

Little Millet Benefits Unexposed

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Little Millet- samai plays a major role in the Indian diet. It is an excellent source of nutraceuticals and micro-nutrients which gives medicinal beneficial properties. Little millet (*Panicum sumatrense*), is a minor cereal, and it is recognized for several health benefits due to the presence of bio-active nutraceuticals such as phenolic compounds, tocopherols, carotenoids, and low in glycaemic index mainly which is good for diabetic patients. It is a good source of phosphorus and the presence of fibre helps to lower the fat level in the body. The anti-oxidant and low-calorie content which is present in the samai, helps to maintain a balanced diet and weight that can promote weight loss.

The consumption of little millets has been associated with several health benefits such as improved digestion, reduced risk of chronic diseases such as diabetes, hypertension, and cardiovascular disease. They also help in maintaining healthy body weight and reducing the risk of obesity. The high fiber content in little millets helps to regulate blood sugar levels and prevent constipation. Moreover, little millets have antioxidant and anti-inflammatory properties that have been shown to reduce the risk of cancer and other chronic diseases.

This millet is commonly consumed as rice and can be used in any recipe that calls for staple rice. Due to its small size, it cooks faster than other millets. Little millet is widely available as a whole grain, and millet flour can be obtained from certain sources or made at home. It also has a long storage life as it is practically devoid of grain storage pests. Minor millets, such as little millet, have been found to have a low carbohydrate content, slow digestibility, and low water-soluble gum content, which improve glucose metabolism. These grains release sugar slowly into the blood and slow down glucose absorption.

Additionally, the dietary fiber and resistant starch in minor millets exhibit hypoglycemic and hypolipidemic effects. Little millet is a significant source of nutraceutical components, including phenols, tannins, and phytates, along with other nutrients. Traditional recipes from different millet-

growing states in India, such as, porridge, paddu, and payasam, samai dosa, use little millet.

Little millet, is native to India and is also called Indian millet. This millet species name is originated from Sumatra (Indonesia). It is mainly grown in the Caucasus, China, East Asia, India, and Malaysia. Little millet is altered to both temperate and tropical climates and it also can withstand drought and waterlogging. At present, the crop is almost limited to around hilly areas in India and it is grown on about 500,000 ha. It is a significant faster growing crop in some tribal farms in India.

Little millet was first grown in Indian peninsula. There are two types of little millet namely, *nana* and *robusta*. The type of *nana* varies plants that can grow about 60 to 170 cm in height and the inflorescence is 14–15 cm long, erect, open, and highly branched. These branches sometimes droop at maturity. Plants in the race of *robusta* are 120–190 cm tall and the inflorescence is 20–45 cm long, opening compact, and highly branched. It is primarily a self-pollinated crop with approximately 3.5% cross-pollination. Little millet is grown throughout India up to altitudes of 2100 m, but it has only a little importance in different places.

Out of the two races, *P. miliare* or generally called little millet is grown or accepted throughout India and Sri Lanka, and also it is cultivated in adjoining countries of India. To date the ancient times of *P. sumatrense* cultivation is unknown. This species is nowhere mentioned in any of the archaeological records of cereal farming in India. Its most extensive supply as a small millet across the agricultural zones of India may suggest ancient domestication.

Nutritive value of samai rice

Little millets are fibrous which is next to barnyard millets. According to a researcher some varieties of kodo millets and little millet have 37 -38% of dietary fiber, which is the chief among cereals. Little millets are high in fats which comprises healthy polyunsaturated fatty acids. The flavonoids present in little millets play important role in self-defence and the immune system. Although it content high amount of protein, it has poor amino acid composition.

Table 1 Nutrient Composition of Little Millets compared to fine Cereals (per 100gm)

Nutrients	Rice (Raw milled)	Wheat (Whole)	Little Millet
Carbohydrates (gm)	78.2	71.2	67
Protein(gm)	6.8	11.8	7.7
Fat(gm)	0.5	1.5	4.7
Energy(gm)	345	346	341
Crude fiber(gm)	0.2	1.2	7.6
Miner matters(gm)	0.6	1.5	1.5
Calcium(gm)	10	41	17
Phosphorous(gm)	160	306	220
Iron (gm)	0.7	5.3	9.3

Since it is excellent in magnesium, it maintains steady blood pressure and heart rate. Magnesium is a mineral, that is essential for hundreds of biochemical reactions in which happen in the body. This grain samai is also fighting against depression especially in old age. Many research is still going on millets, countless recipes are made by using little millets which is very nutritious for many age groups and that made in different forms and varieties like (samai Pongal, samai briyani, samai

kichadi, samai cutlet, samai sweet Pongal) it is reported to enhance little millet in a therapeutic diet.

Conclusion

There is well-informed anticipation from the farmers that only the consumption can deliver the obtain ability of the millets through farming. This encompasses the cultivation of appropriate areas, particularly to their earlier cultivating regions, which can be made. The state government is also scheduling a number of initiatives

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