

Medicinal and Nutritional Value of Millets

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Millets are minor cereal grass crops of family, Poaceae. Millets are traditional food with high nutritional value and health benefits. Millets are known as Nutri-Cereals due to presence of high fibre, quality protein, and mineral. It also called as powerhouse of nutrients. Millets contains carbohydrate, protein, dietary fibre, vitamin E, minerals, phytochemicals and phytosterols. Millets play an important role in prevention and treatment of various diseases & disorders. Millets, help in maintaining Blood Sugar level constant in type-2 diabetes patients for long period of time due to slow digestible starch (SDS), contain slow releasing glucose and low glycaemic index and help in prevention of Diabetes. They prevent constipation due to high fibre content. Millets decrease the risk of bowel disorders. Millets are non-acid forming food and easy to digest. They prevent onset of breast cancer, decrease blood pressure, due to presence of magnesium. They also improve bone health, decrease risk of osteoarthritis, due to presence of high calcium content. Millets helps in fighting anaemia, because of iron content. Millets are gluten free so helpful in people suffering from celiac disease. They help to protect against cardiovascular diseases (CVDs) and cataractogenesis. They also have antioxidant, anti-inflammatory and antimicrobial properties. Millets nurturing body, mind and planet. The United Nations General Assembly at its 75th session in March 2021 declared 2023 the International Year of Millets (IYM 2023). The government of India has branded millets as 'Shree Anna'. The Sanskrit term 'Shree' symbolises resplendence, wealth and prosperity.

They are therefore an ideal solution for countries to increase self-sufficiency and reduce reliance on imported cereal grains.

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