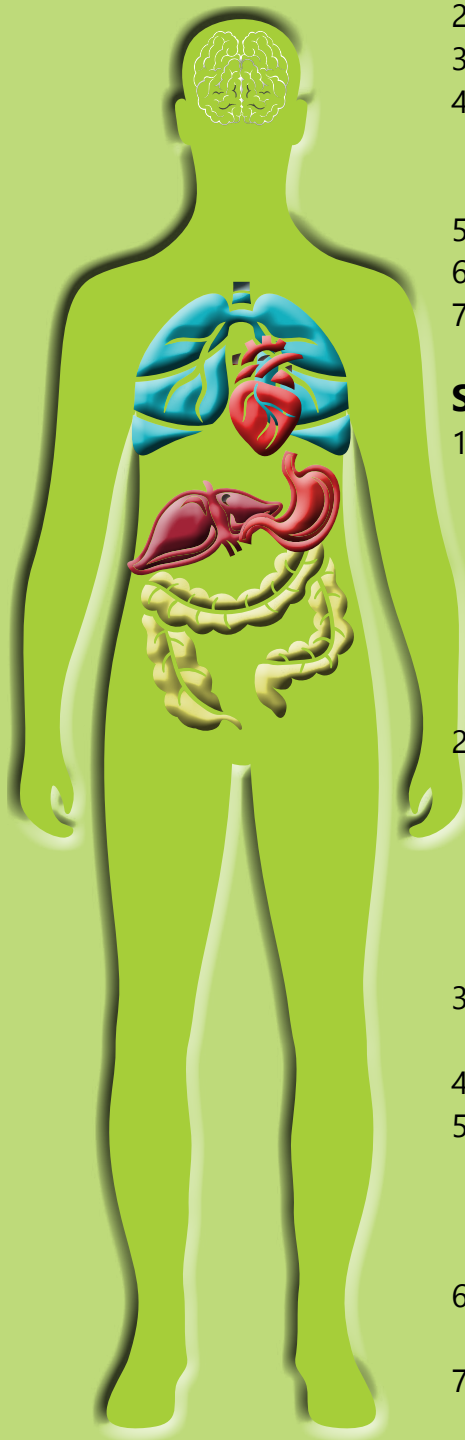


# Amrutha Ahaaram

(Millets, Herbal Decoctions, Wooden Cold Press Oils, and Palm Jaggery)



తరతరాలకు తరగని సరిసంపదల పంట ప్రగతి ఇంట



### Stop Doing:

1. Stop eating Paddy rice.
2. Stop eating Wheat.
3. Stop eating Maize flour.
4. Animal milk should not be consumed by children or adults (Hormone imbalance will be reduced by fermenting the milk, so curd and buttermilk are good to consume)
5. Stop drinking Coffee and Tea
6. Stop using Sugar
7. Stop using Refined oils for cooking.

### Start Doing:

1. Start taking millets (Foxtail millets-Korralu, Little millets-Samalu, Barnyard millets-Oodalu, Browntop Millets-Andu korralu and Kodo millets-Arikalu) daily as staple diet. Patients suffering from obesity should take Kodo millets (Arikalu) and Little millets (Saamalu) for three days each, and then Foxtail millets (Korralu), Barnyard millets (Oodalu), Browntop Millets (Andu korralu) each one day.
2. Browntop Millets (Andu korralu) should be soaked for minimum 4 hours, and pther millets should be soaked atleast for 2 hours (it is fine even if soaked for more hours). They should be cooked with the same soaking water. Using millets, all items like idli and roti can be prepared in a similar fashion by using rice.
3. Herbal decoctions of Turmeric, Garika and Palm leaves should be consumed as one variety each week.
4. Palm jaggery or Date palm jaggery should be used.
5. It is a must to walk for two hours (one hour in the morning and one hour in the evening) every day, even if it is slow walk. By using millets, knee pain and arthiritis pain will gradually reduce and we gain the strength to walk.
6. Use medicines by consulting your Homeo/Ayurvedic doctors in near by hospitals.
7. Two spoons of slightly roasted sesame seeds should be consumed each week, or sesame laddoos can be taken. Sesame seeds contain 10 times more calcium than milk.
8. Wood cold press oils should be used for cooking.
9. Use only Sea salt for all millets' dishes.





