

# Siridhanyalu

Wholesome Health with Small Millets



'Krusha Ratna'

**Dr. Khadar Vali**

Independent Scientist, Self Made Environmental Professor

# Khadar Vali



Khadar Vali is now a household name in the two Telugu States. He is a great ambassador for small millets and their benefits. He brought out the long forgotten traditional health secrets of small millets and is handing them over to the benefit of the fellow society. He is native of Proddutur of Kadapa district in Andhra Pradesh. He completed his higher education in Mysore and Bangalore and then he went to USA for higher studies. Then he had a very good job there.

But there was some unrest brewing in him. The alienation and commodification and commercialization of each and every aspect of life including the food we eat, the air we breathe, the water we drink bothered Khadar and it made him think. With this internal churning, he left his job in America and came back and settled in Mysore,



the place of his education and began giving shape to his ideas and dreams. For the past 20 years he has been advocating and propagating

that people can acquire the wealth of health by regular usage of small millets and a healthy society can thus be formed. He believes this whole-heartedly and has been conducting studies and research in this direction and many classes and camps to propagate the knowledge that he acquired thus. It is the result of his two-decade-old effort that we see a drive in the society towards more and more usage of small millets.

Khadar Vali is the person who is handing over the knowledge and need of using traditional crops to the present generation. His word and way are blazing a new path in the Telugu States for re-usage of small millets, the benefits of which were forgotten. They are a beacon of light for the creation of a new healthy society. ✦

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## Magic mantra of Miracle millets...



Small millets are our traditional crops. They are very rich sources of nutrients. Some among them are significantly more beneficial. They are Foxtail millet, Barnyard millet, Kodo millet, Browntop millet and Little millet. During the process of the so-called modern development, however, we have abandoned usage of these small millets. The experience of Khadar Vali, renowned independent scientist, tells us that the usage of these small millets is a must to put a check on the various health issues that we are facing today because of the modern lifestyle. Nowadays, the importance of the small millets is growing. The great health movement going on under the guidance of Khadar Vali is spreading through the Telugu States. Under his influence, the usage of the small millets is increasing by the day.

By bringing out this booklet, we at Rythu Nestham Publications think that we are performing our role in this great movement for the spread of usage of small millets. We are very proud to be part of this great exercise that is going on under the leadership of Khadar Vali in building a healthy society. We are happy to share the experiences of Khadar Vali with all. We are glad that we are marching shoulder to shoulder with him. Influenced by his word, already thousands of people have turned towards these small millets. We at Rythu Nestham Foundation promise that we shall try our level best to take this message to every household in the Telugu States. We also feel that the government should provide profitable support prices to small millets and include them in the public distribution system.

It is our desire to make these small millets available to people at reasonable prices. Therefore, we have started Rythu Nestham Natural Products shops in Guntur, Vijayawada and Hyderabad. We have started to grow these crops organically and are also encouraging those who grow them organically. Shortly we will conduct many programs to propagate the benefits of small millets in a big way. Agricultural Experts are also recommending these crops to farmers as they are suitable to the changing environmental conditions. If these are grown organically, then there is more possibility of higher income generation. There are also arguments that the future belongs to these crops. In this background, Rythu Nestham, which always stands for the welfare of the farmers, is bringing out this booklet for the benefit of Telugu society. In this booklet we are bringing out the essence of the experiences and thoughts of Khadar Vali.

**(Dr. Yadlapalli Venkateswara Rao)**  
Rythu Nestham Publications

# Road map for Healthy Society



Brown top  
Millet

Little  
Millet

Kodo  
Millet

Foxtail  
Millet

Barnyard  
Millet

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What is there  
in small millets

**Nutrients and Fibre content in 100 gms. of Siridhanyalu**

ధాన్యం పేరు Name of Grain	నియాసిన్ Niacin mg (B3)	రిబోఫ్లావిన్ Rivoflavin mg (B2)	థయామిన్ Thiamine mg (B1)	కెరోటిన్ Carotene ug	ఐరన్ Iron mg	కాల్షియం Calcium g	ఫాస్ఫరస్ Phosphorous g	ప్రోటీన్ Protein g	ఖనిజాలు Minerals g	పిండి పదార్థం Carbo Hydrate g	పీచు పదార్థం Fiber g	పిండిపదార్థము/ పీచు నిష్పాతీ Carbohydrate/ Fiber Ratio
<b>సిరిధాన్యాలు (Positive Grains)</b>												
కొర్రలు (Foxtail)	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.6	8.0	7.57
ఊదలు (Barnyard)	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.5	10.0	6.55
అరికలు (Kodo)	2.0	0.09	0.33	0	2.9	0.04	0.24	6.2	2.6	65.6	9.0	7.28
సానులు (Littile)	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.5	9.8	6.68
అండుకొర్రలు (Brown top)	18.5	0.027	3.2	0	0.65	0.01	0.47	11.5	4.21	69.37	12.5	5.54
<b>తటస్థ ధాన్యాలు (Neutral Grains)</b>												
సజ్జలు (Pearl)	2.3	0.25	0.33	132	8.0	0.05	0.35	11.6	2.3	67.1	1.2	55.91
చాగులు (Finger)	1.1	0.19	0.42	42	5.4	0.33	0.27	7.1	2.7	72.7	3.6	20.19
హొరిగలు (Proso)	2.3	0.18	0.20	0	5.9	0.01	0.33	12.5	1.9	68.9	2.2	31.31
జొన్నలు (Great Millets)	1.8	0.13	0.37	47	4.1	0.03	0.28	10.4	1.6	72.4	1.3	55.69
మొక్కజొన్న (Corn Maize)	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	-	66.2	2.7	24.51
<b>నష్టదాయక ధాన్యాలు (Negative Grains)</b>												
గోధుమలు (Wheat)	5.0	0.17	0.35	64	5.3	0.05	0.32	11.8	1.5	76.2	1.2	63.50
పరి బియ్యం (Paddy Rice)	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.0	0.2	395.0







Foxtail millets have a sweet, bitter taste. It's a good food for diabetic patients. It reduces the cholesterol content in the body. It is rich in antioxidants. There is a lot of fiber, protein, calcium, iron, manganese, magnesium, phosphorus and vitamins and therefore they are good for children and pregnant women. It acts like medicine for those who suffer from stomachache and burning sensation while urinating, diarrhea and lack of hunger. As it is rich in proteins and iron it is a good medicine for anemia. As there is a lot of fiber, it gets rid of constipation. Back in the villages, elders used to say from their experience that if you take foxtail millet gruel and take rest then we get rid of fever. Eating foxtail millet is good for girls who suffer from heart ailments, anemia, obesity, arthritis, bleeding and burns.

## Foxtail millet



## Browntop millet

Browntop millet is one of the traditional crops. These grains have to be soaked in water for 4 hours before cooking. These are useful for the solving problems of stomach, arthritis, BP, thyroid, eye problems and obesity. Likewise, they are also useful to treat Fissures, ulcers, piles, fistula and the cancer of brain, blood, breast, bone, stomach, intestine and skin.





## Barnyard millet

- Barnyard millets are sweet in taste.
- The food prepared with this millet gives strength and is easily digestible. Therefore, in North India this is used during religious fasting.
- In Uttarakhand and Nepal pregnant women and neonatal women are given food made of barnyard millet as this is rich in iron. They believe that anemia is reduced in neonatal women and they will have plenty of breast milk.
- This food maintains body temperature.
- It improves the resistance capacity of the body.
- This is very good food for those who work for long hours in stationary position without much physical labour.
- It is good for constipation as well as diabetes as there is a lot of fiber in this millet.
- The food made of this millet protects us from ulcer-formation in small intestine and the cancer of large intestine.





## Kodo millet

- Kodo millet is sweet, bitter and acrid in taste.
- They have high nutritious value and therefore a good food for the children.
- There are plenty of vitamins and minerals in it.
- This is good for digestion.
- It prevents life-threatening diseases like cancer.
- It has high antioxidant activity.
- It keeps sugar and cholesterol levels in blood in check.
- They provide good energy to those who participate in sprint.
- If you take these along with other lentils like Bengal gram or cowpea then we get sufficient nutrients that are required for our body.
- As there is high fiber content it is good for weight reduction.
- This is a good food to get relief from the pains caused by long-term diseases and to reduce swelling.
- Kodo millet is good food for the swelling of joints and for women, who suffer from irregular periods, diabetic patients and those who have weak eye nerves.
- The flour of Kodo millet is used to smear on swellings.



## Little millet

They are sweet in taste. Taking little millet as food solves many health issues. This acts as medicine, if one gets burning sensation in the chest after taking food or gets sour belchings or feels tightening of the stomach due to gastric problem etc. This is good for those suffering from sexually transmitted diseases, diarrhea and indigestion and to improve the sperm count in men and to solve the problems of periods in women. Because of the high fiber content it is also good for those who suffer from constipation. This provides relief to those who suffer from migraine. This is a nutritious food for those who suffer from heart problems obesity and joint pains.

## Some health aspects of Small Millets

Small millets like foxtail millet, browntop millet, little millet, barnyard millet and kodo millet are a boon given to us by the nature. These are the food grains having medicinal properties. They are infact health capsules. By eating them regularly for 6 months to 2 years everybody can get rid of their diseases. Small millets not only provide nutrients but they removes disease causing elements from our body and purify the body. Thus, they provide us with good health.

### The specific diseases prevented by each small Millet:

1. **Foxtail millet:** It is good for the strengthening of nerves and mental health. It provides relief from arthritis, Parkinson's disease and epilepsy.
2. **Kodo millet:** It helps in purifying blood, improving resistance power and overcoming anemia and diabetes, constipation and good for sound sleep.
3. **Barnyard millet:** It is good for liver, kidney and endocrinal glands. It helps in reducing cholesterol and jaundice.
4. **Little millet:** It helps in overcoming the problems of ovaries, sperm, PCOD and infertility.
5. **Browntop millet:** It helps in overcoming the problems of ovaries, arthritis, B.P., Thyroid, eyes and obesity.



## How to use them



Browntop millets have to be soaked for at least 4 hours before cooking while other small millets can be cooked after soaking for 2 hours. They can be soaked overnight also. Don't mix different small millets while cooking. They have to be cooked separately. If we cook them by mixing then we will not get any benefit at all from them. Those who do not have any health issues should use one small millet for 2 days and another for the next two. Like that, these five small millets have to be used one after the other for 10 days. On the

11th day the cycle has to be started again starting with the first millet. Along with them it is better if we take decoctions also.



Those who have some health issues may have to take a particular small millet for many days depending on their health issues. If one has more than one health issue then they have to take those particular small millets for required number of days and then take other millets one in a day. For example if one is suffering from diabetes and kidney problem then they have to take kodo millet for 3 days and barnyard millet for 3 days and then take the other three types of millets

one on each day for the next 3 days. If they also suffer from prostate problem then they have to take little millet for three more days and the rest of the two millets on one day each. Rice, wheat, maida, milk, sugar, coffee, tea, iodised salt, meat and refined oil should be completely avoided and this should become a routine lifestyle. One can have curd and buttermilk with normal salt. Raw unrefined oil should be used instead of refined oils.

Those who have anemia should take kodo millet for 3 days and little millet for 3 days. Then the other three millets one on each day. The same millet has to be taken for breakfast, lunch and dinner. One should take carrot, guava, gooseberry or beetroot juice on empty stomach in the morning. In the evening 20 curry leaves should be mixed with one glass of thin buttermilk and thoroughly mixed using a mixie and then after 15 - 20 minutes it should be taken 1 hour before dinner. This will reduce anemia.





**With small millets we can prepare all types of food items. We can prepare all those items which we make with rice and wheat. Moreover they are very tasty also. We should soak them in 5 to 6 times water for 4 to 5 hours and then make gruel with it and anybody of any age can take it at any time of the day.**



### **Thyroid**

Those who suffer from thyroid issue should take little millet for 3 days and kodo millet, barnyard millet, foxtail millet and browntop millet on the subsequent four days. This cycle has to be repeated. Apart from this, decoction made of fenugreek leaves should be taken for a week and then menthol leaf decoction for one week and then betel leaf decoction for one week twice or thrice a day. Three spoonfuls of raw and unrefined coconut oil should be taken every morning for 3 months. If we follow this diet, then within 20 weeks all medicines can be stopped. One should go for walking daily.

The quality of any food item is determined by the proportion of fiber and carbohydrates in it. If the proportion is less than 10 then the food is considered to have disease preventive capacity. In the small millets, this proportion is from 5.5 to 8.8. In rice this proportion is around 3.85. Even in raw rice or wheat also there is not much difference in this proportion.







### To put a check on glucose with fiber

The dietary fiber that is there in our food controls the process that releases glucose into blood from our food. This fiber determines whether the glucose should be released in a large quantity at a time or in small quantities over a few hours. At present, percentage of fiber in rice and wheat food items has come down to 0.25% - 0.5%. Therefore, within 15 to 35 minutes after eating these food items they are converted into glucose and join the bloodstream. If we take hundred grams of this food 70 grams of it is converted into glucose and joins the bloodstream at a time. What happens if we eat three or four times a day and apart from that if we have sweets, biscuits, or Burger, pizza or roti made with maida (cake flour) then glucose enters the bloodstream at a time in large quantities. It also increases the fat content and it causes problems to those who already suffer from diabetes and leads to various diseases.

Food items made with maida are converted within 10 minutes into glucose and join the bloodstream and the chemicals used to make maida are harmful to the pancreas. Normally there are only 6 to 7 grams of glucose in our blood (4-5 litres). We know that after we eat food it is digested and ultimately turns into glucose and then glucose is transported to all parts of the body through blood, but if the glucose is transported to any part within a span of 10 minutes or 30 to 40 minutes then it is not good for health. It is more harmful to elders those who suffer

## Why should we eat small millets



from Diabetes and other patients like those who suffer from constipation, fits, piles, triglycerides, high BP, kidney diseases and heart diseases. Therefore we should stay away from food items like maida which are low or nil in fiber. We should get habituated to take small millets. They release glucose into the blood over a period of 5 to 7 hours in small quantities.

### The speciality of small millets

The speciality of small millets is that they contain natural fiber. When we eat small millets thrice a day we get 25 to 30 grams of fiber necessary for us (Every person needs 38 grams of fiber per day) through grains. We can get the rest of the fiber from vegetables and leafy vegetables. Each and every small millet has the capacity to fulfill some specific needs of the body and they have some specific disease preventing capacity.

Though rice and wheat have 0.22 - 1.2% of fiber all of it is only in the superficial layers and it is lost when these food grains are polished. But the fiber in the small millet is there throughout the grains in various layers and therefore it is useful for health and we call them Siri dhanyalu (Rich Millets)

#### Foxtail millet

This is a balanced food apart from having 8% of fiber. It has 12% of protein. This is a good food for pregnant women. This is right grain to get rid of the constipation that appears in women during pregnancy. When children suffer from high fever, sometimes they have seizures, which are permanent, sometimes. But foxtail millet has the capacity to drive away these seizures, weakness of the nerves. This is good food for getting rid of convulsions. Foxtail millet all is also useful to get rid of some kinds of skin diseases, mouth cancer, lung cancer, abdominal cancer, Parkinson's disease and asthma (along with kodo millet).



#### Kodo millet

This is good to purify the blood and for the efficient functioning of bone marrow and to get rid of asthma and kidney problems and problems related to prostate, blood cancer and cancers of intestine, thyroid, throat, pancreas or liver. It is also helpful for those diabetic patients who develop gangrene after getting injured on legs. They are also helpful for the recovery of patients who have suffered from dengue, typhoid or viral fevers and became weak.



#### Little millet

They help in curing the diseases of the reproductive systems in both males and females. It also reduces PCOD in females. In males sperm count can be increased by taking little millet. They also aid in cleaning up lymph nodal system and in the control of the cancer of brain, throat, blood, thyroid and pancreas.



## Barnyard millet

This is good for thyroid and pancreas. They help in getting rid of diabetes and in cleaning up liver it is and gallbladder. They also help in reducing jaundice and help in strengthening liver. After getting rid of cancer, jaundice they are also helpful in reducing the cancer of ovaries, uterus.

## Browntop millet

They are helpful in the treatment of Fissures, fistula, ulcer and the cancer of brain, blood, breast, bones, stomach, intestine and skin.

## The reasons for the type-2 diabetes in our country

Nearly 10 crore people are suffering from diabetes. The main reason for this is lack of fiber in their staple food. Taking cool drinks, liquor, meat lacking in fiber and packaged food is also a reason for the widespread prevalence of diabetes. This disease is also caused by mental stress, wrong lifestyle, anxiety resulting from the ups and downs in business, failure in love, usage of high doses of antibiotics etc. that cause the malfunctioning of pancreas.

If a person suffers from Diabetes then there is a potential for 10 more diseases. Diabetes causes harm to the eyes, hurts bones, brain, kidneys and the reproductive system.

## 10 principles of getting rid of diabetes

Long term diseases take away happiness from our life. With good food we should have a grip on our own health. Unpolished small millets provide us with energy. Through them our body is energized. With this body becomes disease free and develops strength.

1. We should take small millets that are having 8 to 12.5% fiber as a staple food. We should use only a single small millet for breakfast, lunch and dinner. Likewise we should eat all the five small millets one per day. Correct understanding about the small millets has to be developed among the children right from the beginning.
2. One should walk for 50 to 70 minutes per day.
3. One should take leafy vegetables and organic food as far as possible.
4. We should increase the intake of drumsticks and drumstick leaves, fenugreek and fenugreek leaves, bitter gourd, ladies finger and guava. We should take the decoction of guava and mango leaves in the morning.
5. We should stop taking milk directly. We can take it in the form of curd and buttermilk. We should keep away from eating packaged food.
6. One should also desist from using maida and food items made with maida and refined oil. We should either use raw unrefined oil or organic cold pressed oil.
7. We should control anxiety and emotions.



8. One should use very less amounts of rice, wheat and maida or it is even better if they are completely avoided.
9. We should also desist from using high fructose corn syrup and readymade food items using white sugar.
10. One should not be complacent that type-2 Diabetes is a very common disease. We should follow methods that keep this disease away and if we get this disease then we should take proper food and fight the disease with proper lifestyle. Instead of going for taking FBS and PPBS tests, one should take HbA1c test once in 4 months or 6 months and properly assess diabetes in a scientific way.

