

Exploring *Trunadhanya* (Millets): A Comprehensive Review with Reference to *Bhavaprakash Nighantu*

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ABSTRACT

Millets known as *Trunadhanya*, *Kudhanya* and *Kshudra dhania*. It constitutes a family of small-seeded cereals with a long history of human use. Maintaining a balanced diet is essential to following Ayurveda's first rule for living a healthy life, wherein *Trunadhanya* play a crucial role. It is classified into Major and Minor Category based on grain size, they are rich in fiber, protein, fats, and carbohydrates, rendering them more nutritious compared to other grains. It is also offer essential nutrients like iron and phosphorus. Due to their composition, including tannins, polyphenols, phytosterols, and anthocyanins, it is hold therapeutic significance. With antioxidant properties, they are utilized in treating and preventing metabolic disorders. According to *Bhavaprakash Nighantu*, it offers comprehensive insights into various herbs, plants, and grains, including Millets. Classified based on taste, potency, post-digestive effect, and specific actions, *Trunadhanya* in this text are renowned for their diverse therapeutic properties. They are frequently recommended in Ayurveda, it is having a kashay (astringent) and madhur (sweet) rasa, ushna (hot) veerya, katu (pungent) vipaka, and ruksha (dry) guna is used to certain conditions such as vatapitta prakopana, which refers to the aggravation of the Vata and Pitta doshas, and shleshamghan, which refer to reduction of Kapha, can lead to baddhanishyanda, indicating obstructed or restricted bodily flows. increasing its market demand due to its comprehensive therapeutic benefits. Moreover, the text provides synonyms for *Trunadhanya* (Millets), facilitating their identification across different regions. It is containing some phytoconstituents and nutritional properties which enhance the energy of body. So that Their inclusion in diets not only ensures balanced nutrition but also supports various aspects of health, making them invaluable in traditional and modern wellness practices alike. Recently India celebrates the Year of Millets.

Key Words *Trunadhanya*, Millets, *Bhavaprakash Nighantu*, Nutritional value

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INTRODUCTION

The three sub-pillars of life described by Ayurveda are *Aahar* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy). *Acharya Charak* has

classified *ahara* (diet) into twelve categories. *Acharya* has mentioned *Trunadhanya* with their *gunas* (Qualities) like *kashay* (astringent) and *madhur* (sweet) rasa, *ushna* (hot) *veerya*, *katu*

REVIEW ARTICLE

(pungent) *vipaka*, and *ruksha* (dry) *guna*, which play an important role in the prevention of disease like *Sthoulya* (obesity), *Madhumeha* (Diabetes)¹. Ayurveda advises having *pathya ahara*, or nutritious diet, to maintain health.

One such nutritious food kind that is mentioned in Ayurvedic texts is *Trunadhanya* (Millets). The English word "millet" comes from the French word "mille," which means "thousand," meaning that a handful of Millets contains thousands of grains². For years, *Trunadhanya* (Millets) have been a staple food for more than 500 million people in Asia and Africa. Traditionally considered as "poor man's food," *Trunadhanya* (Millets) are now being recognized for their nutritional richness, gluten-free nature, and resilience to adverse environmental conditions. The world's largest producer of *Trunadhanya* is India. Millets are small-seeded grains, the most popular and important. Millets for human consumption are sorghum, proso millet, kodo millet, finger millet, foxtail millet, little millet³. Here's a corrected version of the sentence: It is rich in fiber, protein, fat, and carbohydrates. Compared to other fine grains, millets are more nutritious. Additionally, they provide iron and phosphorus. Because Millets include tannins, polyphenols, phytosterols, and anthocyanins, among other compounds, they have therapeutic significance. It has antioxidant properties and are used to treat and prevent metabolic disorders.

The review of historical sources reveals a rich diversity of *Trunadhanya* (Millets) in India, with over 25 distinct species. These include *Kangu*, *Priyangu*, *Shyamaka*, *Kodrava*, *Nivara*, *Yavanala*, *Gavedhuka*, *Chinaka*, *Uddalaka*, *Charuka*, *Chanaka*, *Venuyava*, *Varuka*, *Varaka*, *Varattika*, *Todaparani*, *Madhulika*, *Nandimukhi*, *Nala*, *Nali*, *Mukunda*, *Sarabeejam*. Historical texts provide insights into millet cultivation techniques, traditional practices, and their importance in Indian diets⁴.