# PRAGATI GROUP 25 Years Celebrations

Launch Of

## Amrutha Ahaaram

Manasa (Siridhanyalu), Vacha (Kashaayaalu), Karmana (Ganuga nune)  
and Thati Bellam brings Trikarana **Shuddhi, Siddhi** and **Buddhi**

Jaise Ann Aise Mann

Jaise Agni Aise Vaak

Jaise Ras Aise Khoon



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## CHAIRMAN' MESSAGE



**Asathoma Sadgamaya**

**Tamasoma Jyothirgamaya**

**Mrutyoma Amruthamgamaya**

### **Satyameva Jayathe...Yad bhavam tad bhavathi**

My life's movement from an Engineer-Industrialist to an Architect of India's first and unique Pragati Biodiversity Knowledge Park has been remarkable and impactful. I owe my success and achievement to my parents, siblings, teachers and all well-wishers. My original goal to create Vyadiraitha Samajam, and free the world of two threats of Pollution and Hunger has been realized to the greatest possible extent with more needs to be done through combined initiatives and support of governments, leaders, NGOs and citizens of India.

A farmer cultivates and produces food grains. He serves the society by meeting its food requirements. His hand is always giving and all others are in receiving position. A farmer produces Amrutha Aahaaram through which the health and happiness of people for now and of the future generations is protected and safeguarded. This basic objective I have realized to fruition at Pragati. The land where Pragati was established was earlier a No-Go area where even lizards wouldn't lay eggs. It was a limestone quarry depleted of water resources and barren as trees were completely absent. It took us nearly a decade to restore greenery in the area, and make it totally free of bacteria, virus and mosquitoes. Pragati stands testimony to how focused and dedicated efforts through Pavithra Vrukshalu (sacred herbal, herdicinal and aromatic plants) natural farming, water harvesting, root-zone plantation and 3-Rs (reduce, reuse and recycle) how a waste land can be converted into green area with rich biodiversity and pollution free environment.

The seeds of my entrepreneurship started during my student days. While doing my second year of Engineering degree I met Dr VRK Rao from IIT Mumbai. It was a turning point of my life. I could learn different practical trades and become an expert in design, metallurgy, and fabrication.

My first work position was with M.M. Suri, a locomotive company. Within two years I was made the In-charge for designs and manufacturing unit in Pune. Later, I started my own industry McFab Engineering Works. However, at my core I am always a farmer, and the childhood days in paddy fields, streams, rivers and nature left deep and memorable experience of nature's beauty, purity and bliss.



During the earlier days, wealth flowed from towns to villages, I am a witness to this. Then, the farmer had all the prosperity and titled as Rythe Raraaju. I have seen the reversal of farmer's fate with introduction of high yielding varieties, chemical fertilizers and pesticides. Farmers have now turned into beggars, and diseased. The farmer who once distributed Amrutham to people is now forced to give poison, hitting hard on the health and well-being of present and future generations. All this is leading to farmers' suicides all over the country. This touches my heart, and my aim is to reverse this scenario by promoting the growth of Vanamoolikalu (sacred herbal and medicinal plants), heritage cows, and Amrutha Ahaaram (Siridhanyaalu, Ganuga Nunelu, Kashaayaalu and Thati Bellam). My objective is two fold, restore the recognized, noble and superior position of the farmer in India, and creating a health and happy individual through Amrutha Ahaaram.

Pragati' focused goal is to re-discover and bring back Sanatana Dharma (Universal Law) to the society. Sanatan is ageless, timeless and forever youthful. Pragati draws its profound philosophy from Lord Srikrishna who is standing under the tree. The cow and its calf are also beside him. This means that the tree and cow are the basis of human life, which are also the vanamoolikalu (kalpavruksham) and avulu (kamadenuvu), the prana pradaatas (life givers) and aarogya pradatas (health givers). Vruksho Rakshita Rakshitaha and Gow Samrakshana, i.e. by protecting and promoting sacred trees and the avulus the two threats of pollution and hunger, which our world confronts now, can be overcome. We believe that, IF WE PROTECT NATURE, NATURE WILL PROTECT US.

