



Herbal Garden (Muligai Vanam)

Kuthiraivali



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Botanical Name	:	<i>Echinochloa frumentacea</i> (Roxb.) Link.
Tamil Name	:	Kuthiraivali
Sanskrit Name	:	Shyamakam
English Name	:	Banyard millet, Japanese millet

Distribution and Habitat

Echinochloa frumentacea is a monocotyledonous annual cereal grass of the Poaceae family. It is a fast-growing, tufted, erect to sub-erect herb cultivated mainly as a food grain and fodder crop. The crop is native to India and is widely grown in tropical and sub-tropical regions of Asia, including China, Japan, Korea and Southeast Asia.



In India it is cultivated in dry land and rain-fed areas of Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Madhya Pradesh, Bihar and the Himalayan foothills up to 2000 m elevation. *E. Frumentacea* thrives in warm, humid climates with 650-1200 mm rainfall and grows well on marginal, poor and waterlogged soils where other cereals fail. It is drought tolerant and matures in 60-90 days, making it an important “famine crop”. The culms erect, 60-150 cm tall, glabrous and often branched from the base. Leaves linear-lanceolate, 20-50 cm long and 1-2 cm broad, with a prominent midrib. The inflorescence panicle, 10-30 cm long, with dense, spike-like racemes. Spikelets ovate to elliptic, 3-3.5 mm long, arranged in 4 rows. Grains small, round to oval, 2-2.5 mm in diameter, pale yellow to brown, enclosed in a tough hull. Flowering occurs during August-October and grains mature by November-December.

Parts used: Seeds as grains, whole plant as fodder

Phyto-chemical constituents

Carbohydrates, proteins, dietary fibre, B-complex vitamins, minerals like iron, calcium, magnesium, phosphorus, phenolic acids, flavonoids and tannins.

Uses

E. frumentacea is primarily cultivated as minor millet for human consumption and as green fodder for cattle. Due to its short duration and ability to grow in poor soils, it is used for soil conservation and as a cover crop in dry land agriculture. The straw is used as cattle feed and for thatching. It is also grown to reduce soil erosion in hilly and wasteland areas.

Medicinal uses

In traditional and folk practices it is valued for both food and therapeutic purposes. The grains are described as cooling, astringent, light to digest and suitable during illness and fasting. In Ayurveda, it is identified as Shyamaka and in Siddha as Kuthiraivali. Both systems recommend it for diabetes, obesity and digestive disturbances owing to its high dietary fibre, low glycemic index and low carbohydrate profile (Kumar et al., 2021). Clinical and nutritional studies support its role in regulating blood glucose and serum cholesterol. The millet serves as a weaning food and fasting food due to its easily digestible energy. It is also used to manage diarrhoea, fever and general debility (Warrier et al., 1995). The presence of phenolics and other antioxidants contributes to immune support and protection against oxidative stress. Porridge prepared with buttermilk or Ziggery is commonly given for convalescence, postpartum recovery and lactation support (Devi et al., 2022). Indigenous groups additionally use the grain gruel as a cooling beverage in fever and as a mild diuretic for urinary complaints. Pharmacological evaluations report anti-diabetic, anti-hyperlipidemic, anti-inflammatory and immune-modulatory activities attributable to its fibre, phenolic acids, and bioactive compounds (Saleh et al., 2023). Its gluten-free nature and low glycemic index further make it suitable for diabetic, cardiac and celiac diets. Owing to these combined nutritional and therapeutic attributes, *E. Frumentacea* is gaining recognition as functional and nutraceutical millet for preventive healthcare.

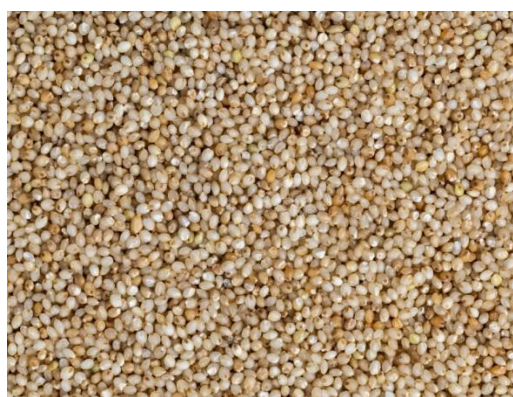


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2. Free Siddha Medical Camp

A **Free Siddha Medical Camp** was conducted at the Green Rameswaram Office, Rameswaram, from **20th to 25th July 2026**. Initially planned for three days, the camp was extended by another three days in response to the overwhelming public participation. Led by **Vai. Nagalingaraja** and his team, the camp benefited **164 patients**.

Medical consultations and Siddha treatments were provided over six consecutive days. Patients with chronic and complex ailments received customized Siddha medicines prepared on-site. Free Siddha choornams and medicated oils, worth an average of **₹500 per patient**, were distributed. Therapeutic massage services, provided by two male masseurs and one female masseuse, offered relief from pain and musculoskeletal disorders.

The camp received an enthusiastic response from the public, with many participants requesting that it be organized on a regular monthly basis, reflecting the growing confidence in traditional Siddha healthcare.



Doctors and Vaidyas checking the patients



Siddha team preparing medicine for patients

