

SIRIDHANYALU (Millets)

Food that heals

The small millets that bestow real richness - health & wealth!
Methods of healing modern lifestyle diseases (Diabetes,
Blood Pressure, Thyroid, Obesity, Arthritis, Anaemia and
14 types of Cancers) through DESI FOOD



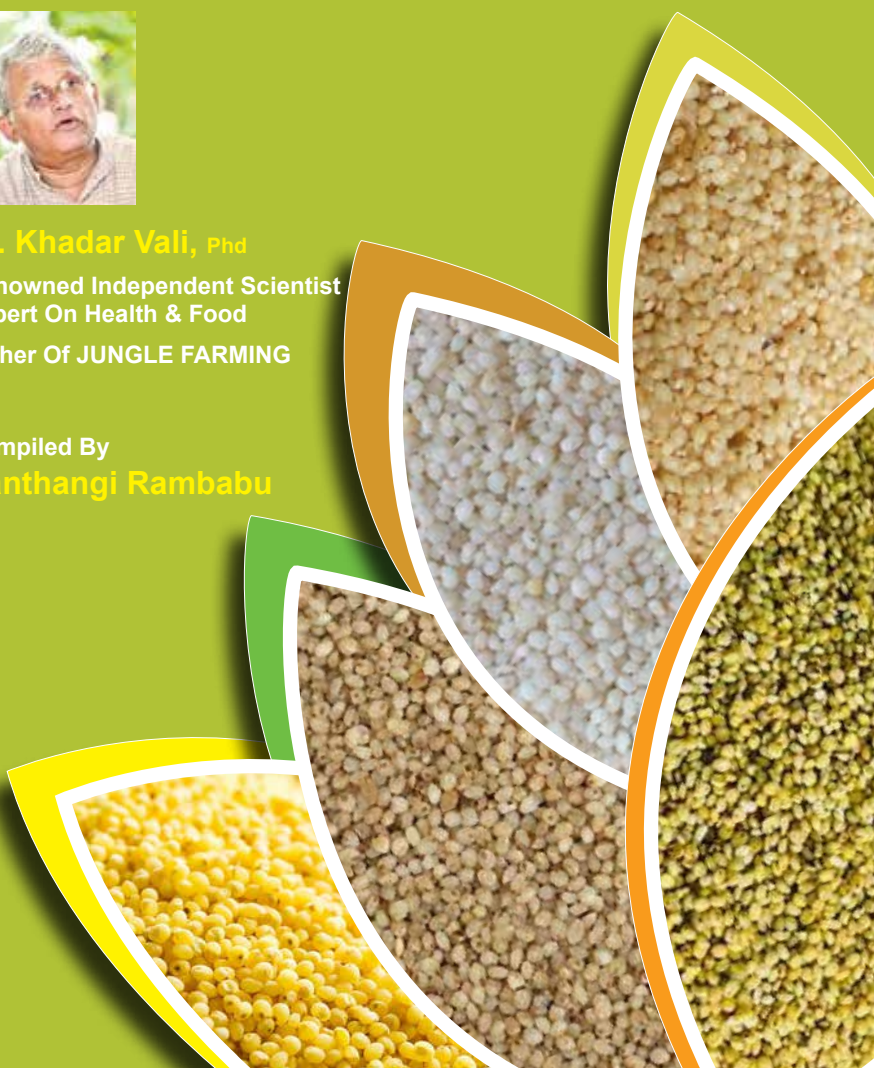
Dr. Khadar Vali, PhD

Renowned Independent Scientist
Expert On Health & Food

Father Of JUNGLE FARMING

Compiled By

Panthangi Rambabu





*Dr. Khadar Vali Releasing the 1st Edition of Telugu Version
on 4th March, 2018 at Visvesvaraya Bhavan, Hyderabad*



Authored by

Panthangi Rambabu
Senior Vernacular Journalist (Telugu)
News Editor @ Sakshi Media Group
Hyderabad
siridhanyalu@gmail.com
www.siridhanyalu.com
Mobile: +91 863 973 8658

Translated by

P Kishore Chandra
Ecological farming practioner
Proddatur, Kadapa district
Andhra Pradesh

© Copy right is open for all

Anybody can print and distribute the matters from this book
after obtaining written permission from the publishers



Published by

Telangana Retired Engineers' Association
(TREA)



Address

Telangana Retired Engineers' Association (TREA)
Plot No. 119, Lakshmi Mega Township, Ragannaguda
Nagarjunasagar Road, Hyderabad - 501 510
Mobile: 99638 19074
e-mail: trengr2008@gmail.com

Printed at

Karshak Art Printers
Vidyanagar, Hyderabad
Ph: 040-27618261

First Edition: August 2018, Copies: 5000
Price: Invaluable

I
Info Page

F

Foreword

Dr. Khadar Vali has brought forth the eternal truth behind keeping good health by doing intensive research for many years (towards finding a lasting solution for many modern illnesses) after being deeply disturbed by the cause of modern illnesses and resolving to find lasting solutions for them.

The consumption of fibrous cereals like Foxtail millet, Browntop millet, Little millet, Barnyard millet, Kodo millet, etc. in the past before the use of rice and wheat was the reason why many people were not affected with diabetes. But, in the present times, eating fibreless paddy rice and wheat has led to the increase in lifestyle diseases like diabetes, cancer and many heart related problems.

It is indeed commendable that Mr. Panthangi Rambabu is presenting all the information to Telugu people (through Telugu daily, 'Sakshi') that Dr. Khadar Vali has been advocating in order to attain complete health with 'siridhanya' (five above mentioned millets).

The Telangana Retired Engineers' Association (TREA) attempts to present the health benefits of eating siridhanyalu and the health hazards of eating paddy rice and wheat through this booklet. We are ever grateful to the management of the Telugu daily, 'Sakshi' for having accepted our request to publish the articles herewith in this form.

We earnestly wish and hope that people take this book as a guide in getting inspired to switching over to eating only 'Siridhanya', get rid of various diseases and become completely healthy. Dr. Khadar Vali has spent his life for the cause of people's health. His single minded efforts in raising awareness about the importance of siridhanyalu and their healthy properties among the masses is truly praise worthy. We place on record our special appreciation for Mr. Panthangi Rambabu (incharge, 'Sagubadi' desk, 'Sakshi' Telugu news daily) for playing a critical role in taking Dr. Khadar Vali's message to Telugu people through his writings. We thank Sri P Kishore Chandra for taking up the responsibility of translating in English.

We have published three editions in Telugu and this is first edition in English. In near future, we are planning to publish this valuable booklet in all major Indian languages.

Er. Sangem Chandramouli CE (Retd)
President
Telangana Retired Engineers' Association
Mobile: +91 - 98495 66009

Er. Mereddy Shyam Prasad Reddy EE (Retd)
General Secretary
Telangana Retired Engineers' Association
Mobile: +91 - 99638 19074

Lives giving food, the origin of food, the seed, fertilizers, health care services etc. have all become simply commodities. We are completely in a lost situation where we never know which food leads to which disease. The humanity is reeling under fear of diseases.

In such a crisis, Dr. Khadar Vali has appeared in front of people with great vision of guiding them towards complete health. Powered by his unparallel intellect, incomparable awareness and clear voice to open the eyes of millions around the world Dr. Khadar is reintroducing siridhanyalu as wonderful and divine food. He has been vociferously saying with scientific evidence that aping of the West in the fields of food and entertainment has brought to our country unnecessary diseases thereby sucking out the vitality of our race.

With an in-depth understanding of the secrets and hazards of the modern industrial food, Dr. Khadar has recommended health giving foods, in the name of siridhanyalu for the entire humanity. These divine food crops are also most appropriate to this age of climate change according to him.

The recognition of the fact that the most deadly diseases like cancer could be healed with the wonderful siridhanyalu that are packed with curative properties is a great revelation. The siridhanyalu crops can withstand varying climatic conditions, grow with minimum water, have highest nutritional values, contain many medicinal properties along with fibre. These crops are the ultimate solution to agrarian crisis on the one hand and health crisis on the other.

The cultivation and consumption of FF has attained the status of a movement in the state of Karnataka. The coverage and presentation (with a noble intention) of this recent development to the Telugu people in the daily, 'Sakshi' is a historic moment.

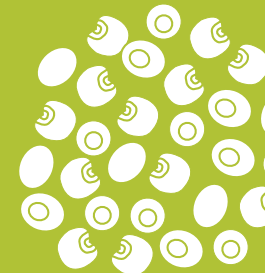
I offer my heartfelt thanks to the management and editorial board of 'Sakshi'. My sincere gratitude goes to the respected members of Telangana Retired Engineers' Association for taking up the lofty cause of raising public awareness on siridhanyalu consumption and their health benefits through the publication and free distribution of this booklet. For the past five years, Mr. S.V.N. Phani Sundar and his wife Mrs. S. Vaidehi have not only been consuming siridhanyalu as per the suggestions made by Dr. Khadar, but also promoting them widely in social media. Deep appreciation goes to them for contributing some important information that went into this booklet.

Here is my invitation to all those who yearn for leading fearless and peaceful life devoid of any lurking diseases by imbibing invaluable message and thereby become fully liberated from the fear psychosis of diseases.

Panthangi Rambabu
News Editor, Sakshi Daily

A

Author's Note



T

Translator's
Note

The remarkable contribution of Dr. Khadar Vali to the fields of food and health lies in highlighting the fact that the ratio of dietary fibre to carbohydrates present in different foods largely determines the health of people who consume them. Besides, his unrelenting work as an independent food scientist and health expert is unparalleled since he not only discovered the medicinal properties of the much forgotten cereals called millets but also successfully recommended them for patients of various diseases for cure. Further, Dr. Khadar Vali's in-depth knowledge of human-induced environmental pollution led him to see the interconnections among the modern chemical farming methods, indiscriminate use of natural resources with respect to agriculture, production of toxic food, deteriorated health of humans and other species, ecological imbalance and global warming on the planet. The comprehensive understanding of varied related issues has also prompted him to advocate an integrated approach towards life that is very natural and simple. The revival of age-old farming system called 'Kadu krishi' (Jungle farming), which goes a long way in regenerating the soil and forests, by Dr. Khadar Vali is a testimony to that.

This booklet is a compilation of various articles presenting the invaluable information on siridhanyalu and their impact on human health. The original compiler and chief contributor, Mr. Pantangi Rambabu of the Telugu news daily, 'Sakshi' has effectively captured the essence of Dr. Khadar's subject on siridhanyalu. He has discussed the subject in detail targeting the average reader. So, the repetition of information is deliberate aiming at reiteration. The information about the cultivation techniques of siridhanyalu and their processing methods make the booklet relevant for farmers as well. In fact, Dr. Khadar wants farmers to accrue the benefits of growing and eating siridhanyalu for their financial and physical wellbeing.

The first hand experience of growing some siridhanyalu crops for the past three years and eating all the five types myself for over a year now has come handy in appreciating the information and translating the text from Telugu to English.

I cannot thank Dr. Khadar Vali enough for posing faith in me and entrusting me with the task of translation.

Wish and hope the readers of this English version would benefit as much as I did!

P. Kishore Chandra
Ecological farming practitioner
Proddatur, Kadapa district, Andhra Pradesh

A native of Proddatur town, Kadapa district, Andhra Pradesh, Dr. Khadar Vali(60) has been working relentlessly in reviving siridhanyalu for the past twenty odd years. After graduating with Masters in Science (with specialisation in Education) from the Regional Institute of Education, Mysuru, he did PhD on steroids from the Indian Institute of Sciences, Bengaluru. He married his classmate Ms. Usha.

Dr. Khadar pursued his post doctoral research on fellowship on environmental science from Beaverton Oregon, United States of America. His research was on deactivating deadly chemical substances like Agent Orange and Dioxins. At the time when food was being rapidly commercialised,

Dr. Khadar felt that instead of working in a foreign country for a living it is meaningful to strive for a healthy society in his own country. So, he returned to India from the US in 1997 and settled down in Mysuru. There he worked hard to revive five different types of millets that were fast disappearing.