In 1991, when we established Pomex Steels at Titlagar, Bolangar District of Orissa there where highest number of hunger deaths. We took the initiative to provide work to the local people, organized skill development programs to youth and adopted more than 15 villages to carry out economic development activities. From Rs.2/- as their wages, we have increased it to Rs.90/- The people of 15 villages who were predominantly tribals were provided with skills, clothes, food and work. The face of these villages was completely changed

In 1994, Pragati was established with the sole objective to protect our biodiversity and environment. We draw inspiration from Lord Shiva who puts snake around his neck and rides a bull. Goddess Parvati's vehicle is lion, Lord Ganapathi has the mouse and Lord Kumaraswamy has peacock as the vehicle, this is the cultural significance of biodiversity. As we are now at a point of time where nuclear families are giving way to single parent families, the importance of mutual dependence as seen in nature and its rich biodiversity is fast forgotten by us. In the name of infrastructure development, we have been



cutting down forests, and encroaching on the animal habitats. Pragati' biodiversity aims to revive Live and Let Live, by establishing human connection with trees, animals and nature. Due to release of CFCs and toxic fumes the Ozone layer above the Earth has punctured, leading to "Amrutha Kiranalu" changing to harmful radiation that causes skin cancer. For all this, biodiversity and its protection is the only solution. And, once biodiversity is established, the Earth will be free of all natural calamities, pollution and hunger. Recognizing the inordinate contribution of Pragati to nature and biodiversity, UN Convention on Biodiversity 2012 held in Hyderabad allotted 6 sessions to Pragati Biodiversity Knowledge Park., United Nations Convention declared Pragati as the model for Biodiversity, and appealed to 650 mayors of the world to follow it.

Pragati was established in 1994 includes 18 villages. This was a NO-GO Area of dry and arid land, earlier a limestone quarry where trees were cut, the sand and lime were dug-up and sold on auction basis. We have transformed Pragati into a globally renowned man-made Biodiversity Knowledge Park. Pragati spread over 2500 acres has more than 800 varieties of herbal and medicinal plants, sacred vanams and heritage cows. The Pragati Biodiversity Knowledge Park brings to light the Bharatiya Rishi Samskriti and Vedic living practices, and visited by scores of national and international visitors received many awards but never any rewards.

**Dr G.B.K Rao**

Chairman & Managing Director  
**Pragati Group**



## FOREWARD



If we take proper food, there will be no need for medicine. The medicine that we take during the course of treatment for a disease will not work effectively, if the food is not proper. Through this book "Amrutha Ahaaram" the profound message of our leader and mentor Dr G.B.K Rao CMD Pragati Group - "Vruksho Rakshati Rakshitaha" will be realized and reinforced.

I strongly believe that, this book offers the best way to bring complete harmony between our diet, health and wealth.

In 1950, India had 35% of forest area. Now, it has come to only 8%. The rapid decrease in the forest area in the last 70 years is due to mechanized food production, and too much of emphasis on meat production. This has lead to extreme pressure on natural resources and high level of environmental pollution.

In these circumstances, the way out is to give-up Tamas-Rajas foods, and start taking Satvik food. This book is timely, and need of the hour, as it provides complete guidance on right food and healthy diet to all.

### **Dr Khadar Vali**

Renowned Independent Scientist,  
Health & Diet Expert, Founder of Atavi Krushi.  
Mysore, Karnataka.



## FOREWARD



With unliveably-polluted Delhi a potential MOHENJO-daro and our major glacier-fed Himalayan rivers under the real threat of drying up with global warming, the PRAGATI GROUP must surely be warmly embraced for having walked the lonely road of catalysing nature's bounty rather than ruthlessly exploiting it, for a quarter of a Century. All illustratively encapsulated in the now famous PRAGATI RESORTS and their abundance in medicinal, aromatic and exotic plants.

