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the bodies non-vegetarians are causing many health problems in them. They are round in shape and smaller compared to rice and wheat. Pneumonia Turmeric / Cumin Seeds Dry Ginger Dactylon Giloy Leaves Foxtail Porridge - 3 days Little - 1 day, Kodo - 1 day Browntop - 1 day Barnyard - 1 day 39. One should use these for good health. If this situation has to change, agricultural methods have to change. ■ Small millets reduce the triglycerides, benefits of these millets in both cities and villages. The cultivation of small millets which can be done with less investment and less resources and without the use of chemical fertilizers and pesticides and which provide highly nutritious food in every natural way will provide economic security to the farmers and food and health security to the consumers. Small millet cultivation is done even to reclaim the problematic soils. Little millet: It helps in overcoming the problems of ovaries, sperm, PCOD and infertility. If we want to save children from these diseases, we should concentrate on their food. This way, it is generally comes under control. ■ Small millets contain phosphorus in relatively large quantities than is needed for nucleic acids that are crucial for the building of genetic material. Raw small millet grains have to be cleaned of sticks and soil clumps and soaked in water for 5 to 6 hours (the sand reaches the bottom of the vessel). I started the campaign to aware policies. - 522 017(A.P.) Ph: 0863-22268228 E-mail: Printed at: Rythu Nustum Press Flat No. 17A, Edna Balanagar, Hyderabad - 500 037. There are various reasons behind this decision. I understood that we are going to give a sick atmosphere to the future. When people are getting generations. Now this has completely changed. As I was confused to bed, I became obese. Don't take coffee or tea. We are habitual to taking food untimely and unhealthy food devoid of any nutritional value. | You are suggesting that adding palm jaggery to the decoction. It is the human race that tortures other creatures for the sake of its food habits. Definitely. We should recognise that vegetarians are abusing natural resources in a thrifty way than the non-vegetarian. But, actually the patients should eat easily digestible food. Taboo and syrups are not the solution for this. It is 12% of protein. His daughter Dr Sarala, a homoeopath and wife Usha, have been partnering Dr Khadar in his cause. The same millet has to be taken for breakfast, lunch and dinner. But in many areas of our country, people used to take milk from these oil seeds and also make curd and buttermilk to be had. Now I am completely healthy. The food we are eating is becoming more and more poison-laden by day. If we keep a copper piece in an earthen pot or steel pot filled with water, in morning the water will be purified. | Can pregnant women and lactating mothers eat small millets? IRS (Irritable Bowel Syndrome) Fenugreek Leaves / Papaya Leaves / Coriander Leaves / Betel Leaves (without stalk) / Mint Leaves / Tindora Leaves Kodu - 3 days, Little - 3 days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day 34. We have to get rid of all the other problems. If we want to be healthy, then there is only one way, that is, to eat small millets and grow them. And the best alternative is to change. Therefore, the policy makers in India have to immediately devise policies that will encourage farmers to grow these crops. In 2016, Rythu Nustum Publications Siridhanyalu Narahalli says to get Vitamins. The deficiency of vitamins is a major problem encountered by all in today's modern life. The zinc in foxtail millet and kodo millet keeps them healthy. This zinc can be eaten along with curries, sambar, rasam etc. Food which takes a longer period to dissolve the sugar (glucose and fructose) to be absorbed by the blood, is the right kind of food. By checking in between about the required amount of water can be added. We don't give milk of elephants to our children just because it is available. Bryophyllum decoction for one week. 2. If we cook them by mixing then we will not get any benefit at all from them. But, we don't. But the fiber in the small millet is there throughout the grains in various layers and therefore it is useful for health and we call them Siridhanyalu (Rich Millets). Foxtail millet This is a balanced food apart from having 8% of fiber. They should not be mixed and used. For calcium gingeley ladlu should be given once in a week. ■ They are ancient crops. Therefore, we have to propagate that by abundantly available in these five eating siridhanyalu one can become healthy. Should have foxtail millet for 3 days and browntop millet for 3 days and the other three millets one on each day. These make the patients totally weak. | Why do we get arthritis? ■ The magnesium that is there in small millets reduces migraine, high blood pressure and heart attack. The body better absorbs any vitamin if it is taken as part of food and not as tablets and injections. 