In the process of consuming each of these millets he discovered that the healing properties present in them could cure even deadly diseases. Hence he named these five types of millets, 'siridhanyalu'.

In order to cultivate them very naturally Dr. Khadar propounded a method called 'Kadu Krishi (Jungle Farming)'. He has been treating (practices Homeopathy non formally) his patients of their diseases by recommending the consumption of 'siridhanyalu' rices, drinking of different plant/tree leaf decoctions and with Homeo medicines in dire cases.

He firmly opines that paddy rice, wheat, milk, non-vegetarian food, untimely eating habits, genetically modified crops, chemical fertilizers, synthetic pesticides, herbicides are instrumental in polluting the environment and food and thereby leading to the quick spread of lethal diseases.

Dr. Khadar claims that preventing and curing diabetes, hypertension, obesity, constipation, piles, gangrene, triglycerides, PCOD, low sperm count, skin diseases, kidney and thyroid related disorders, proved by consuming siridhanyalu. 'siridhanyalu' also keep away brain and blood related diseases. He is adored by the people of Karnataka, Andhra Pradesh and Telangana and pulls big crowds to his food/health talks there.

Dr. Khadar Vali
Independent forest agricultural scientist and
food expert
Mysuru

B

Brief
Biography

N

Move back
to Nature



Move back to Nature worship and revere NATURE!!

Is it true that diseases like cancer are being healed by you with 'siridhanyalu' like Foxtail, Kodo millets, etc.?

Yes, it is true. For the past twenty years we have got results through what I have believed in and recommended. In fact, taking safe/healthy food gives us a great deal of good health. In the interest of people's good health, God has created a large variety of foods in different parts of the world. But, we are hit by a crisis by sticking to just paddy rice and wheat. In order to get out of this crisis we should walk towards Nature. By bringing about changes in our daily diet, we can achieve total health. It is only *siridhanyalu* that have medicinal properties and can give real health for people. It is mainly to build this awareness we started practising 'JUNGLE FARMING' and have been working with farmers and patients for the past twenty years.

There is a belief that cancer and diabetes are hereditary...

No, diseases like cancer and diabetes are not inheritable. They are a result of the consumption of unhealthy food and the adoption of wrong lifestyle habits mainly. Eczema and a few kinds of diseases related to mental retardation only are hereditary. In the past cancer and diabetes cases were very rare. Now, such patients are all pervasive. The changes brought about by the commercialisation of food are making people diseased.

Does it mean that foreign food items are the culprits?

We are not finding fault with foreign foods. Those

9

food items are appropriate and good to be consumed in those places. Browntop millet is called American millet. In fact, Americans used to consume them in the past. They also used to eat pumpkin. Cardio-vascular diseases were not there as long as people ate them. Only since Americans stopped eating natural foods and started eating industrially grown food genetically modified foods, the number of diseases went up there. They do not know of as many different kinds of grains that we do. We used to have 108 different varieties of Foxtail millet. Americans do not have the knowledge of conserving food diversity. Foxtail millet is called Italian millet. Americans used to eat it till a few generations ago. The crop has been wiped out without any trace of the seeds now. Had I not worked on reviving the cultivation of *siridhanyalu* by gathering these seeds after returning from the US twenty years ago, they would have gone extinct here also.

How are different 'siridhanyalu' and herbal decoctions able to cure diseases like cancer and diabetes? What is the scientific reason behind this?

siridhanyalu (which include Foxtail millet, Browntop millet, Little millet, Barnyard millet and Kodo millet) are natural grains with medicinal properties offered by the Nature. Herbal decoctions have been an integral part of our traditional life for long now. Depending on individual condition of ailments, consuming *siridhanyalu* for about 6 months to 2 years will bring back complete health. This has been further confirmed by the recuperation of thousands of sick people affected by various diseases for a long time.


Five types of millets have been named as *siridhanyalu* by you. How have they got medicinal properties?

To find out the health giving properties and the extent of medicinal qualities food items possess, the fibre and carbohydrates they contain need to be looked at. Fibre and carbohydrate contents in paddy rice are 0.2 percentage and 79 percentage respectively. In other words, their ratio is 395. Even in whole/raw paddy rice, the ratio of fibre to carbohydrates does not differ much. Whereas in the five *siridhanyalu* grains, fibre content ranges from 8 to 12.5 percentage and carbohydrate content is in the range of 60 to 69 percentage. Their ratio

N

Worship
and revere
Nature






varies between 5.5 and 8.8. Those foods in which carbohydrate to fibre ratio is below 10 have shown medicinal properties. Glucose is released into the blood in a regulated manner between 6 and 8 hours after eating such foods. The ability to not release glucose more than the required quantity into the blood, the presence of many micro nutrients and proteins make siridhanyalu extraordinary. When people with persistent diseases like diabetes, cancer, obesity, etc. eat siridhanyalu rice for 6 months to 2 years depending on the condition of their ailments, they can get rid of them totally. Besides supplying nutrients in good amounts, siridhanyalu remove the disease causing elements from the body and make it clean. Since siridhanyalu have right fibre content in them, they should be soaked at least for a minimum of two hours before cooking. Great millet (Sorghum), Finger millet, Pearl millet, Proso millet and corn are together called neutral millets. Fibre content in them is in the range of 1.2 to 3.6 percentage. Glucose enters the blood within 2 hours of eating them. Hence, the health giving siridhanyalu are true and natural foods.

Can the medicines prescribed by doctors be continued while eating 'siridhanya'?

Yes. But, there is an exception here. I do not advocate allopathic medicines. Those who are on Ayurvedic or Homeopathic medication for any diseases can continue taking their medicines by bringing about certain changes in their dietary habits and lifestyle to attain complete good health.

Why should we consume siridhanyalu?

How do they fill our life with health and happiness?



It is through the enduring and committed efforts of the popular scientist cum health and food expert, Dr. Khadar Vali, the foods of our previous generations called siridhanyalu have seen the light of the day. He is also publicising widely the role of siridhanyalu in the prevention and eradication of the modern diseases. This is a boon for us, our future generations, our soils, our environment and our health. Siridhanyalu are set to show direction for the entire world.


Let us understand why we should eat siridhanyalu in a scientific and brief manner. Many changes have happened to our present day paddy rice and wheat. Owing to the hybridization of paddy and wheat crops for the past few generations, the nutrient content in them has reduced. Paddy rice and wheat devoid of the usage of chemical fertilizers and pesticides have gone scarce. Moreover, the use of poisonous herbicides has also risen.

The natural dietary fibre present in the food regulates the release of glucose into the blood. Whether a large quantity of glucose be released suddenly or a little quantity of it be released over a long period of time is determined by the fibre contained in the food grain.

The fibre content in paddy rice and wheat is down to 0.20 - 1.2 percentage. Therefore, just within 15 to 35 minutes of eating foods made of paddy rice and wheat, they are converted into glucose (sugar - the end product of digested food). When 100 grams of such food is eaten 35 grams of glucose (sugar) from it would suddenly enter into blood. Imagine what would happen when this happens three to four times a day; when sweets are also eaten in addition to this; and when biscuits, burgers, pizza, 'naan' made of 'maida' (refined wheat flour) are eaten furthermore! Huge quantities of glucose would suddenly enter blood and cause harm. Fat quantity in the body would shoot up. Diabetics would get into serious trouble. Moreover, it would lead to many other complications as well as diseases.

Glucose is released into blood horribly in just about 15 minutes when 'maida' based foods are consumed. The chemicals used in making 'maida' adversely affect the pancreas.

The total quantity of glucose contained generally in blood (4 - 5 litres in all) is only 6 to 7 grams. The food getting digested after eating, the digested food being converted into glucose before entering blood and then the glucose getting circulated throughout the body is a very normal phenomenon. But, high quantity of glucose entering the blood abruptly in just about 10-30 minutes is never good for health. This is particularly harmful for elders, diabetics and other kinds of patients with the following ailments: constipation, fits/epilepsy, piles, haemorrhoids,



triglycerides, hypertension / blood pressure, kidney, heart, etc.

It is for this reason, fibre-less foods should be avoided and instead fibre rich siridhanyalu should be incorporated into our daily diet. These release glucose into blood slowly and a little at a time over a long period of 5 to 7 hours.

The rices of Foxtail, Kodo, Barnyard, Little and Browntop millets contain dietary fibre in the range of 8 to 12 percentage. These are completely organic. The five unpolished 'siridhanyalu' rices are very healthy. Various dishes like Indian flat bread, 'upma', 'pongal', 'idli', 'dosa', 'biryani', 'bisibellabath', etc. could be made out of these rices.

Uniqueness of 'siridhanyalu'

The distinctive feature of 'siridhanyalu' should not be attributed only to their right dietary fibre content. In fact, high or plenty is not appropriate in this context. The balanced availability of natural dietary fibre inherently makes 'siridhanyalu' very special. Out of the total fibre requirement of 38 grams per person a day, eating 'siridhanyalu' thrice a day can contribute to about 25 to 30 grams. The remaining 10 grams of fibre can be derived from vegetables and greens. The special arrangement carbohydrate interwoven with the fibre in siridhanyalu does the trick of regulating glucose into the blood stream.

Each of these 'siridhanyalu' caters to the needs of specific requirements of the body and possesses disease eradication capacity.

Even though paddy rice and wheat have 0.2 and 1.2 percentage of fibre respectively in them, as the fibre is present in the outer layer (bran) of the husked grain, even that small quantity is lost when polished. However, fibre is present from the core of the kernel to the outer layer in 'siridhanyalu'. Since fibre is contained within different layers of carbohydrates present in 'siridhanyalu' they fully enable in providing good health. Knowing this critical piece of information helps us in protecting our health.

For instance, Foxtail millet rice is a balanced food. Besides containing 8 percentage of fibre, it also holds 12 percentage of protein in it. It can be recommended as right food for pregnant women. Even constipation in

pregnant women, that naturally arises out of growing baby in the womb, can be cured by feeding them with Foxtail millet rice. When children get high temperature, they experience an attack of epileptic fits. These attacks would continue for some years. The right food that can get rid of epileptic fits, nervous weakness and convulsions is Foxtail millet rice. Besides, it also helps in healing certain kinds of skin disorders, mouth cancer, lung cancer, stomach cancer, Parkinson's disease and asthma (along with Kodo millet rice).

After having come to know that there is no fibre in their food, the westerners started taking 2 - 3 fibre tablets. This is unscientific. Only food with fibre present in it naturally can regulate the release of glucose into blood effectively.

Kodo millet rice works well in cleansing blood, boosting the efficiency of bone marrow, curing asthma, fighting various kinds of cancer like kidney, prostate, blood, intestinal, thyroid, throat, pancreatic glands and liver. Acute diabetic patients with wounds and injuries leading to gangrene also can take succour from eating Kodo millet rice. It also helps in purifying the blood of those people who become weak after getting affected by dengue, typhoid, viral fever, etc. and thereby reinvigorates them.

Little millet rice cures issues related to male and female reproductive systems. It controls PCOD (Polycystic Ovary Disease) in women and enhances sperm count in men. Besides these, Little millet rice plays a great role in cleansing human lymphatic system and combating brain, throat, blood, thyroid, pancreatic gland cancers.

Barnyard millet rice effectively controls conditions pertaining to thyroid, pancreatic glands and diabetes. It is efficacious in cleansing liver, urinary bladder and gall bladder. This rice variety not only works well in healing jaundice but also strengthening the liver after the illness. Moreover, liver and uterus cancers can be healed with Barnyard millet rice.

Browntop millet rice roots out problems with digestive system. Besides, a wide range of conditions like piles, fistula, haemorrhoids, ulcers and brain, blood, breast, bone, stomach, intestine, skin cancers have an effective answer in Browntop millet rice.



You need not be slaves to diabetes: protect your health!

About 7 to 10 crore people in India are affected with type 2 diabetes. Some experts estimate double this figure by including pre-diabetics. Just imagine how much money is spent on medicines by these patients.

They would have to move from tablets to insulin injection and then towards very expensive management of side effects if diabetes like gangrene kidney functional failure, retinopathy and neuropathy etc.