## From anemia to strength

Many people in our country and especially women suffer from anemia. Small millets are very helpful in overcoming this problem. For increasing blood, kodo millet should be taken for 2 days and little millet for 2 days and the other three small millets should be taken one on each day. Browntop millet should be soaked for at least 4 hours and other millets for 2 hour before cooking. One should take only a single millet throughout the day. Apart from having small millet as staple food throughout the day one should also take the carrot, beetroot and guava or gooseberry juice on empty stomach.



### Making juice

- ◆ Extract juice from 25 grams of carrot pieces, 25 grams of beetroot pieces and 5 grams of guava/ goosweberry pieces and mix in 200 ml of water and take.
- ◆ In the evenings one should take buttermilk with curry leaves.
- ◆ Grind 20 curry leaves in a mixer and soak in a glass of buttermilk for 15 to 20 minutes and then take. Take this one hour before dinner.
- ◆ If one does this regularly for a month then the amount of blood in the body increases.





Before 1970s and 80s we used to see less cancer patients. Perhaps one in a lakh used to get cancer. But nowadays everywhere we see cancer patients. According to a WHO report there will be 14,000,000 to 21,000,000 people who will be affected by cancer by 2030. The poison ridden food that we eat every day is the main reason for the increase in cancer incidents. The food we are eating is becoming more and more poison-laden by the day.

Let us bid  
goodbye to  
Cancer

### **Insecticides**

The need to increase food production is growing along with the increase in population. Therefore, the use of chemical fertilizers and insecticides and pesticides to control pests and diseases is rapidly increasing. Because of lack of discretion in the usage of these chemicals, problems are on the rise. Environment is becoming more and more poisonous.

### **Genetically modified crops**

Genetically modified Maize crop is a very important reason for the spread of cancer. The chemical and pharmaceutical companies that developed genetically modified Soya beans also developed genetically modified maize. The fat content of this Maize is more. Generally there is one milligram of fat for every 100 grams of maize. The genetically modified Maize is fed to animals and poultry. Poisonous Chemicals are entering the human body through dairy products, meat, pork, chicken, eggs and other food products, thus affecting health of the human beings. Baking industry is using animal fat for preparing biscuits, cakes etc. Vegetables are also laden with these poisonous chemicals.



Adulterated cooking oil is another main reason for the spread of cancer. Refining of petroleum yields many by products. Among these by-products, those which have more than C8 units are used as fuel. Those with less number of units are becoming available as mineral oil. By mixing synthetic chemicals, oil resembling sunflower oil or coconut oil is being packed and sold in the market. Through these adulterated cooking oil poisonous chemicals are entering human body. Therefore, it is necessary to develop food production and food refining processes without the use of chemicals.

### **Foods that should be avoided: Rice, wheat, sugar, non-vegetarian food and milk.**

Those who have successfully overcome cancer or those who are taking treatment for cancer or those who do not want to be affected by cancer should not take rice, wheat, sugar and meat. They should not take milk. Through them chemicals enter our body and this chemical gradually accumulates and bio-concentration develops and leads to cancer.

### **Don't take coffee tea or milk. One can use curd and buttermilk**

People generally wonder if it is possible to follow these strict food principles. But then, I very strongly and without any doubt advocate that it is quite possible. It is possible to follow this disciplined lifestyle. The food that we take, drinking water, our profession, regular physical exercise, walking, yoga, good habits, meditation, hobbies - all these determine our physical and mental health. We have



forgotten our very own food habits after blindly imitating the Western lifestyle that is full of anxiety and mental pressure. We are habituated to taking food untimely and unhealthy food devoid of any nutritional value.

Milch animals are being given oxytocin and estrogen hormones to increase the milk yield. By drinking this milk we are facing various health issues. To convert wheat flour into maida they use a bleaching chemical called alloxin. Various bakery products are made with suji and maida. Pancreas lose their capacity to produce Beta cells in the people who eat these products. Beta cells play a key role in stocking insulin and release as per the body requirement. That is the reason why people who eat maida are affected by diabetes.



## Which treatment for which cancer



**Trachea cancer:** Rice of Foxtail millet for two days and Little millet for two days and three other millets one on each day should be taken.

**Bone cancer:** Patients of bone cancer should take Browntop millet for two days and little millet for two days and kodo millet for two days and the rest of the two small millets should be taken on two days. They can be eaten buy cooking as rice or as gruel.

**Brain cancer:** Kodo millet for two days, little millet for two days, Browntop millet for two days and the rest of the two millets one on each day.

**Blood cancer:** Kodo millet for two days, Foxtail millet for two days, rest of the three millets one on each day.

**Kidney and prostate cancer:** Barnyard millet for two days, kodo millet for two days and brown top millet for two days and the other two small millets one on each day.

**Breast cancer:** Browntop millet for two days, kodo millet for two days and the other three millets one on each day.

**Mouth cancer:** Foxtail millets for two days, little millet for two days and the rest of them one on each day.

**Thyroid/pancreas cancer:** Kodo millet for two days, little millet for two days and browntop millet for two days. The rest of the two millets one on each day.

**Abdominal cancer:** Browntop millet for two days, foxtail millet for browntop millet for two days and the rest of the millets one on each day

**Skin cancer:** Skin cancer is one of the most dangerous cancers. browntop millet for two days, foxtail millet two days and the other three millets one on each day.



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Mobile App for Organic Farming : **Rythu Nestham**



# Light in Life only with Eco-friendly Policies



Mother earth has in her bosom everything required for the sustenance of life. The air, water, sky and food are no one person's property. Every living being has a right to the natural wealth. If these rights are exercised in a give and take manner, then that will benefit the ecology. It helps in

the development of biological life but at present things are going in a completely opposite way. In the hunt for development, human beings are giving more importance to only economic aspects and this is causing huge harm to the ecology. With the result, human society is facing various diseases and dangerous ailments. If we have to get rid of all these problems and if we intend that the future generations should be healthy, then there is only one way in which we leave economic aspects and give importance to ecology say the famous independent scientist and expert on nutrition and health, Krishi Ratna Dr. Khadar Vali. He explains that the changes that took place in the last hundred years in lifestyle and the production of food and the food habits are the root cause of all the health ailments.

“No mote economic models can save the world, Only Ecology model can save.” Khadar Vali mainly raised this aspect in the propaganda movement explaining the importance of the Siridhanyalu. There is a strong relation between humans and the ecology ... and he says that there is a golden future for the future generations. Children should be taught to co-exist with the nature and not the economic ways of living. He emphasizes in every meeting that it is the unification with every living being around us like trees, birds, animals and even the earthly elements that will provide safety to us.

## Destruction of the Nature in the Hunt of Development

If we compare the climatic conditions of the present with those a hundred years back, then we can see a lot of changes. The food has become artificial, instead of being natural. Even the drinking water is commercialized. The agricultural practices have undergone complete change. Organic and natural cultivation practices have disappeared. Agriculture is now completely dependent on chemical fertilizers and pesticides. There is this sad situation where only the farmers, who irrigate their land are recognized as farmers. Dr. Khadar Vali says that it is the big private companies that





are behind all these changes. In order to sell their fertilizer and pesticides these companies have completely transformed the agricultural practices, says Dr. Vali. From every quarter, we have been hearing the same complaint that Dr. Vali has raised. The



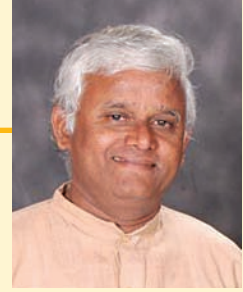
The methods being adopted for higher yields without any regard to the ecology is having every a bad impact on the ecology. The cultivation that we are doing by destroying the trees and forest in the illusion that it is development is ultimately causing only problems. The crops we are growing with chemicals are proving very detrimental to the health of the human beings. With the destruction of nature, people are facing physical as well as mental problems. Though there is such large scale destruction, intellectuals, scientists and people are very complacent which is very surprising, says a grieved Khadar Vali. Why is that nobody is coming forward to explain to the people that these policies that are being implemented in the name of developmental policies is destroying the ecology, is the question Dr. Vali is raising.

### **The Life style of yester years is the best**

The lifestyle of earlier generations should become a model for the present generation. Earlier, cultivation was done in close co-ordination with nature. Crops were grown only depending on the rainfall. They used to make natural manure with animal waste and leaves of the trees. They never used chemical fertilizers. Mostly they used to grow small millets. These can give good yields with only a few rains. This was their staple food earlier. The nutrients that are abundant in these crops helped protect their health. People then used to protect forests, trees, vines etc. This way, the people of earlier generation had a good relation with the nature and ecology. Every living being used to get what is due to them from the nature. This process continued without any obstacles and therefore those generations were healthy. However, the situation has



# Ecological balance with Siridhanyalu: Khadar Vali



With the modern trends, human beings are creating havoc in order to produce more meat. Lakhs of hectares of forest are destroyed to cultivate soybean. This soybean is used to make fodder to produce meat. With such a large scale destruction of the forests, ecology is badly affected. Wildlife is disappearing from the forests and ecological balance is affected. On the other hand, agricultural methods have changed. Agriculture is being pursued only from commercial angle. Food has lost its natural flavour and become artificial. These acts are inviting many health problems. We have come to this situation because development is seen only from an economic




angle. The next generation kids are also taught only economic aspects and the importance of nature is not explained to them. This is very dangerous for the future generations. If there is no nature all around us life becomes miserable. If this situation has to change, agricultural methods have to change. One has to cultivate -only those cross that grow under rain-fed conditions. On the other hand our policies should be such that they promote bio-diversity. The cultivation of siridhanyalu improves the ecological balance. Foxtail millet, browntop

millet, barnyard millet, kodo millet and little millet can be cultivated in any wasteland. When these crops are grown birds come in a large number to eat the grains. The excreta they live in the field make the soil fertile and the next crop yield will be double. In this manner if we adopt give and take method with the nature. It will do a lot good to the human beings. Other living beings also can coexist. That is the reason why I am emphasizing every time that what we need is not economic model but ecological model. If this method is implemented throughout the country then I can say with confidence that the health problems will naturally go away

completely changed now. Agriculture has now become to mean water, chemical fertilizers, and the amount of yields we get. The nature that includes water, air, earth and other living beings is destroyed in the hunt of development. Dr Khadar Vali explains that most of the people in the modern society or viewing every act from an economic angle. This is the primary reason for the destruction. Instead, if every step is taken from ecological angle then we would not have been facing such a dire situation.





# Natural ways to get Vitamins

The deficiency of vitamins is a major problem encountered by all in today's modern life. Vitamins like vitamin D, vitamin B12 and vitamin E are all very essential for healthy life. But due to the lifestyle where people don't get enough sunlight and shift-wise duties and taking food deficient in nutrients is causing deficiency of vitamins in humans. When people approach doctors with this problem, they immediately prescribe medicines and injections. But, Dr. Khadar vali says that not only the above vitamins but even calcium is abundantly available in indigenous food items. Vitamin B12 is very essential for our health. Deficiency of this vitamin results in the malfunctioning of nerves and muscles. Many say that vitamin B12 is available only in non-vegetarian food. But, the losses that we encounter with non-vegetarian food are enormous. Any non-vegetarian food causes hormonal imbalance in human body. Even if indigenous varieties of chicken and animals are grown without using the chemicals their eggs and meat are not useful to humans.

## **B12 with the milk of small millets**

One need not become worried when they come to know that there is a deficiency of vitamins. Many items in nature provide us with abundant quantity of vitamins that are needed for human body. Without resorting to tablets and injections, if we take those items as food they can be absorbed by the body. Body can absorb in a better way only if they are available in the food. There are two methods to get vitamins from food.

### **First method**

There is abundant vitamin B12 in the milk of country cow and the curd and buttermilk prepared from that milk. If curd is made from this milk and a glass of



buttermilk is taken in the morning and in the evening there will not be deficiency of vitamin B12.

## Second method

We know gingelly, groundnut and safflower as only oilseeds. But in many areas of our country, people used to make milk from these oil seeds and also make curd and buttermilk from it. In fact, milk, curd and buttermilk can also be made from small millets like pearl millet, sorghum, finger millet and cock foxtail millet and also from coconut. Instead of the meat or milk of the animals, if we use the curd and buttermilk made from this milk, we can overcome deficiency of vitamin B12. Even seen from an ecological angle this is the right method.

## Calcium along with B12

From the milk of gingelly and finger millets, we not only get B12 but also sufficient calcium necessary for our body needs. There is 10 times more calcium in the curd and buttermilk made from the gingelly milk than the animal milk. If the milk and curd of gingelly is not available then one can even have a laddu per week or two spoonfuls of fried gingelly. Then, children, adults and old people also can avoid calcium deficiency. Even if they are suffering from calcium deficiency one can get rid of it within a few weeks.



## Don't boil the milk directly

The milk made from oil seeds/ small millets and raw coconut has less fat unlike animal milk. Therefore, this milk should not be boiled directly on stove. If we do so, they evaporate. We should pour water in a vessel and water should be boiled and the vessel containing milk should be placed in that boiling water. This milk need not boil. It is enough if it gets warm. In the beginning, normal curd or buttermilk should be added to make curd. Then if we add curd/buttermilk made from these seeds, after sometime we get curd of these seeds only. It is better to take curd or buttermilk made from oil seeds, small millets and coconut instead of animal milk, curd or buttermilk. Everybody, from children to old people can take this without any hesitation. From among safflower, groundnut, gingelly, pearl millet or coconut, one can make milk from whichever one is available or whichever one likes. It is better to avoid taking milk from same seeds for a long time. It is better to take one type of milk every week and change. If we take correct food and water then no



medicine is needed to become completely healthy. If the food is not right then no medicine will work. Indigenous food is in fact a great medicine. Let us recognise this truth. Then, we shall all become completely healthy and spread the awareness about it.

### **The method of making milk by grinding in stone grinder**

The oil seeds/small millets have to be soaked for at least 7 to 8 hour or soaked overnight. In the morning, they have to be ground in stone grinder by intermittently adding small quantities of water. Take this paste into a thin cloth and squeeze to get milk. If we grind it in mixer then we don't get milk. One can use Wet Grinder that runs with motor. After the milk is squeezed, the residue is to be put again grinder and ground. By doing this many times, we can get a litre milk from 100 grams of oilseeds/small millets. The milk thus prepared can be made into curd and buttermilk. If we take a glass of this in the morning and evening then we get more B12 then we get through medicine.

### **Hormonal imbalance with non-vegetarian food**

The world is slowly recognising the fact that human body is not built to have non vegetarian food. Because of the hormonal imbalance caused by



## **Abundant vitamin D in dried mushrooms**

Those who don't have opportunity to get sunlight will gradually develop deficiency of Vitamin D. Employees of software and such other fields and some who live in multi-storeyed apartments do not get the needed sunlight. Nowadays, there is a propaganda that the deficiency of vitamin D can be overcome by using costly tablets. But in fact, there is no need of any medicines. Mushrooms can be dried, cooked and eaten to overcome the vitamin D deficiency. Mushrooms have a material called ergosterol, which when exposed to sunlight, converts into Vitamin D. Therefore, if one eats mushrooms twice or thrice a week then within a few weeks the deficiency of vitamin D can be overcome. Fresh mushrooms can be dried, cooked and eaten the same day or one can make soup and drink. Another method is that mushrooms can be dried for up to 3 to 4 days and they can be stored and used whenever needed dried mushrooms can be soap in water and cook or cook as gruel and drink. Those who have the opportunity to go into sunlight but don't go also develop vitamin D deficiency. Such people can walk in sunlight whenever possible and overcome the vitamin D deficiency. If one walks between 11 a.m. and 5:00 p.m. then within 3 months this problem can be overcome. At least if one stands in sunlight once in a week for some time after rubbing gingelly or coconut oil to the body then alsoone can overcome vitamin D deficiency in a few weeks.





non-vegetarian food, the metabolism processes in the human body are disturbed and it leads to many ailments. With the industrial production of meat and eggs, the chicken and animals are being fed with artificial food and they are given growth hormones steroids and antibiotics so that the maximum meat and eggs are produced within a short time. All these are leading to a build-up of chemicals, called bio-concentration, in eggs and meat. The chemical residues and impurities that are accumulating in the bodies non-vegetarians are causing many health problems in them. Chemical weedicides, fertilizers and pesticides are applied indiscriminately in modern agriculture. Using produce from this type of agriculture animal feed is made. 8 kilograms of food grains are fed to animals to produce 1 kg of meat. It means that the problem that is caused by eating 8 kg of grain is caused by eating just 1 kg of meat. Therefore, the residual buildup of harmful chemicals in the bodies of those who eat eggs and meat is 8 times more than those who eat such grain. We should recognise that vegetarians are utilising natural resources in a thrifty way than the non-vegetarian. It is possible to reduce global warming only if we reduce the usage of all kinds of meat and eggs which are behind carbon emissions into the atmosphere in a big way. 8000 litres of water is required to produce 1 kg of paddy rice. Whereas, to produce 1 kg of Miracle Mile like foxtail millet or kodo millet only 3000 litres of water is sufficient. Therefore, if we move from eating rice of paddy towards rice of miracle millets then it will not only help in maintaining health but the wastage of natural resources is reduced. To that extent, carbon emissions are also reduced and global temperature too. The body better absorbs any vitamin if it is taken as part of food and not as tablets and injections.



# Natural Methods on Food and Health problems

Explained by  
Dr. Khadar Vali



**People of Telugu land are marching towards Siridhanyalu giving up rice. Earlier people used to take rice as staple food. Now your message to take small millets as staple food is creating a sensation among the people. What change is going to come with small millets? How did you recognize the need for them?**

Twenty-five years ago when I learnt about the diseases multiplying in the humankind, I felt it is because of the food we are taking. Though the situation was not this bad at that time I felt if the situation continues like this, the whole human race will become ill. I understood that we are going to give a sick atmosphere to the future generations. As soon as I learnt that the reason behind this is our food, I felt we should go back to the food our ancestors used to take. The whole world knows that our ancestors were healthy because of the food they took. For the past 50 years, human race has left natural food methods and shifted towards artificially grown crops and foods which created this situation. As we are taking rice, milk and sugar, which do not contain sufficient fiber, we are getting diseases.

