancer.

The fiber present in sorghum have been attributed for lower inside of esophageal cancer than those consume wheat or maize. Recent research revealed that fiber as one of the best of easiest way to prevent the onset of breast cancer.

**OBJECTIVE**

To study the role of millets in prevention and management of lifestyle disorders.

**METHODS**

To study or give information about millets in different Books, Ayurved Samhita, articles, Journal, paper's and internet etc.

**RESULT**

The findings highlight the significance of Millets in preventive and management of lifestyle disorders like Hypertension, Obesity, Diabetes mellitus.

**DISCUSSION**

Millets acts as boon for patients suffering from *Prameha*. Having *Kashaya Rasa* and *Ruksha Guna*, it is capable of absorbing water in body and thus does not allow excessive of urination.

It can be used as primary food in these patients. *Acharya Charak* mentions *Trindhanya* along with *Sasti* rice, mixed with oil of *Sarshap* is used in *Prameha* as *Pathya*.

Most of the millets like *Shyamaka*, *Priyangu*, *Yavaka*, *Jwaar*, *Kodrava* are used in the treatment of *Santarpanjanya* disease. Since, these diseases are caused by excessive nourishing diet, they require emaciation therapy for treatment. Millet being *Kashaya* in taste and *Ruksha* in property is helpful in this condition.

Kodo can be used in patients of *Vrana* as it has properties of wound healing. Millets like *Nirvara*, *Koradusha*, *Prashatika*, *Shyamaka*, *Kangu* are used as food in patients of *Raktapitta*. Which is a bleeding disorder.

**CONCLUSION**

According to lifestyle disorder prevention and management regimens such as *Nidanparivarjan*, *Pathya- Ahara - vihara* which is important in daily lifestyle will be discussed in the study.

**REFERENCES**

1. Agnivesha, Charak Samhita, edited by Yadavjee trikramjee Acharya, Sutrasthana 6/20, Chaukhamba Subharati Prakashan, Varanasi, 2016, p.306.
2. Agnivesha, Charak Samhita, edited by Yadavjee trikramjee Acharya, Sutrasthana 21/25, Chaukhamba Subharati Prakashan, Varanasi, 2016, p.117.
3. Raj Nighantu, English translation by Satish Chandra Sankhya Dhar, Shalyadi Varga 9/126-127, Chaukhambha Orientalia, Varanasi Reprint 2017, p.880.

4. Agnivesha, Charak Samhita, edited by Yadavjee Trikrampjee Acharya, Sutrasthana 4/36, Chaukhamba Subharati Prakashan, Varanasi, 2016, p.430
5. Slavin 2003 & 2004 Anderson & Hanna 1999 Psao R. 2010 Alfieri etq 1993 Bivrkitt Trowel 1975.
6. Dayarkar Rao B. Bhaskaracharya K. Arlene Christiana GD. 2017
7. Svana Deriq : virilar A Ponapi 2016
8. Indian institute of millets research (IIMR) Hyderabad pp112

9. Narsingh Rao BS 2003 Bioactive phytochemicals in Indian food and their potential in health promotion and disease prevention. Asia Pacific J clin Nuir 12 (1) 9 -22.

**How to cite this article:** Sneha R. Gupta, Brijesh Mishra. Role of Millets in prevention and management of lifestyle disorders. J Ayurveda Integr Med Sci 2024;9:177-179.

<http://dx.doi.org/10.21760/jaims.9.9.27>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*