A few factors that give rise to type 2 diabetes

Consuming 'maida' (refined wheat flour) based foods; sugar-laden foods; eating fibre-less items as staple food which include meat; excessive drinking of alcohol; taking chemically grown packaged food; leading a stress-filled lifestyle; fits of rage and anxiety; negative emotions; losses in business; love failures; infections that affect pancreatic glands; the adverse effects of antibiotics are some of the significant reasons that cause type 2 diabetes.

Importantly, it should be remembered that diabetes could trigger various other diseases. It even affects eyes, kidneys, bones, heart, reproductive system and brain.

10 pointers to prevent and cure type 2 diabetes

1. 'Siridhanyalu' which have dietary fibre content in the range of 8 to 12.5 percentage should be consumed as staple food. Because paddy rice and wheat have only 0.2 and 1.2 percentage of fibre respectively in them and as the fibre is present in the outer layer (bran) of the grain, that is lost when polished. But, in *siridhanyalu* fibre is present from the core of the kernel to the outer layer. Since fibre is contained within different layers of carbohydrates present in 'siridhanyalu' it fully enables in providing good health. Knowing

this crucial piece of information would help us in protecting our health.

Only one kind of *siridhanyalu* should be eaten for breakfast, lunch and dinner. Similarly, the rest of the *siridhanyalu* should be alternated. Everybody in the family should be introduced to these grains from young age.

2. Walking for about 50 to 70 minutes every day.
3. Eating greens generously and taking organic food in its natural form.
4. Increasing the consumption of drumstick leaves, vegetables, fenugreek seeds and leaves, aloe vera, bitter gourd, okra, guava. Drinking guava leaf, mango leaf 'kashayas' (herbal decoctions) first thing in the morning.
5. Giving up drinking milk. Taking curd and buttermilk. Keeping away from packaged foods bought in the market.
6. Avoiding 'maida' and 'maida' based foods, refined cooking oils. Using organic cold-pressed oils.
7. Checking rage and anxiety.
8. To start with minimising eating paddy rice and wheat and then avoiding them completely.
9. Safeguarding ourselves from high fructose corn syrup and white sugar added foods.
10. Stopping to assume that type 2 diabetes is very common and not taking it lightly. Taking preventive measures as well as changing diet and life-style when affected by type 2 diabetes. Instead of checking the blood sugar level readings one hour before and one hour after eating food, it is advisable to get HbA1C level readings checked scientifically every 4 or 6 months.

Human beings get happiness from freedom. Freedom from health related issues and diseases is always desirable. Earning a living through hard work while loving our family, surroundings and country is not a difficult task for anyone. In the process, happiness also can be gained.

But diseases-especially chronic ones-destroy our happiness. It is so because, when medication is sought a lot of investigations result in getting caught



up in very complicated and mysterious diseases with no cure in sight. This would finally lead to the loss of peace of mind.

For this reason, our health should be preserved well by ourselves proactively through the consumption of good food. Besides providing us with energy, 'siridhanyalu' also offer us good health. This way, diseases could be checked and our strength could be enhanced in all possible ways.

In general, diabetes is caused because of wrong food habits of people in the current times. The onset of diabetes is a sign of bad things to come. Gradually, this condition could affect eyes, kidneys, bones, blood pressure, reproductive system, heart etc.

Our health depends on proper regulation of the release of glucose (the end product after food is digested) into blood. Because of the presence of adequate amount of dietary fibre, it is only 'siridhanyalu' that effectively regulate the release of glucose into blood.

Dishes made of 'maida', paddy rice and wheat contain almost no fibre or have very little of it. They do not help in keeping good health. Varied diseases like diabetes, hypertension, knee joint pains, obesity, high triglycerides in blood, excess cholesterol, gangrene, cancers of different kinds, kidney related, uterus related, low sperm count related, skin disorders etc. could be effectively cured by the balanced nutrition contained in *siridhanyalu*.

By eating unpolished *siridhanyalu* bone marrow would be invigorated and blood would be purified. Moreover, many other conditions related to thyroid, liver, pancreatic glands, reproductive systems of men and women, brain, digestive system and so on would disappear.

Among many dishes that could be made out of 'siridhanyalu', a few are as follows: 'upma', 'pongal', 'idli', 'dosa', 'biryani', 'bisebillabath'. According to Dr. Khadar Vali, deadly diseases like different cancers could be kept at bay by drinking certain 'kashayas' (herbal decoctions) along with eating *siridhanyalu*. Many people are getting their lives revived!

siridhanyalu for complete health!

Let's eradicate modern diseases with *siridhanyalu*!



Methods to conquer anaemia with *siridhanyalu*!

A large number of people in India, especially women, are suffering from anaemia. *siridhanyalu* rice work wonderfully well in overcoming this issue.

- To improve blood, Kodo millet rice and Little millet rice should be eaten one day each.
- These rices should be soaked for a minimum of two hours before cooking them.
- They should be consumed three times a day.

Alongside eating *siridhanyalu* three times a day as the main food, juice made of carrot, beetroot and guava or gooseberry should be taken the first thing in the morning. Recipe of the juice is given below.

Take 25 grams of carrot pieces, 25 grams of beetroot pieces and 5 grams of guava or gooseberry pieces. Blend them all using a mixer by adding adequate water. Collect the juice after straining the liquid. Add 200 ml of water to the juice and mix it well before drinking.

Curry leaf buttermilk is to be taken in the evening.

Grind about 20 curry leaves and mix the paste in a glassful of buttermilk. Consume the drink after about 20 minutes. This drink should be taken on hour before eating dinner. Blood would improve if this drink is taken continuously for a month.



Stop taking tea or coffee with milk!

Drink Kodo millet husk tea or herbal tea!

Instead of drinking tea made of cattle milk and tea leaves, drinking homemade herbal tea is very healthful.

Drinking various kinds of herbal teas made of lemon grass, mint leaves, basil leaves, Kodo millet husk each a week is good for health.

Tea made of coriander leaves and palm jaggery at home should be taken periodically for a week at a stretch.

Palm jaggery syrup should be used as sweetener instead of sugar or jaggery or honey for such herbal teas as it makes the drink healthier.

Four or five leaves of one of the kinds mentioned above should be boiled in about 200 ml of water for roughly 4 minutes before it is strained and drunk either hot or warm.

It should be ensured that the herbal tea must be taken on empty stomach and the first thing in the morning.

Water stored in a copper vessel only should be used to make herbal tea.

Herbal tea prepared with Kodo millet husk is extremely good for health. The husk obtained after milling the raw grain has useful nutrients. Palm jaggery is recommended as sweetener for this tea as well.



Let's win-over cancer with siridhanyalu!

Cancer can be overcome by eating siridhanyalu as staple food and drinking 'kashayas' (herbal teas/decoctions).

When aping the west in food habits and lifestyle is checked, health can be regained in a span of 6 months to 2 years.

The following is the summary of the experiences of the independent food, and forest agriculture ('Kadu krishi') scientist, Dr. Khadar Vali.

"Let thy food be thy medicine..." Hippocrates, the ancient Greek physician traditionally regarded as the father of medicine, uttered these words a few thousand years ago. In spite of great 'development' technologically in society, this notion of Hippocrates still acts as a benchmark to achieve. Owing to excess chemical contamination of food, environmental pollution, aping western lifestyle and many other reasons, an alarming increase in diseases like cancer, diabetes, etc. is witnessed of late. Despite much advancement in allopathic medicine, the lives of patients are still becoming distressful. The number of people who are getting affected by cancer and the number of people who are dying of the disease is increasing manifold.

Is there a way out of this predicament?

Dr. Khadar Vali, independent food and agriculture scientist, firmly believes that there is a definite cure to cancer. He says, through experience, that cancer can be fought successfully by eating *siridhanyalu*, drinking 'kashayas' (herbal decoctions) and taking either homeo or ayurvedic medicine. The cancer patients who have taken and are taking medication from Dr. Khadar Vali are witnessing gloom being vanished from their lives and becoming very hopeful. Dr. Khadar's views in his own words...

"A young man visited me along with his mother about four months ago. He had done post graduation in Biotechnology. His mother was suffering from uterus cancer. She had undergone radiation and chemotherapy. After the treatment she got emaciated and became weak. The doctors gave up hopes on her. In that state of despair she visited me with his



son as the last resort. I enquired about the history of her illness. After talking to her for long I offered her solace by telling her that she would become better gradually. Besides asking her to continue taking medicines prescribed by her doctors earlier, I suggested to her to eat *siridhanyalu* as staple food. In addition, I advised her to drink 'kashayas' made of peepal tree leaves, guava leaves for 3 - 4 months. Both the son and the mother left from me optimistic.

Since it is common that many such patients see me, I just forgot about the son and the mother soon after they left me. But, they met me again two days ago. On seeing me the son fell at my feet in reverence. I understood that his mother's health has improved. She had strictly implemented changes in food as recommended by me. Actually, they went and met the doctor who had treated the lady and apprised him of the medication suggested by me. He reacted to that by saying if they were mad and also looked and laughed at them in an insulting manner.

A lot of people affected with fatal diseases like cancer either come and meet me or consult me over phone. But, I have never kept a record of their cases. I have been advising them a simple medication that includes *siridhanyalu* and 'kashayas'. Though this medication looks unscientific, it works effectively. Therefore, it becomes imperative to discuss, in detail, the combination of *siridhanyalu* and herbal decoctions.

Drinking herbal decoctions has been a very old practice traditionally. Grandmothers used to suggest different 'kashayas' depending on the symptoms of patients. After doing in depth studies on such herbal decoctions and validating their efficacy I started suggesting them for patients.

The *siridhanyalu* that have medicinal properties in them are five in number. They are Foxtail millet rice, Barnyard millet rice, Kodo millet rice, Little millet rice and Browntop millet rice.

Depending on the disease and type of cancer, two types of millets should be mainly eaten. Besides these, the other three kinds of millet rices are also to be consumed.

During the period of cancer treatment, a patient should eat sesame dumpling once a week. If this is not possible, one should eat a teaspoonful of lightly fried (in an iron pan without oil) sesame seeds once a week.

Poisoned food

Before the 1970s the prevalence of cancer was very less. Cancer patients were less in numbers, probably one in a lakh of population. The statistics published in the World Health Organisation (WHO) website, a few years ago, reveal that by 2030, almost 14 to 21 million people will be affected by this disease.

The cause of this is the toxic food that we are consuming day in day out. Now, the main point is - was the food we ate earlier did not have any toxins in it? Or, how has the food become more toxic?

There are many toxic substances in nature. The poisonous substances found in animals like snakes, scorpions and plants like *Datura* are only fat soluble and not water soluble. Therefore when these organisms die they do not cause any harm to the creatures in the surrounding environment.

The dangers of pesticides and herbicides (weed killing chemicals)

The need for producing more food crops increased with the growing population. This led to the usage of chemical fertilizers for better yields and pesticides to protect the crops from diseases. The pesticides produced in those days were in emulsion form. But, scientists wanted to produce water soluble ones. The basis for this thought was the experiment conducted in America for the production of genetically modified soya beans.

In order to destroy the weeds which grew in soya bean fields, scientists found a weedicide. But, when used, this weedicide destroyed the main crop too! This herbicide 2 - 4 - D (also called Agent Orange), was used as a defoliating agent in Vietnam War.

To prevent the loss of soya bean crop, scientists produced genetically modified soya beans. Thus the chemical found its way into the soya bean crops. Gradually this chemical took the form of a phenolic compound which became slightly soluble in water. From this event, scientists developed water soluble weedicides like glyphosate.

Dr. Khadar opines that the 'birth' of cancer took place around this time. The production of herbicides



which dissolved in water began on a large scale. The chemicals gradually found their way into the ecosystem. It has been found that these toxic substances have been traced in the penguins living in the South Pole!

Indian farmers too are not far behind. They have also adopted these modern techniques to increase crop production. The use of these harmful chemicals has been so extensive that they have found their way into human system!

