



STUDY ON CONSUMPTION OF DIFFERENT TYPES OF MILLETS IN MAHABUBNAGAR DISRICT, TELANGANA STATE

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ABSTRACT:

A survey was conducted to gather information about the consumption of different types of millets by the people in urban areas of Mahabubnagar district, Telangana state. This paper deals the eight (8) different types of millets, their nutritional values, health benefits and consumption in people of Mahabubnagar district. The products have shown to have high nutritional values and micronutrients report also shown. Further we mentioned the vernacular name, scientific name, family, uses, nutritional value and useful in treatment of different health issues in human beings. In the survey it is found that many people donot consume millets because of lack of knowledge about their nutritious values, some people consume millets in case of health issues, some people consume millets because they have indigenious knowledge about millets. It is hoped that the result published will create awareness on millets and ensures that the highly nutritious millets consumption is popularized world wide. As the year 2023 is observed as "Year of Millets".

Key words: Millets, different, survey, people, nutrition.

INTRODUCTION:

In India, millets have been mentioned in some of the oldest Yajurveda text, identifying Foxtail millet (Priyangava), Barnyard millets (Aanava) indicating that millet consumption was earlier started in Bronze era (4,500 BC). India is the leading producer of millet crops. It was incidental that millets were the first to be cultivated and also millets are the future crops. Millets are the small seeded grasses. The people in arid region of the country grow and consume millets as staple food and also use as fodder.

Millets are known as smart food because millets are good for consume because they can help to overcome some of the nutritional and health problems. . In fact, millets is gaining renewed popularity because it is versatile and easy to grow.

It is good for the planet because it survive in the hottestest driest climate, and good for the farmer because it have multiple uses (food, fodder and fuel) and stand in drought also. This is supported by literature, (Nagarajan, L. and Smale, M. (2007) "Village seed systems and the biological diversity of millet crops in marginal environments of India," Euphytica, vol 155, pp.167-182. The focus on healthy eating and good nutrition becoming common practice in recent years. Millets is also one such ancient super food that has been gaining interest in the recent past. There are different types of millets, each with their own benefits. This paper deals with 8 types of millets, Sorghum, Finger millet, Pearl millet, Foxtail millet, Brown top millet, Barnyard millet, Kodo millet and Little millet. All millets are energy diluents to formulate low calorie diets. Sogrhum and Finger millet and Pearl millets reduces the risk of inflammatory bowel diseases and cardiovascular diseases. These millets maintain certain type of diabetes and also a detoxifying agents. Epidemiological studies have shown that diets rich in millets are protective against communicable diseases.

Many rural people of Mahabubnagar district consume millets as staple food. The present survey is an attempt to find out the consumption of different types of millets in urban people of Mahabubnagar district and their knowledge about the millets.

MATERIAL AND METHOD:

The authors have conducted an extensive survey in the urban areas of Mahabubnagar district to collect the information from different sources. We gather information from shopping malls, colleges, offices, grocery shops, wellness centers and residential areas. Survey have been conducted by asking qualitative and quantitative questions by showing a visual aid of the crop and sample of 8 popular millets, Sorghum, Finger millet, Pearl millet, Foxtail millet, Brown top millet, Barnyard millet and Kodo millet and Little millets with their names in Hindi and state language. The authors gather information from the literature sources about the nutritional values of millets.

RESULT AND DISCUSSION:

The millets used in survey and their details are as follows.

S.No	Millets	Scientific name	Vernacular name	Uses	Health consequences
1	Sorghum	Sorghum vulgare	Jowar, Jonna,Shallu, Great millet,Kaoliang	Food Fodder	Reduces the risk of diabetics,
2	Finger millet	Eleusine coracana	Ragi, Hunsu,Wimbi Nachani	Food	Reduces the risk of diabetics, bowel diseases, weightlose
3	Pearl millet	Pennisetum glaucum	Bajra,Sajjalu, Sanyo, Munga, Seno	Food Fodder	Cardiovascular diseases, weight lose, diabetes
4	Foxtail millet	Setaria italica	Kangini, Korralu, Navane, Thanahal Kang, Kakum	Food Fodder	Reduces bad cholesterol,Strength immunesystem,stren gthen nervous system, cancer
5	Browntop millet	Brachiaria ramosa	Andukorrelu, Palapul Hari kagini, Kulasana, Dixie signalgrass	Food	Reduces the risk of heart attack, digestive system,thyroidism
6	Barnyard millet	Echinochola crus-alis	Oodalu, Sanwa,Sawan	Food	Ideal for weight lose Bad cholesterol
7	Kodo millet	Paspalum scrobiculatum	Arikelu,Varagu,Naraka Water couch	Food	Reduces life style diseases,diabetes constipation
8	Little millets	Panicum sumatrense	Samalu, Kutki	Food	Rich in all minerals