39 ■ Rythu Nustum Publications Siridhanyalu AND KASHAYAS ARE THE BEST REMEDIES FOR DISEASES Sl. Aliment / No. Disease 1. Mysore, Karnataka we get all the nutrients that are needed for our health. There are two methods to get vitamin from food. ● Special grains needed to make parched corn. ● In some states Jowar and millets parched corn is being marketed. This process continued without any obstacles and therefore those generations were healthy. He completed his higher education in Mysore and Bangalore and then he went to USA for higher studies. Then he had a very good job there. 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I had to undergo bypass surgery. Can the Siridhanyalu show a solution to lung cancer, brain cancer and blood cancer. The grain which still has husk comes to the surface. Nagadali decoction. Ruta graveolens (Sadapaku in Telugu) leaf decoction. Betel leaf decoction, coriander leaf decoction work wonders. To grow small millets. After getting rid of cancer, jaundice they are also helpful in reducing the cancer of ovaries, uterus. Moreover, these are gluten free substitutes for rice and wheat. Decoction of Fenugreek, Fenugreek leaves, Pongamia leaves, cumin, mustard etc. Steriods are being injected to increase the weight of goat, sheep, chicken and pigs. As these five restaurants and eating food made of siridhanyalu contain nutrients that siridhanyalu, Barnyard millet can be grown even in problematic soils where paddy cannot be grown. Now my digestive system has improved a lot. 36 ■ Rythu Nustum Publications Siridhanyalu What are the natural solutions for heart problems? 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Each has to be taken for a week and repeated, thereafter. The present stocks of rice and wheat are not sufficient to fill the gap that will be created by the implementation of food security act. ESR Erythrocyte Sedimentation (250 ml) Carrot Juice, Amla Juice, Beetroot Juice Kodu - 2 days Foxtail - 2 days Little - 1 day Barnyard - 1 day 24. I have been suffering from high blood pressure for the past 28 years. One glass of small millet rice should be soaked in 6 glasses of water for 5 to 6 hours and gruel can be prepared with the same water. We are of course habituated to eat rice made of rice grain. Because of the high A.L. Puram, Gudipal, blood pressure. I developed Chittoor District (AP) heart problems. Moreover, the productivity of paddy and 79 ■ Rythu Nustum Publications Siridhanyalu wheat has peaked in the irrigated areas. If the grain is not properly dried then mould grows on it. For increasing blood, kodo millet should be taken for 2 days and little millet for 2 days and the other three small millets should be taken one on each day. With this body becomes disease free and develops strength. We should tell them that small millets give them good health. This is very dangerous for the future generations. Thus, Upma can be prepared. The nutrients that are abundant in these crops help protect their health. Therefore, I did not have sufficient sleep. They are brought into the market for commercial purposes and the future of the youth is being destroyed. If you have any type of ailments, you should take these five small millets. It is enough if siridhanyalu are taken as staple food. Even if indigenous varieties of chicken and animals are grown without using the chemicals their eggs and meat are not useful to humans. Once this cycle is complete you go back to Kodo Millet and then continue. 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Therefore, we are also thinking of growing these five crops. We have become confident that we will get good income because of the growing demand for these crops in the market. Apart from the fiber, vitamins are abundantly available in these five siridhanyalu. Various types of food items like pulao, dosas, chitraannam can be prepared | If the farmers growing small millets and taken. So, I was worried a lot. The benefits of consuming millets should be explained. Because of the work pressure and the duty shifts and irregular timings of food intake, I have developed diabetes about 5 years ago. We are doing it now in spread the consciousness in people Telugu states for the past two years. So I took food prepared from little millet and kodo millet for 1 month and then again I got my blood tested. We are making dosas, idlies etc. Small millet areas of our country have been, for thousands of years, producing sorghum, pearl millet (bajra), foxtail millet, little millet, kodo millet and barnyard millet. Because of irregular timings of my food intake and because of standing for long hours as part of my duty I developed health issues. With this result, human society is facing various diseases and dangerous ailments. Fits Turmeric / Palm Leaves / Cyndon Dactylon (Scutch Grass) / Indian Plum (Ziziphus Mauritiana), Coconut Oil, Ground Nut Oil, each one week, daily 3 spoons in empty stomach (Morning) Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day 18. Second method We know gingelly, groundnut and safflower as only oilseeds. | How many types of Siridhanyalu are there? Therefore, we should know that they should reduce the use of milk, curd, wheat and rice. Teeth Issues Palm Leaves Peepul Leaves Turmeric Kodo - 3 days, Little - 3 days Browntop - 1 day Foxtail - 1 day, Barnyard - 1 day 36. Do the Siridhanyalu really have search medicinal properties? They never used chemical fertilizers. Many people claim that work pressure is the reason behind heart attacks. In this booklet we are bringing out the essence of the experiences and thoughts of Khadar Vali. Correctly understanding about the small millets has to be developed among the children right from the beginning. "Start eating positive siridhanya grains (millets) which we used to eat 60 years ago. Khadar Vali who is helping people understand the importance of small millets has done a great service to the society. If we milk and curd of gingelly is not available then one can even have a latton per week or two spoonfuls of fried gingelly. Can those patients who suffer from stomach ulcer take siridhanyalu? Brain Tumor - Parjatha Leaf and Week - Peepul Leaf 1st Week - Sadapaku (Ruta Graveolens) Leaf 2nd Week - Cinnamon Brownstop - 2 days Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day 4. Now it has come down. With such a large scale destruction of the forests, ecology is badly affected. Likewise, they are also useful to treat Fissures, ulcers, piles, fistula and the cancer of brain, blood, breast, bone, stomach, intestine and skin. When they take buttermilk as their food for 4 weeks, buttermilk reaches a positive result and reduces this problem. He has organized in every meeting that it is the relationship with environment being around us like trees, birds, animals and even the earthly elements that will provide safety. In the same manner, this proportion will move from 3.5 to 8.8. In this proportion is around 3.85. Peepul leaves are very good for health. All the benefits from children to elderly are suffering from various food items regularly visit hospitals and incur huge expenditure. The food value of small millets is very good. Therefore, if the small millets are processed and made suitable for the disease and for the health, then their usage will increase. With good food we should have a grip on our own health. I have been suffering from diabetes for quite some time. But milk is not at all good. Foxtail millet all is also useful to get rid of some kinds of skin diseases, mouth cancer, lung cancer. Foxtail abdominal cancer, Parkinson's disease and asthma (along with Millet kodo millet). He has not discussed any of them. Hence, digestive juices are not secreted properly. One should walk for 50 to 70 minutes per day. Usually people come to us in such a situation. Pancreas loss their capacity to produce Beta cells in the people who eat these products. Therefore, this milk should not be boiled directly on stove. Then after grinding it, it has to be left for fermentation overnight. | Small millets have lecithin, which is good for nervous system, in more quantities. Children also prefer white rice, pizzas and burgers. Turmeric, ginger and rue (Ruta graveolens) decoction should be taken for problems like Parkinson's and forgetfulness. Genetically modified crops genetically modified Maize crop is a very important reason for the spread of cancer. Lung 1st Week - Punarnava Leaf 1st Week - Ginger 2nd Week - Peepul Leaf 2nd Week - Turmeric 3rd Week - Guava Leaf Powder Foxtail - 2 days Little - 2 days Kodo - 1 day Barnyard - 1 day Brownstop - 1 day 2. It is possible to follow this disciplined lifestyle. Dialysis Kashayas (200 ml). To be taken in empty stomach every morning. Siridhanyalu: Khadar Vali With the modern trends, human beings are creating havoc in order to produce more meat. Through these adulterated cooking oil poisonous chemicals are entering human body. Trapped in it, farmers are on the one hand destroying the fertility of the soil rich in life and on the other hand providing the society with poisonous food products. | Farmers will get higher income and better living standards. Along with them it is better if we take decoctions also. Even diseases like tuberculosis and pneumonia can be kept away. After radiotherapy and chemotherapy, sometimes the cancer undergoes metastasis which means that it spreads or shifts to other parts of the body. Taking cool drinks, liquor, meat lacking in fiber and packaged food is also a reason for Brownstop Millet the widespread prevalence of diabetes. For preparing Upma, the soaked small millets along with vegetables should be tempered (taalimpudi/tadka) in a pan and then the whole thing transferred into a pressure cooker and cooked. Products Natural Products D.No. 6-2-959, Dakshin Bharat Hindi Prachar Sabha Complex, Khairatabad, Hyderabad - 500 004. Constipation, Piles Guava Leaves Cassia Auriculata Leaves Fenugreek Leaves Pongamia