Genetically modified crops

Another factor which is one of the main reasons for the rise in cancer cases is the production of genetically modified corn. This was developed by the same chemical company which developed genetically modified soya beans. This variety of maize had a greater quantity of fats (normally the fat content in maize is 1 mg/100 mg) in it. This genetically modified maize was fed to the cattle and poultry.

Thus the water soluble toxic chemicals found their way into the human system through the consumption of dairy products, meat, pork, eggs, chicken, etc. Even, vegetables are not spared from chemicals. Vegetarians too are not unaffected by the deadly chemicals. The bakery industry uses animal fats in its products. This fat is made from the remnants sourced from the meat industry. One way or the other both vegetarians and non-vegetarians are consuming toxic chemicals.

Adulterated cooking oils

Yet another important reason for the explosion of cancer is the cooking oil industry. Many components get released in the process of crude oil refinement. Those constituents that have fractions more than C - 8 units are used as fuels. Mineral oil is derived from components which have fractions less than C - 8 units in them. This mineral oil along with other synthetic chemicals are mixed with sunflower and coconut oils before they are packed and sold in the market. This way, poisonous chemicals are entering human body in the form of cooking oils. So, there is an urgent need to

make food production methods and food processing techniques chemical free before banning the use of chemicals. If the use of such noxious chemicals is not banned, it would be very difficult to prevent and control the massive challenge of various kinds of cancer that are rampantly spread all over.

Things to be avoided

“Those who have successfully overcome cancer or taking medication for cancer or do not want to get affected with cancer should avoid eating paddy rice, wheat, sugar, non-vegetarian food and drinking milk”, says Dr. Khadar Vali. However curd, butter milk and ghee can be consumed. “These food items release chemicals in our body. By getting accumulated (bio concentration) gradually in our body cells these chemicals lead to disease. So, these foods must be eliminated from our diet if we have to fight cancer successfully”, avers Dr. Khadar.

“People look at me in unbelief and surprise thinking that whether is it possible to follow such food restrictions. What I strongly say is definitely possible. This regulated lifestyle can be implemented. I know of many patients who follow this strictly”, affirms Dr. Khadar.

Our physical and mental health is determined by the food we eat, the water we drink, our profession, regular physical exercise, walking, yoga, good habits, meditation and awareness. However, we have conveniently forgotten our own food habits by blindly imitating the western diet. We have picked up the habit of untimely eating and consuming unhealthy and nutritionless food. In order to increase the milk productivity, cattle is being injected oxytocin and oestrogen hormones.

Olloxon, a chemical bleaching agent, is used in converting wheat flour into ‘maida’ (refined wheat flour). Biscuits and various bakery products are made out of ‘maida’. The beta cell producing capacity of pancreas will be destroyed when such foods are eaten. Beta cells play a critical role in storing insulin and releasing it in required quantity. This is the reason for becoming diabetic.



Kashayam (herbal decoction) A health drink!

'Kashayas' are made using either the leaves or twigs or roots of plants/trees. About 5 leaves or required number of twigs or pieces of roots are to be taken. They should be boiled in 150 - 200 ml of water for about 4 minutes. This 'kashaya' should be drunk after straining the boiled liquid. It could be drunk hot or warm. But, 'kashayas' should be taken on empty stomach. Moreover, water stored in copper container only should be used for preparing herbal decoctions.

Two different kinds of 'kashayas' each day for cancer patients

Generally, people suffering from any kind of cancer should drink 2 types of 'kashaya'. One is to be taken before eating food once in the morning and once at night. Another type of 'kashaya' should be taken before eating lunch. These decoctions should be taken regularly and as a rule for about 4 months. They can be continued to be taken even after that period. The 'kashayas' that are to be taken in the morning and at night are 3 types and those to be taken in the afternoon are 2 types. Three types of 'kashayas' should be taken - each for a week in succession - twice a day (once in the morning and once in the evening) daily before eating meal. 'Kashayas' made of Night-flowering jasmine plant (Parijatha), Peepal tree leaf and Guava tree leaf should be taken a week each in succession. Besides these 3 types of 'kashayas', depending on the type of cancer, one should drink two more types of 'kashayas' - for one week each - in the afternoon. We can protect ourselves from modern diseases by consuming *siridhanyalu*. Good amount



of dietary fibre present in them guards our health. Smoking cigarette and drinking alcohol should be abstained from.

Respite for cancer patients

As a part of his research on *siridhanyalu* based foods Dr. Khadar closely observed how those rices could rescue people from the agony of different diseases. Besides, while he explained the significance of *siridhanyalu* to many cancer patients, he also advised that making basic changes in food habits would bring some respite for their pain. Dr. Khadar also noticed some improvement (as a result of eating *siridhanyalu* for a certain period of life) in their health which led them to attain a state where they could lead a normal life. Beyond that, similar to the home remedies of yester year grandmothers, he designed a protocol of treatments, as cure for different types of cancer, using leaves of different plants/trees and some kinds of kitchen groceries.

After noticing the decline in the severity of disease with many patients and improvement in their condition, Dr. Khadar started compiling these methods of treatments and propagating the information.

Dr. Khadar does not imagine that these methods would cure cancers. He is propagating these methods, while telling patients to continue taking their medicines and treatments, in the hope that cancer patients could get some respite from their agony.





- Eat 'Siridhanya' based food all three meals a day
- Drink 'Kashayas' twice a day (morning & evening) and one type of kashaya for one week at a stretch
- Table of common ailments / diseases and their remedies with 'Siridhanya' and 'kashayas / vegetable juices'.

Ailment / Disease	Kashaya / juice(leaves)	'Siridhanya' rice to be eaten
1. Blood Pressure	<ul style="list-style-type: none"> • Star/ Bermuda grass- Cynodondactylondactylon • Holy basil - Ocimum tenuiflorum • Heart leaved moonseed-/Guduchi - Tinospora Corolifolia • Indian Beech - Pongamia pinnatas • Neem - Azadiractaindica • Stone Apple - Aegle marmelos • Peepal - Focus Teligiosa 	All five types of 'Siridhanya' two days each <ul style="list-style-type: none"> • Foxtail - 2 days • Little- 2days • Kodo- 2days • Barnyard - 2days • Browntop- 2 days
2. Fibroids	<ul style="list-style-type: none"> • Betle - piper betle • Drumstick - Moringa oliefera • Tamarind - Tamarindus Indica • Roselle - Hibiscus Rosa - Sinensis 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2days • Kodo- 2days • Barnyard - 1 day • Browntop- 1 day
3. Sinusitis	<ul style="list-style-type: none"> • Dry Ginger • Turmeric - Curcuma longa coconut milk (warm) 	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 1 day • Kodo- 1 day • Barnyard - 1 day • Browntop- 2 days
4. High Erythrocyte Sedimentation rate (ESR) Low Heamoglobin.	<ul style="list-style-type: none"> • Carrot Juice • Gooseberry juice • Beetroot juice 	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 1 day • Kodo- 2 days • Barnyard - 1 day • Browntop- 1 day
5. Platelets Blood related	<ul style="list-style-type: none"> • Night flowering jasmine - Nyctanthes arbor tristis • Papaya • Common Rue - Ruta Graveolens • Stone Apple - Aegle Marmelos • Heart leaved moonseed-/Guduchi - Tinospora Corolifolia • Tamarind - Tamarindus Indica 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2 days • Kodo- 2 days • Barnyard - 1 day • Browntop- 1 day
6. Skin related	<ul style="list-style-type: none"> • Aloevera • Holy basil - Ocimum tenuiflorum • Star/ Bermuda grass- Cynodondactylondactylon 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2days • Kodo- 2days • Barnyard - 1 day • Browntop- 1 day
7. Prostate gland	-	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2days • Kodo- 2days • Barnyard - 1 day • Browntop- 1 day



8. Kidneys	<ul style="list-style-type: none"> • Air plant / cathedral bells - Bryophyllum pinnatuim • Coriander 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2days • Kodo- 2days • Barnyard - 1 day • Browntop- 1 day
9. Varicose veins	<ul style="list-style-type: none"> • Tomato juice • Ivy gourd juice • Night flowering jasmine - Nyctanthes arbor tristis 	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 2days • Kodo- 2days • Barnyard - 2 days • Browntop- 2 days
10. Seasonal diseases for Kids	Stop giving milk to children	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 2days • Kodo- 2days • Barnyard - 2 days • Browntop- 2 days
11. Hormonal imbalance in girls & women; PCOD; Menstrual issues	<ul style="list-style-type: none"> • Betle - piper betle • Drumstick - Moringa oliefera • Tamarind - Tamarindus Indica • Coconut milk 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 3days • Kodo- 1 day • Barnyard - 1 day • Browntop- 1 day
12. Alzheimer's; Parkinson's	<ul style="list-style-type: none"> • Turmeric • Ginger • Common Rue - Ruta Graveolens • Coconut oil; Groundnut oil; Sap flower oil - 2 to 3 spoons full a day. 	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 1 day • Kodo- 2 days • Barnyard - 1 day • Browntop- 2 days
13. Arthritis Knee joint pains	<ul style="list-style-type: none"> • Common Rue - Ruta Graveolens • Betle - piper betle • Coriander 	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 2 days • Kodo- 1 day • Barnyard - 1 day • Browntop- 2 days
14. Gastritis	<ul style="list-style-type: none"> • Fenugreek - Trigonella Foenum graecum 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2 days • Kodo- 2 days • Barnyard - 1 day • Browntop- 1 day
15. Brain Tumor	<ul style="list-style-type: none"> • Common Rue - Ruta Graveolens • Use Sap flower oil for cooking 	<ul style="list-style-type: none"> • Foxtail - 2 days • Little- 1 day • Kodo- 1 day • Barnyard - 1 day • Browntop- 2 days
16. Heart Related	<ul style="list-style-type: none"> • Ash gourd juice • Cucumber juice • Bottle gourd juice • Coriander Kashayam • Mint Kashayam • Tulasi Kashayam • Betel Kashayam 	<ul style="list-style-type: none"> • Foxtail - 1 day • Little- 2 days • Kodo- 2 days • Barnyard - 1 day • Browntop- 1 day



Cancer cure protocol with siridhanyalu and herbal dedoctions Eat siridhanyalu based food all three meals a day! Eat sesame dumpling made with palm jiggery twice a week			
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)	siridhanyalu rice to be eaten
The cycles mentioned below should be repeated			
Lung	1st week - Parijatha leaf 2nd week - Peepal leaf 3rd week - Guava leaf	1st week - Ginger 2nd week - Turmeric powder	Foxtail - 2 days Little - 2 days Kodo - 1 day Barnyard - 1 day Browntop - 1 day
Bone	1st week - Parijatha leaf 2nd week - Peepal leaf 3rd week - Guava leaf	1st week - Fenugreek leaf 2nd week - Mint leaf	Browntop - 1 day Little - 2 days Kodo - 2 days Kodo - 2 days Barnyard - 1 day
Brain	1st week - Parijatha leaf	1st week - 'Sadapaku' (Ruta graveolens) leaf 2nd week - Cinnamon	Browntop - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day
Blood	1st week - Parijatha leaf 2nd week - Peepal leaf 3rd week - Guava leaf	1st week - Curry leaf 2nd week - Betel leaf	Browntop - 2 days Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day
Kidney/ Prstate	1st week - Parijatha leaf 2nd week - Peepal leaf 3rd week - Guava leaf	1st week - Punarnava (Boerhavia diffusa) leaf 2nd week - Corriander leaf	Barnyard - 2 days Little - 2 days Browntop - 1 day Foxtail - 1 day Kodo - 1 day
Breast	1st week - Parijatha leaf 2nd week - Peepal 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
Mouth	1st week - Parijatha leaf 2nd week - Peepal 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
Thy-roid/ Pancre-atic	1st week - Parijatha leaf 2nd week - Peepal leaf 3rd week - Guava leaf	1st week - Marigold flower 2nd week - Tender tam-arind leaf or drumstick leaf	Kodo - 2days Little - 2days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day



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)	siridhanyalu rice to be eaten
Stom-ach	1st week - Parijatha leaf 2nd week - Peepal leaf 3rd week - Guava leaf	1st week - Tender ba-nana shoot 2nd week - Fenugreek leaf	Browntop - 2days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
Skin	1st week - Parijatha leaf 2nd week - Peepal 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
Intes-tine	1st week - Parijatha leaf 2nd week - Peepal 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
Oesoph-agus	1st week - Parijatha leaf 2nd week - Peepal 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
Liver	1st week - Parijatha leaf 2nd week - Peepal 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
Uterus	1st week - Parijatha leaf 2nd week - Peepal 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



Uncompromising adherence to health codes help drive out diseases

Taking paddy rice and wheat as staple food should be stopped. The ratio of dietary fibre to carbohydrates in these foods is very low as compared to that found in *siridhanyalu* rice.