This survey indicates that people consume different types of millets with a health problem or to lose weight and they are searching for solution for their health problem eg Foxtail millet, Sorghum, Finger millet for diabetics, Pearl millet for cardiovascular diseases, Brown top millet for cardiovascular diseases, Barnyard millet for weight lose, Kodo millet for life style diseases, joint pain and Little millet are the sources for all minerals. Malleshi, N.G. and Desikachar, H.S.R. (1986) "Nutritive value of malted millet flours," Qual. Plant, Plant Foods Hum. Nutr., vol 36, pp. 191-196. Some people are health conscious and they are interested in healthy life styles

and they have knowledge about the nutritional benefits of millets, and because of market publicity, social media, grand parents indigenous knowledge consume millets on regular basis. And there are some people who never consume millets, they don't know about the millets.

Millets are power houses of nutrition. Millets possess unique nutritional characteristics specially have complex carbohydrates, rich dietary fibre and phytochemicals having medicinal properties. Millets are natural sources of iron, zinc, calcium, magnesium, potassium, phosphorus, B6, folic acid and lecithin, thiamine, niacin and many more.

Table-2 **Nutritional composition of millets**

Grain	Carbohydrates(g)	Protein (g)	Fat (g)	Dietary Fibre(g)	Ca (g)	P (g)	Mg (g)	Zn (g)	Fe (g)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Folic Acid (mg)
Sorghum	67.7	09.9	1.73	10.2	27.6	274	133	1.9	3.9	0.35	0.14	2.1	39.4
Finger millet	66.8	7.2	1.92	11.2	364.0	210	146	2.5	4.6	0.37	0.17	1.3	34.7
Pearl millet	61.8	10.9	5.43	11.5	27.4	289	124	2.7	6.4	0.25	0.20	0.9	36.4
Foxtail millet	60.1	12.3	4.30	-	31.0	188	81	2.4	2.8	0.59	0.11	3.2	15.0
Browntop millet	61.37	11.5	-	12.5	28.0	276	4.2	2.5	7.7	3.2	0.27	18.5	-
Barnyard millet	65.5	6.2	2.20	-	20.0	280	82	3.0	5.0	0.33	0.10	4.2	-
Kodo millet	66.2	8.9	2.55	6.4	15.3	101	122	1.6	2.3	0.29	0.20	1.5	39.5
Little millet	65.5	10.1	3.89	7.7	16.1	130	91	1.8	1.2	0.26	0.05	1.3	36.2

Sources: Indian Food Composition tables, NIN-2017; Nutrition value of Indian Foods, NIN-2007

CONCLUSION:

First of all this type of survey is useful to different stake holders like Food companies, government entities, nutritionists, development organization and researchers who intend to consume millets. As per the survey a considerable proportion of people consume millets frequently because they know the nutritional value and medicinal properties of millets and they want to live healthy life style. But there were reasonable proportion people almost never consume millets (one or two times in a year). In that case the government entities, food companies actively promote the benefits of different types of millets from social media. Create awareness in people through different ways of cooking millets or creating millet products. It is known that some modern millet foods are available in social media like Barnyard flour Kalajamun, Proso millet Shankarpala, Little millet Chinese fried rice, Ragi Upma pakodi, Pearl millet Rusk, Sorghum Chocolate, Ragi Bounty bars and

Sorghum Pani puri. The IIMR has been widely promoting the health benefits of millets and developing nutritious products.

Government should play important role to provide healthier and diversified diet to people by providing millets in affordable price.

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