

பெரியாறு

தமிழ் இலக்கிய வரலாற்றில் சிறுதானியங்களின் மதிப்புகளும் உளட்டச்சத்துகளும்

(Millets - Nutritional Quality, Therapeutic Value and their
Historical Foot Print in Tamil Literature)



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2. An Overview of Conventional and Technology-Driven Processing Methods for Underutilised Millet Grains

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Abstract

Millet grains varieties are resilient to the severe weather encountered in several regions of Asia and Africa. They are highly resistant to diseases and insects. Though millets were not a major part of the ordinary American or European diet, millets are now considered an ingredient in multigrain and gluten-free cereal products in these areas. Since anti-nutritional components are naturally present in millets, they have poor digestion and low bioavailability. When making food choices, consumers' worries about their health and nutrition are becoming more significant. Processing technology improves the grain's quality by transforming it into an edible form. Unfortunately, a lack of understanding about the most effective processing techniques limits the consumption of these products particularly in non-traditional places. This review study aims to understand the technological capacity, future potential, and processing competence of millets. Conventional millet processing methods are labour-intensive, labour-deficient, abusive, and unhygienic. They also lack any kind of standardisation. Millets were mostly used in home and industries thanks to the development of basic technological input including equipment, defined process parameters, and appropriate working conditions and machinery, millets were mostly used in domestic and commercial settings

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Historical Foot Print in India
Key words — Millets, Processing equipment, Traditional,
production

The world is dealing with issues related to agriculture, nutrition, and a scarcity of irrigation infrastructure. As a result, to boost grain production, even more attention needs to be paid to dry areas. Drying dry lands to produce enough high-quality grains is difficult because of their low fertility. The poorer people of peninsula India are millets, which are the cheapest cereal and are regarded as important crops for dry-land farmers. Because of its thicker and higher-cellulose content outer coat, it is also known as coarse cereals. Millets were first cultivated more than a millennium ago and are traditionally regarded as the sixth crop. It is also known as "poor man's food" because it is used as both human food and fodder. They belong to an agronomic or functional group rather than a taxonomic one. A major crop in semi-arid tropical regions is millets.

Millets account for 10% of India's food grain basket and are produced on approximately 17 million hectares of land annually, yielding an output of 18 million metric tonnes. It is one of the leading producers of millets and is cultivated throughout India. Eight species of millet are commonly grown under rain-fed conditions in India, including sorghum, pearl millet, finger millet, foxtail millet, kodo millet, proso millet, barnyard millet, and little millet.

The ancient civilization's diet continued to include millets as a staple grain. Indus-Sarasvati civilization (3,300–1300 BCE) research indicates that millet grains were consumed. Millet was cultivated in ancient times, according to the Vedic texts, which include the Rigveda. Fifty percent of people in Asia and Africa still eat millets as their traditional grain. Globally, millet comes in approximately 6,000 different varieties.

3. MILLETS: REDISCOVERING ANCIENT GRAIN FOR MODERN SUSTAINABILITY

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Abstract:

Milletts, commonly known as “superfoods” or “nutri cereals,” have gained attention due to their rich nutritional content and resilience to changing climates. This article gives a comprehensive exploration of millets, examining their historical significance, health benefits, and contributions to agricultural and dietary diversity. Despite their cultural heritage, millet demand has waned recently, influenced by shifts towards processed foods. However, amidst contemporary challenges like urbanization, climate change, and water scarcity, millets are emerging as sustainable solutions. The UN’s declaration of 2023 as the International Year of Millets aims to raise awareness about their benefits. This paper discusses millets’ nutritional advantages, comparing them to grains and highlighting their potential in disease prevention, gut health, and weight management. Additionally, it explores their role in bolstering agricultural resilience and biodiversity conservation. Embracing millets aligns with sustainable goals, promising resilient food systems. This article aims to guide future research and policy for a healthier, sustainable future and promote the integration of millets into sustainable farming practices.

Keywords: Millets, superfoods, climate change, food security, sustainability, agricultural resilience