'Siridhanyalu' should be consumed as staple food regularly. Any one of the five *siridhanyalu* (Foxtail, Browntop, Little, Barnyard and Kodo) rices should be taken in three meals every day. It is possible only with these *siridhanyalu* to drive out illnesses because of their medicinal properties and they can bring back complete health.

In order to ensure the supply of required nutrition for the body and flush out of toxins from the body, only one kind of *siridhanyalu* rice based food should be eaten on a given day. It is very important to note that only one type of *siridhanyalu* rice should be eaten for all three meals in a day. Some other *siridhanyalu* rice could be eaten the following day.

Instead of taking the milk of animals like cow, buffalo, goat, etc. consuming fresh coconut milk and sesame milk is very healthy. Drinking beverages like tea, coffee, Boost, Horlicks made with animal milk should be stopped. Yogurt/curd and buttermilk can be taken. This is the only way to regain health. Animal milk will create hormonal imbalance in the body. At least 50% ill health will disappear by giving up drinking milk. In the process of setting in yogurt, the microorganisms in the milk would nullify the poisonous effects of chemicals present. Therefore, yogurt and buttermilk are better than animal milk.

Take homeopathic and ayurvedic medicines.

Sesame milk is a calcium rich food!

Calcium content in sesame milk is many times more than that found in the milk of cattle. Therefore, it is advised to use sesame milk. 100 gms of sesame is to be soaked in 1 litre of water. The soaked sesame

should be ground twice or thrice in the stone grinder using the pestle. The water in which sesame grains are soaked has to be used for grinding it. The nicely ground pulp along with the liquid has to be strained using a muslin cloth. The liquid that comes out in the process is sesame milk. This could be taken by people of different age groups.

It's easy to make *siridhanyalu* dishes!

"Eat only when hungry. Don't eat when not hungry. After the advent of the British we picked up the habit of eating thrice a day. It is not necessary. One can eat only when hungry. One should not eat when not hungry." - Dr. Khadar Vali.

The first cooked food of humans... gruel: The first cooked food of humans all over the world is gruel. Humans started to take gruel as main food even before the time when stone grinders were invented.

One cup of any kind of *siridhanyalu* rice should be soaked for a duration of about 6 hours in water that is 5 or 6 times to it in quantity. The same water could be used to make gruel. Anyone can drink gruel at any time of the day.

It is very easy to make different dishes out of *siridhanyalu* rice. Rice could be simply cooked. Flat pan cake ('roti'), 'dosa', 'idli', 'pongal', 'upma', 'bisibellabath', 'biryani' and the like can be made with *siridhanyalu* rice.

siridhanyalu rice needs to be soaked (Browntop millet rice for a minimum of 4 hours) for about 2 hours before cooking. The ratio of rice to water is 1:2. It can be cooked in pressure cooker just like how paddy rice is done.

When *siridhanyalu* rice are cooked in a separate vessel, they would take more water for cooking well. They would require 4 to 5 times the quantity of water to that of rice. More water could be added as per the need while *siridhanyalu* rice is being cooked in a separate vessel.

The rice cooked can be eaten with different kinds of curries and 'rasam'. Lemon rice and tamarind



rice can be made with the cooked *siridhanyalu* rice. Moreover, 'biryani', 'bisibellabath' also come out well. Sweet dishes cooked using palm jaggery and ghee can also be prepared with cooked *siridhanyalu* rice.

Recipe of *siridhanyalu* lemon rice

After sautéing appropriately the required quantity of curry leaves, mustard seeds, cumin seeds, dry/green chilly pieces in any organic cold pressed oil (groundnut or sesame) add 2 to 5 spoonfuls of tamarind juice to the mixture and allow it to boil for a minute. Then, put any cooked *siridhanyalu* rice (lump free) and adequate salt in the sautéed stuff and mix it well. This dish could then be garnished, as per one's taste, with chopped coriander leaf pieces and roasted sesame seeds. Finally, a dash of lemon juice has to be sprinkled on the rice and mixed well.

The method of 'roti' preparation:

'Roti' can be made of any one of the *siridhanyalu* flours. Alternately, 95 % of any kind of 'sidhanya' flour has to be mixed with 5 % black gram flour before adding the required quantity of water and 2 spoonfuls of yogurt to the mixture. This mixture has to be kneaded thoroughly and dumplings of the dough have to be made.

Recipes for 'upma', 'dosa', 'idli', and 'pongal':

The traditional recipes hold good in these cases as well. But, the only difference is the usage of *siridhanyalu* rice or semolina in the place of paddy rice or parboiled rice semolina. In preparing 'upma', the soaked *siridhanyalu* semolina is to be seasoned along with chopped vegetable pieces in a pan before the mixture is transferred to a pressure cooker and cooked adequately.

To ensure that 'idli' comes soft, half a cup of *siridhanyalu* semolina has to be added to two fistfuls of the same type of *siridhanyalu* rice cooked the previous day. This mixture has to be thoroughly soaked. Then, it should be ground well and kept for fermenting.



Watch Dr. Khadar Vali's talks on You Tube!

Those who are interested to know more about Dr. Khadar's *siridhanyalu* treatment method can watch his videos on You Tube. Key in words like "Dr. Khadar, siridhanya, Mysuru" to get the links to his videos.

Questions and answers

Based on the information provided by Dr. Khadar Vali, 2 feature articles titled, "Let's beat cancer with *siridhanyalu*" and "'Siridhanyalu' against cancer" were published in the 'Family' section of the Telugu news daily, 'Sakshi' on January 25, 2018. Some readers of these pieces sent their questions to 'Sakshi' office. The answers to those questions given by Dr. Khadar are presented below.

Attention: The treatments recommended here by Dr. Khadar Vali could work varyingly - while it takes 3 months for some to be cured of a disease, it could take one year for another to be cured of the same disease - depending on the immunity power of patients. Since the amount of and criteria for the treatment differ, the results also differ. Depending on the need, one could take medicines after consulting local ayurvedic/homeopathy doctor.

Question: I have been suffering from hypothyroidism and taking tablets every day. Will it get cured by eating *siridhanyalu* and drinking 'kashayas' (herbal decoctions)?


Anusha (housewife), Mehdiapatnam, Hyderabad.

Question: I am 51 years old and have been affected with thyroid issue for the past 10 years. Could you offer a solution?

T. Rajani, Machilipatnam, Hyderabad.

Dr. Khadar Vali's answer: People suffering from thyroid related disorders are supposed to eat little millet rice for 3 days continuously, followed by Barnyard millet rice for 1 day, then Foxtail millet rice for 1 day and Browntop millet rice for 1 day all three meals each day. This cycle has to be repeated for a few months. On any given day only one kind





of *siridhanyalu* rice has to be eaten for all 3 meals. 'Kashayas' (herbal decoctions) made of fenugreek leaves, mint leaves, betel leaves should be taken for a week each alternately. The 'kashayas' could be taken twice or thrice a day. In addition, pure cold-pressed oil processed in a local mill in our presence should be taken 3 spoonfuls every morning for 3 months in a row. It would be much better if cold-pressed safflower oil and coconut oil for a month each is taken alternately. In case of the non availability of safflower oil, coconut oil alone could be used. It is okay if the oil is taken just once or twice a week after 3 months. People suffering from thyroid disorders must walk for an hour every day. Twenty five percent of allopathic medicines could be reduced after 5 weeks of following the regimen described above. Gradually, after about 20 weeks, medicines could be stopped. If *siridhanyalu* based food is continued to be eaten after 20 weeks besides taking 'kashayas' one could become healthy completely and live happily. People with hypo or hyperthyroidism could follow this diet. It may probably take more time for people with hyperthyroidism to get back to normal condition.

Question: I am now 67 years old and have been suffering from hypothyroidism since 1998. Also, I am troubled with knee joint pains. I am getting some relief from homeopathy medicines. Does switching over to *siridhanyalu* food help me?

K. Nagamalleswara Rao (retired bank manager), Hanuman Junction, Krishna district, Andhra Pradesh.

Dr. Khadar Vali's answer: Each type of the 5 *siridhanyalu* (Foxtail, Browntop, Little, Kodo, Browntop) rices should be consumed for two days each in a row. Three spoonfuls of cold-pressed coconut oil, got processed in person at a local mill, should be taken every morning. Slow walking everyday is recommended. Stone apple tree (Bael - Aegle marmelos) leaf, Peepal tree leaf, Neem tree leaf decoctions should be consumed for a week each alternately both in the morning and in the evening.

Question: Many thanks to Dr. Khadar and the Telugu news daily, 'Sakshi' for presenting detailed information on the medication for cancer with *siridhanyalu* and herbal decoctions in the 'Family' section of the

newspaper dated January 25, 2018. Kindly let me know which *siridhanyalu* and decoctions are to be consumed to overcome diabetes, osteo-arthritis and Hepatitis B? Could you also let me know where *siridhanyalu* rice are available for sale?

K. A. Gopal Reddy (retired teacher and farmer), Konganapadu village, Kalluru mandal, Kurnool district, Andhra Pradesh.

Answer: The answer to the previous question is applicable to this question too. Each type of the 5 *siridhanyalu* rices should be consumed one after another for two days each. Three spoonfuls of unadulterated cold-pressed coconut oil, got processed in person at a local oil mill, is to be taken every morning. Slow walking every day is recommended. Stone apple tree (Bael - Aegle marmelos) leaf, Peepal tree leaf and Neem tree leaf 'kashayas' should be consumed for a week each alternately both in the morning and in the evening.

Siridhanyalu are the real food crops

*The revival of age old natural farming method called 'Forest agriculture' ('Kadu krishi' in Kannada) in Karnataka.


*The liquid fertilizer, 'Forest life' ('Kadu chaitanya') is the basis of 'forest agriculture' method.

The propagation of true mixed farming - a combination of *siridhanyalu*, pulses, and oil seeds - fed by rain water and devoid of the usage of chemical substances.

*A rare and independent scientist, Dr. Khadar Vali, avers that diseases like diabetes, cancer, etc. will disappear on the consumption of *siridhanyalu* (Foxtail, Browntop, Kodo, Barnyard and Little millets).

*Dr. Khadar Vali gave up a lucrative job in the USA, returned to India and settled in Mysuru.

*He is going around different places in Karnataka, AP & Telangana spreading the word about *siridhanyalu* selflessly thereby fulfilling his life.



Dr. Khadar Vali - A force to reckon with

Dr. Khadar Vali has been doing extraordinary work in the fields of agriculture, food and health for the past 2 decades. He has been working on bringing about change in people's food habits as well as getting farmers to give up chemical farming, to take up healthy cropping systems and to make a shift in their agricultural practices to be in tune with nature. *siridhanyalu* crops which are mainly rain fed and require only 200 mm rain are truly medicinal food crops. Dr. Khadar has been propagating that *siridhanyalu* are the biggest gifts of nature because this food is the ultimate solution for the numerous diseases that affect human beings in the current times.