PRAGATI's latest initiative is promoting the consumption of millet, a native of the poorest lands but superior on most dimensions to other cereals, through "AMRUTHA AAHARAM", and affordable and healthy food. This food and a book on it are being launched on 28th October, 2018.

My congratulations and best wishes to GBK and the PRAGATI FAMILY.

**J.M. Lyngdoh**

Former Chief Election Commissioner  
Government of India





## FOREWARD



It is wonderful that M/s. Pragati Group has put together its vast wisdom about herbs and organic food into this book 'Amrutha Aaharam'. Congratulations to Dr. GBK Rao who is a passionate herbalist himself, for taking this important initiative.

The relationship we all share with nature is incredible. Today we are keener than ever to consume natural foods and live a natural lifestyle. Making the conscious decision to experience the power of the 5 elements is an important step in that direction – and it starts with a Pure, High-vibration, Sattvic Diet.

Plants absorb vibrations from their environment. Organic herbs and plants grown without the use of chemicals, pesticides and fertilizers vibrate with higher energy. So whether it is organically grown herbs, spices or oils, we want them all in our diet. I appreciate that the book shows how common ingredients from kitchen shelves can be combined with nature's goodness to prepare food.

Dr. GBK Rao and his team have nurtured every inch of greenery at the Pragati Herbal Healing Garden Resort with thoughts of love and respect. Thanks to their commendable efforts, anyone who enters the resort can instantly feel the positive vibrations, connect with nature, silence the mind and rejuvenate.

With 'Amrutha Aaharam', Pragati Group is helping us choose a diet healthy for the mind and body both. I am sure readers will enjoy their journey of exploring the world of herbs for natural nourishment and healing.

**Brahma Kumari Shivani**





## FOREWARD



I am delighted to write this foreword, not only because Divine Brother Dr. GBK Rao has been a friend for many years, but also because I believe deeply in the educative value of core concepts of Indian Vedic culture i.e., "Vruksho Rakshati Rakshita – Gow Samrakshana : Kalpa Vrukshalu – Kamadhenuvulu" which are Prana Pradaataas and Arogya Pradaataas'.

I also congratulate him for bringing out this Book namely "AMRUTHA AAHARAM" comprehensively covering the invaluable health tips for all ages. Hippocrates quoted, "Let food be thy medicine and medicine be thy food". he advised people to prevent and treat diseases first and foremost by eating a nutrient-dense diet.

More than anything else in our lives, the foods we regularly eat help determine whether or not we will become ill, or remain healthy into older age. This book will offer everything one needs to know about using food to promote health and prevent and treat illness.

The book is a reminder that poor dietary choices are a major element in the exploding issues of chronic disease. What nutrients does the body need for healthy functioning? What foods have these nutrients? What is a balanced meal? All these components make it a must read.

I convey my best wishes on its first edition and hope that Supreme Being Godfather showers upon you His Blessings for success in this new endeavour.  
With best wishes and thoughts divine,

With love and Regards,  
Your Spiritual Brother

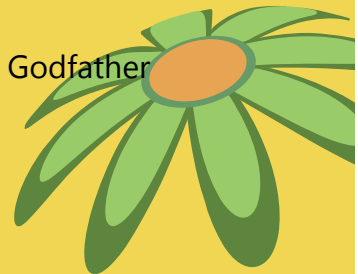
**BK Mruthyunjaya**

Executive Secretary

Brahma Kumaris, Mount Abu

Mob: +91 9414154848

<http://www.brahmakumaris.com>



## FOREWARD



I am happy to know "Pragati Group" has reached its 25th milestone in its journey of conservation and promotion of Biodiversity. My Heartiest Congratulations!

Dr GBK Rao has been preaching and practicing successfully the core concepts of Indian Vedic Culture - "Vruksho Rakshita - Gow Samrakshana: Kalpa Vrukshalu - Kamadhenuvulu" Which are Prana Pradaataas and Arogya Pradaataas.

