

Trnadhaanya-(millets) in Aayurveda:Exploring the therapeutic potential and health benefits

The properties, actions and uses of wholesome and unwholesome substances are detailed in the ayurvedic treatises. Trnadhaanya comes under aaharavarga, denotes millets which are wholesome and nutritious. These drought-tolerant, minor cereals with extended shelf life are to be considered an answer for several health problems especially for the life style disorders of today. Fourteen types of millets are detailed in this article with ayurvedic evaluation, botanical identification and the nutritional benefits in major systemic diseases.