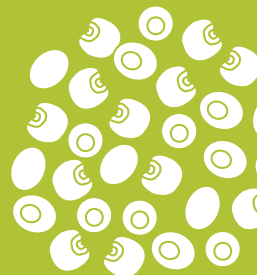
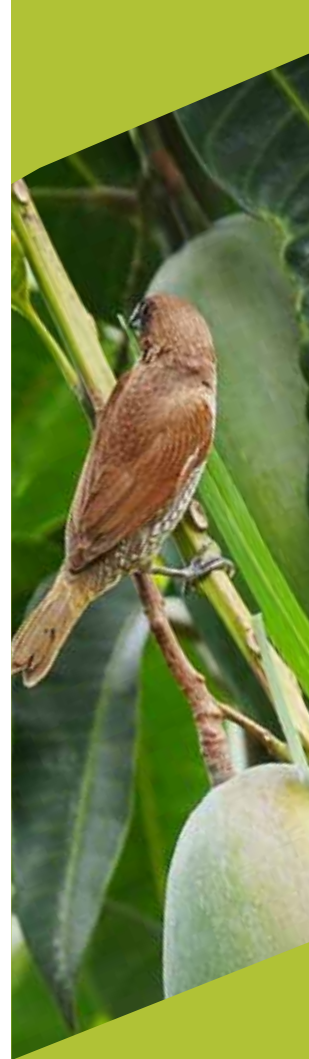
Though he was born in an economically poor family in Proddatur of Kadapa district, Andhra Pradesh, because of sheer grit and hard work he did well in studies all through to eventually earn a Ph D (in steroids) from the prestigious Indian Institute of Science, Bengaluru. After moving to the USA post doctoral research, he worked on various environmental issues, attempted to find remedies for chemical substances while serving a few companies, as a scientist, there for ten years. The fact that the modern man is not only consuming horrible food and getting affected with dreadful diseases but also destroying the earth through chemical farming at the same time has propelled him to leave USA for good. On returning to India in 1997, he settled down in Mysuru. He has revived traditional Indian agricultural system called 'Forest agriculture' ('Kadu krishi' in Kannada) and started going around villages to introduce this type of agricultural practices to farmers and tribal people.

He has been growing, since 2009, a combination of *siridhanyalu* crops, oil seeds and pulses in his own 7.5 acre farmland. He has been getting a yield of 10 quintals from these crops. Besides driving out chronic diseases like diabetes, cancer, thyroidism, etc. farmer suicides also could be curbed by *siridhanyalu*, avers Dr. Khadar. He has become the saviour of thousands of patients and farmers.

The following is an excerpt from Dr. Khadar's interview taken during his visit to Vijayawada in September 2017.

After having worked for 10 years as a scientist in the USA, you returned to Mysuru and revived 'Forest agriculture' method called 'Kadu krishi' in Kannada. Besides growing the disappearing siridhanyalu you have also started propagating them. Could you please throw more light on your work?

People in India had been eating wonderful *siridhanyalu* on everyday basis as staple food for thousands of years now. The five *siridhanyalu* (Browntop, Foxtail, Little, Barnyard and Kodo millets) are amazingly real food grains offered by God. Therefore, I have named them *siridhanyalu*, meaning the cereal grains that bestow real riches (health and wealth). I have been meeting farmers personally in the villages of Karnataka to encourage them to grow *siridhanyalu* by giving them the seeds. I have also addressed people on the benefits of eating and growing *siridhanyalu* at least in about 1000 different places in Karnataka. Their cultivation and consumption has increased all over the state now. In the name of modernisation and under the influence of advertisements issued by companies, people are eating foods unfit for consumption. Many diseases like diabetes, cancer, obesity, arthritis, thyroidism, etc. are tormenting people now a days. The crops that should not be grown are being grown through chemical farming methods. Because of so called 'Green Revolution' 48% of farmlands have become infertile, lifeless and barren. While I was working as a scientist in the USA I realised that there is a direct link between the food eaten and the emergence of new diseases through intensive studies and close examination. As soon as this realisation dawned on me, I felt that I should not do a job but work with farmers and people back in India. Then, I quit my job and have been working independently for the past 20 years in Mysuru region. I have gathered the *siridhanyalu* seeds that were going extinct and ensured that they are grown by distributing them to farmers. I myself started practising 'Forest agriculture' since I bought 7.5 acres of barren land in 2009.



What is the significance of siridhanyalu?

siridhanyalu grains are available even now only in our country. The British started to look down upon these grains ever since they landed in India. As these were called as millets or minor millets and since the notion that they need not be eaten was created, they went almost extinct. We have been eating paddy rice only for the past 128 years. Paddy and wheat are grown only in those places where there is adequate supply of water for irrigation. In the past, paddy rice was eaten on certain special occasions. Crops that require a lot of water for irrigation like paddy, wheat, sugarcane are grown using chemicals. About 8000 litres of water is needed to produce 1 kg of paddy rice. This is leading to the widespread clearance of forests as well as drying up of reservoirs and rivers. For how long should this pathetic situation continue? In contrast, only 200 litres of water is enough to grow 1 kg of Foxtail millet grain. Just four spells of rain in a duration of 3 months is enough for the crop to grow. In fact, Browntop millet requires only 75 days to grow.

What is the uniqueness of 'Jungle farming (Kadu Krishi)' that you advocate?

'Kadu Krishi' in Kannada language means Jungle Farming. Forests are being destroyed due to farming. In the name of farming and modern farming techniques, agriculture is being practised with the misguidance of multinational fertilizer and seed companies. Huge quantities of chemical fertilizers, pesticides and herbicides are being applied for crops now a days. Farmers are being lured to make a lot money by growing mono crops like BT cotton, sugar cane, paddy, wheat and the like which require enormous amount of water. In this process, not only Mother earth but also the entire humankind is being destroyed. About 38 percentage of arable land has turned barren. Only when the soil is healthy people could be healthy. Every person should understand this. Therefore, I do not like the word 'farming' and instead call it **Jungle farming**. I have started this method of agriculture to grow real foods and protect the soils and conserve the

flora and fauna on the earth at the same time. The most important things to be done by the farmer are as follows: (i) the making and use of liquid fertilizer called '*elixir of jungle*', (ii) a minimum of 20 % area in any piece of agricultural land should be earmarked for growing a small forest, and (iii) collecting the leaf litter and other biomass generated by the trees in the small forest and using it to enrich the soil in the farmland. The menace of pests would arise when only a single crop is grown. Mixed cropping pattern including a combination of *siridhanyalu* grains (monocotyledons), pulses (dicotyledons) and oil seeds should be practised.

We grow 12 different crops at the same time in our farm and this pattern of agriculture controls pests naturally.

You suggest that a small forest - in about 20 % of the total area - should be grown in every farmland. How is it possible for farmers who own just an acre or two?

Ever since I bought 7.5 acres of barren land in 2009, I have been growing forest in 3 acres and crops in 4.5 acres. Forest spread over in 3 acres protects crops grown in 10 acres. The leaf litter and biomass that come out of the trees grown in the forest should be collected in summer months and incorporated into the soil of the farm. A few kinds of birds and little animals would also start living in the forest. The microorganisms found in the dung and urine of these forest creatures would turn the biomass into rich natural fertilizer. Therefore, it is called '*atavi prasadam*'. When this natural fertilizer is applied to the soil, by the time the crops are ready for harvest, flocks of birds visit our farm as uninvited guests. They feed on some of the crop. But still it is fine as the price of the grains that the birds feed on is lower than the value of the precious fertilization done by their droppings in the farm. Only when one or two farmers in an area grow *siridhanyalu*, the crop loss owing to the birds would be high. But, if many farmers in an area grow *siridhanyalu* at the same time, the loss to each farmer would be negligible. It is also advisable to dig pits at appropriate places in the farm to collect rainwater and thereby enable the increase in the biodiversity there. The threat of pests will be less in a farm next to a forest. Even

small holding farmers should earmark 20 % of their land for growing a forest. Then, there is no need to grow forest separately elsewhere. Man has broken the interconnected life cycle in the nature. It has to be rebuilt by the man by abandoning chemical fertilizers, pesticides and herbicides. This is the central principle of '*Jungle Farming*'. Thousands of farmers in Karnataka are cultivating *siridhanyalu* in this method and getting an yield of 10 quintals on an average.

How have *siridhanyalu* acquired the medicinal properties. Don't Sorghum, Pearl millet and Finger millet come under this category.

If the health benefits or medicinal properties of a food item have to be found, the fibre content in it and the ratio of carbohydrates to fibre content in it has to be looked at. Health will only deteriorate if paddy rice and wheat only are eaten as staple foods. The dietary fibre in paddy rice is 0.2 % and carbohydrates is 79 %. Their ratio is 385. There is not much difference in the ratio even in the case of whole paddy rice. The fibre content present in the 5 *siridhanyalu* grains is in the range of 8 to 12.5 %. Carbohydrates is between 60 and 69 %. Their ratio is in between 5.5 and 8.8. When this ration is below 10 in certain food item, it is considered to have curative properties. The speciality of these grains is that they release glucose into blood slowly and in a balanced say for 6 to 8 hours after eating. *siridhanyalu* grains are also rich in micronutrients and proteins. In the case of those people who consume *siridhanyalu*, persistent diseases like diabetes, cancer, obesity etc. disappear in anywhere between 6 months and 2 years. They not only offer nutrients abundantly to the body but also remove diseases by cleansing the body. As there is good amount of fibre in *siridhanyalu*, they cook well only when the rice is soaked for a minimum of 2 hours. One kilogram of any *siridhanyalu* rice when cooked will be enough for 10 people. Sorghum, Finger and Pearl millets are neutral grains. The fibre content in them is in the range of 1.2 to 3.6 percentage. Glucose gets released into blood within two hours of their consumption. In view of this, only *siridhanyalu* rice are real foods.

(This piece was published in 'Sagubadi' section of the Telugu newsdaily, 'Sakshi' dated September 19, 2017.)

The preparation of '*elixir of jungle*' (*Aranya Chaithanyam*)

The ingredients required in making '*elixir of jungle*' are as follows:

1. A fistful of rich soil collected from deep inside a thick forest,
2. $\frac{1}{4}$ kg flour of all 5 types of *siridhanyalu* grains (together $\frac{1}{4}$ kg),
3. $\frac{1}{4}$ kg flour of one kind of pulse grain,
4. 50 gms of palm jiggery, and
5. 30 litres of water.

Bury a mud pot upto its brim in the ground under a shade. Fill it up with 30 litres of water. Add forest soil, *siridhanyalu* flour, pulse flour and palm jiggery to the water and mix the solution thoroughly. Keep the pot covered with a lid. There is no need to stir the solution every day. '*Elixir of jungle*' will be ready to use in 5 days. This preparation can be used any time from the 6th to the 21st day after it was set for fermenting. The count of beneficial microorganisms will be high during this period.

It is not required to get rich soil from the forest every time '*elixir of jungle*' is made. A litre of this preparation should be kept as culture for future multiplication. It should be used within 21 days for making the preparation afresh. This culture should be used in the place of forest soil. In other words, *siridhanyalu* grain flour, a pulse flour and palm jiggery have to be added to 1 litre of the culture solution in a pot with 30 litres of water. It will be ready for use after 5 days. '*Elixir of jungle*' can be made similarly for any number of times for years together. One litre mother culture of '*elixir of jungle*' is given free of cost for those who visit our farm near Mysuru.



Spraying method

One litre of '*elixir of jungle*', liquid fertilizer, should be sprayed on the ground in the farm at dusk time. It could be sprayed with a new sprayer or sprinkled manually with a container twice a week. If this is continued for 6 weeks, the land gets fertile and becomes conducive for growing crops.

Even lands that are deteriorated because of chemical farming can be regenerated by this method. If '*elixir of jungle*' is sprayed for 2 years continuously without using any chemical fertilizers, pesticides and herbicides in a piece of land, it can be stopped after that.

Besides using the preparation for enriching the soil, it could also be used for spraying on crops.

With respect to cultivating *siridhanyalu*, the land should be ploughed well first. Then, it can be tilled with a hand held implement. The regular spraying of '*elixir of jungle*' for 3 to 6 months would help in converting any kind of fallow land conducive for growing crops.

Food mixer... handy little machine for dehusking siridhanyalu grains!

'Buchi method' - an easy way of dehusking *siridhanyalu* grains. There is no need for big machines for milling *siridhanyalu* grains. Just a mixer will do. One person can husk 20 kilograms of *siridhanyalu* to make them into rice. The barrier to grow and consume *siridhanyalu* taken away!