The arrangement of fiber and carbohydrates in small millets is complex and therefore they release glucose into blood in a controlled manner. This is the evidence to say that small millets pave excellent way to achieve good health. I started the campaign to awaken the people from the illusions being created by the medical sector about diseases. We have been conducting workshops in Karnataka state for the past 15 years. We are doing it now in Telugu states for the past two years. The rich qualities which are not found in rice and wheat are available in small millets. That is why either to cure diseases or to prevent them, small millets should be the food.



**When people are getting cured by using small millets and decoctions did you submit the reports to the government and scientists for authenticity?**

Attempts were made in that direction but they did not accept. Some were given in the form of journals, but they opposed. These are but natural when you are fighting for change. Many cancer patients are under illusions. The doctors also know this. They won't accept easily as this is against the present medical policies. Any scientist can experiment on small millets and come to a conclusion. We succeeded by experimenting. It is more important to spread the consciousness in people rather than publishing these results and getting popularity. If we change our food habits, it is certain we will be healthy.



**? You are campaigning widely against taking milk and meat. Milk is staple food for children. What are the reasons for saying no to meat and eggs?**

Children do not need anything else other than mother's breast milk. Cow gives milk for its calf and not for the sake of humans. Any creature takes milk only when it is an infant. Except humans no other creature goes after milk. It is the human race that is torturing other creatures for the sake of its food habits. The growth achieved by the animals and our children after taking milk for six month is different. We don't give milk of elephants to our children just because it is available. It is the same with cows and buffaloes. If any milk is left over, after the calves have milk then we can have it in the form of curd and buttermilk. But milk is not at all good.



**Do we get any diseases by taking milk?**

The steroids that are there in milk are not those that are there in our body. By drinking milk the steroids and hormones which the body has to secrete at different times lose their way and that is the reason why the girls are maturing at the tender age of 8 years. The hormonal imbalance is happening in many other ways. Already there are many experiments on this.

Coming to the question of the eggs of the birds, they are not our food. There are more fat and proteins in them. There is a danger of diseases to our digestive system because of the concentrated fats and proteins. In the artificially made eggs ..... are more which is harmful to health. Pulses have more protein than eggs. If we take a fistful of black gram, horse gram, Bengal gram and peanuts every week then we do not need eggs.

In the olden days, humans were vegetarians. With the beginning of hunting, they turned to non- vegetarians. In foreign countries whenever there are surgeries or even for other patients doctors used to advise them to have meat soup. Meat does not digest easily. Our doctors, who are imitating Western trends, are going one step ahead and are recommending that patients can even eat meat. But, actually the patients should eat easily digestible food. In the past eighty years because of the rapid spread of allopathic medicine, we have forgotten Ayurvedic methods.

**? Bones break in children and sports persons while playing. What type of foods should they take?**

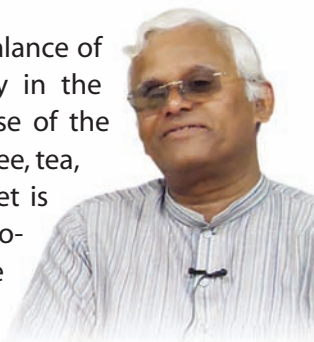
If the muscles and ligaments around bones have to join properly, then they have to take browntop millet and foxtail millet as their food. These have plenty of nutrients in them. Along with it, take decoction made with common rue leaves, guava leaves and Cinnamon leaves. They make the bones join properly. They should take foxtail millet for 3 days, browntop millet for 3 days and other Siridhanyalu one on each day for 9 weeks. Then they can recover fast and bones will become strong.





## ? What is the solution offered by Siridhanyalu to the problems of periods and pregnancy related problems among women?

Women are facing these problems because of the imbalance of hormones. Irregular periods, problems in pregnancy, delay in the release of ovules - all these problems are occurring because of the problems in taking proper food. They should stop taking coffee, tea, milk and eggs and take little millet as their food. Little millet is the correct solution for the problems of uterus, breast, fibro-adenoma, fibroids, polycystic ovaries etc. They should take little millet for 3 days and the rest of the four Siridhanyalu one on each day, which will help in restoring hormonal balance. Along with this, they should take decoction of fenugreek leaves, drumstick leaves, betel leaf leaves and tamarind leaves. These decoctions have to be changed once in a week. Following this regimen, all problems will be solved within 9 weeks to 9 months. Those who suffer from cervical cancer will also be benefited by following this food regimen.



## ? What solution do the Siridhanyalu offer to the patients suffering from nerve problems?

The patients who are suffering from nerve diseases like epilepsy, vertigo etc. should have foxtail millet for 3 days and browntop millet for 3 days and the other three millets one on each day. This cycle has to be repeated. Along with it, they have to take decoction of guava leaves, common-rue leaves, betel leaves and turmeric leaves. Each has to be taken for a week and repeated, thereafter. By having this decoction on empty stomach digestive system will be cleansed and the basic food of Siridhanyalu will cure the disease.

## ? How to overcome liver related diseases like fatty liver and others?

Polluted food and increasing viral infections are having an effect on liver. Therefore, people are getting jaundice, liver cancer, fatty liver and other liver related diseases. By taking artificial food and food laden with chemicals these diseases are increasing rapidly. It is liver that reduces the ill effect of poisonous chemicals with the enzymes it secretes. By our wrong food habits, we are affecting this system in the liver. With the result, liver bulges. There is accumulation of fat in the liver that is called fatty liver. To overcome this problem, one should take barnyard millet on three days and the rest of the millets one on each day. Decoction made with common-rue leaves, fenugreek leaves and carry-me-seed (*Phyllanthus amarus*) leaves should be taken. Each has to be taken for a week and the cycle repeated. With this, one can overcome liver related diseases.





**Nowadays we often hear problems like frequently becoming hungry or lack of hunger etc. What should those who suffer from these problems do?**

If the food items that we take are immediately converted into glucose and join the bloodstream then we get the sensation of our stomach being empty and that is hunger. Even though the glucose levels needed to provide energy for a person are sufficiently present, the reason for feeling hungry is the food items that we take. For them, siridhanyalu is the right food. Whatever food items that we can make with rice and wheat can be made with siridhanyalu also. They release glucose into the bloodstream in a controlled manner and therefore, the problems of excessive hunger or lack of Hunger do not occur.

**? Some persons have good body build and they do not get any diseases because they do their physical exercises regularly. They are also attracted towards siridhanyalu. What should they take?**

Whether one has health issues or not a food regimen of siridhanyalu has to be followed. Each of the five siridhanyalu has to be taken consecutively for 2 days and rotated.

**? What type of food should diabetes Type 1 and type 2 patients take? Why is this problem occurring?**

If the pancreas stop producing insulin in the childhood itself then it is called Type 1 Diabetes. In type 2 diabetes also the same thing happens, but slowly. Insulin takes glucose from blood into the cells of the body. Insulin keeps the balance of glucose levels in blood. If pancreas stop releasing insulin, then the glucose level in blood increases. To overcome this problem insulin is being given as an injection. If we change our staple food then glucose level in blood can be brought to an even level and one can get rid of diabetes. It is enough if siridhanyalu are taken as staple food. By taking each millet consecutively for two days and then changing. In addition to this, if one takes decoction of fenugreek leaves, Ivy gourd leaves, blueberry leaves, wood apple (Maredu) leaves and guava leaves, then one can be cured of diabetes.

**? What is the reason for eye problems in the childhood itself? Frequently we are also hearing the apprehension that there may be side effects due to siridhanyalu.**

Siridhanyalu are a pure food. Side effects will be there only for medicines and Chemicals. Complete food will not have any side effects. If these millets are soaked for 30 minutes and then cooked then one can get complete results. By soaking, the fibre will be get completely soaked and becomes ready for digestion.



Many types of cancer are bothering an average person. Can the Siridhanyalu show a solution to lung cancer, brain cancer and blood cancer. If siridhanyalu are adopted as staple food then people won't be affected by any diseases. Some people think that Siridhanyalu is only a stopgap food for patients but this should be taken as staple food. Siridhanyalu are useful in increasing resistance capacity even in patients suffering from cancer and HIV.



**? How to overcome the addiction of drugs and can one overcome the addiction with siridhanyalu?**

The society and the government are diverting youth into getting addicted various legal and illegal drugs. These are made available in the form of chocolate, coffee, cigarette, alcohol, drugs, marfin and alkaloids. They are brought into the market for commercial purposes and the future of the youth is being destroyed. If the drug victims stop it immediately then they will be facing de-addiction problems. Some decoctions and siridhanyalu food can show some solution to this. Decoctions made with Indian beech leaves, castor leaves, wood apple leaves, heart-leaved moonseed leaves (*Tinospora cordifolia*) have to be taken every week. Each has to be taken for a week and rotated. With this, one can overcome de-addiction problems. Along with it, browntop millet and kodo millet have to be taken for 3 days each and rest of the millets on each day for 9 weeks to 9 months. This has been proven experimentally. With this, the problem can be overcome.

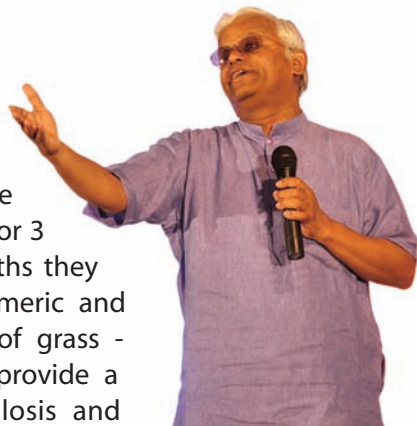
**? With the development of technology, the need and opportunity to work for 24 hours has grown. Those who work in the nights are facing the problem of lack of sleep. What suggestions should they follow?**

If people have to get good sleep then they have to sleep in the darkness. Because of the development of technology and electrification, the number of people who are working in the night is growing. In the present condition as it has become compulsory, the biological clock is affected. When one has to sleep in the daytime the room has to be made dark. Those who face sleeplessness also have psychological problems. They should take kodo millet for 3 days and the rest of the millets one on each day. They should take the decoctions of garika (a grass - *Agrostis linearis*), and passionflower leaves which works as a good medicine for those suffering from sleeplessness. Betel leaf decoction and decoction of onions are also helpful in getting sleep.



## ? Is there a solution for lung related problems?

Bronchitis, asthma etc. are all related to lung problems. People are suffering from these diseases because of the increasing pollution in the cities and the hormonal imbalance. If these patients take foxtail millet for 3 days and the rest of the millets on each day for 6 months they can overcome this problem. Decoctions of ginger, turmeric and coriander are helpful in overcoming. Garika (a kind of grass - *Agrostis linearis*) decoction, betel leaf decoction also provide a solution to this problem. Even diseases like tuberculosis and pneumonia can be kept away.



## ? What is the solution for dehydration problem?

Those who take Siridhanyalu as food do not face dehydration problem. As the millets are soaked and cooked that problem does not arise.

## ? Those who are taking siridhanyalu as food are complaining of diarrhea, constipation etc. What is the reason?

Human body takes some time to get adjusted to the change in food habit from taking rice and wheat to siridhanyalu food. This problem will persist for about three weeks. Lack of hunger, loose motions, and constipation are some of the symptoms. For some, this may be a psychological feeling. But by soaking and then cooking the millet no problem will come.



## ? You are saying that any disease can be cured within 6 months. Do the Siridhanyalu really have search medicinal properties?

By taking siridhanyalu as food within 6 month the effect of the disease will be polarized in the patient. For some, this may take up to two years. But in any patient, within 6 months some relief will start and the curing of the disease starts. Even those patients who are suffering from lupus or such dangerous diseases like lupus are reporting that they are getting relief after using these siridhanyalu.



## ? What are the natural solutions for heart problems?

Modern food habits, life style devoid of physical exercise ..... the cumulative result is ill health. Nowadays even children of small age are getting heart diseases. It is really worrisome that people in the age group of 30s are using BP medicine. Dr. Khader Vali says that many heart problems can be solved if one has better understanding about the lifestyle and food and go ahead in tandem with nature. Heart related diseases can be cured by using the siridhanyalu, decoctions, organic food items, physical exercise and meditation.

What is to be done is very simple. It is important for those who have irregular heart beat, have blockages in blood vessels, high/low BP to give up the modern food items like pizzas, burgers and other outside food. They should only take the home made organic food. Siridhanyalu should be soaked overnight and cooked and eaten in the morning. Likewise soak them in the morning and cook and eat them in the evening. For heart related problems, foxtail millet and little millet have to be taken for two days each and then the rest of the siridhanyalu one on each day. Juices of cucumber, bottle gourd, ash gourd have to be taken each one for a week for nine weeks. One can get rid of 95% heart blockages. If this routine is regularly followed, then BP will come down to normal within six weeks. Heart beat also will become regular. One should go for daily walk for at least an hour. During Sunrise and Sunset, one should be out there in Sun light. Meditate. If one follows these principles, then the heart will function strongly and efficiently throughout the life.

## ? Can those patients who suffer from stomach ulcer take siridhanyalu?

In those patients who suffer from stomach ulcer or duodenal ulcer the digestive track has also ulcers and there is even pus formation. They have burning sensation in the stomach and may face the problem of having to go for motions immediately after eating. Sometimes they may even have to go about for 10 times. With such problems, people become very weak and dull. Those persons should take more buttermilk in their food. When they take buttermilk in their food for 4 weeks lactobacillus reaches digestive tract and reduces this problem. Curd can be made even from the milk of coconut, finger millet and gingelly. Foxtail millet, kodo millets, browntop millets, little millet and barnyard millet have to be taken each for three days. It is better to take in the form of gruel for six weeks. The gruel prepared in the morning should be taken in the evening and that prepared in the evening should be taken in the morning. This is also another method. If time is allowed for the bacteria to grow outside and then sent into the digestive track, the digestion will be good. Decoction of Fenugreek, Fenugreek leaves, Pongamia leaves, betel leaf leaves, cumin, mustard etc. are good for health.



## Cancer cure protocol with Siridhanyas and herbal decoctions

Cancer Type	'Kashaya' types One type of 'kashaya' per week for 4 months (morning and evening)	one type of 'kashaya' per week for 4 months (afternoon)	Siridhanyas to be eaten
	THE CYCLES MENTIONED BELOW SHOULD BE REPEATED		
<b>1. Lung</b>	1st Week - Punarnava Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf Powder	1st Week - Ginger 2nd Week - Turmeric	Foxtail - 2 days Little - 2 days Kodo - 1 day Barnyard - 1 day Browntop - 1 day
<b>2. Bone</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Fenugreek Leaf 2nd Week - Mint Leaf	Browntop - 2 days Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day
<b>3. Brain</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - 'Sadapaku' (Ruta Graveolens) Leaf 2nd Week - Cinnamon	Browntop - 2 days Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day
<b>4. Blood</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf	1st Week - Curry Leaf 2nd Week - Betel Leaf 3rd Week - Guava Leaf	Browntop - 2 day Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day
<b>5. Kidney - Prostate</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Punarnava (Boerhavia Diffusa) Leaf 2nd Week - Corriander Leaf	Kodo - 2 days Little - 2 days Barnyard - 2 days Browntop - 1 day Foxtail - 1 day
<b>6. Breast</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Pongamia Leaf 2nd Week - Neem Leaf	Browntop - 2 days Kodo - 2 days Little - 1 day Foxtail - 1 day Barnyard - 1 day

Eat Siridhanya based food all three meals a day!  
Eat sesame dumpling made with palm Jaggery twice a week



Cancer Type	'Kashaya' types One type of 'kashaya' per week for 4 months	one type of 'kashaya' per week for 4 months	Siridhanyas to be eaten
	(morning and evening)	(afternoon)	
7. <b>Mouth</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Mint Leaf 2nd Week - Ginger	Foxtail - 2 days Little - 2 days Browntop - 1 day Kodo - 1 day Barnyard - 1 day
8. <b>Thyroid / Pancreatic</b>	1st Week - Parijatha Leaf 2nd Week - Peepal Leaf 3rd Week - Guava Leaf	1st Week - Marigold Flower 2nd Week - Tender Tamarind Leaf or Drumstick Leaf	Kodo - 2 days Little - 2 days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
9. <b>Stomach</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Tender banana shoot 2nd Week - Fenugreek leaf	Browntop - 2 days Foxtail - 2 days Kodo - 1 day, Little - 1 day Barnyard - 1 day
10. <b>Skin</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Tender Onion Shoot 2nd Week - Aloe vera Shoot	Kodo - 2 days Browntop - 2 days Little - 1 day Foxtail - 1 day Barnyard - 1 day
11. <b>Intestine</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Pongamia Leaf 2nd Week - Fenugreek Leaf	Browntop - 2 days Kodo - 2 days Barnyard - 2 days Foxtail - 1 day Little - 1 day
12. <b>Oesophagus</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Mint Leaf 2nd Week - Ginger	Kodo - 2 days Little - 2 days Browntop - 2 days Foxtail - 1 day Barnyard - 1 day
13. <b>Liver</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - 'Sadapaku' (Ruta Graveolens) Leaf 2nd Week - Fenugreek Leaf	Barnyard - 2 days Kodo - 2 days Browntop - 2 days Foxtail - 1 day Little - 1 day
14. <b>Uterus and Ovarian</b>	1st Week - Parijatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf	1st Week - Papaya Leaf 2nd Week - Betel Leaf	Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 1 day Foxtail - 1 day

Cancer patients at Metastasis stage (Example - Bone, Brain), along with the kashayas mentioned in above table, take Ruta graveolens (Sadapaku) Kashaya one week, Cinnamon (Daalchina chekka) Kashaya one week, fenugreek (Methi) Kashaya one week, Mint (Pudina) Kashaya one week at afternoon.



