



## Herbal Garden (Muligai Vanam)

### Kodo Millet



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<b>Botanical Name</b>	:	<i>Paspalum scrobiculatum</i> L.
<b>Tamil Name</b>	:	Varagu
<b>Sanskrit Name</b>	:	Kodrava
<b>English Name</b>	:	Kodo Millet

### Distribution and Habitat



*Paspalum scrobiculatum* (Kodo millet), belonging to Poaceae, is a tufted, annual to short-lived perennial grass cultivated for >3000 years in India. It is widely grown across India, Nepal, Pakistan, Sri Lanka, Myanmar, Malaysia, and parts of East and West Africa. The species thrives in warm, tropical to subtropical climates

and is adapted to marginal lands.

It attains a height of 60–90 cms. Culms slender, erect to geniculately ascending, with glabrous nodes; root fibrous and relatively deep, conferring drought tolerance; leaves linear-lanceolate, 15–40 cms. long, with a prominent midrib; leaf sheaths keeled and compressed. Inflorescence comprises 2–6 digitate to sub-digitate racemes bearing paired, sessile spikelets in two rows along a flattened rachis. Fruit ellipsoid caryopsis, 1.5–2 mm long, enclosed within persistent glumes and lemma, brown to dark grey at maturity. It is a hardy, short-duration crop with exceptional tolerance to drought, water logging, and poor, acidic soils. It yields reliably under adverse conditions where major cereals fail, making it a staple in tribal and rain-fed farming systems.

**Parts used:** Seed (as grain) and straw (as fodder)

### Phyto-chemical constituents

Dietary fibre, protein, essential amino acids including lysine and methionine, minerals such as iron, calcium, phosphorus, and potassium, vitamins, poly-phenolic compounds, flavonoids, tannins, phytic acid, ferulic acid, para coumaric acid, vanillic acid, and phyto-sterols.

## Uses

Kodo millet is processed into rice substitutes, porridge, flour for rotis, dosa, idli, and traditional fermented foods. It is used in weaning foods, health mixes, bakery products, and extruded snacks. The straw serves as cattle fodder.

## Medicinal uses

Kodo millet is a gluten-free, nutrient-dense grain with a low glycemic index, rich in dietary fibre, protein, and minerals. Ayurveda describes kodo millet as light to digest and cooling potency, indicated to pacify *Kapha* and Kodo Millet *Pitta dosha*, support weight management, and manage diabetes. Modern pharmacological studies confirm its antidiabetic activity due to high fibre and polyphenols that delay glucose absorption



and improve insulin sensitivity. Phenolic acids and flavonoids confer strong antioxidant and anti-inflammatory effects, reducing oxidative stress and chronic inflammation (Shankaramurthy and Somannavar, 2019, Hariprasanna, 2017). The grain's potassium and magnesium content contributes to vasodilation and blood pressure regulation, lowering cardiovascular risk. High dietary fibre promotes satiety, regulates lipid metabolism, and elevates HDL cholesterol while reducing LDL and triglycerides. Kodo millet also exhibits antimicrobial and hepato-protective properties attributed to tannins and flavonoids. Its slow digestibility and mineral profile make it beneficial in managing obesity, type 2 diabetes mellitus, and cardiovascular disorders (Sharma et al. 2006).

**Photo link:** <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:414702-1>

## 2. Free Siddha Medical Camp

A Free Siddha Medical Camp was conducted at the Green Rameswaram Project Office from 25–28 May 2026. The camp benefited 101 patients who received consultation and treatment.

The programme was inaugurated with the traditional lighting of the lamp by Shri Nagalingaraja, Siddha Doctor. Green Rameswaram staff members provided valuable support in organizing and conducting the camp successfully.



*Doctors and Vaidyas checking the patients*

### **Medical Services:**

- 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.



*A volunteer preparing medicine for patients*

