



Herbal Garden (Muligai Vanam)

Pearl Millet



Dr. A. Abirami

Programme Officer

C.P.R. Environmental Education Centre

Chennai

Botanical Name	:	<i>Pennisetum glaucum</i> (L.) R. Br
Tamil Name	:	Kambu
Sanskrit Name	:	Bajra
English Name	:	Pearl Millet

Distribution and Habitat

Pennisetum glaucum L. R. Br., is an annual cereal crop which belongs to the family Poaceae. It is native to the Sahel region of Africa from Sudan to Senegal. The species has been cultivated for over 4,000 years and it is extensively cultivated in the arid and semi-arid regions of African and the Indian subcontinent.



Pearl millet is often grown as a component in mixed crops. Pearl millet is an erect annual grass, reaching up to 3 m high with a profuse root system. Stems, 0.5–1 inch diameter. It is a leafy plant with leaf blades that are 8–40 inches long and 0.5–3 inches wide. Fruits are grains whose shape differs according to cultivars. The seeds are 3–4 mm long and 2.25 mm wide, usually yellowish-grey in colour. It has a very high level of photosynthetic efficiency, a higher adaptation to drought, soil salinity, soil acidity, and high temperatures. Once, it was the staple food of majority of the poor and small lands holders, as well as a source of feed and fodder for livestock in the African and Indian countries.

Parts used: Grains (as staple food), leaves (as forage).

Phyto-chemical constituents

Flavonoids, phenolics, vitamin - A and B, folic acid, protein, carbohydrates, essential amino acids – arginine, threonine, valine, isoleucine, lysine, minerals – iron, zinc, calcium,

magnesium, copper, manganese, potassium, phosphorous, fatty acids – palmitic, stearic, linolenic acids, oleic acids and crude fibre.

Uses

Pearl millet flour is traditionally used by Indian housewives to prepare variety of delicacies like laddoo, chips, bhakari, khichadi, bread, cake, etc. Pearl millet is used in making alcoholic beverage and non-alcoholic drink. The stalks of pearl millet are used in making mulches and as fuel. The glumes and pericarp obtained from milled pearl millet are used in preparing feeds for livestock including poultry and other birds.

Medicinal uses

The consumption of pearl millet reduces type 2 diabetes, because it has a relatively low glycemic index that helps to digest gradually and produce glucose at a slower rate. Its nutritional and medicinal value helps in reducing other human ailments such as cancer, cardiovascular and neurodegenerative diseases. Pearl millet increases insulin sensitivity, lowers the level of triglycerides, and it is efficiently



used to regulate blood sugar levels. The grain is gluten-free, and it is one of the alternatives for patients who have celiac diseases to consume a gluten free diet for a normal and healthy lifestyle (Jukanti et al. 2016). It is popular at the dry or hot climate demographics because it is considered to cool off the body and supply required supplements. A variety of bioactive compounds present in pearl millet possess numerous health benefits such as antimicrobial, antioxidant, anti-diabetic, and hypo-cholesterolemic effects, as well as hypoglycaemic activity and guarding against diet-related diseases (Anitha et al. 2020).

Photo link: <https://greatbasinseeds.com/product/pearl-millet-seed/?srsltid=AfmBOopvutwJGpRLJ-58PuK8szZgmrS5UrbX1D21NnEwzjwRsjL9IShs>

Free Siddha Medical Camp

In this month Free Siddha Medical Camp was successfully conducted at Mangammal Chatram, Rameswaram, from 25th to 28th January 2026. During the programme, patients came with great dedication, and a total of 79 patients received benefits and treatment through this camp.

The inaugural ceremony began with the lighting of the traditional lamp by Shri.Nagalingaraja, Siddha Doctor. Green Rameswaram staff of Sis.Bhuvanewari, Sis.Janani, Sis.Rekha, Shri.Balaguru, Shri.Bharathkumar and Sis.Sakunthala helped in organising the camp.



Doctor Nagalinga Raja checking the patients

Medical Services:

- Medical consultations and treatments were provided for four consecutive days.
- Many patients received special attention for complicated medical problems, for which customized Siddha medicines were prepared on the spot.
- Each patient received an average of ₹500 worth of Siddha choornams and oils, free of cost.
- Two masseurs and one masseuse provided therapeutic massage treatments to the patients, helping relieve pain and muscular issues.
- The positive feedback from the public was heartening. Many patients requested that such camps be conducted on a monthly basis, highlighting the growing trust and interest in traditional Siddha medicine.