MATERIALS AND METHODS

Classical Ayurvedic sources such the *Samhita* (*Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya*), *Nighantu* (*Bhavaprakash Nighantu*), *Dravyaguna* literature, journals, and several published papers and books were thoroughly examined in order to gather important information regarding *Trunadhanya* (Millets). For the study, *Ayurvedic samhitas*, contemporary literature, journals, and review articles were examined. After that information collected from these sources and arranged in systematic manner.

RESULTS

The list of *Trunadhanya* (Millets) according to Ayurveda are Table. [1]

The general *Guna* and *Karma* (qualities and effects) of *Trunadhanya* (Millets) are Table. [2]

Properties

Table 1 List of *Trunadhanya*

Shushrut Samhita

Bhavparakash Nighantu(bha.pra.9/63)

REVIEW ARTICLE

	<i>(shu.su.46/22)</i>		
Rasa	<i>Kashay</i> (astringent), <i>madhur</i> (sweet)		<i>Kashay</i> (astringent), <i>madhur</i> (sweet)
Veerya	<i>Ushna</i> (hot)		<i>Ushna</i> (hot)
Vipaka	<i>Katu</i> (pungent)		<i>katu</i> (pungent)
Guna	<i>Ruksha</i> (dry)		<i>Laghu</i> (light), <i>Ruksha</i> (dry)
Karma	<i>Vatapitta prakopana,</i> <i>baddhanishyanda</i>	<i>shleshamghan,</i>	<i>Lekhan,</i> <i>Kledashosan,</i> <i>vatakrut,</i> <i>baddhavit,</i> <i>pitaraktakaphapaham</i>

Table 2 Qualities and effects of Trunadhanya

	<i>Shushrut Samhita</i> <i>(shu.su.46/22)</i>	<i>Bhavparakash Nighantu(bha.pra.9/63)</i>
Rasa	<i>Kashay</i> (astringent), <i>madhur</i> (sweet)	<i>Kashay</i> (astringent), <i>madhur</i> (sweet)
Veerya	<i>Ushna</i> (hot)	<i>Ushna</i> (hot)
Vipaka	<i>Katu</i> (pungent)	<i>katu</i> (pungent)
Guna	<i>Ruksha</i> (dry)	<i>Laghu</i> (light), <i>Ruksha</i> (dry)
Karma	<i>Vatapitta prakopana,</i> <i>baddhanishyanda</i>	<i>Lekhan,</i> <i>Kledashosan,</i> <i>vatakrut,</i> <i>baddhavit,</i> <i>pitaraktakaphapaham</i>

Proteins, dietary fiber, vitamins, minerals, and antioxidants are some of the important nutrients found in *Trunadhanya*(Millets). They also have a low glycemic index and lack of gluten. Because of its high fiber content, millet is good for digestion, helps to avoid constipation, and supports a healthy gut microbiota. Millets lower the chances of developing chronic illnesses, such as heart disease, type 2 diabetes, and multiple cancers. Millets contain antioxidants that help in defending against oxidative stress and inflammation. Millets are beneficial for controlling weight. It is having low glycemic index and high fiber content help to control blood sugar levels and support healthy weight maintenance. Additionally, millet has anti-inflammatory, antimicrobial properties.

1.Kangu (*Setaria italica* Linn – Foxtail Millets)

Figure:1

Latin name -*Setaria italica* Linn.

Family- Poaceae

English – Foxtail millet

Hindi: *Kanguni*

Bengali: *Kanguni*

Gujarati: *kanga*

Kannada: *Navane*

Marathi: *kanga*

Tamil: *Tenai*

Telugu: *koralu*

Synonyms

Kanguni, pitatandula, vatal, Sukumar are all synonyms for *Kanguni*.

Guna and Karma (qualities and effects) of Kangu:

The *Rasa Panchak*, with its qualities of *Kashaya* (astringent) and *Madhur* (sweet) tastes, *Ushna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Guru* (Heavy) and *Ruksha*(dry), acts as a pacifier of *Kapha* doshas while also aiding in the aggravation of *Vata dosha*. *Kanguni* acts as a *bruhana* by nourishing the body, a *bhagnasandhankrut* by promoting bone strength and a *Vajina gunakrut bhrusham* by enhancing overall health of horse.