At a time when the awareness about the health benefits of eating *siridhanyalu* is being re-awakened, the mixed cropping method of growing *siridhanyalu*

along with pulses is increasing by the day in the two Telugu speaking states. But, the non-availability of inexpensive *siridhanyalu* processing machines is



preventing farmers from growing them in a big way. The farmers who grow them face a log of difficulties. In this context, a simple method for processing *siridhanyalu* without the need of expensive milling machines is made available. This enables women to do the husking task at the comfort of home.

Just by threshing the panicles of Sorghum, Finger millet and Pearl millet crops, their grains can be removed and made ready for use. These grains do not have husk. So, their processing is not an issue. But, in the case of Foxtail millet, Browntop millet, Little millet, Barnyard millet and Kodo millet it is slightly different. The gains of these millets have to be husked for getting *siridhanyalu* rice which can be cooked and eaten. Traditionally, these grains were first ground in a stone grinder, then pounded in a mortar and lastly winnowed to make rice. Since this process is laborious and time consuming, *siridhanyalu* grains have disappeared over a period of time in spite of their health giving properties.

Without stone grinder, mortar... without expensive machines...

Isn't there a method of processing *siridhanyalu* to get rice apart instead of grinding in stone grinder, pounding in a mortar and winnowing?

Dr. Khadar used to be concerned about the possibility of processing *siridhanyalu* grain into rice at home by small holding and marginal farmers. He experimented in many ways with his elder sisters Mrs. Mahebunni and Mrs. Khasimbi in this regard. In the process of finding a way out, Mrs. Mahebunni succeeded in finding a better and easy alternative to using stone grinder and mortar. With her ingenuity she realised, after a few months, that *siridhanyalu* grains can be comfortably husked to make rice using the domestic food mixer. Nurse by profession, Mrs. Mahebunni is a native of Proddatur, Kadapa district, Andhra Pradesh. As she is called 'Buchchi' by Dr. Khadar, he named this method of husking *siridhanyalu* grain as 'Buchchi method'.



Income for farmers throughout the year!

Small holding and marginal farmers who grow *siridhanyalu* cannot set up very expensive machinery to process the grain. So, they normally sell their produce in bulk to traders for low price. But, with the convenience of husking *siridhanyalu* grain to make 20 kgs rice per day at home using food mixer, the marginal farmer can do this job by themselves when required and during off season of agricultural work. This gives an opportunity to farmers not only to eat them at home themselves, but also sell *siridhanyalu* rices in local markets all through the year and realise good net income. Farmers who grow *siridhanyalu* in large area even can adopt 'Buchchi method' for processing grains and thereby provide employment for women under shade in their own villages.

Mixer burner (knob) to be operated in jerks...!

To remove the husk on different *siridhanyalu* grain we generally used to grind the grain in stone grinder first, then pound it in mortar and finally winnow the material. We have been following the method of husking the grain using a mixer for a few months now. This is very easy. The raw grain should first be cleaned of its impurities like little clay pellets, sand grains, little stem stick, etc. I then fill the mixer jar by *siridhanyalu* grain to half to its capacity. Next, I turn the knob in jerks. After doing this for about 50 times, I winnow the material got. This winnowed material is again put in the jar and operated for about 30 times. This is followed by winnowing the material. This way, the husk is removed to a large extent. If there is any husk still left that grain is put once more in the jar and the mixer is operated again. Those who have a mixer at home can process *siridhanyalu* grain into rice as and when required.

- Mrs. Mahabunni, Proddatur, Kadapa district, Andhra Pradesh.

Processing siridhanyalu grain into rice with mixer

1. Raw *siridhanyalu* grain should be cleaned of its impurities like clay pellets, little stem sticks, etc. before it is soaked for about 6 hours. Little sand grains get deposited at the bottom when the grain is soaked in water.
2. The soaked raw grain should be spread for drying on a concrete floor for about 2 days till the time all the moisture in the grain dries up. Even slight moisture in the grain attracts fungus. Properly dried up grain can last for about 3 years. It can be husked and made into rice as and when required.
3. Three fourths of the mixer jar has to be filled with raw grain and then closed. The jar should never be completely filled with the grain.
4. Ensure the mixer knob/switch at level zero. It should be operated in such a way that the machine runs only in short jerks (approximately 50 times) for a few seconds at a time. The husk would be removed to a certain extent. The cleaned material has to be put again in the jar and operated for about 30 jerks and then winnowed.



5. This material has to be sieved next. The grain that is still not husked will come on to the top. The same process has to be repeated for the grain which remains unhusked.
6. In this way, using only one mixer, *siridhanyalu* rice can be made at home. Those who want to do this processing on a commercial scale can employ women workers to operate 10 mixers. The rice produced thus can be sold. The investment incurred can be recovered within a year.
7. Three kinds of machines are generally used in processing raw *siridhanyalu* grain. About 20 % of the processed grain turns out to be grits. But, in the mixer method, the grit percentage would not exceed 2 - 3 %. These grits can be used for making 'upma', 'pongal', and 'porridge'.

Farmers themselves can supply *siridhanyalu* rice to urbanites!

siridhanyalu growing farmers can get the raw grains processed into rice, at a low cost, by locally available women (by giving them employment) and realise good net income after selling the rice. *siridhanyalu* rice can be made using only mixers without the need of big processing machines. This way, farmers can not only eat different *siridhanyalu* rices themselves, but also supply the rices, in large quantities, to people in towns and cities. By installing 2 solar panels to run 20 mixers, the dependence on the grid for electricity can be avoided. A quantity of about 400 kgs of *siridhanyalu* rice can be made in a day with 20 women workers in a day through this method. *siridhanyalu* processing units of this kind are already set up in Karnataka.

Dr. Khadar Vali

Independent forest agricultural scientist and
food expert

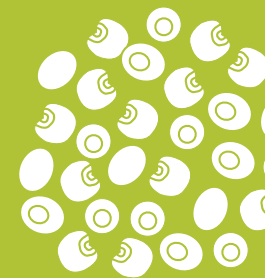
Mysuru. Mobile: 9448561472

siridhanyalu should remain in farmers' hands

Dr. Khadar Vali and his elder sister, Mrs. Mahabunni have developed together the innovative mixer method of husking *siridhanyalu* grains. This method called 'Buchchi method' ensures that the process of making rice by removing the husk of *siridhanyalu* grain does not get concentrated in the hands of large companies. Farmers can get the processing done using mixers and by setting up cottage industry at the village level using the service of locally available women. It is mainly because of the challenges involved in removing the husk of raw *siridhanyalu* grain, their cultivation and consumption had diminished greatly. With the converted efforts of Dr. Khadar the cultivation and consumption of *siridhanyalu* doubled in the last 2 years. The activity of husking the raw grain has become easy with mixer method. *siridhanyalu* grain can be husked to make rice with this method not only at household level but also at commercial level.

The normal speed of mixer has to be reduced (by changing coil in the machine) from 2,800 rpm to 1,500 rpm. It is noticed that the percentage of grits is reduced considerable with the use of slightly bent single blade (made a little blunt with a grind stone) in the jar. Orientation is also being given on 'Buchchi method' to farming enthusiasts in the training camps on forest agriculture ('Kadu krishi').

- Balan Krishna, Expert on forest agriculture
(*'Kadu krishi'*),
Mysuru. Mobile: 9740531358, Email id: balan71@gmail.com



Siridhanyalu processing unit 'Buchichi method'

Capital expenses				
Sl. No.	Description	Duration/ Quantity/ Area	Rate	Amount
1	Shed 25' x 55' lease	1 year	Rs. 7,000	Rs. 84,000
2	Drying yard (Kadapa stone slab)	600 sq. Ft.	Rs. 80	Rs. 48,000
3	Solar lighting unit (PV modules, 2 batteries)		Lump sum	Rs. 70,000
4	Mixers	10	Rs. 2,500	Rs. 25,000
5	Electrical fittings		Lump sum	Rs. 20,000
	Total			Rs. 2,47,000

Recurring expenses				
Sl. No.	Description	Quantity/ Number	Rate	Amount
1	Foxtail millet	1 tonne	Rs. 20	Rs. 20,000
2	Little millet	2.5 tonnes	Rs. 40	Rs. 1,00,000
3	Kodo millet	2.5 tonnes	Rs. 30	Rs. 50,000
4	Barnyard millet	2.5 tonnes	Rs. 30	Rs. 75,000
5	Browntop millet	3 quintals	Rs. 50	Rs. 15,000
6	Wages (for 1 month)	10 women* 25 days	Rs. 150	Rs. 37,500
	Total			Rs. 2,97,500

Return on investment				
Sl. No.	Sale of grains	Quantity	Wholesale price	Amount
1	Foxtail millet	700 kgs	Rs. 50	Rs. 35,000
2	Little millet	1500 kgs	Rs. 80	Rs. 1,20,000
3	Kodo millet	1500 kgs	Rs. 65	Rs. 97,500
4	Barnyard millet	1250 kgs	Rs. 75	Rs. 93,750
5	Browntop millet	150 kgs	Rs. 130	Rs. 19,500
	Total	5,100 kgs		Rs. 3,65,750

Break even equation

- Monthly production-5,100 kgs approx.
- Net profit per month {selling price (Rs. 3,65,750)-raw material+wages (Rs. 2,97,500)}=Rs. 68,250.
- Capital investment is Rs. 2,47,000
- Assuming Rs. 35,000 is recovered on a month on month basis, the activity will be breaking even in a period of 7 months.

Nutrients and fibre present in Siridhanyalu

Nutrients and fibre present in 100 grams of grain													
Grain	Niacin mg B2	Riboflavin mg B2	Thiamine mg B1	Carotene mg	Iron mg	Fibre gms	Sugar gms	Calcium gms	Phosphorous mg	Protein gms	Minerals gms		
Siridhanyalu (Positive Grains)	0.7	0.11	0.59	32	6.3	8.0	60.6	0.03	0.29	12.3	3.3		
Foxtail millet	1.5	0.08	0.31	0	2.9	9.8	65.5	0.02	0.28	6.2	4.4		
Barnyard millet	2.0	0.09	0.33	0	2.9	9.0	65.6	0.04	0.24	6.2	2.6		
Kodo millet	1.5	0.07	0.30	0	2.8	9.8	65.5	0.02	0.28	7.7	1.5		
Little millet	18.5	0.027	3.2	0	0.6	12.5	69.7	0.01	0.47	11.5	4.2		
Browntop millet													
Neutral Grains													
Pearl millet	2.3	0.25	0.33	132	8.0	1.2	67.1	0.05	0.35	11.6	2.3		
Finger millet	1.1	0.19	0.42	42	5.4	3.6	72.7	0.33	0.27	7.1	2.7		
Proso millet	2.3	0.18	0.20	0	5.9	2.2	68.9	0.01	0.33	12.5	1.9		
Great millet (Sorghum)	1.8	0.13	0.37	47	4.1	1.3	72.4	0.03	0.28	10.4	1.6		
Maize	1.4	0.10	0.42	90	2.1	2.7	66.2	0.01	0.33	11.1	-		
Negative Grains													
Wheat	5.0	0.17	0.35	64	5.3	1.2	76.2	0.05	0.32	11.8	1.5		
Paddy rice	1.2	0.06	0.06	0	1.0	0.2	79.0	0.01	0.11	6.9	0.6		

Source: Dr. Khader Vali

A ready reckoner on *Siridhanyalu*

Let's build a disease free and healthy society with *siridhanyalu*!

Exceptional attributes of the five *siridhanyalu* grains

The five *siridhanyalu* grains are not petty grains, but amazingly natural cereals gifted by the Nature. Most of the modern lifestyle diseases can be cured by consuming these grains for a period of 6 months to 2 years. Besides giving rich nutrients, they cleanse the body from the disease causing toxins. Owing to hybridisation for generations, indiscriminate use of chemical fertilizers and synthetic pesticides, paddy and wheat crops have lost their natural characteristics and have turned into disease inducing cereals.

List of varied diseases, disorders and medical conditions cured by *siridhanyalu* rice.