## SIRIDHANYAS AND KASHAYAS ARE THE BEST REMEDIES FOR DISEASES

Sl. No.	Ailment / Disease	Kashayas (200 ml.) To be taken in empty stomach every morning	Siridhanyas to be eaten
1.	<b>Dialysis</b>	Nyctanthus arbor - tristis Coriander Boerhavia Diffusa Bryophyllum Leaves Phyllanthus Amarus	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
2.	<b>Diabetes</b>	Giloy Leaves (Tinospora Cordifolia) Mint Leaves / Fenugreek Leaves Drum Stick Leaves Black Plum, Tindoora Leaves	Foxtail - 2 days Little - 2 days, Kodo - 2 days Barnyard - 2 days Browntop - 2 days
3	<b>Thyroid PCOD Fibroid Hormone Imbalance</b>	Aegle Marmelos Leaves / Pongamia Pinnata / Tamarind Leaves / Drumstick Leaves / Sour Spinach / Piper Betel Leaves / Neem Leaves / Peepul Leaves	Little - 3 days Foxtail - 1 day Kodo - 1 day Barnyard - 1 day Browntop - 1 day
4	<b>B.P.</b>	Aegle Marmelos Leaves Holy Basil Coriander Leaves Cactus grandiflorus Rauvolfia Serpentine Leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
<b>Take in empty stomach early morning 3 Spoons of Coconut oil / Sesame oil / Safflower oil each one week</b>			
5.	<b>Obesity</b>	Peepul Leaves / Betel Leaves Cumin Seeds / Turmeric / Bermuda Grass (Cynodon Dactylon) / Palm Leaves	Little - 3 days Kodo - 3 days, Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
6.	<b>Weight Gaining</b>	Mustard Seeds Fenugreek Seeds Cumin Seeds	Little - 3 days, Kodo - 3 days Barnyard - 1 day Foxtail - 1 day, Browntop - 1 day
7.	<b>Asthma TB</b>	Black Pepper Ginger Turmeric Powder Pongamia Pinnata	Foxtail - 2 days Little - 2 days, Kodo - 2 days Barnyard - 2 days Browntop - 2 days
8.	<b>Parkin Son's and Alzheimers (Dementia)</b>	Turmeric / Cinnamon / Ginger / Common Rue Leaves / Guava Leaves / Drum Stick Leaves / Coconut Oil, Ground Nut Oil, daily 3 Spoons, each one Week (Morning)	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day

**Sour Spinach (Hibiscus Cannabinus - Kenaf) Leaves Kashaya is good for all women disorders.**





Sl. No.	Ailment / Disease	Kashayas (200 ml.) To be taken in empty stomach every morning	Siridhanyas to be eaten
9.	<b>Kidney Stones</b>	Mint Leaves / Coriander Leaves / Banana Stem Pulp / Sour Spinach Leaves / Acacia Farnesiana Leaves / Dill Weed Leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
10.	<b>Increase Memory</b>	Turmeric Cinnamon Sesame Leaves Drum Stick Leaves	Little - 3 days Foxtail - 1 day, Kodo - 1 day Barnyard - 1 day Browntop - 2 days
11.	<b>Gastric Acidity</b>	Mint Leaves / Piper Betel Leaves / Pongamia Pinnata / Cassia Auriculata / All Spices (Myrtle Pepper) Leaves (Green)	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
12.	<b>Arthritis and Knee Joint Pains</b>	Nyctanthus arbour tristis Leaves / Peepul Leaves / Aegle Marmelos Leaves / Sour Spinach Leaves / Guava Leaves	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
13.	<b>Eye Problem</b>	Carrot / Mint Leaves / Dill Weed / Drum Stick Leaves All Spices (Myrtle Pepper) Leaves (Green)	Foxtail - 3 days Browntop - 3 days Little - 1 day, Kodo - 1 day Barnyard - 1 day
14.	<b>Nerves Problem</b>	Cynodon Dactylon (Scutch Grass) / Guava Leaves / Nyctanthus arbour tristis / Common Rue (Ruta Graveolens)	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
15.	<b>Liver Kidney Purification Gout</b>	Common Rue (Ruta Graveolens) / Fenugreek Leaves or Seeds / Bryophyllum Acacia Farnesiana / Boerhavia Diffusa	Barnyard - 3 days Little - 1 day Kodo - 1 day Foxtail - 1 day Browntop - 1 day
16.	<b>Heart Related</b>	Ash Guard Juice / Cucumber Juice / Bottle Guard Juice 250 ml each / Kashayas ; Coriander Leaves / Piper Betel Leaves / Holy Basil	Little - 2 days Kodo - 2 days Barnyard - 3 days Foxtail - 1 day Browntop - 1 day

**To get rid of heat in the Body drink Mint Leaves.  
Cynodon Dactylon (Scutch Grass), Pongamia Pinnata Kashayas**



Sl. No.	Ailment / Disease	Kashayas (200 ml.) To be taken in empty stomach every morning	Siridhanyas to be eaten
17.	<b>Fits</b>	Turmeric / Palm Leaves / Cynodon Dactylon (Scutch Grass) / Indian Plum (Ziziphus Mauritiana), Coconut Oil, Ground Nut Oil, each one week, daily 3 spoons in empty stomach (Morning)	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
18.	<b>C4, C5, L4, L5 Spinal Cord</b>	Curry Leaves Nyctanthus arbor - tristis Guava Leaves	Foxtail - 3 days Browntop - 3 days Little - 1 day, Kodo - 1 day Barnyard - 1 day
19.	<b>Varicose Veins</b>	Tomato Juice (250 ml) Lvy Gourd Leaves Nyctanthus arbor - tristis Papaya Leaves	Foxtail - 2 days Little - 2 days, Kodo - 2 days Barnyard - 2 days Browntop - 2 days
20.	<b>Prostate Glands</b>	Boerhavia Diffusa Nyctanthus arbor - tristis Coriander Leaves Mint Leaves Bryophyllum	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
21.	<b>Infertility</b>	Peepul Leaves Neem Leaves Drum Stick Leaves Betel Leaves (Remove the stalk)	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
22.	<b>Urine Infection UTI</b>	Bryophyllum Leaves Coriander Leaves Mint Leaves Drum Stick Leaves Boerhavia Diffusa Leaves	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
23.	<b>ESR Erythrocyte Sedimentation</b>	(250 ml) Carrot Juice, Amla Juice Beetroot Juice	Kodo - 2 days Foxtail - 2 days Little - 1 day Barnyard - 1 day Browntop - 1 day
24.	<b>Skin Issues</b>	Aloevera Juice (250 ml) Cynodon Dactylon Leaves Holy Basil Leaves Sesame Laddu once in a week Apply sesame oil to skin	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day

**De-addiction : Drink following Kashyas to get rid of addiction 1) Pongamia Pinnata 1 week, 2) Giloy Leaves (Tinospora Cordifolia) 1 week, 3) Castor Oil Plant Leaves 1 week**



Sl. No.	Ailment / Disease	Kashayas (200 ml.) To be taken in empty stomach every morning	Siridhanyas to be eaten
25.	<b>Increase Platelets Dengue</b>	Papaya Leaves / Drum Stick Leaves / Tamarind Leaves / Nyctanthus arbor - tristis / Common Rue / Wood Apple Leaves / Giloy Leaves	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
26.	<b>Paralysis</b>	Aegle Marmelos Leaves / Cynodon Dactylon / Giloy Leaves / Mint Leaves, Coconut Oil, Gorund Nut Oil, each One Week, daily 3 sponns in empty Stomach (Morning)	Browntop - 2 days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
27.	<b>Psoriasis</b>	Coriander Leaves Bacopa Monnieri Alovera Juice (250 ml)	Browntop - 3 days Foxtail - 3 days Kodo - 1 day, Little - 1 day Barnyard - 1 day
28.	<b>Constipation, Piles</b>	Guava Leaves Cassia Auriculata Leaves Fenugreek Leaves Pongamia Pinnata	Browntop - 3 days Foxtail - 1 day Kodo - 1 day, Little - 1 day Barnyard - 1 day
29.	<b>HIV</b>	Giloy Leaves Cynodon Dactylon Beal Leaves Niger Seeds to be eaten	Kodo - 3 days Browntop - 1 day Foxtail - 1 day, Little - 1 day Barnyard - 1 day
30.	<b>SLE (Lupus)</b>	Palm Leaves Beal Leaves Cynodon Dactylon, Safflower Oil, 3 Spoons in empty stomach (morning)	Browntop - 3 days Foxtail - 3 days Kodo - 1 day Little - 1 day Barnyard - 1 day
31.	<b>IBS (Irritable Bowel Syndrome)</b>	Fenugreek Leaves / Papaya Leaves / Coriander Leaves / Betel Leaves (without stalk) / Mint Leaves / Tindora Leaves	Kodo - 3 days, Little - 3 days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
32.	<b>Colitis</b>	Castor Leaves Guava Leaves Pongamia Pinnata	Kodo - 3 days, Little - 3 days Browntop - 1 day Foxtail - 1 day, Barnyard - 1 day

**Immunity Booster ; Kashayas 1) Cynodon Dactylon, 2) Holy Basil, 3) Giloy Leaves  
4) Aegle Marmelos Leaves, 5) Pongamia Pinnata, 6) Neem Leaves, 7) Peepul Leaves each 4 days**

**Viral Fever : Drink Kodo Millet & Little Millet Porridge  
Common Rue Leaves, Nyctanthus arbor - tristis Leaves Kashayas, each 1 week.**



Sl. No.	Ailment / Disease	Kashayas (200 ml.) To be taken in empty stomach every morning	Siridhanyas to be eaten
33.	<b>Chikungunya</b>	Cynodon Dactylon Common Rue Chrysanthemum Tea (Own Garden) Chamomile Tea (Home made)	Browntop - 3 days Foxtail - 3 days Kodo - 1 day, Little - 1 day Barnyard - 1 day
34.	<b>Differently Abled Children</b>	Aegle Marmelos Leaves Cynodon Dactylon Pongamia Pinnata Coconut Oil, Safflower Oil and Sesame Oil daily 3 spoons, each 1 week	Browntop - 2 days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
35.	<b>Teeth Issues</b>	Palm Leaves Peepul Leaves Turmeric	Kodo - 3 days, Little - 3 days Browntop - 1 day Foxtail - 1 day, Barnyard - 1 day
36.	<b>Uterus (Women) Related Issues</b>	Custard Apple Leaves / Guava Leaves / Drum Stick Leaves / Tamarind Leaves / Piper Betel Leaves /	Little - 3 days, Kodo - 1 day Browntop - 1 day Foxtail - 1 day, Barnyard - 1 day
37.	<b>Pregnancy</b>	Chamomile Tea (Home Made) Lemon Grass / Mint Leaves Sour Spinach Leaves	Foxtail - 2 days, Little - 2 days Kodo - 2 days, Barnyard - 2 days Browntop - 2 days
38.	<b>Pneumonia</b>	Turmeric / Cumin Seeds Dry Ginger Cynodon Dactylon Giloy Leaves	Foxtail Porridge - 3 days Little - 1 day, Kodo - 1 day Browntop - 1 day Barnyard - 1 day
39.	<b>Fatty Liver</b>	Aegle Marmelos Leaves / Common Rue / Mint Leaves / Piper Betel Leaves, Coconut Oil, Sesame Oil daily 3 spoons, each one week, in empty stomach (morning)	Little - 3 days Kodo - 3 days Barnyard - 3 days Browntop - 1 day Foxtail - 1 day
40.	<b>Attention Deficit Disorder/Borderline / Artezam Hyperactive</b>	Nyctanthus arbor - tristis Peepul Leaves Turmeric	Little - 3 days Foxtail - 1 day, Kodo - 1 day Barnyard - 1 day Browntop - 1 day
41.	<b>After Pregnancy</b>	Chamomile Tea (Home Made) Lemon Grass / Mint Leaves Sour Spinach Leaves Castor Seeds (Remove Belly Button)	Little - 3 days Foxtail - 1 day, Kodo - 1 day Barnyard - 1 day Browntop - 1 day

**Note :** 1. Sometimes Mother's Milk may reduce when they eat Foxtail Millets. 2. Sour spinach, Lemon, Mango, Goose berry, Citreon, Pickles are recommended for Lactating Mothers. Each day one type of pickles to be used.



# Positive Grains of Truth for a Negative Age

The right kind of food, a simple lifestyle and the right agricultural practices.

There are thousands of Diabetics with gangrenous legs who consider Dr Khadar Valli a messiah for saving their limbs after they were advised to go for amputation.

Mysuru : This 'doc' in desi khadi does no black magic - instead he advises changes in food choices and minimal medication at a minimal cost to the hundreds of patients at his doors and ends up delivering a miracle.

The right kind of food, a simple lifestyle and the right agricultural practices. That's all society needs to mend its ways and get itself into top health says Dr Khadar Valli, a US returned scientist, who has dedicated his life of building a healthy society after resigning from a lucrative job in an MNC.

The 60-year-old scientist is the perfect 'physician' for extremely complicated situations. There was a case of two young lovers, who had attempted suicide by consuming poison after their parents refused to allow them to marry. They ended up bedridden with a nervous breakdown at KR Hospital in Mysuru and a week later, came to him and fell at his feet. Then there are thousands of Diabetics with gangrenous legs who consider him a messiah for saving their limbs after they were advised to go for amputation. And there are epileptics who have lost all hope, who rush to his residence in the interior of TK Layout here for deliverance from the malady. He has not disappointed any of them.

There is a sea of patients at his residence, he treats at least 100 a day in TK layout from Tuesday to Saturday, and over 200 at Bidarahalli in HD Kote taluk every Monday.

The son of Husenamma and Husenappa, natives of Proddatur (Kadapa Dist) in Andhra Pradesh and resident of Mysuru, Dr Khadar did his BSc.Ed and MSc.Ed from Regional College of Education, Mysuru and PhD at Indian Institute of Science, Bengaluru. He has worked as a post doctoral fellow on Environmental Science at Beaverton Oregon and as scientist in CFTRI for two years. Joining Dupont, he worked for 4 and a half years in the US and in India for a year, before settling in Mysuru in 1997.

Saving the soil for posterity is another passion of his. Dr Khadar feels it will happen only with the right kind of agricultural practices. He is worried that with the kind of crop practices farmers are adopting, the soil may become unfit to grow anything in the next thirty years.



The increasing cases of juvenile diabetes, childhood obesity, early puberty, irregular menstrual cycles, polycystic ovaries, infertility, anaemia, low milk supply during breast feeding and constipation-what does he blame them on? Diet counselors may say it's all because of chocolates, pizzas and your love for non-vegetarian food but Dr Khadar does not feel this is entirely true. "Oxotocin/estrogen hormones are injected into cows to increase milk yield, micro levels of those hormones present in milk is one reason for early puberty in girls. Alloxan, used as a bleaching agent to bleach wheat flour for production of maida (used for preparing bakery products), obstructs the capacity of the pancreas to produce beta cells, which store and release insulin," he points out.

"Start eating positive siridhanya grains (millets) which we used to eat 60 years ago. These include Foxtail (Navane), Barnyard (Oodalu), Kodo (Arka), Little (Saame), Brown Top (Korle), fruits and vegetables, palm jaggery (Kappu bella/saate) and use groundnut oil to stay healthy. Positive siridhanya grains (millets) are not just nutritious, they can be grown in dry land and need only 20 cm of rainfall. As high as 60 percent of the available land in India is dry land. So if farmers cultivate positive siridhanya grains (millets), there can be no drought in the next 50 years," he reasons.

And the healthy alternative to chocolates? "Give sweet balls prepared from groundnut, til (sesame seeds) jaggery and coconut to kids. Coca used for making chocolate has theobromine, an alkaloid similar to nicotin in tobacco, which causes an addiction, if taken for 21 days. The pink skin of peanut (groundnuts) is rich in anti-oxidants which can fight cancer and other diseases. Til can improve the development of the brain," he says.

Dr Khadar grows as many as 38 crop varieties including positive siridhanya grains (millets) and he uses 'Kaadu Chaitanya Dravana,' a microbial liquid for farming in his 7 acres of dry land in Bidarahalli in HD Kote Taluk. He even gives a live demo on the right agricultural practices at his farm. His daughter Dr Sarala, a homeopath and wife Usha, have been partnering Dr Khadar in his cause.

Growing Sugar Cane to produce one kg of sugar, 28,000 liters of water is needed, to grow one kg of rice, 8,000 liters is required, to grow 1 kg wheat 9,000 liters of water is needed, to grow 1 kg of meat 50,000 liters of water is required, but to grow one kg of positive siridhanya grains (millets) 300 litres water is sufficient. Food which takes a longer period to dislodge the sugar (glucose and fructose) to be absorbed by the blood, is the right kind of food. Ragi takes one and a half to two hours, positive siridhanya grains (millets) take over 6 hours while rice takes just 45 minutes to get absorbed in the blood increasing the risk of diabetes.

A herbicide present in Soyabean leads to Cancer. Steroids are being injected to increase the weight of goat, sheep, chicken and pigs.

Gluten present in wheat may affect the absorption of micro nutrients like zinc in the small intestine.

Dill leaves (Sabsige Soppu), garlic and the white part of Castor fruit can improve breast milk production when taken in the right quantity.



# Anyone who suffers from kidney failure and kidney stones...



Anyone who suffers from kidney failure and kidney stones should take barnyard millet for 2 days, kodo millet for 2 days and little millet for two days and foxtail millet on one day and brown top millet on one day. We should prepare rice and eat these five types of small millets in a cyclic manner. One should take only one millet in one day. They should not be mixed and used. The same millet should be used for breakfast, lunch and dinner.

**Three Types of gruel:** In advanced cases of the disease the gruel prepared with barnyard millet should be taken for one week and then kodo millet for one week and little millet for one week. Those undergoing dialysis or those who have excessive creatinine or bun should take gruel instead of rice. This way, it is generally comes under control.

**How to prepare gruel:** One cup of millet rice should be soaked in 6 cups of water for 5 to 6 hours and the gruel can be prepared with the same water. Anybody of any age can take this at anytime.