REVIEW ARTICLE

Chemical composition

The chemical composition of this substance includes 13 parts of protein, 69 parts of carbohydrates, 2 part of fiber, 12 part of oil.

Therapeutic use

According to *Bhavprakash nighnatu*, it is used in *Amavata* (rheumatoid arthritis) for *Lepa* due to its *Usna Veerya* (hot potency). It is useful in burning sensation, fractures and for alleviating the pain of parturition. It is mentioned to be beneficial in *Madhumeha* (diabetes) due to its *Katu Vipaka* (pungent post-digestive effect) or *Uhsna Veerya* (hot potency). It is indicated for the management of diarrhea owing to its *grahi* properties, and its *sita* (cold) *guna* is efficacious in mitigating *daha* (burning sensations). It is indicated in the treatment of *bhagna* (fractures) due to its *bhagnasandhankar* properties. Additionally, its *bruhana guna* makes it suitable for addressing *dhatu shoshan* (tissue depletion) and *karshyata* (emaciation)⁵.

2. *Cheenak* (*Panicum miliaceum* - Indian millet)

Figure:2

Latin name- *Panicum miliaceum* Linn.

Family- Poaceae

English - Indian millet

Hindi: *Cheena*

Bengali: *Cheene*

Gujarati: *Cheena*

Kannada: *Baragu*

Marathi: *varigalu varivavaba*

Tamil: *panivargu*

Synonyms

heenak, kakkangu, sushlakshan, shlakshank, kangu bheda are all synonyms for *Cheenak*.

Guna and Karma (qualities and effects) of *Cheenak*:

The *Rasa Panchak*, with its qualities of *Kashaya* (astringent) and *Madhur* (sweet) tastes, *Usna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Guru* (Heavy) and *Ruksha* (dry), acts as a pacifier of *Kapha doshas* while also aiding in the aggravation of *Vata dosha*. *Cheenak* acts as a *brumhan* by nourishing the body, a *bhagnasandhankrut* by promoting bone strength.

Chemical composition

The chemical composition of this substance includes 13 parts of protein, 69 parts of carbohydrates, 2 part of fiber, 12 part of oil, 2 part of Ash. It contains the highest amount of proteins. It has significant amounts of carbohydrate and fatty acids. It is cheaper source of manganese as compared to other conventional sources like spices and nuts. It contains high amounts of calcium which is essential for bone growth and maintenance⁶.

Therapeutic use

According to *bhavprakash nighnatu*, *Cheenak* (*Panicum miliaceum* Linn) administered in *Sotha* (inflammatory conditions) probably due to its *Usna Veerya* (hot potency)⁷.

3. *Shyamak* (*Echinochloa frumentacea* - Japanese barnyard millet)

Figure:3

Latin name - *Echinochloa frumentacea*

Family - Poaceae

July 10th 2024 Volume 21, Issue 2 Page 116

REVIEW ARTICLE

English: Japanese barnyard Millets

Hindi: *samva*

Bengali: *sava*

Marathi: *jangali sama*

Gujarati: *samo*

Kannada: *samai*

Tamil: *kudrevali*

Telugu: *oddalu*

Synonyms

Shyamak, shyamak, shyam, tribija, avipriya, sukumar, rajdhanya, trunabijotam are all synonyms for *Shyamak*.

Guna and Karma (qualities and effects) of *Shyamak*:

The *Rasa Panchak*, with its qualities of *Kashaya* (astringent) and *Madhur* (sweet) tastes, *Usna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Ruksha*(dry) and *Shoshak* (absorbant), acts as a pacifier of *Pitta* and *Kapha doshas*. while also aiding in the aggravation of *Vata dosha*.

Chemical composition

The chemical composition of this substance includes 6 parts of protein, 66 parts of carbohydrates, 10 part of fiber, 2 part of oil ,1 part of vitamin B, it is the richest source of crude fiber and iron. Its grains possess other functional constituents i.e., Gamma amino butyric acid (GABA) and Beta-glucan, used as antioxidants and in reducing blood lipid levels.

Therapeutic use

According to *Bhavprakash nighnatu*, it is used in *Pitaj vikar* and *vibandh*. *Shyamaka (Echinochloa frumentacea)* is used in *Pitta Vikaras* (disorders

related to the *Pitta dosha*) possibly because of its *Pitta Shamak Guna* (qualities that pacify *Pitta dosha*), *Kashaya* (astringent taste), and *Madhura Rasa* (sweet taste). Its combination of properties might help alleviate imbalances associated with *Pitta dosha*. *Shyamaka* is indicated in *santarpanajanya vyadhi*, including *sthoulya(obesity)*, *prameha(Diabetes)*, and *medoroga* due to its *shoshak* and *ruksha guna* ⁸.