It is true that Amrutha Ahaaram is the ultimate, which brings Manasa, Vacha, Karmana and Trikarana Shuddhi that in turn leads to Siddhi and Buddhi.

I am happy to note you - Pragati Group - are launching Amrutha Ahaaram on 28th October 2018 at Sampradaya Vedika, Shilparamam, HITEC City, Hyderabad.

I am also happy to note that you are also bringing out a book "AMRUTHA AHAARAM" comprehensively covering the information on millets, Cold Press Oil, Herbal Juices, Palm Jaggery besides invaluable health tips for all ages.

By so doing you will be convincingly establishing Food is Medicine.

May I congratulate you for continuing your unique contribution to health of the body, mind, spirit of the human as well as promoting health of the planet.

With Kind Regards and Best Wishes,

Yours Sincerely,

**D.R.Kaarthikeyan**

Recipient of Padma Shri  
Former Director, CBI



## FOREWARD



Dear Dr GBK Rao garu,

It gives me immense pleasure to note that PRAGATI GROUP reached its 25th year milestone in its journey of conservation of Biodiversity. I heartily congratulate you and your team in your efforts to make this possible.

I appreciate the initiatives of PRAGATI GROUP which has been in forefront propagating the importance of plants and Biodiversity since its inception. Its special emphasis on native herbal medicinal and aromatic, mosquito repellent plants, sacred vanams besides rare and exotic plants is praiseworthy.

I strongly believe that the praxe of age old Indian Vedic culture and its core concepts of Vuksho Rakshati Rakshitaha - Gow Samrakshana is only the answer for our healthy, wealthy and prosperous living. Your efforts all these years in this direction are noteworthy.

Glad to note that PRAGATI is now venturing into another important aspect of 'AMRUTHA AHAARAM' - an affordable and healthy food (Millets) for all and launching on 28th October, 2018 at Hyderabad. And also bringing a Book namely "AMRUTHA AHAARAM" on this occasion which provides comprehensive information on Millets (Siri Dhanyaalu), Cold Press Oil (Ganuga Nunelu); Herbal juices (Kashaayaalu), Palm Jaggery (Thati Bellam) besides health tips.

I heartily congratulate you and your Team on this occasion and wish you many more successful milestones.

With warm regards,

**D Lakshmi Parthasarathy** I.A.S (Retd)

Chairperson & Managing Director

Amaravati Development Corporation Ltd

Govt of Andhra Pradesh



## FOREWARD



Dear Dr GBK Rao garu,

I am very glad to note that PRAGATI reached its 25th year milestone in its pursuit of Green Mission. I wholeheartedly congratulate you and your PRAGATI family, your well wishers who have placed PRAGATI at this glorious position.

As a Doctor by profession and Executive Vice Chairman of "SWACHANDHRA MISSION" I have been striving with passion to drive the State to be sanitized, healthy and livable. Out of the innate love for Nature I visited Pragati couple of times having heard about your green initiatives for propagation of Nature, herbal, medicinal, aromatic and mosquito repellent plants and Sacred Vanams which are the lifelines since the times of our Vedic culture.

One should appreciate the efforts of Pragati and its outstanding contribution towards promotion and conservation of Biodiversity. It is quite laudable that PRAGATI envisioned the importance of Biodiversity and has been working in that direction since 1994 to bring back the legacy of Indian Vedic culture with the core concept of "Vruksho Rakshati Rakshitaha - Gow Samrakshana" for a healthy, wealthy and happy living.

I am glad that, with a step ahead, PRAGATI now taken up another equally important and core concept of 'AMRUTHA AHAARAM' - an affordable and healthy food (Millets) for all and launching on 28th October at Hyderabad. I congratulate you for bringing the Book namely "AMRUTHA AHAARAM" on this special occasion which comprehensively covers among others, the information on Millets (Siri Dhanyalu) Cold Press Oil (Ganuga Nunelu); Herbal Juices (Kashaayaalu), Palm Jaggery (Thati Bellam) besides invaluable health tips for all ages.