Pinnata Brownstop - 3 days Foxtail - 1 day Kodo - 1 day Little - 1 day Barnyard - 1 day 29. Sugar levels have come down to Normal. Madanapalli, Chittoor Dist., AP I am 62. In order to do so farmers should not use chemical fertilizers and pesticides and should adopt nature friendly cultivation methods which need less investment and provide higher income. Mushrooms can be dried, cooked and eaten to overcome the vitamin D deficiency. Those who have anemia should take kodo millet for 3 days and little millet for 3 days. Small millet crops not only provide fodder but as the store houses of nutrients they provide nutritional security. What millets and decoctions they should take to get relief from these? I am not feeling tired. Small millets belong to grass family like rice and wheat. In addition to this, if one takes decoction of fenugreek leaves, Ivy gourd leaves, blueberry leaves, wood apple (Maredu) leaves and guava leaves, then one can be cured of diabetes. I was anxious about the road ahead. Generally three types of machinery is used to process small millets. Modern food habits, life style devoid of physical exercises Those farmers who are generally cultivating commercial crops are also shifting towards small millet crops. The patients who are suffering from nerve diseases like epilepsy, vertigo etc. In foreign countries whenever there are surgeries or even for other patients doctors used to advise them to have meat. He explains that the changes that took place in the last hundred years in lifestyle and the production of food and the food habits are the root cause of all the health ailments. What is the solution for this? Normally there are only 6 to 7 grams of glucose in our blood (4-5 litres). Even seen from an ecological angle this is the right method. By having this decoction on empty stomach digestive system will be cleansed and the basic food of Siridhanyalu will cure the disease. 7. We also have to educate them that the rice prepared with these small millets is healthier than the paddy rice. Everybody 62 | Rythu Nestham Publications Siridhanyalu should remember that, in order to get whole some health, exercise is equally important along with taking good food. Small millets can withstand dry spells and therefore they can withstand increasing temperatures. Take one leave for one week and then rotate. Following this regimen, all problems will be solved within 9 weeks to 9 months. Earlier, cultivation was done in close co-ordination with nature. Sometimes Mother's Milk may reduce when they eat Foxtail Millets. The method of making milk by grinding in stone grinder. The oil seeds/small millets have to be soaked for at least 7 to 8 hour or soaked overnight. Among these by-products, those which have more than C8 units are used as fuel. Paralyasis Aegle Marmelos Leaves / Cyndon Dactylon / Giloy Leaves / Mint Leaves, Coconut Oil, Gorund Nut Oil, each One Weekly, daily 3 spoons in empty Stomach (Morning) Brownstop - 2 days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day 27. With this the result, liver bulges. Decoction made with the husk of kodo millet gives mental peace. One can prepare pulihora with this rice using lemon juice turmeric and cumin. So if farmers cultivate positive siridhanya grains (millets), there can be no drought in the next 50 years." he reasons. Even in raw rice or wheat also there is not much difference in this proportion. | Grain should be soaked in equal quantity of water and then boiled or fried and the flour material has to be converted into paste and then dried to have 18% moisture. Everybody, from children to old people can take this without any hesitation. It will do a lot good to the human beings. It's a good food for diabetic patients. It reduces the cholesterol content in the body. Along with this, they should take decoction of fenugreek leaves, drumstick leaves, betel leaf leaves and tamarind leaves. But I used to get only temporary relief and my problem persisted. To increase the platelet count coral jasmine and papaya leaf decoction should be taken. That is why I decided to increase the awareness of people about small millets as part of my contribution and moving forward. Instead of milk, give them gingga, coconut, finger millet, pearl millet milk. Under his influence, the usage of the small millets is increasing by the day. I have completely stopped taking medicine. Even the drinking water is commercialized. Whatever food items that we can make with rice and wheat can be made with siridhanyalu also. Apart from having small millet as staple food throughout the day one should also take the carrot, beetroot and guava or gooseberry juice on empty stomach. | What type of small millets and decoctions should be taken for psychological problems? Usually people come to us in such a food should be situation. They also aid in cleaning up lymph nodal system and the control of the cancer of brain, throat, blood, thyroid and pancreas. This is good for children. Resistance power will be