1. **Foxtail millet rice:** nervous system, psychological disorders, arthritis, Parkinson's, epilepsy
2. **Kodo millet rice:** blood impurities, anaemia, weak immunity, diabetes, constipation, insomnia
3. **Barnyard millet rice:** liver, kidney, excess bad cholesterol, endocrine glands
4. **Little millet rice:** uterus, PCOD, male and female infertility
5. **Browntop millet rice:** digestive system, arthritis, hypertension, thyroidism, eye, obesity

The characteristics of any food item are determined by the ratio of the quantities of dietary fibre to the carbohydrates contained in it. The food item in which this ratio is less than 10 is considered to have medicinal properties. This ratio varies between 5.5 and 8.8 among the *siridhanyalu* rices. The ratio of fibre to carbohydrates in paddy rice is 395. Even in whole paddy rice and wheat the ratio is not much different.

Important suggestions

Only Browntop millet rice should be soaked for a minimum of 4 hours before cooking. The rest of *siridhanyalu* rice need to be soaked for at least 2 hours. In case of paucity of time for soaking, they can be kept for soaking all through the night before cooking.

siridhanyalu rice should be cooked separately as the health benefits of each *siridhanyalu* rice could not be realised when cooked together.

People free of any diseases should eat all the 5 types of *siridhanyalu* rice for two consecutive days each in the order of their choice. This cycle has to be repeated and continued. It works well 'kashayas' (herbal decoctions) are taken in addition to *siridhanyalu* rice.

Depending on the diseases people are affected with, they may have to eat specific *siridhanyalu* rice for more days than the rest. Those who are affected with more than one disease should select the appropriate *siridhanyalu* rice from the list given above and eat them for 3 days in a row. The remaining should be consumed for one day each. This pattern should be repeated. For example, a person affected both by diabetes and kidney disorder should eat Kodo millet rice and Barnyard millet rice for 3 consecutive days. The rest of the 3 types of *siridhanyalu* rice need to be taken one day each in the order of their choice. However, if the person also has prostate disorder, they should eat Little millet rice also for 3 days and consume the remaining 2 *siridhanyalu* rice one day each.

It is advisable to drink certain plant/tree leaf 'kashayas' (decoctions) besides eating *siridhanyalu* rice. Sorrel leaf 'kashaya' works well for women with gynae disorders. Coriander leaf, mint leaf and lemongrass 'kashayas' can be taken by everyone. Any 'kashaya' should be taken only for a week at a time. However, they could be alternated. Ivy gourd leaf 'kashaya' and cinnamon 'kashaya' are good for diabetics. 'Kashayas' must be taken on empty stomach in the morning.

The method of 'kashaya' preparation: 150 - 200 ml of water stored in copper container should be poured into a different vessel (copper vessels should be avoided for cooking and boiling water) and allowed to boil. About 5 - 6 specific leaves for a given disease should be put in the boiling water and left for four minutes. The flame should be turned off before closing the vessel with a lid for 2 minutes. After straining the 'kashaya' could be had hot or warm. This should be taken 2 or 3 times daily. 'Kashayas' should be consumed once in the morning

on empty stomach, the second time in the afternoon and the third time in the evening one hour before eating meal.

Paddy rice, wheat, 'maida', milk, sugar, coffee, tea, iodised salt, non-vegetarian food, refined cooking oils must be stopped from eating. Yogurt (curd) and buttermilk can be taken. Sea salt and cold-pressed cooking oil are recommended.

Medication for anaemia

Kodo millet rice and little millet rice should be eaten 3 times a day each for 3 days in a row. The remaining 3 *siridhanyalu* rice should be consumed for three meals a day for the next 3 days. In addition, juice made of carrot, gooseberry and guava or beetroot should be taken in the morning. Curry leaf buttermilk should be had 1 hour before meal every evening. About 20 curry leaves have to be blended along with 1 glass of buttermilk in a mixer jar. This has to be taken after about 20 minutes. Anaemia can be cured if this drink is taken continuously for one month.

Medication for thyroidism:

Eat little millet rice for 3 days continuously, followed by Barnyard millet rice for 1 day, then Foxtail millet rice for 1 day and Browntop millet rice for 1 day. This cycle has to be repeated for a few months. On any given day only one kind of *siridhanyalu* rice has to be eaten for all 3 meals. 'Kashayas' (herbal decoctions) made of fenugreek leaves, mint leaves, betel leaves should be taken for a week each alternately. The 'kashayas' could be taken twice or thrice a day. In addition, pure cold-pressed oil processed in a local mill in our presence should be taken 3 spoonfuls every morning for 3 months in a row. When this regimen is followed strictly for 20 weeks all kinds of other medication can be stopped. Walking for an hour every day is a must.

If you wish to keep good health...

- Walk regularly.
- Drink water stored in copper vessel.
- Stop using refined cooking oils. Make it a habit to use cold-pressed oil.
- Start eating the 5 *siridhanyalu* rice as staple food instead of paddy rice and wheat.

- Eat only dishes made out of one type of *siridhanyalu* rice 3 times a day.
- Eat one sesame dumpling or a spoonful of dry roasted sesame seeds along with palm jaggery once a week.
- Even cancer can be cured by taking *siridhanyalu* rice and 'kashayas' in a systematic way regularly.
- Continue taking medicines prescribed for your disease while taking the specific 'kashayas' and *siridhanyalu* rice. Taking medicines could be stopped completely after some time.

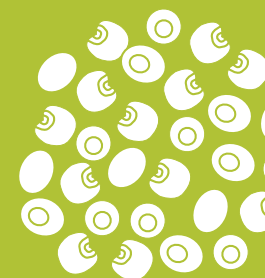
Due to the concerted efforts and vision of Dr. Khadar Vali, some of the *siridhanyalu* grains were prevented from going extinct and now all of them are being widely available for many people. Deep felt gratitude to him for designing the protocol of treatment for the dreaded disease, Cancer.

Let's grow life-saving *siridhanyalu*! Let's live a healthy life!

Where are *siridhanyalu* available?

One should request for *siridhanyalu* rice at the farmers' markets or at the nearest grocers who deal in organic food items. In case of non availability initially, as the people keep asking the grocers for *siridhanyalu* they would procure and make them available. Encourage farmers to grow the 5 *siridhanyalu* crops. The following are the contact details of the sellers of *siridhanyalu* rice.

1. Mr. Anand Patil (97313 14333), a farmer from Raichur, Karnataka has been growing and selling all the 5 *siridhanyalu* rices for the past 5 years. He is also encouraging his neighbouring farmers to grow the crops by giving them the seeds. He can arrange sending *siridhanyalu* rice by parcel service.



Hyderabad & Secundrabad twin cities

1. Millet Basket, Plot No. 8, Near Challa Eyecare, Sagar Society, Road No. 2, Banjara Hills, Ph: 88978 54810
2. Millet Zone, near Dargah circle, Sheikpet, Gachibowli main road, Hyderabad. Ph: 9492935095 and Central Excise Colony, near Osmania University, D.D. Colony, Hyderabad. Ph: 040-2740344, 97038 44990
3. Deccan Development Society, Begumpet, Hyderabad. 040 - 27764577, 27764744
4. Go Bharathi, near Mylardev Palli police station, +91 - 96520 12444, 79950 01559
5. Sahaja Aahaaram Organic Store, Tarnaka, Secunderabad. Mobile: 85007 83300
6. Amrutha Foods, Opp. Metro Pillar No. 19, Chikkadpalli, Ph: 93965 23436
7. Meher Bliss, Plot No. 119, Lakshmi Mega Township, Ragannaguda, Nagarjuna sagar road, Ph: 99638 18751
8. Rythu Nestham, Natural Products, Nampally road, Ph: 99639 78757
9. Glories Siridhanyalu, Kukatpally, Ph: 9390485959
10. Vijaya Enterprises, RTC Cross roads, Ph: 99483 20999
11. Kruthika Millet Stores, MRR Colony near Megha function hall, Kharmanghat, Ph: 94901 27414 / 80749 23107
12. Emerald, Road No. 13, Banjara Hills / Indira Park Ph: 040 - 2332 4336
13. Rohitha Stores, Street No. 8. Habsiguda, Ph: 99631 18328
14. Rohitha Stores, Road No. 2, Chandragiri colony, Neredmet, Ph: 94411 65154
15. Ahobillam Millet Cave, Opp. N Convention, Hitech City, Ph: 040-6545 0001
16. Srinivas, Modatimudda, Near Ganesh Temple, Vanastalipuram, Ph: 98481 63375 / 94902 18903
17. Srisai Arunodaya Natural Gifts, JNTU Road, Kukatipalli, Ph: 98669 87001 / 73960 78287
18. Rich Millet, Hilltop Colony, Errum Manzil, Ph: 97049 32233
19. Arogya Rahasya Pvt. Ltd., New Boigudda, Ph: 98490 15638
20. Disha Women's Society, Nallagandla, Tellapur road, Ph: 73309 51923
21. Village Aharam, Khajaguda, Ph: 83676 26364
22. Padmasree, Flat No.102, Srisai Apartments, Boinapalli, Ph: 87129 64608

23. Garima Nutriproducts, Secundrabad, Ph: 77805 77526
24. D Seenaiiah, near TKR Engineering Collage, Meerpet, Ph: 97046 05824
25. Onfoods, Myhome Jewel, Chandanagar, Ph: 85251 27803
26. Sampradaayam, Sriindraprastha colony, Nagole, Ph: 97005 60006

Telangana

1. Kalki Millet Zone, Sarapaka, Bhadrachalam, Ph: 82473 18966, 90102 08079
2. Lakshmi Narayana Swadeshi stores, Venkateswara colony, Mahabubnagar, Ph: 93939 58862
3. Udipi hotel, Newtown, Mahabubnagar, Ph: 96458 53745
4. Dhanyaprakruthi store, Balasamudram, Hanumakonda, Ph: 99857 96447
5. Shankaraiah, Prakasambazar, Nalgonda, Ph: 99850 83988
6. Avatar Mehar Baba Millet Zone, Subhashnagar, Hanumakonda, Ph: 99665 23359 / 70133 79238

Andhra Pradesh

1. Adithi Millets, Kurnool, Ph: 73868 74239
2. Timbaktu Collective, Chennethapalli, Anantapur District, A.P. Ph: 95502 05666.
3. Earth 360 Eco Ventures Pvt. Ltd., Kadir, Anantapur district, Andhra Pradesh. Ph: 084942 21265, 94921 03426
4. MCV Prasad, Prakrutivanam, Madanapalli, Chittoor district, Ph: 94401 68816/91107 63014
5. Mr. Surya Prakash Reddy (farmer), Kurnool, A.P. Mobile: 96038 34633
6. Vijay Kumar (farmer), Vempalle, Kadapa district, AP. Mobile: 98496 48498.
7. Jeevamrutam, Vijayawada. Ph: 08662 - 484236, Gramabharathi, Ph: 73060 01001
8. Sathish Organic stores, Near Govt. Press, Muthayalampadu, Vijayawada, Ph: 93929 51999
9. Mr. S. Siva Kumar, Vijayawada. Mobile: 98664 73737.
10. Saraswathi, Kothavalasa, Vijayanagaram, Ph: 89853 48236 / 99895 91094
11. Jai Gomatha Enterprises, Amulya towers, Chandramoulinagar, Guntur, Ph: 93463 68260.
12. Ram Mohan Reddy, Raithubazar, Nellore, Ph: 98667 60498
13. Rythu Nestham Natural Products, Opp. NTR stadium complex, Brundavan Gardens, Guntur, Ph: 94905 59999 / 99490 59986

*IF YOUR FOOD IS RIGHT,
THERE IS NO NEED OF MEDICINE TO BE HEALTHY.
IF YOUR FOOD IS WRONG,
THEN NO MEDICINE WORKS IN ANY SICKNESS.*

- Dr.Khadar Vali



Design @ 9849886331

Telangana Retired Engineers' Association (TREA)
Plot No. 119, Lakshmi Mega Township,
Ragannaguda, Nagarjunasagar Road
Hyderabad - 501 510
Mobile: 99638 19074
e-mail: trengr2008@gmail.com