4.Kodo (*Paspalum scrobiculatum* -Kodo millet)

Figure:4

Latin name - *Paspalum scrobiculatum* Linn

Family - Poaceae

English -kodo

Hindi: *Kodo,kodav*

Bengali: *Kodo adhana*

Gujarati: *Kodra*

Kannada: *Haraka*

Marathi: *Kodru*

Oriya: *Kodua*

Punjabi: *Kodra*

Tamil: *Vargu*

Telugu: *Arikelu, Arika*

Synonyms

Kodrav, kordush, kudyal, uddalak, and madangraj are all synonyms for the *kodo*.

Guna and Karma (qualities and effects) of *Kodo*:

The *Rasa Panchak*, with its qualities of *Kashaya* (astringent) and *Madhur* (sweet) tastes, *Ushna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Sita* (cool) and *Grahi* (absorbent), acts as a pacifier of *Pitta* and *Kapha*

REVIEW ARTICLE

doshas while also aiding in the aggravation of *Vata dosha*.



Figure 1(kangu)



Figure 2(chinak)



Figure 3 (Shyamaka)



Figure 4 (kodo)



Figure 5 (vanshyava)



Figure 6 (kusumbh beej)



Figure 7 (gavedhuk)



Figure8 (Nivara)



Figure 9 (Yavanala)

REVIEW ARTICLE

Chemical composition

The chemical composition of this substance includes 12 parts of protein, 77 parts of carbohydrates, 1 part of fiber, and 1 part of ash, with some components contributing to its narcotic properties, potentially inducing dizziness⁹. It is rich in protein, fiber, thiamine, riboflavin, folic acid, and carotene. It is rich in potassium, phosphorus and calcium with sufficient amounts of iron, zinc and sodium.

Therapeutic use

According to *Bhavprakash nighnatu*, Replacing rice with *Kodo* Millets can be a beneficial dietary adjustment for individuals with *madhumeha* (diabetes)¹⁰. *Kodo* is useful in ulcer, inflammation, hemorrhages and general debility¹¹. It is mentioned to be beneficial in *Madhumeha* (diabetes) due to its *Katu Vipaka* (pungent post-digestive effect) or *Usna Veerya* (hot potency). It is indicated for the management of diarrhea owing to its *grahi* properties, and its *sita(cold) guna* is efficacious in mitigating *daha* (burning sensations).

5. Vanshayava (*Bambusa arundinacea willd-bamboo*)

Figure:5

Latin name - *Bambusa arundinacea willd.*

Family – praceae

English -bamboo

Hindi: *bansha*

Bengali: *bansha*

Gujarati: *bansha*

Marathi: *bambu*

Tamil: *mungila*

Telugu: *bonga*

Synonyms

Vanshayava, vanshabeej are all synonyms for *Vanshayava*.

Guna and Karma (qualities and effects) of Vanshayava:

The *Rasa Panchak*, with its qualities of *Kashay* (Astringent), *Usna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Ruksha* (dry), acts as a pacifier of *Kapha doshas* while also aiding in the aggravation of *Vata-pitta dosha* and *sara* (Mobility).

Therapeutic use

In *Premeha*, Barley shaped fruits of *Vamshayava* should be given as dietary preparation like that of *Yava*. Amenorrhoea, Decoction of Bamboo nodes 20 gm and *Shatapuspa* 40 gm mixed with Jaggery includes mensus.

6. Kusumbha beej (*Carthamus tinctorius - bastard saffron*)

Figure:6

Latin name – *Carthamus tinctorius Linn.*

Family – Asteraceae

English: safflower, bastard saffron

Hindi: *kusumbha*

Bengali: *kusum*

Gujarati: *kasumbo*

Kannada: *kasumbo*

Marathi: *karadai*

Panjabi: *koosam*

Synonyms

Varata, varatika, kusumbh beej are all synonyms for *Kusumbha beej* (kar, bar)

REVIEW ARTICLE

Guna and Karma (qualities and effects) of Kusumbha beej:

The *Rasa Panchak*, with its qualities of *Madhura* (Sweet), *Ushna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Laghu* (Light) and *Ruksha*(dry), acts as a pacifier of *Kapha doshas* while also aiding in the aggravation of *Vata dosha*.