I once again heartily congratulate you and your Pragati family on this special occasion and wish you an outstanding success in all your future endeavours on your way ahead.

**Dr C.L.Venkat Rao**

MS, FRCS (UK), F.R.S.M (London)

Executive Vice Chairman

Swacha Andhra Mission

Govt of Andhra Pradesh



## FOREWARD



Sir Good morning,

I am really impressed to spend so much time learning your passion to rebuild one most important aspect of our ancient Bharat Culture.

You will be a bridge to new era, as no organisation/ Govts are interested to save or develop in busy and worthless progress for money, power or political gain.

Hats off to your passion and dedication to the nature. Nageswarao a naturopath and Hamsayoga practitioner may be taken to the Pragathi and keep him there for few days, to take some inputs on the value of the wonderplants, jeevanadhara.

God bless you.

**Dr GSN Raju**

Senior Oncologist

NIMS











## PRAYER OF THE FOREST

MAN

I AM THE WARMTH OF YOUR HOUSE IN THE  
COLD WINTER NIGHT AND THE PROTECTIVE  
SHADE WHEN SUMMER'S SUN IS STRONG

I AM THE FRAME WORK OF THE ROOF TO  
YOUR HOUSE AND THE TOP OF YOUR TABLE  
THE BED IN WHICH YOU SLEEP AND THE TIMBER  
WHICH YOU BUILD YOUR BOATS

I AM HANDLE TO YOUR DOOR AND THE DOOR TO YOUR HUT  
I AM THE WOOD OF YOUR CRADLE AND THE BOARDS FOR  
YOUR COFFIN

I AM THE BREAD OF KINDNESS AND THE FLOWER OF BEAUTY

HEAR MY PRAYER  
"DESTROY ME NOT"