## Three Types of decoctions

1. Bryophyllum decoction for one week,
2. Red Hogweed (*Boerhavia diffusa* Linn.) decoction for the next week and
3. Coriander decoction in the third week should be taken one after another and they should be taken in a cyclic manner. They should be taken everyday in the morning and evening half an hour prior to taking meals. But depending on the need one can take thrice today. If the decoction is too bitter then some amount of jaggery made from toddy palm can be added. Milk or oil or sugar should not be added. The millets should not be mixed and used. You have to prepare this every time afresh.

## Foods that are not to be taken

Food items made of rice, wheat, maida, sugar and milk should not be eaten. Curd and buttermilk can be taken. Don't use refined packet oil. you can use raw unrefined oil. Don't take non-vegetarian foods and chocolate. Don't take coffee or tea. You can take herbal tea. Don't use plastic bottles. It is good to use water for drinking and cooking after keeping it for 6 hours in copper vessels.

- ◆ Daily walk, meditation and 8 hours sleep in the night is a must.
- ◆ If all these are followed strictly, then the problem can be controlled in 6 weeks. Those who have more creatinine count may take more time to become normal.
- ◆ Allopathic medicine should not be stopped suddenly. One should keep consulting Allopathic doctor and periodical lab tests should be conducted and depending on the changes in the body, allopathic medicines can be gradually reduced.
- ◆ Even after the disease is cured, by continuing to eat small millets and taking decoctions one can become completely healthy and be happy.





## Delicious preparations with small millets

**First food of human beings is gruel:** Throughout the world, the first food of humans was gruel. Even before the grinding stone was invented and rice was prepared humans used to take gruel as their food.

One glass of small millet rice should be soaked in 6 glasses of water for 5 to 6 hours and gruel can be prepared with the same water. People of any age can take gruel at any time of the day.

Foxtail millet, browntop millet, little millet, kodo millet, and barnyard millet are the five small millets. One can prepare various food items with these. One can cook rice, make rotis or even make dosas, idlies, pongali, Upma, BisiBele Bath, biriyani etc. The rice of millets has to be soaked in water for at least two hours (browntop millet for 4 hours) for making rice. One has to use two glasses of water for one glass of rice and cook in pressure cooker. If it is cooked in other utensils then one may have to use 4 to 5 times of water to the quantity of millets. By checking in between about the required amount of water can be added.

This rice can be eaten along with curries, sambar, rasam etc. One can prepare pulihora with this rice using lemon juice turmeric and cumin. Even biriyani and Bisi Bele Bath can be prepared. One can prepare even sweets using ghee, jaggery, made from toddy palm.





One can even try to make various new types of food preparations with the freshly cooked rice of small millets by mashing it and using gruel, various vegetables, coriander, garlic, curd, buttermilk etc. and tempering it (Tadka or Taalimpu).

### **Making pulihora with small millet rice, tamarind, turmeric, cumin, and lemon juice**

Raw unrefined organic oil should be taken in a pan and heated and curry leaf, cumin, dry chillies and mustard seeds should be added and after frying for 2 to 3 minutes 2 to 5 spoonfuls of tamarind juice should be added and cooked for 1 minute and then add small millet rice and salt. Coriander leaves and if necessary lemon juice and free fried gingelly can be added if you like.

### **Method of preparing rotis**

Rotis can be prepared with the flour of any of the five small millets. 5% of black gram flour and sufficient quantity of water and two spoonfuls of curd should be added and the flour should be kneaded. Spinach or fenugreek leaves should be cut into small pieces and added to the flour. Even small pieces of carrot and coriander leaves can be mixed into this kneaded flour. Keep aside for half an hour and make rotis.

### **Making Upma, Dosa, Idli or Pongali**

These have to be prepared in normal traditional way. Instead of rice or semolina, now we should use the rice or semolina of small millets. That is the only difference. For preparing Upma, the soaked small millets along with vegetables should be tempered (taalimpu/tadka) in a pan and then the whole thing transferred into a pressure cooker and cooked. Thus, Upma can be prepared.

To make soft idlis, two fistfuls of rice of small millet prepared a day earlier should be added to a half cup of semolina of the same small millet and it has to be soaked thoroughly. Then after grinding it, it has to be left for fermentation overnight. Idlis prepared thus will be soft.

Many other types of food items can also be prepared easily with small millets.



## Food recipes prepared by Foxtail millet and Browntop millets



Appam



Roti



Korra Rice



Pulihora



Dosa



Pesarattu



Dosa, Idly



Semya Upma



Preparation of Laddu



Kichidi



Payasam



Kesari



Murukulu



Laddu



Pulihora



Kheer

## Food recipes prepared by Barnyard millet



Kichidi



Idly, Dosa



Sheera



Upma



Murukulu



Sweet



Tikki



Upma



Kara Pongal



Pulav

## Food receipes prepared by Little millet



Curd Rice



Rava Idly



Rice Pulav



Chekkera Pongali



Dosa



Sweet Appam



Kichidi



Pesarattu



Pulav



Dosa



Sama Rice



Bismilla Bath



Upma



Sama Halwa

## Food recipes prepared by Kodo millet



Dosa



Kichidi



Mixed Millet Pongal



Lemon Rice



Pesarattu



Puli Upma



Pongal



Curd Rice



Dosa



Pulav



Chekkera Pongali



Ambali



Pudina Rice



Laddu



Sambar Rice



Ambali



Roti

# Protection of Health - Development of Farmers



The health movement begun by independent scientist Dr. Khadar Vali with the slogan 'Wholesome health with small millets' is on the one hand providing for health protection and at the same time resulting in the development of the farmers. His propaganda about "the wealth of health with indigenous food" is bringing about a change of food habits among people. Through the programs of Dr. Khadar Vali people are getting to know about the nutritional value and disease preventing and curing capacity of the five small millets. Making India a healthy India with indigenous food is his motto. And with the non-governmental organisations coming to his aid, people's interest in the usage of small millets is growing. With this, the demand for these five millets in the market has grown a lot and the farmers who are growing these crops are getting higher income. Dr. Khadar Vali has gained recognition not only as a nutritional doctor but as a saviour of the farmer.

We are producing small millets for many years. But earlier people were not much interested in buying them. Due to the excessive usage of rice, wheat and foreign food items our native small millets usage was neglected. But then the adage "old is gold" is proving right. The movement begun by Dr. Khadar Vali from Karnataka propagating that 'Wholesome health is possible only through small millets', is bringing about change. The food habits of the people are again turning back towards the old days. The demand for barnyard millet, foxtail millet, browntop millet, kodo millet and little millet is growing. Many are coming to the field to directly purchase from the farmer. Some are even giving orders prior to the sowing of the crop. The main reason for this change is the proof provided by Dr. Khadar Vali that long term diseases also can be cured with small millets. Nowadays, as the farmers growing small millets are getting good income other farmers are also coming forward to grow these crops. These crops that can be grown organically do not need big Investments. Moreover, we get the crop just within 2 to 3 months. In the background of increasing demand in the market for the small millets, farmers will get good income. There will be enough food to cater to the needs of the consumers. Dr. Khadar Vali, who initiated this revolution of small millets for the sake of Wholesome health, has also indirectly become the saviour of the farmers.

- Vijay Kumar, Farmer growing Small millets, Kadapa

We are growing crops following organic farming method for the past 16 years. Apart from the 20 acres that we own, we have taken 10 more acres on tenancy and are growing organic crops. We are growing finger millet and pearl millet. Nowadays many are asking for foxtail millet, little millet, kodo millet, browntop millet and barnyard millet because of the programs conducted by Dr. Khadar Vali on small millets. These have again come into vogue. Even those who never knew about foxtail millet or little millet are asking for them. Therefore, we are also thinking of growing these five crops. We have become confident that we will get good income because of the growing demand for these crops in the market. We thank Dr. Khadar Vali who is working not only for the health of the people but also the development of the farmers.

- Ramana Reddy, Mahbubnagar



# Rythu Nestham Foundation



## Wholesome Health with Magical Millets

**Exclusive interview of 'Rythu Nestham' Chairman Yadlapalli Venkateswara Rao with Dr. Khadar Vali**

For the past 40 to 50 years agriculture is undergoing a gradual change. Because of the excessive usage of chemical fertilizers and pesticides 50 to 60% farmers have left agriculture. Companies manufacturing chemical fertilizers and pesticides have manipulated in such a way that only those with irrigation facilities can continue agriculture. The fertilizers and pesticides provided by these companies have made a place for themselves in our agriculture. Now this agriculture has gone into the hands of these companies. Without the products of these companies there is no agriculture. Nowadays, there is no value for crops like foxtail millet, kodo millet, sorghum, gingelly, etc. This has happened because of the actions of many such companies. This agriculture has completely changed are. People are not eating the crops native to our country. Earlier farmers generally used to make seeds and manure by themselves. Now this has completely changed. With this, not only our agriculture is affected but also our health. Therefore, now if we explain the importance of our crops and small millets to all then these millets can get remunerative prices and benefit the farmers who cultivate these crops. We are of course habituated to eat rice made of rice grain. However, we can cook rice with foxtail millet and barnyard millet etc. But, we don't. We have to educate our children and also the future generations that we can cook rice with small millets like foxtail millet, barnyard millet, and kodo millet as we do with rice (paddy). We also have to educate them that the rice prepared with these small millets is healthier than the paddy rice.

It is very tragic that for the past 5 to 10 years we are noticing diseases like high blood pressure, diabetes and cancer even in children. Therefore, we should educate them that they should reduce the use of milk, curd, wheat and rice. It is good for the children's health to give them food of small millets.

The consciousness about small millets has grown considerably in the cities and towns of Karnataka. Even though the browntop millets are priced at 250 rupees per kg, people are buying because they have now developed a good understanding about small millets. As the health is improving by the usage of small millets their demand is growing and with the result the farmers growing these crops are getting good income. Those farmers who are generally cultivating commercial crops are also shifting towards small millet crops. If we make people realise that small millets are good for health then thousands of patients will also benefit.



**Renowned Independent Scientist, Millets expert Dr. Khadar Vali and Rythunestham Venkateswara Rao at Millets Exhibition in recently held America Telangana Association Mahasabhalu, Houston, USA**



*Dr. Khadar Vali visited Rythu Nestham Natural Products store at Khairtabad, Hyderabad*





In Karnataka, people were under the impression that millets like foxtail millet and finger millet are the food of dalits. Because our people had gradually started eating only rice and wheat like the Britishers wheat and rice became the food of the rich and later they became the food of all. Gradually foxtail millet and brown top millet disappeared from the menu. Now after I brought about consciousness in Bengaluru and Karnataka about the benefits of small millets and after I used small millets even to cure patients of their diseases the usage of small millets is growing. By the spread of word, the usage picked up further momentum.

**There are five Siridhanyalu:** Little millet, Foxtail millet, Barnyard millet, Kodo millet and Brown top millet. The fiber content is 8% in foxtail millet, 9% in kodo millet, 12.5% in browntop millet, 9.8% in little millet and 10% in barnyard millet. This fiber is very beneficial to our health. Apart from the fiber, vitamins like Vitamin B3, Thiamine and Niacin are abundantly available in these five Siridhanyalu. Foxtail millet has 11.5% of protein. As these five siridhanyalu contain nutrients that are required for the total health of humans, they are very useful to cure many diseases within 6 months. If all use these 5 siridhanyalu then there is every possibility that all become healthy.

## We have to provide maximum propaganda on Siridhanyalu in our villages

There are many patients in villages also, apart from in the cities, as people in the villages are also eating only wheat and rice as their staple food. Therefore, we have to propagate that by eating siridhanyalu one can become healthy. Nowadays, in cities people are going even to big restaurants and eating food made of siridhanyalu. We have to propagate this aspect also among the village people. Then, even the villagers start using these millets more and more and gradually farmers will start producing them and they get good income and stay healthy. Therefore, it is necessary to propagate the benefits of these millers in both cities and villages.



Good understanding has to be developed even among the farmers. When all people start using these millets, then farmers also will start growing them. If there is no demand and no market for their produce farmers also naturally do not grow them. Therefore it is to the benefit of all that everybody start using these millets.



### ■ How do you explain describing Small Millets as Siridhanyalu?

People are suffering from many diseases as they are eating food products produced by modern cultivating methods. Five small millets (Foxtail Millet, browntop Millet, Little Millet, Kodo Millet, Barnyard Millet) have the power to drive away those diseases. As these small millets are contributing to wholesome health, I named them Siridhanyalu. Finger Millet, Pearl Millet (Bajra), Proso Millet also come under small millets. I named them Neutral grains because these cannot cure diseases. The above mentioned five millets cure diseases. Therefore, I named them as Siridhanyalu, Positive Grains. These five millets contain Fiber and Shista padartham in a single digit ratio. These control the release of Glucose into blood and thus protect our health.

### ■ How do you think present day agricultural methods have changed from what they were four decades ago?

40 years ago, the agriculture was mainly rainfed. Today's cultivation depends on irrigation, chemical fertilizers, pesticides and weedicides. An atmosphere is created where only those who have irrigation facility are referred to as farmers. Big Companies are responsible for this. These companies devise cultivation methods suitable only for irrigated lands and thrust pesticides, chemical fertilizers into today's agriculture. Which means today's cultivation is controlled by these companies. The products we can produce without any role of these companies have gradually disappeared. Gingelly, fox millet, browntop millet and sorghum etc. have been made worthless products.

### ■ Which companies did like this? Indigenous or Foreign?

It is completely foreign companies that have done so. Indigenous companies may be there now, but their role is nominal. The entire profits ultimately go to the foreign companies. Due to the steps taken for their business, major changes took place in our agriculture. On the other hand, intellectuals and scientists who obtain bulky salaries from these companies neglected indigenous food. That is why now we see very few who consume foxtail millet, browntop millet and little millet. On the whole, commercialization



### How many types of Siridhanyalu are there? Can you please explain their nutritional value?

There are five siridhanyalu: Little millet, Foxtail millet, Barnyard millet, Kodo millet and Brown top millet. There is adequate fiber content in them. The fiber content is 8% in foxtail millet, 9% in kodo millet, 12.5% in browntop millet, 9.8% in little millet and 10% in barnyard millet. This fiber is very beneficial to our health. Apart from the fiber, vitamins are abundantly available in these five siridhanyalu. These five siridhanyalu contain all the nutrients that are required for the total health of humans and therefore, they are proving in curing many diseases within 6 months.



of agriculture is the primary cause for this horrible situation. In the olden days farmers used to have their own seeds. They used to prepare manure by natural methods. The green revolution that came later brought us abundant food grains but at the cost of our health. In the past 40, 50 years because of eating the food produced following the green revolution methods, people's health got affected adversely. In order to overcome this situation we should encourage production of food material following indigenous methods. The condition of farmers will also improve. People living in cities and town should be educated on how consumption of rice, wheat and sugar is causing so many health problems. The benefits of consuming millets should be explained. If a large number of people take siridhanyalu the value of those will increase. The farmers producing these millets will also get good income.



**How far is it true that if awareness grows among the people about the small millets, then that will also benefit the farmers?**

Definitely. Farmers are benefiting. This has happened in Karnataka. Many farmers in North Karnataka are cultivating the Siridhanyalu.

Consumers are going to their homes to purchase the millets.

**■ Rice became the main crop in the past 40 years. Many people are taking polished rice as their staple food. Children also prefer white rice, pizzas and burgers. In this back ground how can we motivate all these people towards small millets?**

We got used to rice for so many years. We can prepare food in the same way with small millets also. Just like we prepare

different food items with rice, we can prepare with foxtail Millet, Brown top millet, little millet, barnyard millet and kodo millet too. Food prepared with rice causes ill health. We should tell children that we would be healthy if we eat small millets. We should try to explain in such way that they understand. Elders should eat first and then convince the children.

**■ Now that western trends are strongly in vogue, what steps are you taking to increase the interest of children in Small Millets?**

There have been a lot of changes in the health conditions of the people in the past 10 years. Diseases pertaining to BP, diabetes, thyroid, cancer are seen even in 10 year old children. Studies show that 6% children are suffering from these types of diseases. If we want to save children from these diseases, we should concentrate on their food. We should keep away rice, wheat and sugar. We should tell them that small millets give them good health. I organized several workshops in Karnataka and explained this to the parents. There is change in them now. It gives them good health if we start giving this food to children as soon as they stop drinking breast milk.



■ **Though you are a Telugu person, as you are settled in Karnataka you increased the consciousness of the people there about the small millets. How are you going forward to bring these things close to the people of Telugu states?**

As I was settled in Mysore in Karnataka people got inspired with my workshops and started taking millets. As there were good results this spread throughout Karnataka by word of mouth. So, I participated in state-wide conventions and explained the benefits of small millets. There was very good response from the people. The government recognized this and organized a small millet carnival. 10-15% of the population in Bengaluru is suffering from diabetes. Now people are becoming aware about the situation and started taking small millets that reduce these diseases. In recent times, even in Telugu states organizations like Rythu Nestham are conducting such workshops. I am participating in those and explaining the benefits of Small Millets. It is my desire to organize more workshops in Telangana and Andhra Pradesh also.



“ **What type of food should the people in the age group of 25-40 should take?**

Whether it is for arthritis, heart diseases, diabetes or migraine, I basically advise to take all the five siridhanyalu each for two days and rotating them. Various types of food items like pulao, dosas, chitraannam can be prepared and taken. The important thing is that these millets have to be soaked sufficiently. They contain a lot of fiber and therefore, if they are soaked sufficiently, then they are easy to cook. All types of food items like vada, bonda, semya, muruku, sweets can be prepared with them. Even pijja can be made with foxtail millet flour. But cheese should not be used.

■ **If the farmers growing small millets should get good income then, the awareness of people living in the cities and towns should be increased. What is your opinion on this?**

Wholesome health is possible with small millets. Health consciousness is



growing in town and city dwellers nowadays. People's thinking about food also is changing. Many people are showing interest on small millets. So, the prices and demand of small millets has gone up in Karnataka. Now brown top millets costs Rs.200/- a kilo. Even then, people are not hesitating to expend more for good health. The stocks are not sufficient. If the prices increase like this, the farmers will

come forward to cultivate small millets. This can happen only if a trust is created in people's mind that we can have good health if we take small millets.



