

Shri-Anna (millets), super food for present epoch: a thoughtful study in diverse dimensions

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**ABOUT**

Abstract

The 21st century, known as the era of science and the era of development, is when humankind excels on all fronts and is also the time when we have to face the gravest problems of all time. Global warming, climate change, overpopulation, chronic hunger, pandemics, and wars are to name a few of them. We are fortunate to have the treasure of knowledge ensnared in the ancient Indian Vedic texts and scriptures, which have the potential solution for all the grave problems encircling the world in today's time. Millets are one such solution; these are traditional grains used from the past of five thousand years. Nowadays millets are being popular as nutri cereals, nutri millets and as superfood. Millets are gluten free hence does not lead to celiac disease, unlike wheat. These are very excellent food for a diabetic person as it takes longer time to get digested and hence can provide energy for longer tenure.

Keywords

millets, biofortification, Kshudra Danya, Ayurveda, gluten, chronic hunger, nutrition

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