Chemical composition

The chemical composition of this substance includes 30 Part of oil.

Therapeutic use

Kusumbh Beej is known for its anti-diabetic properties. It used in *madhumeha*(diabetes). *Kusum Beej taila* (oil) is applied externally in *amavata*(rheumatoid arthritis) and *sandhivata*(arthritis). It has anti-inflammatory and analgesic properties, which help in reducing pain and inflammation in the joints. A combination of *Kusumbh Beej* and *Draksha* juice is used. This mixture helps in breaking down *Ashmari* (kidney stones) and *Mutrakrichcha* (alleviating pain during urination)¹².

7. Gavedhuka (Coix lachrymal jobi– Adlay, Jobs Tears)

Figure:7

Latin name- *Coix lachrymal jobi* Linn.

Family- Poaceae

English -Jobs Tear

Hindi: *Garhedua*

Bengali: *gadgada*

Gujarati: *kasai*

Marathi: *kasai*

Guna and Karma (qualities and effects) of Gavedhuka :

The *Rasa Panchak*, with its qualities of *Katu* (pungent) tastes, *Ushna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Guru* (Heavy) and *Ruksha*(dry), acts as a pacifier of *Kapha doshas* while also aiding in the aggravation of *Vata dosha*.

Synonyms

Gavedhuka, *Gavedhu* are all synonyms for *Gavedhuka*

Chemical composition

The chemical composition of this substance includes 10-20 parts of protein, 73-74 parts of carbohydrates, 2 part of fiber,3-4 part of oil.

Therapeutic use

According to *Bhavprakash nighnatu*, The Gruel prepared from grains of *Gavedhuka* and mixed with honey reduces bulk of the body in obesity. For protection of eyes, they should be sprinkled with the decoction of *Gavedhuka* and *Madhuka*. *Gavedhuka* also has properties like *Mutral* (diuretic) and is hence used in *Mutrakrich*. The roots of this plant are used in *kashtaartava* (dysmenorrhea) possessing *katu rasa*, *ushna veerya*, *katu vipaka*, and *ruksha guna*, is effective in the management of *sthoullya*, *sthula prameha*, and *medoroga*.

8.Nivara (Hygroryza aristate Nees -Bengal wild rice)

Figure:8

Latin name - *Hygroryza aristate* Nees.

Family - Poaceae

English: Bengal wild rice

REVIEW ARTICLE

Hindi: *tini*

Bengali: *udidhanya*

Gujarati: *vanto*

Kannada: *jwarhumedhe*

Marathi: *devbhat*

Tamila: *vallipullu*

Telugu: *nivritatu*

Synonyms

Tini, *trinadhanya*, *Trinodbhav* are all synonyms for *Nivara* (Tini).

Guna and Karma (qualities and effects) of Nivara:

The *Rasa Panchak*, with its qualities of *Kashaya* (astringent) and *Madhur* (sweet) tastes, *Usna* (hot) potency, *Katu* (pungent) post-digestive effect, and properties of *Laghu* (Light) and *Ruksha*(dry), acts as a pacifier of *pitta doshas* while also aiding in the aggravation of *Kapha-Vata dosha*, *Sita guna and grahi*.

Therapeutic use

Nivara (*Hygroryza aristate Nees*) is utilized in the management of *atisara*(Diarrhea)and *grahani* (IBS) due to its *grahi* properties, and it is also indicated in *pitta vikaras* such as *raktapitta* and *daha*¹³.

9.Yavanala (Sorghum Vulgare-sorghum Trunadhanya(Millets))

Figure:9

Latin name- *Sorghum Vulgare*

Family – Poaceae

English: sorghum Millets

Hindi: *juwar*

Bengali: *juyara*

Gujarati : *juwar*

Kannada : *jola*

Marathi : *jwari*

Tamila : *cholam*

Telugu : *jonnalu*

Synonyms

Yavanala, *jurnahwa*, *raktika*, *krostupuccha*, *sugandhika* are all synonyms for *Yavanala*¹⁴.