- **People are purchasing quinoa for Rs.1500/- a kilo. However, same nutrients can be obtained from foxtail millet also, which is available only for Rs.100 a kilo, but they neglect this. What is the reason?**

There is only one reason for this. Nobody is telling them that foxtail millets have particular nutritional values. The Doctors who are advocating the use of quinoa, but are not recommending foxtail millets. That is my concern. That is why I decided to increase the awareness of people about small millets as part of my contribution and moving forward.

- **Can you please explain the benefits of using small millets if taken by young girls?**

Usually due to imbalance in hormones, girls suffer from many health issues. Taking milk, coffee, tea, rice and wheat is one of the reasons for this. They should immediately stop taking those. The solution for this is to take foxtail millet, brown top millet and kodo millet, which do miracles. Little millet shows good solution for PCOD and menstruation problems. Using them for six weeks drives away those problems. We can prepare rice, idlis, dosas with kodomillet. Especially girls should stop taking milk, coffee and tea. Beetle leaf decoction, Drumstick leaf decoction, tamarind leaf decoction are very good for them. Taking 2 to 3 spoonfuls of coconut oil directly daily solves thyroid and PCOD problems. Kodo millet cleanses the private parts in girls. That is why they should take kodo millet at least three times in a week. The rest of the week, they can take other small millets. If the government provide small millet food to girls in the mid-day meal scheme in the government schools it will be very helpful.

- **Middle aged people are suffering from knee pains. What millets and decoctions they should take to get relief from these?**

Earlier diseases that used to come at the age of 45, 50 years are now seen in 25, 30-year-old people. Arthritis, heart problem, BP problems, migraine etc. are attacking at a very young age. If one wants to get rid of these diseases...they should use all these five miracle millets. Use one type of millet for two days and change to the other. We can make fried rice, pulav, dosas, Idlis with these millets. One can make even Pizza with these. Only thing

Radio therapy and chemo therapy treatments of cancer make the patients totally weak. Usually people come to us in such a situation. We advise them to take small millets in the form of gruel in the first two weeks. They should add 5-6 glasses of water to one glass of the siridhanyalu and soak them for a few hours and then boiled to make gruel. By having this gruel they will gain some energy in three weeks. After that 90% problem will be solved during the next 6 months. These small millets work excellently. After radiotherapy and chemotherapy, sometimes the cancer undergoes metastasis which means that it spreads or shifts to other parts of the body. There are people who came to us after cancer had spread to other parts of their body and got cured after taking millets treatment. Moreover, the expenditure for the treatment through siridhanyalu is very nominal. We are unable to realise that our health is in our hands with the aid of the materials available near us and that too with practically no expenditure.

**What type of food should be taken after cancer treatment?**



is they should not use cheese. One important thing should be kept in mind. Millets should be soaked before cooking. Either they should be soaked overnight or soaked daylong to use in the night. When it is not possible they should be soaked at least for 2 hours. Foxtail millets, Browntop millet are very good for knee pains that appear at young age. Nagadali decoction, Ruta graveolens (sadapaku in Telugu) leaf decoction, Betel leaf decoction, coriander leaf decoction work wonders. Methi leaf decoction works well for digestion problems. Take fistful of fenugreek leaves and boil them for 3 minutes in 200 ml water. If required palm jaggery syrup can be added. If this decoction is taken on empty stomach early in the morning for 15 days, digestion problems will be solved.

■ **Nowadays cancer disease is worrying every one. Farmers in the villages too are succumbing to this. Can you explain the significance of siridhanyalu in curing cancer?**

Radio therapy and chemo therapy are the two methods in the treatment of cancer. These make the patients totally weak. Usually people come to us in such a situation. We advise them to take small millets in



■ **What precautions are to be taken regarding drinking water?**

Nano plastic particles are reaching drinking water due to the present water supply systems. Copper has the capacity to separate these and purify water. Our ancestors used to drink water in copper containers. They used to cook food in copper vessels. That is the secret of their health. Now it is very easy for us follow that system. If we keep a copper piece in an earthen pot or steel pot filled with water, by morning the water will be purified. Use only this water for drinking, cooking and to make decoctions. In addition to this, if we put a dried drumstick seed in to water we will get better results.

the form of gruel in the first two weeks. Then they will get a little energy. After that 90% problems will be solved during the next 6 months. These small millets work excellently. There are people who came to us after cancer had spread to other parts of their body and got cured after taking millets treatment. Moreover, the expenditure for the treatment through siridhanyalu is very nominal. That is why we can call it free treatment.

■ **Nowadays the number of young people succumbing to heart attacks is increasing. What is the reason for this? What health rules do you suggest?**

Many people claim that work pressure is the reason behind heart attacks. But, I will say that it is basically the food we are taking that is the reason behind heart attacks. We are at a risk because of Cholesterol-rich food. Doing night-shifts is also not good for health. If you are awake in the nights the resistance power will decrease. Heart problems will occur. Kodo millet is good for people with heart problems and for those who have blocks in blood vessels. Little millet, barnyard millet, foxtail millet, browntop millet food gives complete nutrition. Along with this, it is important to do physical exercises in the morning. Everybody



should remember that, in order to get whole some health, exercise is equally important along with taking good food.

■ **Students because of their studies and IT employees because of their work are undergoing a lot of pressure. As there is no exercise, they are suffering from high blood pressure problems. What is the solution for this?**

Nowadays the number of people taking medicines for BP problems is increasing. The solution for this is to stop giving milk, tea and coffee to children. Instead of milk, give them gingelly, coconut, finger millet, pearl millet milk. Soak 100gms of gingelly in half-liter water over night and grind it in the morning to get milk from it. This can be prepared as and when required. Turmeric and dry ginger decoction makes children sharp minded. Browntop millet and foxtail millet and kodo millet enable children's brains to function actively. For calcium gingelly laddu should be given once in a week. This helps the growth of children. The functioning of brain will also be improve. We have given this type of food to children who were very dull and found good results. Some of the children also passed first class in 10th standard.

Browntop millet is very good for people who are suffering from high blood pressure. This helps in improving the blood supply. Along with this, one can take the rest of the small millets also. Apart from taking small millets, it is necessary to do

## What diet should one take after getting cured from heart attack?

It is not due to work pressure that people are getting heart attacks. It is because of the food we are taking. Eggs, meat, pizzas and cool drinks are the main reasons for this. Kodo millet excellently works for problems related to blood.

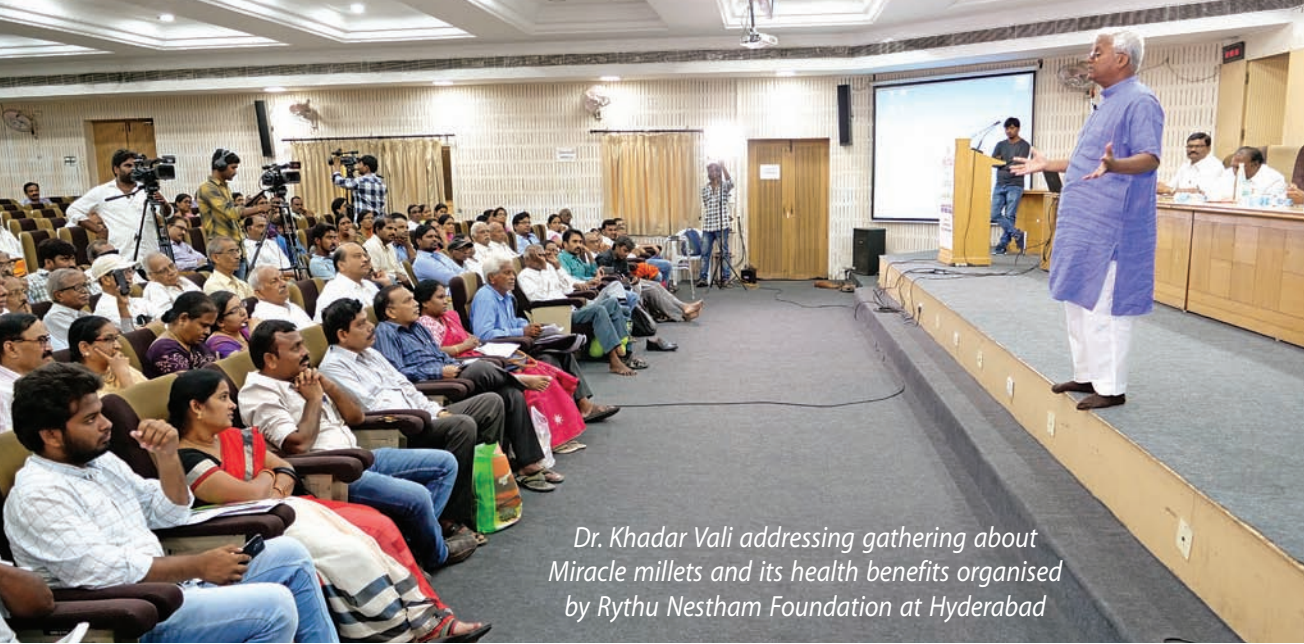
Foxtail millet and among decoctions nagavali decoction, coriander leaf decoction, betel leaf decoction, fenugreek leaf decoction are good for digestion related problems. Among these, fenugreek leaf decoction is the best. Boil a fistful of fenugreek leaves in 200 ml water for three minutes and add palm jaggery syrup to this and if taken daily in the morning on empty stomach for 10 to 15 days then all the digestive problems will be solved.

One should reduce offering coffee and tea to children. Instead, they should be given turmeric decoction. This will make the children intelligent. The Zinc in foxtail millet and kodo millet helps keep them healthy. If gingelly laddu is given once in a week for the sake of calcium, then children will grow strong. Children between the age group of 3 and 15 should be given groundnut, coconut, gingelly. After one week, it should be changed. These make them Sharp. Dullness of the brain also will reduce. Gingelly milk, finger millet milk and coconut milk can be given to the children.

To prepare gingelly milk, 100 gms gingelly seeds should be soaked overnight in 500 ml water and ground in the morning and strain it to extract milk. This is good for children.

Wheat and rice do not contain fiber. Hence, digestive juices are not secreted properly. That is why people are getting digestive problems. Taking small millets as food solves this problem. One should use these for good health. If everybody can become healthy by using them.





*Dr. Khadar Vali addressing gathering about Miracle millets and its health benefits organised by Rythu Nestham Foundation at Hyderabad*

exercise daily to control blood pressure. One should walk at least for 60 minutes daily and do exercise as per their capacity.

■ **Problems related to digestion have increased in the recent past. What is the reason?**

This is true. In the past 20 to 25 years many people are getting digestion related problems. The main reason for this is taking rice and wheat. There is no fiber in rice and wheat. In wheat, there is a protein called gluten due to which digestive juices will be secreted in large quantities. That is why gastric problems are arising. Tablets and syrups are not the solution for this. Change in food can only solve this problem. Small millets work excellently for this.

■ **You named small millets as Siri dhanyalu in Telugu which means rich millets. Farmers are thinking that it is not viable to cultivate small millets. So what do you say?**

This is true. If we explain the benefits of the small millets to people then only their price will increase and farmers can get good income and the name given to small millets as Siri dhanyalu (rich millets - siridhanyalu) will become true in real sense.

■ **Rythu Nestham Foundation is also doing the same. Organising workshops in different areas about “Health with small millets” and “Organic food” and it is preparing to hold statewide convention in this aspect. We need your help in this program.**

Definitely. My help will always be there. Rythu Nestham (Farmer's friend) name is very apt for your foundation. First value should be created for small millets in the cities and towns. A real friend of





farmer should do that help. You are doing that. Some people are saying that it is rich peoples food as the prices of small millets are very high. That is not true. Foxtail millet costs rs.100/- a kilo. But the rice you make with this is sufficient for ten people.

### ■ **What treatment should people with disc problems at L-4 and L-5 take?**

People who are suffering from nervous tension and accumulated impurities around their back should take small millets for at least 6 months to two years. If L-4 and L-5 got damaged accidentally then they can get relief through small millets but cannot get completely cured. In Karnataka, two boys got hurt in one accident and went in to coma. One boy recovered in three weeks and became normal in three weeks. Another remained in coma. The doctor treating these boys enquired with their parents. They told that the boy who recovered had been taking small millets for the past two years.

If you have any type of ailments, you should take these five small millets. Every 2 days you should change the millet. If you have nervous weakness foxtail millet and brown top millet should be taken. If you have problems related to blood then kodo millet and little millet will cure. Problems with the reproductive organs will be solved by little millet and kodo millet.

### “ ■ **How to prevent and control kidney related problems?**

We can prevent kidney problems with kodo millet and little millet. Even if the creatinine level is 8 and the patient is undergoing dialysis, if they take gruel of kodo and little millet for six weeks, then they recover fast. Decoction of Bryophyllum, coriander and Punarnava should be taken. Creatinine of hundreds of patients who have followed this method has come down to one and are very happy.

### ■ **How will motor neuron problem be solved with small millets?**

Motor neuron is a very serious health problem. Two to three spoons of safflower oil and coconut oil should be taken every day on empty stomach. One oil should be taken for a week and change for the other. One should take foxtail millet for two days in a week, brown top millet for another two days, kodo millet, little millet and barnyard

millet one on each day in the remaining three days. For neurological issues turmeric, wood apple leaf (Aegle marmelos) and betel leaf decoction is good. Take one decoction for one and then change to the other, like wise this should be repeated for 2-3 months. To recover from the damage done by motor neuron one should take small millets for at least 6-7 years.

### ■ **You are suggesting adding palm jaggery to the decoction. Why is it good?**

Palm jaggery has fructose in high doses. It will bring down HbA-1C to 8 within 3 months.

### ■ **What type of small millets and decoctions should be taken for psychological problems?**

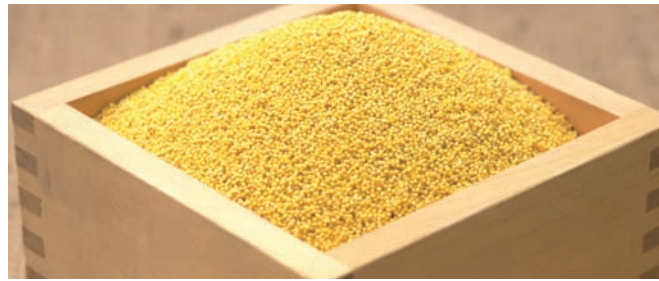
If the mind is disturbed it is advisable to sleep in the dark. Not advisable to be awake during nights. The biological balance gets affected if you work during nights. Resistance power will be reduced. The liver and kidneys will be cleansed only during sleep. Do not sleep during daytime. Decoction made with the husk of kodo millet gives mental peace. Lemon grass decoction helps control over-thinking. It keeps cancer away. Prepare five liters



of milk with 100 grams of Gingelly and take every day evening.

### ■ **Can pregnant women and lactating mothers eat small millets?**

Pregnant women and lactating mothers can have small millets. The baby in the womb will grow stronger with this food. 3-6 month pregnant women should take foxtail millet and brown top millets. During 6-9 months pregnancy women should take kodo millet and little millet. Lactating mothers should take barnyard millet, pearl millet, drum stick leaves and flowers in order to get more milk.



### ■ **How to cure seasonal diseases in children?**

Resistance power decreases with dairy milk. So give them milk of coconut, gingelly, finger millet or pearl millet.

### ■ **Why do we get arthritis? How to prevent it?**

If glucose accumulates inside the joints problem of arthritis occur. Food that controls the release of glucose is good for the body. Small millets have this quality. One should take little millets and browntop millets to prevent arthritis.

### ■ **What is the cure for forgetfulness?**

Turmeric, ginger and rue (*Ruta graveolens*) decoction should be taken for problems like Parkinson's and forgetfulness. Foxtail millet, browntop millet, and kodo millet should be taken. Coconut oil, ground nut oil, and safflower oil should be taken. They should be changed every week.

### ■ **How to prevent Migraine?**

If people suffering from migraine take one-spoon gingelly seeds every day fried in an iron pan daily for 21 days they will be cured by up to 90%. It is possible to get the rest cured in another 21 days.

### ■ **How to cure skin diseases, hernia, varicose veins problems?**

For skin diseases Aloe vera, basil, lemon grass, Bermuda grass decoctions are good. Hernia is a serious problem. Along with surgery if small millets are taken it will help. Tomato and ivy gourd juice should be taken daily alternating them every week. Ivy gourd leaf and coral jasmine (*Paarijaatam*) leaf decoctions should be taken.

### ■ **What is the solution for fibroids, sinus and anemia?**

People suffering from fibroids should take betel leaf, drumstick leaf, tamarind leaf, kenaf leaf (*Hibiscus cannabinus*) decoctions along with little millets and kodo millets. For sinus problem, one should stop taking coffee and tea. Taking coconut milk, foxtail millet, brown top millet is good. Dry ginger and turmeric decoctions are good. If the ESR count is more, platelets count is less and also for hemoglobin problems, carrot, beet root, goose berry juices work well. Should take Foxtail millet and kodo millet. To increase the platelet count coral jasmine and papaya leaf decoction should be taken.





### My health has improved a lot



**Govinda Swamy Naidu,**  
A L Puram, Gudipal,  
Chittoor District (AP)

I am 74 years old. I am working as a veterinary doctor in a prominent organisation for the past some years. I have been suffering from many health problems. Because of the high blood pressure, I developed heart problems. I had to undergo bypass surgery. Apart from that, I am suffering from knee pains and kidney problems. At that juncture, I have heard about Dr. Khadar Vali. After hearing to his speeches I thought it is possible to become completely healthy by using small millets. I am using all the small millets for the past 3 months. I am taking each millet for two days. We are making dosas, idlies etc. With the regular intake of these millets my health has improved a lot when compared to the earlier period. BP has come under control. Therefore, the dosage of my medicines is reduced. It brought relief from my knee pain and now every day I am able to go for morning walk and I am able to stand for two to three hours a day as part of my job. Earlier I had to go quite frequently for urination during night. Therefore, I did not have sufficient sleep. But after using small millets and decoctions, there is a lot of change. The urinary problem is also under control. The problem of constipation that caused severe mental stress for the past many years is solved. Now I am able to attend to my duties enthusiastically and the reason for this is the small millets and decoctions. This I can say for sure. As I got good results, I am recommending small millets food to my friends and relatives.