reduced. This can be prepared as and when required. If we take correct food and water then no 28 | Rythu Nestham Publications Siridhanyalu medicine is needed to become completely healthy. Some decoctions and siridhanyalu food can show some solution to this. If these millets are soaked for 30 minutes and then cooked then one can get complete results. Even if the creatinine level is 8 and the patient is undergoing dialysis, if they take gruel of kodo and little millet for six weeks, then they recover fast. Stomach 1st Week - Parjatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf 10. During Sunrise and Sunset, one should be out there in Sun light. They can be soaked overnight also. Earlier farmers generally used to make seeds and manure by themselves. Do we get any diseases by taking milk? Pregnancy Chamomile Tea (Home Made) Lemon Grass / Mint Leaves Sour Spinach Leaves Foxtail - 2 days, Little - 2 days Kodo - 2 days Barnyard - 2 days Brownstop - 2 days 38. But earlier people were not much interested in buying them. As I got good results, I am recommending small millets food to my friends and relatives. It is the small millets that can make cultivation sustainable in dry land areas. Keep aside for half an hour and make rotis. For household use one can make rice with a single mixer but for commercial purposes many number of mixers can be engaged by engaging women labourers and then sold. Head problems will occur. It is because of the food we are taking. Sujata Gupta in discussion with Meghna Shukla 4, 57 | Rythu Nestham Publications Siridhanyalu Rythu Nestham's interview with Khadar Vali | How do you explain describing Small Millets as Siridhanyalu? They won't accept easily as that small millets pave excellent way to achieve this is against the present medical good health. Foxtail millet costs rs.100/a kilo, Bone 1st Week - Parjatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf 1st Week - Fenugreek Leaf 2nd Week - Mint Leaf Brownstop - 2 days Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day 3. Food security While crops like paddy and wheat are providing food security to India, small millets are providing security of nutritional food, fodder, fiber, health, livelihood and ecological balance. Farmers are thinking that it is not viable to cultivate small millets. I directly attended his classes and programs and came to know about the importance of small millets in overcoming cancer. Apart from taking small millets, it is necessary to do 63 | Rythu Nestham Publications What diet should one take after getting cured from heart attack? There is a danger of diseases to our digestive system because of the concentrated fats and proteins. If the muscles and ligaments around bones have to join properly, then they have to take brownstop millet and foxtail millet as their food. Bajra (pearl millet) can be cultivated in sandy soils and finger millets in saline soils. Foods that should be avoided: Rice, wheat, sugar, non-vegetarian food and milk. Because of lack of discretion in the usage of these chemicals, problems are on the rise. All types of food items like vadas, bonda, semiy, muruku, swad can be prepared Wholesome health is possible with these. | They have high nutritional value and therefore a good food for the children. It provides relief from arthritis, Parkinson's disease and epilepsy. Properly dried grain can be stored for 2 to 3 years and whenever needed, rice can be prepared and used. I am able to teach in the school energetically. Indigenous or Forest - Make it a habit to use cold-pressed oils. Start eating the 5 Siridhanyalu rice as staple food instead of jaggery, rice and wheat. Foxtail millet, brownstop millet, and kodo millet should be taken. I am taking each meal for two days. After Prabhakar Littles 3 days Foxtail - 1 day Kodo - 1 day Barnyard - 1 day Brownstop - 1 day 39. Make Tales (Home Made) Lemon Grass / Mint Leaves Sour Spinach Leaves Foxtail - 2 days, Little - 2 days Kodo - 2 days Barnyard - 2 days Brownstop - 2 days 40. | Coriander leaves and eyes and others. I have become confident that I can gain complete health with small millets. The specialty of small millets is that they contain natural fiber. We know that after we eat food it is digested and ultimately turns into just nutritions, they can be grown in dry land and need only 20 cm of rainfall. Siridhanyalu are useful in increasing resistance capacity even in patients suffering from cancer and HIV. The specialty of small millets is that they contain natural fiber. People are not eating the crops native to our country. They should take foxtail millet for 3 days, brownstop millet for 3 days and other Siridhanyalu one on each day for 9 weeks. Therefore, even in future also, they are important to the food security and agricultural necessity for our country. Though there is such large scale destruction, intellectuals, scientists and people are very complacent, which is very surprising, says grievous Khadar Vali. Farmers are trapped in the