Guna and Karma (qualities and effects) of Yavanala:

The *Rasa Panchak*, with its qualities of *Kashay* (Astringent), *sita* (cold)potency, *Katu* (pungent) post-digestive effect, and properties of *Laghu* (Light) and *Ruksha*(dry), acts as a pacifier of *Rakta-Kapha-pitta doshas*, *Avrushya* and *Kledakarak*.

Chemical composition

The chemical composition of this substance includes 9 parts of protein, 72 parts of carbohydrates, 2 part of fiber, 2 part of oil, 2 part of Ash. Hydrocyanic acid is present in the leaves. Glucosides dhurrin is present in the Seed. It is rich in protein, fibre, thiamine, riboflavin, folic acid, and carotene. It is rich in potassium, phosphorus and calcium with sufficient amounts of iron, zinc and sodium. It contains a good amount of Thiamine and Riboflavin.

Therapeutic use

According to *Bhavprakash nighnatu*, *Mutrajanana*. they have shown potential use fullness in reducing obesity.*Yavanala* is administered in cases of *raktapitta*, *amalapitta*, and *daha* due to its *raktapitta shamak* (bleeding disorder alleviating) properties. Due to its *katu*

REVIEW ARTICLE

vipaka, ruksha, and laghu guna, Yavanala is utilized in the management of *stholya* (obesity).

DISCUSSION

Trunadhanya (Millets) have been an integral part of human civilization for centuries, playing a crucial role in global food security and nutrition. In recent years, there has been a resurgence of interest in Millets due to their exceptional nutritional profile, environmental sustainability, and resilience to climate change. *Bhavaprakash Nighantu*, an ancient Ayurvedic text, provides valuable insights into the medicinal properties and uses of *Trunadhanya*(Millets), highlighting their significance in traditional Indian medicine.

Trunadhanya(Millets) are rich sources of essential nutrients such as carbohydrates, proteins, dietary fiber, vitamins, and minerals. They are gluten-free and have a low glycemic index, making them suitable for individuals with gluten intolerance or diabetes. Moreover, Millets are packed with antioxidants, which help in combating oxidative stress and reducing the risk of chronic diseases such as cardiovascular disorders and cancer.

For instance, it classifies *Trunadhanya*(Millets) like *Cheenak* (Figure:2), *Shyamak* (Figure:3), *Kodo* (Figure:4), *Vanshayava* (Figure:5) *Kusumbha beej* (Figure:6), *Gavedhuka* (Figure:7), *Nivara* (Figure:8), *Yavanala* (Figure:9) according to their medicinal uses and healing properties. These include strengthening the digestive system, improving metabolism,

enhancing immunity, and promoting overall well-being.

The *Bhavaprakash Nighantu* outlines the medicinal properties of various millets as follows, *Millets with Kashay and Madhur Rasa* (astringent and sweet taste), *Ushna Veerya* (hot potency), *Katu Vipaka*(pungent post-digestive effect), and *Ruksha Guna*(dry quality) exhibit *Vatapitta prakopana* (aggravate Vata and Pitta), *Shleshamghan* (alleviate Kapha), and *Baddhanishyanda* (promote binding). Meanwhile, those with *Laghu* and *Ruksha Guna*(light and dry qualities) possess *Lekhan*(scraping), *Kledashosan* (drying up moisture), *Vatakrut* (aggravate Vata), *Baddhavit* (promote firm stools), and *Pitaraktakaphapaham* (alleviate Pitta, blood, and Kapha) properties.

Furthermore, *Trunadhanya* (Millets) are considered *tridoshamak* in Ayurveda. This makes them suitable for all body types and conducive to maintaining harmony and equilibrium within the body. *Trunadhanya* (Millets) are often recommended in Ayurvedic dietetics for their ability to pacify aggravated *doshas* and restore health.

CONCLUSION

The inclusion of *Trunadhanya* (Millets) in the *Bhavaprakash Nighantu* suggests their significance in traditional medicine and nutrition, advocating for their consumption for overall well-being and sustainable agriculture. Millets represent a promising solution to the intertwined

REVIEW ARTICLE

challenges of food security, nutrition, and environmental sustainability. Their nutritional richness, health benefits, and environmental resilience make them a valuable resource for addressing global food system challenges and improving public health outcomes. By promoting the cultivation, consumption, and research on *Trunadhanya* (Millets), we can contribute to building a more resilient, equitable, and sustainable food system for future generations.

REVIEW ARTICLE

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