### I never imagined that small millets will do so much good to my health

I am a 35-year-old person. I have been working as a private employee for the past 10 years in a company in Hyderabad. Because of the work pressure and the duty shifts and irregular timings of food intake, I have developed diabetes about 5 years ago. Since then I have been using medicines. But recently my sugar levels went up a lot. I used to feel very weak. So, I was worried a lot. At this time, I heard about the small millets and the benefits of their usage through my friend. For the past two months I have been taking only small millet food. There is a lot of improvement in my health compared to the earlier period. Diabetes is under control. Now my body is feeling energized. I got strength now. I am able to attend to my duties without any problem. I never imagined that the small millets will do such great good to my health. As a direct beneficiary of the usage of small millets I stand as an example and I recommend to others the usage of small millet.



**- T. Srinivas,** Private Employee,  
Hyderabad, Telangana



## Complete health with small millets is hundred percent true

I am a police constable. Because of irregular timings of my food intake and because of standing for long hours as part of my duty I developed health issues. Therefore, I had surgery to my knee. At that time, I had to take rest for three months. As I was confined to bed, I became obese. So, I developed digestion related problems. When I was wondering about how to improve my health, I heard about Dr. Khadar Vali. I developed confidence in his system where he has advocated the intake of small millets and decoctions to cure many diseases. For the past 5 months, I have been taking small millets as my staple food. I am taking fenugreek decoction. I am active now compared to the past. I had reached 79 kgs of weight. But in the past one and half months I have lost about 9 kgs. Earlier I used to feel breathless when walking even small distances. Now I am able to do running easily. My gastric problem also has come down. As doctor Khadar has said 'complete health with small millets' is hundred percent true.



**Kiran Kumar**  
Vayalapadu,  
Chittoor District  
Andhra Pradesh



**Prasad**  
Madanapalli,  
Chittoor Dist., AP

## Sugar levels have come down to normal

I am 62. I have been suffering from diabetes for quite some time. After getting to know about the small millets I have been taking them as regular food for the past 3 months. With this, my sugar levels have come down to normal. I have recommended small millets to my friends and relatives also. Those who are using them are also getting good results. Their diabetes, BP, thyroid and weakness have come under control.

## The need to take medicines is gone

I am a retired bank manager. I have been suffering from high blood pressure for the past 28 years. All these years I have been using medicines as per the recommendation of the doctor. About six months back I attended Dr. Khadar Vali's program about small millets. He clearly explained how we can become completely healthy by using small millets. So, I stopped using rice, wheat and milk. For the past 5 months, I have been taking only small millets. Now my blood pressure is completely under control. Then the need to take medicines is gone. Sugar and cholesterol levels are also normal. I am explaining the benefits of small millets to all those I know so that they also can be benefited by the use of small millets.



**Ravula Surendra  
Chari, Medipally,  
Medchal District,  
Telangana**



## Easy solution for indigestion problems - *Prakash, Nizamabad Dist., Telangana*

I am a 45 year old person. For the past some time I am suffering from constipation and gastric problem. And this caused severe mental agony to me. I used many medicines. But I used to get only temporary relief and my problem persisted. Then I heard about small millets and their ability to drive away digestion related problems. For the past 3 months, I have been taking the food made of small millets only. Now my digestive system has improved a lot. I have overcome my constipation problem. Now I do not suffer much from the tightening of stomach or chest and frequent belching. Earlier the idea of taking food itself was a bit frightening to me but now I am taking the small millets food very fondly. We are preparing and having various kinds of food items with them. My gastric problem is completely solved.

## We are very much indebted to Dr. Khadar Vali - *Rajender, Adilabad, Telangana*

My grandmother's name is Bhudevi. Last year, she was diagnosed with breast cancer. Since then she has been taking medicines but she was always weak and appeared as though suffering from fever. At that time, I happened to watch Dr. Khadar Vali's speeches. I directly attended his classes and programs and came to know about the importance of small millets in overcoming cancer. For the past 3 months, we have been feeding our grandmother with the food of small millets. Recently her health has improved a bit. Her pain got reduced and problems like fever and weakness are gone. Now she is able to attend to her works on her own. We are very much indebted to Dr. Khadar Vali who is propagating the benefits of small millets.

## I have gained confidence that I can overcome cancer

I am 67 years old. For the past some years, I have been suffering from bone marrow cancer. Due to this, I suffer from frequent urination, constipation, lack of appetite and weakness. I am undergoing chemotherapy and radiation for treating cancer. I was anxious about the road ahead. At that juncture, I heard about the small millets and their value and about Dr. Khadar Vali's programs. His words that we can overcome cancer by using this food, which has excellent medicinal ingredients, gave me courage. I have been using small millets and decoction as per his recommendation. I feel as though I regained my lost energy. My problems of constipation, frequent urination and lack of appetite have come down. I have gained confidence that I can completely overcome cancer in the near future.

- *Bhim Rao, Ramanthapur, Hyderabad*



## Hypothyroidism has come down

For the past some years, I have been suffering from diabetes and thyroid issues. While I was thinking about how to overcome these health issues with intake of healthy food, I came to know about the small millets. I attended the camp conducted by Rythu Nestham Foundation in which Dr. Khadar Vali explained the importance of small millets. For the past 3 months, I have been taking small millets. Earlier my HbA1c level was 8. Now it has come down. Earlier I used to feel weak and tired while teaching the students. But after I started taking small millets food my health has improved. I am able to teach in the school energetically. I am not feeling tired. My hypothyroidism has also come down. I have become confident that I can gain complete health with small millets.

- **Sharmila**, Central school teacher,  
Hyderabad.

## Small millets daily Keeps you healthy

Small millets are good for all. They are not just for those who are suffering from some ailments. Small millets food is a good alternative for those who want to protect their health and stay healthy always. In today's life by eating rice, wheat etc. grown with chemical fertilizers we are encountering so many health issues. We do not get such problems by taking small millets grown in organic way. Moreover, we get all the nutrients that are needed for our health. So eating small millets daily helps us get protection from the modern diseases. With this belief, we shifted towards our indigenous food. Khadar Vali who is helping people understand the importance of small millets is doing a great service to the society.

- **Mallikarjun**, Hyderabad  
- **Venkat Rao**, Hyderabad

## I overcame the problem of anemia with little millet and kodo millet

I am a CA student. As I was feeling weak for quite some time I got my lab test done. My haemoglobin content was very low. Then I came to know that I can cure anemia with small millets. So I took food prepared from little millet and kodo millet for 1 month and then again I got my blood tested. The haemoglobin, which was only 10% earlier, increased up to 13.5%. The food made of small millets is very good. Therefore, the women who suffer from the nutritional deficiency can get wholesome nutrition with this food.

- **Sneha**, Hyderabad



## I got rid of high BP and diabetes

I suffered very much with high blood pressure and diabetes for quite some time in the past. I used to take medicines regularly. Following the suggestion my friends I attended Khadar Vali's meetings and have been taking small millets food for the past 5 to 6 months. For the past one month, I have also been taking decoctions. Now my BP level has come down and sugar levels have also come down. I have even stopped using medicines. I thank Dr. Khadar Vali for this.



**G. VenkatRamana**  
Mahbubnagar  
Telangana



## I lost my weight

I am a 55 year old person. I am suffering from diabetes and heart issues. I have met many doctors and tried all methods to reduce my weight but I did not get desired results. But after coming to know about the small millets, I have been using them. My health has improved and diabetes is also slowly getting under control and I have also lost weight.

- **Nayem**, Tadepalli, Vijayawada,  
Andhra Pradesh



## My health has improved

I have diabetes. I have been using small millets for the past two months. Earlier I used to get hungry and thirsty very frequently. But after I started using small millets, my health has improved. Excessive urination problem, hunger and thirst have come down. Weakness is reduced and I am feeling good.

- **Chandrasekhar**, Miyapur, Hyderabad,  
Telangana



## Small millets are wonderful food

I am 55 years old. I have diabetes. I am taking small millets food for the past 5 years. Due to this, my sugar level came down to normal level. I have completely stopped taking medicine. I am not facing any problem. Now I am completely healthy. In my experience, those who suffer from Diabetes, high BP and high cholesterol small millets are wonderful food.

- **Bhanu Prasad**, Guntur, Andhra Pradesh



# The processing of small millet and value addition

**Small millets:** Pearl millet, Foxtail millet, Finger millet, Kodo millet, Little millet, Proso millet, Barnyard millet and Browntop millet are small millets and value addition should be done to them by processing.

## Health benefits of small millets

- There is no gluten
- It is good for diabetic patients
- This food has several benefits
- There is high fiber content
- High mineral content
- It is good food for lifestyle diseases

## Reasons for less usage

- Crude in their shape and colour
- Poor peoples' food; so, less prestige
- Unavailability of ready-to-use food items or easy-to-cook food items in the market
- Processing is difficult
- Government subsidy to cereals

## Usage of small millets and changing situation

- Growing population of the country
- Growing health consciousness and understanding among the people
- Lack of movement of the product
- Higher prices
- Increasing usage
- Less availability of the product
- Opportunities for importing

## Supply chain of value addition

- We can prepare excellent food products with small millets

## The following items are there in the supply chain of value addition

- Seed supplier (seed production) - quality and purity
- Producer of the grain
- Storage
- Processing the product
- Harvesting
- Handling and transport
- Marketing

## Milling

- De-husking of the small millets with rice milling machinery by making necessary changes to the machinery in a pilot project level
- De-husking with centrifugal Sheller
- Bran should be removed from the de-husked material in a parallel Emericone Yarding.
- The husk and bran together constitute about 26% in the small millets.

## Flaking

- In this process the grain has to be soaked and boiled and then the grain has to be pressed hard.
- Grain should be soaked in equal quantity of water and then boiled or fried and the flour material has to be converted into paste and then dried to have 18% moisture. It has to be conditioned and then the husk should be removed. It should be converted into flakes by running it through edge runner.
- Thick flakes can be fried in oil or baked on a pan and then boiled and seasoned and eaten.
- Because this is soaked in water, the digestive capacity will be slowed down. Therefore, this aspect can be used to prepare diabetic food items on industrial level.





### Primary processing

- The technology to de-husking is available
- Whole grain flour
- Raw semolina
- It is possible to make de-husking machinery
- De-husked grain flour
- Semolina

### Naturally processed items

- Fermented flour, semolina
- Semolina and flour that is auto-cleaned
- Semolina and flour of germinated grain
- Flour mixture of various small millets

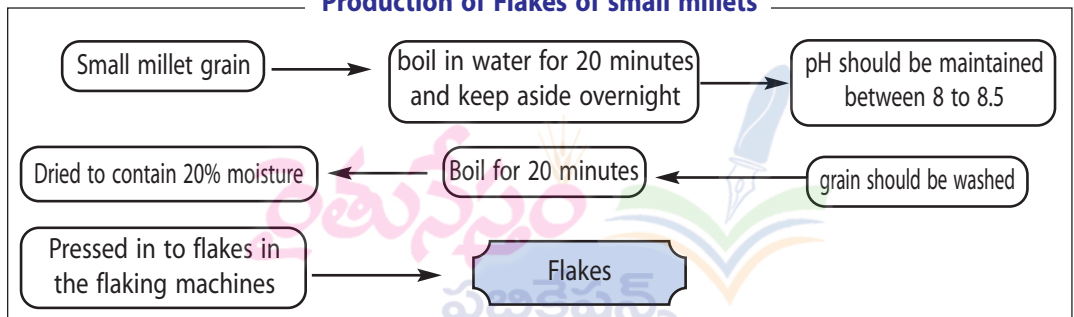
### Milling

- Husk can be removed with the machinery of rice mills
- Removed husk can be blown out with centrifugal shellers
- After husk is removed bran can be removed in horizontal Emerycones

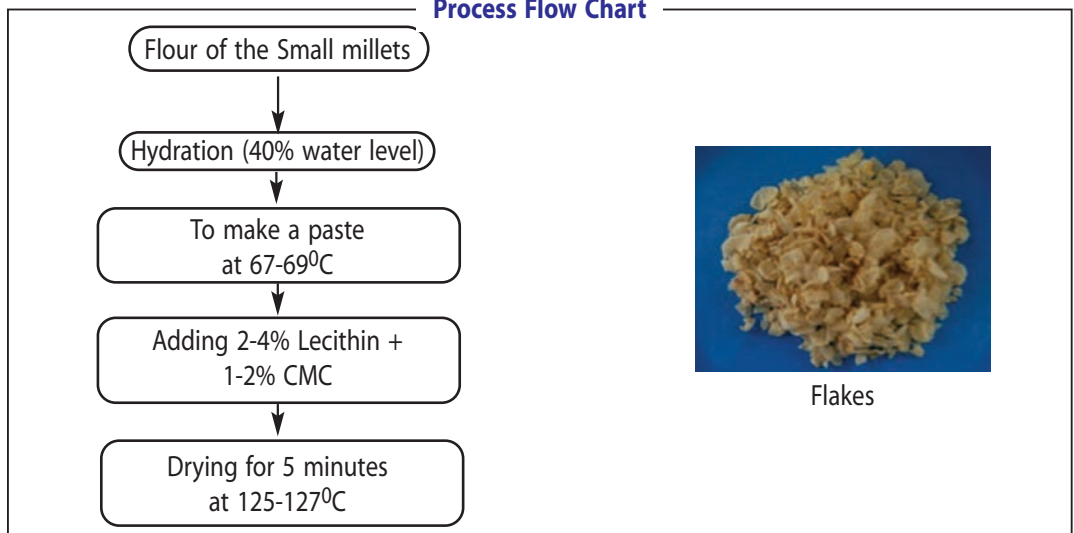
### Flaking

- Thick flakes can be fried in oil or baked on a pan and then boiled and seasoned and eaten.
- Necessary materials to add value to the flakes can be added.
- Flakes can be used on an industrial level to prepare diabetic food items.

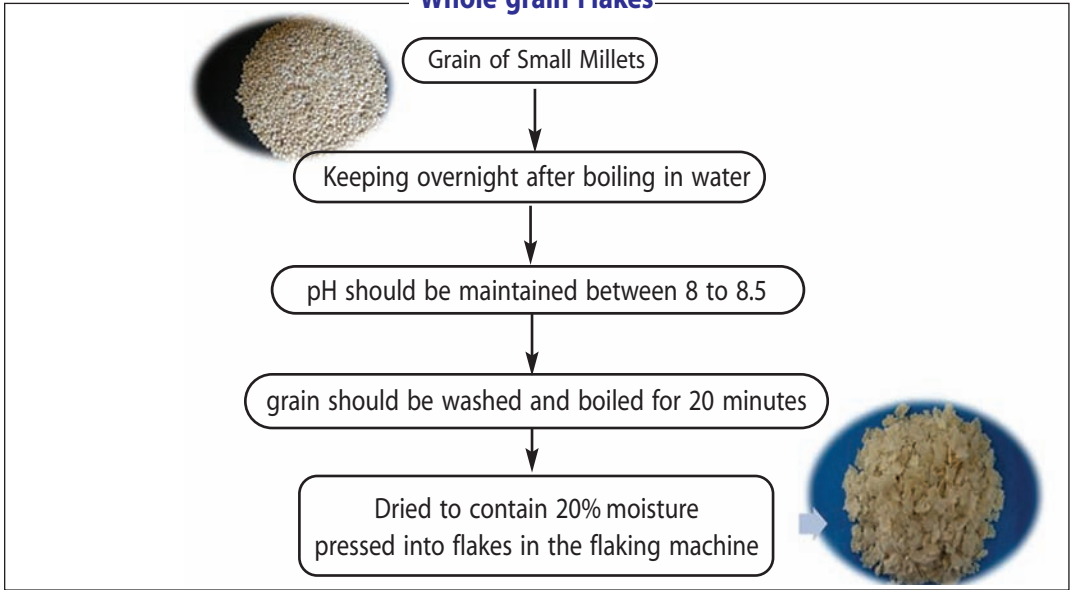
### Production of Flakes of small millets



### Process Flow Chart

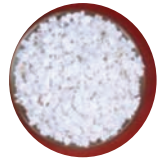
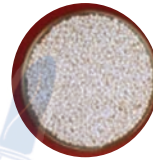


## Whole grain Flakes



## Parched Corn, Value Added Parched Corn Products

- To make Parched Corn, grains should dried till the moisture content comes to 16% and exposed to 230°C for few seconds in a minute.
- Special grains needed to make parched corn
- In some states Jowar and millets parched corn is being marketed.

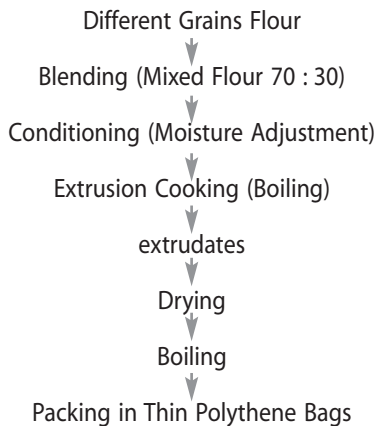


## Traditional Snacks with Millets

- Parched Corn
- Laddu
- Chudava
- Namakpar
- Burfey
- Kheer
- Murukulu
- Punugulu
- Pappu Chekkalu
- Teepi Pala Talikalu



## Extrusion Process



In recent days, as people are becoming more health conscious, interest towards small millets, which are nutritious grains, is growing. However, not all the small millets can be directly cooked. Moreover, the present generation people



## Processing of small millets as a small-scale industry

cannot eat the food items of the older generations. Therefore, if the small millets are processed and made suitable to make

different types of food items, then their usage will increase. With this thought, machines to de-husk, to grind, to make flakes and popped and puffed millets are developed. Various methods are devised to make different types of food items with the processed millets.

Methods to prepare various sorghum (jowar) based food products like jowar rice, popped jowar, Idli with Jowar semolina, Upma, Khichdi, biriyani, kheer, jowar rotis, noodles, laddu etc are devised. Foxtail millet dosa, vada, muruku (snacks) etc., little millet khichdi, kheer, idli; finger millet roti and many other modern products with finger millet and bajra are being developed. Likewise, extruded products are also being prepared. However, all these products are made with de-husked millets and from the flour made from them. Therefore, establishing industries to de-husk small millets and to make flour provides self-employment.