vicious circle drawn by the big fertilizer companies, pesticide companies and seed companies. At that juncture, I have heard about Dr. Khadar Vali. How do you think present day agricultural methods have changed from what they were four decades ago? But, Dr. Khadar Vali says that not only the above vitamins but even calcium is abundantly available in indigenous food items. Diseases pertaining to BP, diabetes, thyroid, cancer are seen even in 10 year old children. Use one type of millet for two days and change to the other. Most of the dry lands are infertile soils. It is better to take in the form of gruel for six weeks. I have been working as a private employee for the past 10 years in a company in Hyderabad. Even those patients who are suffering from lupus or such dangerous diseases like lupus are reporting that they are getting relief after using these siridhanyalu. But after coming to know about the small millets, I have been using them. Indigenous companies may be there now, but their role is nominal. For example if one is suffering from diabetes and kidney problem, then they have to take kodo millet for 3 days and barnyard millet for 3 days and then take the other three types of millets one on each day for the next 3 days. Thyroid / Pancreatic 1st Week - Parjatha Leaf 2nd Week - Peepul Leaf 3rd Week - Guava Leaf 9. All these are leading to a build-up of chemicals, a right to the natural wealth. 37 | Rythu Nestham Publications ? In my experience, those who suffer from Diabetes, high BP and high cholesterol small millets are wonderful food. When we eat small millets thrice a day we get 25 to 30 grams of fiber necessary for us (Every person needs 38 grams of fiber per day) through grains. Coriander leaves and if necessary lemon juice and fried gingga can be added if you like. My gastric problem also has come down. We can prepare all those items which make with rice and wheat. The green revolution that came later brought us abundant food grains but at the cost of our health. I had Chittoor District reached 79 kgs of weight. Disappearing small millet crops Though these crops have so many positive qualities and capabilities, the area under their cultivation has come down for the past five decades since the Green Revolution. But foxtail millet has the capacity to drive away these seizures, weakness of the nerves. How to overcome liver related diseases like fatty liver and others? The speed of the mixer should be reduced, the age group of 25-40 should take? Khadar Vali is the person who is handing over the knowledge and need of using traditional crops to the present generation. Little millet, barnyard millet, foxtail millet, brownstop millet food gives complete nutrition. It is our desire to make these small millets available to people at reasonable prices. But after I started taking small millets food my health has improved. Those who do not have any health issues should use one small millet for 2 days and another for the next two. In addition to this, if we put a dried drumstick seed in to water we will get better results. Though the protein content in small millets is similar to that in wheat, the quantity of vitamins, especially vitamin B, iron, phosphorus and other micronutrients is more in small millets. Along with this, it is important to do physical exercises in the morning. One can prepare various food items with these. They are also used in carbohydrate industry and the alcoholic beverage industry. If any milk is left over, after the calves have milk then we can have it in the form of curd and buttermilk. India is in 64th position among 81 countries in World Hunger Index. There have been a lot of changes in the health conditions of the people in the past 10 years. Then the need to take Medchal District, medicines is gone. We need your help in this program. Children do not need anything else other than mother's breast milk. Ravi Copies : 1000 First Edition : June, 2019 Price : 100/- Published and for copies : Rythu Nestham P U B L I C AT I O N S # 6-2-959, Dakshin Bharat Hindi Prachar Sabha Complex, Khairatabad, Hyderabad - 500 004. However, as this entails a lot of labour and time, these millets have gradually disappeared from usage though they are good for health. Alloxan, used as a bleaching agent to bleach wheat flour for production of maida (used for preparing bakery products), obstructs the capacity of the pancreas to produce beta cells, which store and release insulin," he points out. ■ Cultivated in arid regions, hilly regions, and adivasi regions. To know more about millet, check out these handicapped videos - ALL ABOUT MILLET Negative Millet, Neutral Millet, Positive Millet - WholesomeTales SIRIDHANYA MILLET Minor Grains. Positive Millet - WholesomeTales MILLET COOKING, MEAL PLAN How to Design Millet Meal for Family, Complete Chart. Some people think that Siridhanyalu is only a stopgap food for patients but this should be taken as staple food.

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