### Marketing method

The de-husked millets are packed in 25 kg gunny bags. Flour of these millets is packed in 1 kg and half kg plastic pouches so that they can reach the consumers directly. De-husked millets and millet flour have to be sold to the consumer through provisional stores, supermarkets or individually. Millets have to be sold directly through marketing personnel to the industries, which use millets as raw material.



# Buchchi Method

Buchchi method is very easy method to make rice from millets. Machines are not needed for small millets. A mixer is sufficient. A person can make 20 kg of rice from millets. The speed of the mixer should be reduced.

The number of farmers growing small millets in mixed crops along with lentils is growing with increase in the consciousness of people that small millets are good for health. However, because of the lack of low cost processing machinery farmers are facing difficulties. In this background, a method to process the millets with mixer has come into vogue now without the need for costly machinery.

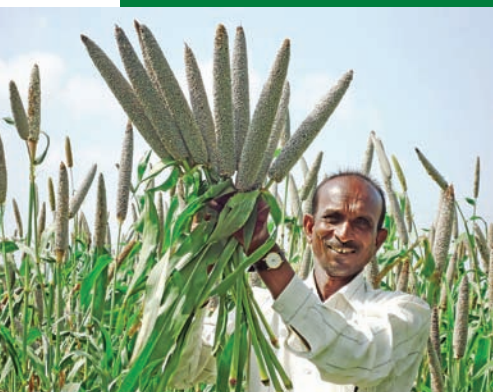
It is easy to get grain from sorghum, finger millet and bajra as the grain can be easily threshed from panicles and it is ready to use. There is no husk on this and so there is no need for any processing. But foxtail millet, barnyard millet, little millet, proso millet and kodo millet are different. After threshing, the grain has to be processed in order to get rice. The grain has to be de-husked so that edible rice is obtained. Traditionally, this grain used to be ground first in grinding stone and then pound in mortar with pestle to get rice. However, as this entails a lot of labour and time, these millets have gradually disappeared from usage though they are good for health.



## INCOME TO THE FARMERS THROUGHOUT THE YEAR

The small and medium farmers who cultivate small millets cannot afford to have processing machinery worth a few lakhs of rupees and therefore they sell their crops to the traders cheaply. However, now the millets can be processed with mixer at farmers' homes. They can process about 20 kgs of millets per day whenever they need or whenever they have some leisure from agricultural work. They can use the processed rice for personal use and/or sell it to the fellow villagers and in the local market throughout the year and they can get income regularly. Even those farmers who cultivate millets on a large scale can provide work to women by arranging for mixers and de-husk the millet by Buchchi method.

the local market throughout the year and they can get income regularly. Even those farmers who cultivate millets on a large scale can provide work to women by arranging for mixers and de-husk the millet by Buchchi method.





## The method of making rice of small millets with mixer

1. Raw small millet grain has to be cleaned of sticks and soil clumps and soaked in water for 5 to 6 hours (the sand reaches the bottom of the vessel).
2. The soaked raw grain has to be dried for one or two days until the grain is completely devoid of moisture. If the grain is not properly dried then mould grows on it. Properly dried grain can be stored for 2 to 3 years and whenever needed, rice can be made and used.
3. Grain should be filled in the mixer jar up to three fourths of its capacity and lid closed. It should not be completely filled.
4. The switch of the mixer should be rotated backward (towards pulse) for a few seconds and left. This has to be repeated for about 50 times and the grain which is rid of the husk partially has to be taken out and the husk removed by winnowing. The grain should be put back in the jar and then the process has to be repeated for 30 times this time.
5. Then it should be sieved. The grain which still has husk comes to the surface. This has to be again put in the mixer and the process repeated.
6. For household use one can make rice with a single mixer but for commercial purposes many number of mixers can be engaged by engaging women labourers and then sold. Within a single year one can get back the investment.
7. Generally three types of machinery is used to process small millets. But with these machines, there is broken grain for up to 20%. But using mixers the broken grain is not more than two to three percent. Even this broken grain can be used to make upma, pongal and porridge.





## Let us march towards small millets

Good food habits are the secret of health. People have forgotten about the small millets which are rich in nutrients. Due to this reason, people are suffering from many ailments. Nowadays people are coming to realise that it is more important to live healthy than to leave for a long period. It is becoming very difficult to get good food and especially healthy food. The role of small millets in providing health security to the society and economic security to the farmers is commendable. As health consciousness is growing among the people now, there is growing attention towards small millets. If the government implements policies in this direction, then the peasantry will again follow the agriculture methods that were followed six decades ago. People will be spared from eating poisonous food.

Small millets are important crops among those cultivated first by the humans. They can be cultivated with less water and without chemical fertilizers and pesticides.

Small millets belong to grass family like rice and wheat. They are round in shape and smaller compared to rice and wheat.

In India, there are 141 million hectares of cultivable land. Among them 85 million hectares, spread over 177 districts are in rain-fed area. This occupies 60% of total cultivable area. From among the total food grain production in India, 44% comes from rain-fed agriculture. 75% of pulses and 90% of sorghum, small millets and groundnut come from arid and semi-arid areas. Even after negligence of 50 years, rain-fed areas provide livelihood to nearly 50% of the farmers and fodder to 60% of the animals.

Small millet areas of our country have been, for thousands of years, producing sorghum, pearl millet (bajra), foxtail millet, little millet, kodo millet and barnyard millet. They are also providing us with various pulses like red gram, cowpea, beans, black gram, green gram etc. and oil seeds like gingelly, mustard, niger and sunflower. Therefore, even in future also, they are important to the food security and agricultural security needed for our country.

Only a small amount of water is needed for the cultivation of small millets. If we compare to the commercial crops that are grown with irrigation water and get government subsidies the small millet crops need no irrigation. They need only 25% of the rainfall that is needed for the cultivation of crops like sugarcane and banana. Therefore, there won't be any need to demand the state governments to provide irrigation water and electricity for the cultivation of these millets.

Small millets can be grown in various climatic conditions and in soils that are less than 15cm deep. They do not need fertile land hence they are a boon for the vast rain-fed areas. They can be cultivated throughout the year.

### Importance of small millets

National Advisory Council has recently taken a policy decision to supply small millets through Public Distribution system. There are various reasons behind this decision. Small millets not only have high nutritional value, but they are also capable of filling the gap in food grain supply when the food security act is implemented. The present stocks of rice and wheat are not sufficient to fill the gap that will be created by the implementation of food security act. The decision to include small millets in the public distribution system is a good decision. Sorghum, finger millet, pearl millet (bajra), maize, barley, oats and other small millets may not be on par with rice and paddy in the quality of grain but if we consider their nutritional value then they have more nutrients in them than rice and wheat. In fact, now the small millets are called "nutri-cereals". Though the protein content in small millets is similar to that in wheat, the quantity of vitamins, especially vitamin B, iron, phosphorus and other micronutrients is more in small millets. Moreover, these are gluten free substitutes for rice and wheat. Therefore, they are more basic than acidic in their quality. That is the reason why people in many areas especially in villages are using small millets as their staple food. However, as the government is giving heavy subsidies to rice and wheat, the small millets are gradually disappearing from the food chain. In spite of the government negligence and no subsidies, the cultivation of small millets and raw cereal cultivation, though declining, is continuing even today because they are used as fodder for animals and poultry. They are also used in carbohydrate industry and the alcoholic beverage industry.

These crops need less water than paddy and wheat and so, they can be grown in rain-fed and even infertile soils. Another positive aspect is that they are very efficient in converting energy and nutrients into biological matter and grain. At present modern technology is also available along with better plant varieties including hybrids. Moreover, the productivity of paddy and



wheat has peaked in the irrigated areas. In such a situation, it is important to encourage small millets and coarse grains. With the increasing demand of nutritious food in India, if we have to achieve revolution in rain-fed agriculture, agricultural research and pricing policies of crops have to address the question of small millet cultivation. As an alternative to the cultivation of water intensive paddy and wheat, the cultivation of small millets and coarse grains has to be encouraged in areas where groundwater is used to irrigate the fields. We have to take care that groundwater is not completely depleted and areas turned into deserts.

Small millets are grown in India since ancient times. The fact that they are cultivated in 30 million acres shows its importance. Generally, in arid and semi-arid regions small millets are cultivated as mixed crops. The small millets cultivated in India are short-term crops. They come to harvesting within 3 to 4 months.

- They are ancient crops.
- Cultivated in arid regions, hilly regions, and adivasi regions.
- They are suitable to be grown in various climatic conditions. They give assured yields.
- These crops provide regional food and nutrient security.
- They can withstand changes in the climate.
- They are suitable crops for alternative policies.
- These grains are highly nutritious.   ▪ There will be crop diversity.
- Animals will get quality fodder.   ▪ Farmers will get higher income and better living standards.

India is in 64th position among 81 countries in World Hunger Index. India is in second place in malnourished children. In the past four decades since 1961, the area of cultivation under small millets has dropped from 18 million hectares to 9 million hectares (50% reduction) and the production has dropped from 8.8 million tons to 7.2 million tons. These statistics show that millions of people are not getting nutritious food.

### The necessity of small millets

Humans take food to sustain life. All the nutrients that are needed for the body exist in the healthy crops grown by organic farming method. Before humans adopted chemical dependent agriculture they used to take natural, healthy food and people used to stay healthy in those days. Even diseases were less in number. However, during and after the green revolution, with the increasing use of chemical fertilizers and pesticides and insecticides chemical residues are left behind in the soil, water, air and food products. With this, many problems have cropped up. As humans started consuming food items in which pesticide residues are there, many health issues have come up. We are facing unprecedented number of new health issues like diabetes, high blood pressure, cancer, ulcer, acidity, arthritis, obesity, Parkinson's syndrome, Alzheimer's and other such diseases. All the people from children to the elderly are suffering from those and are forced to regularly visit hospitals and incur huge expenditure.

Farmers are trapped in the vicious circle drawn by the big fertilizer companies, pesticide companies and seed companies. Trapped in it, farmers are on the one hand destroying the fertility of the soil rich in life and on the other hand providing the society with poisonous food products. The cost of cultivation has grown and remunerative prices are not available and this is forcing many farmers to commit suicide. We are living in a society where farmers don't have economic security and the consumers don't have food and health security. Society can stay





peaceful only if farmers grow healthy crops. Only healthy societies can build and help handover a healthier society for future generations. In order to do so farmers should not use chemical fertilizers and pesticides and should adopt nature friendly cultivation methods which need less investment and provide higher income. The cultivation of small millets which can be done with less investment and less resources and without the use of chemical fertilizers and pesticides and which provide highly nutritious food in every natural way will provide economic security to the farmers and food and health security to the consumers.

### **Soil suitable to small millets**

Many of the small millets can be cultivated in soils with very low fertility. Some of them can even be cultivated in acidic soils and some in saline soils. Bajra (pearl millet) can be cultivated in sandy soils and finger millets in saline soils. Barnyard millet can be grown even in problematic soils where paddy cannot be grown. Small millet cultivation is done even to reclaim the problematic soils.

Most of the dry lands are infertile soils. It is the small millets that can make cultivation sustainable in dry land areas. Small millet crops have the capacity to grow even in the most infertile soils in Africa and yield crop. They are providing 74% of the produce in Africa and 28% of the global produce. So, small millets are suitable to grow even in areas where the annual precipitation is less than 500 mm and in sandy and acidic soils also. They can withstand dry spells and still capable of yielding crop.

### **The type of fertilizers to be used for small millet crops**

In dry lands, small millets can grow even without the use of chemical fertilizers. Therefore, farmers who cultivate small millets use only nature friendly animal manures. Nowadays farmers are even using bio-fertilizers like vermi-compost prepared in their backyard. They are also using bio-fertilizers like panchagavya, Amritapaani etc. to grow small millets.

### **Cropping pattern of small millets**

Small millet crops that are grown in traditional method are rich in biodiversity. Traditionally in South India 6 to 12 crops are cultivated at a time in a field in which along with small millets pulses and oil seeds are also grown in mixed cropping.

### **Food security**

While crops like paddy and wheat are providing food security to India, small millets are providing security of nutritional food, fodder, fiber, health, livelihood and ecological balance. Animals eat the grass of many small millet crops fondly. It is quite common that sorghum and pearl millet are cultivated for the purpose of fodder. Small millet crops not only provide fodder but as the store houses of nutrients they provide nutritional security. The mixed crops that are grown along with small millets like red gram can provide firewood and some of the other vegetable crops provide fiber. Leguminous crops that are grown along with small millets shed their leaves and provide natural fertilizer and improve the soil fertility. This way, small millets not only utilise the soil fertility but also give back and improve the soil fertility.

### **The crops that can withstand the climatic changes**

It is the small millet crops that can withstand the climatic challenges the world is facing and provide us a solution. Because of the climatic changes, we will be facing three challenges:



- Increase in the temperature by 2 to 50 C.
- Growth of water scarcity    ▪ Severe nutritional deficiencies

Only small millets have the capacity to face these challenges. Small millets can withstand dry spells and therefore they can withstand increasing temperatures. Small millets can grow even in places where the annual rainfall is only 200 to 500 mm. Therefore, they can withstand water scarcity. Every small millet is a storehouse of dozens of nutrients. Some contain important micronutrients that are indispensable for the body. Therefore, they protect people from nutritional deficiency.

It is because of these great aspects of the small millets that they can be called 'Siridhanyalu'.

### Disappearing small millet crops

Though these crops have so many positive qualities and capabilities, the area under their cultivation has come down for the past five decades since the Green Revolution. Because of this, the food and cultivation systems of our country have lost so much.

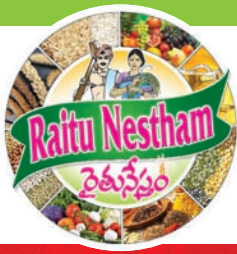
For example, in Anantapur district of Andhra Pradesh farmers used to cultivate food crops a lot. They used to cultivate small millets like little millet, proso millet, foxtail millet and millets like sorghum and many pulses and paddy. In the early 1960s, two thirds of the cultivated area was under food crops. In recent years, the cultivated area under groundnut has increased 4 times. Area under groundnut, which was less than two lakh hectares in the 60s, has grown up to eight lakh hectares by 2010. The area under small millets has almost disappeared. The area under other millets has come down by 90%. The main reason for this reduction in the cultivation of small millets in the Indian agricultural scene is the coming down of crop loans and insurance schemes that state governments provide. If this trend is not arrested immediately by providing economic incentives, then, in the coming 50 years there is the danger of complete disappearance of small millets from Indian agricultural scene. That will not only cause tremendous loss to the food and cultivation systems of the country, but is a danger to our country's civilization and ecology.

Therefore, the policy makers of India have to immediately devise policies that will encourage farmers already growing the small millets and drive more farmers to grow these crops.

### Health benefits

- Small millets among all the food grains available cause least allergies and improve digestive capacity.
- Small millets reduce the triglycerides.
- Small millets have lecithin, which is good for nervous system, in more quantities.
- The magnesium that is there in small millets reduces migraine, high blood pressure and heart attack.
- Small millets reduce diabetes.
- Small millets contain phosphorus in relatively large quantities that is needed for nucleic acids that are crucial for the building of genetic material.
- It reduces stone formation in kidneys in women who take small millets and reduces asthma problems in children.
- Small millets are beneficial to women after Menopause. They reduce heart problems, blood pressure and cholesterol content.
- Small millets contain lignins, which contain many nutrients, and are beneficial in fighting against breast cancer and prevent heart diseases.





# Eat **Raitu Nestham's** Natural Products... Lead Healthy Life

నేచురల్ ప్రొడక్ట్స్  Natural Products



**For better Environment & Healthy Life**

Better to take Organically / Naturally grown products for Better and Healthy Life.

**Quality is the main motto of Raitu Nestham**

We are procuring Organically / Naturally grown vegetables, millets and other products from farmers of Telangana and Andhra Pradesh and supplying to consumers at reasonable price.

**Store Timings :**  
10:00 a.m. to 8:00 p.m.

- Foxtail Millet
- Barnyard Millet
- Kodo Millet
- Little Millet
- Browntop Millet
- Rice
- Jowar
- Bajra
- Proso Millet
- Finger Millet
- Wheat
- Blackgram
- Greengram
- Toor Dal
- Urad Dal
- Blackgram Polished
- Wheat Flour
- Jowar Flour
- Finger Millet Flour
- Multigrains Atta
- Flax Seed
- Turmeric
- Chilly Powder
- Jeera
- Groundnut
- Coriander
- Mustard
- Jaggery
- Jaggery Powder
- Palm Jaggery
- Peanut Balls
- Jowar Laddu
- Honey
- Araku Coffee



**PRODUCTS RANGE**

- Groundnut Oil
- Coconut Oil
- Sesame Oil
- Safflower Oil
- Cow Ghee
- Vegetables
- Country Eggs
- Soap Nuts
- Shikakai Powder
- Ayurved Soaps
- Girijan Corp. Products

 **Natural Products**

D.No. 6-2-959, Dakshin Bharat Hindi Prachar Sabha Complex, **Khairatabad**, Hyderabad - 500 004. **Ph: 040-23395979, 9963978757**

D.No. 8-201, Main Road, **Kornepadu**, Vatticherukuru Mandal, Guntur Dist., Andhra Pradesh. **Ph: 0863-2286355, 9705158899**

NTR Stadium Complex, Opp. Paradise Hotel, **Brindavan Garden Centre**, Guntur. **Ph: 9705858899**

Opp. Priya Childrens Hospital, Panta Kaluva Road, **Patamata**, Vijayawada. **Ph: 9177705977**

Ground Floor, People's Hospital Building, Opp. Kukatpally BJP Office (Beside Metro Pillar No. A-817), **Kukatpally**, Hyd. **Ph: 99593 43749**

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Hon'ble Vice President of India felicitating Dr. Khadar Vali with 'Krushi Ratna' award instituted by Rythu Nestham Foundation held at Swarna Bharathi Trust, Hyderabad on 7th October, 2018 organised by Rythu Nestham Foundation & Muppavarapu Foundation