...UNSER WALD





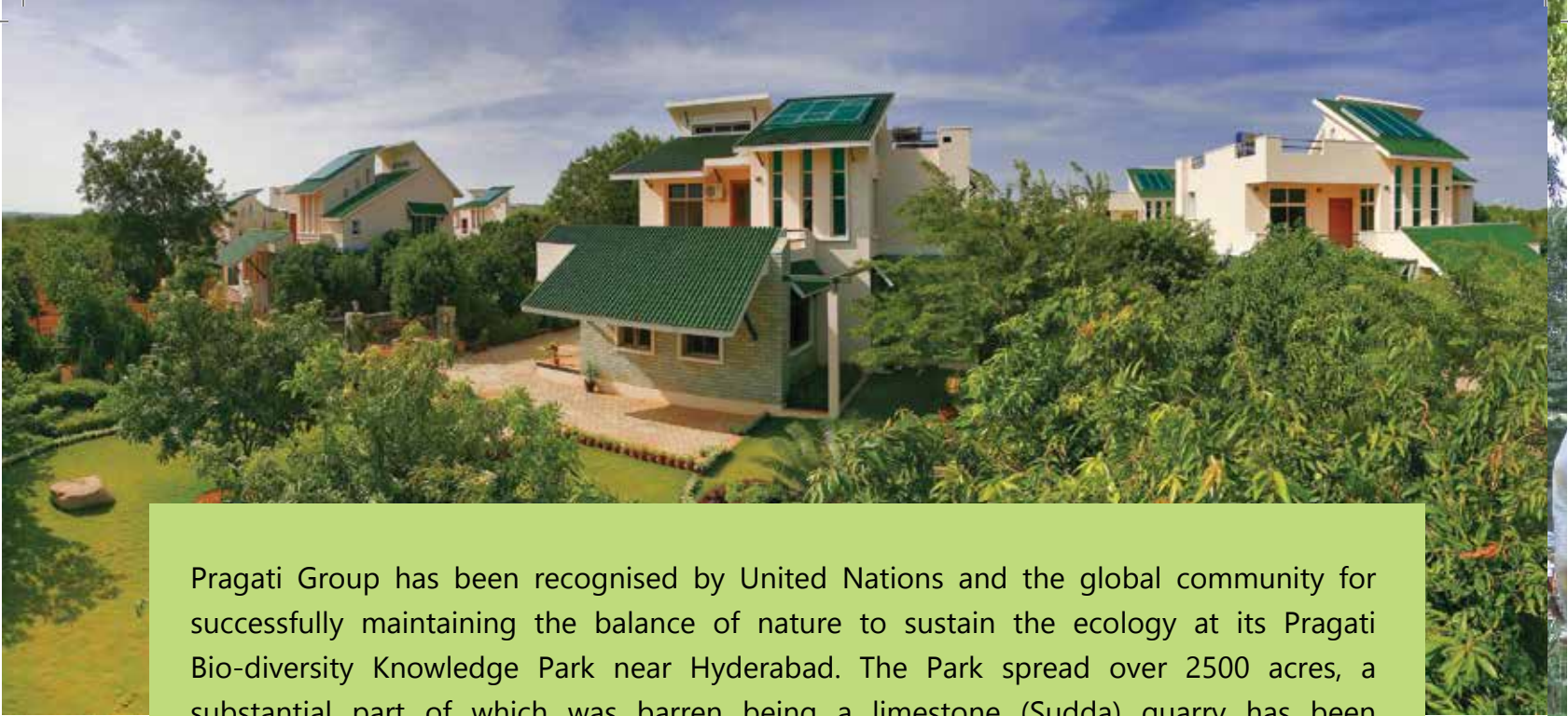


## ABOUT PRAGATI

**INTRODUCTION:** For thousands of years India has espoused the precious secret to health and healing. Significantly, the nucleus of an organization was born in 1994, consumed by passion to ensure India's medical heritage must take its rightful place as one of the world's greatest healing system. Pragati Group ushers the "Vyadi Rahita Samajam" by harnessing the health giving and healing power of plants.

Pragati Group's trailblazing legacy of two decades can be retraced to its profound reverence for safeguarding the purity of the Pancha bhootas, the five elements of Indian ethos- air, water, fire, earth and sky. And their deep rooted belief for upholding the principles of 'Vruksho Rakshati Rakshitaha' and 'Gow Samrakshana,' viz., the significance of the cattle and the ecology as depicted in all the images of Lord Sri Krishna, which is the basis of leading a holistic life, full of contentment and prosperity.





Pragati Group has been recognised by United Nations and the global community for successfully maintaining the balance of nature to sustain the ecology at its Pragati Bio-diversity Knowledge Park near Hyderabad. The Park spread over 2500 acres, a substantial part of which was barren being a limestone (Sudda) quarry has been transformed into a lush green, biodiverse, self sustainable living space based on the practices of Indian scientific traditions and sacred methodologies.

## **PRAGATI BIODIVERSITY KNOWLEDGE PARK**

Pragati Biodiversity Knowledge Park was established in 1994 includes 18 villages. Then a NO-GO Area of dry and arid land. Earlier, there was a limestone quarry at the location where the sand and lime were dug-up and sold on auction basis. Pragati spread over 2500 acres has more than 800 varieties of herbal and medicinal plants, sacred vanams and heritage cows. Pragati Biodiversity Knowledge Park brings to light the Bharatiya Rishi Samskriti and Vedic living practices, and visited by scores of national and international visitors received many awards.

## **VANAMOOLIKALU**

800 varieties of such sacred herbal heritage medicinal plants, other rare Mother plants and trees which are our age-old Prana Pradaatalu and Arogya Pradaatalu have been arranged into sacred vanams at Pragati. These Pavithra Vrukshalu (sacred vanams) such as Trimurti Vanam, Panchabhoota Vanam, Panchavati Vanam, Navagraha Vanam, Nakshatra Vanam, Rasi Vanam, Saptharishi Vanam, and 21 Vinayaka Patrikalu are planted at Pragati to get the desired impact as enshrined in our Vedas to conserve our rich heritage. These healing herbs remove toxins and refresh an individual through aroma therapy. They have thereby enabled to make the area completely free from mosquitoes, bad bacteria and virus.

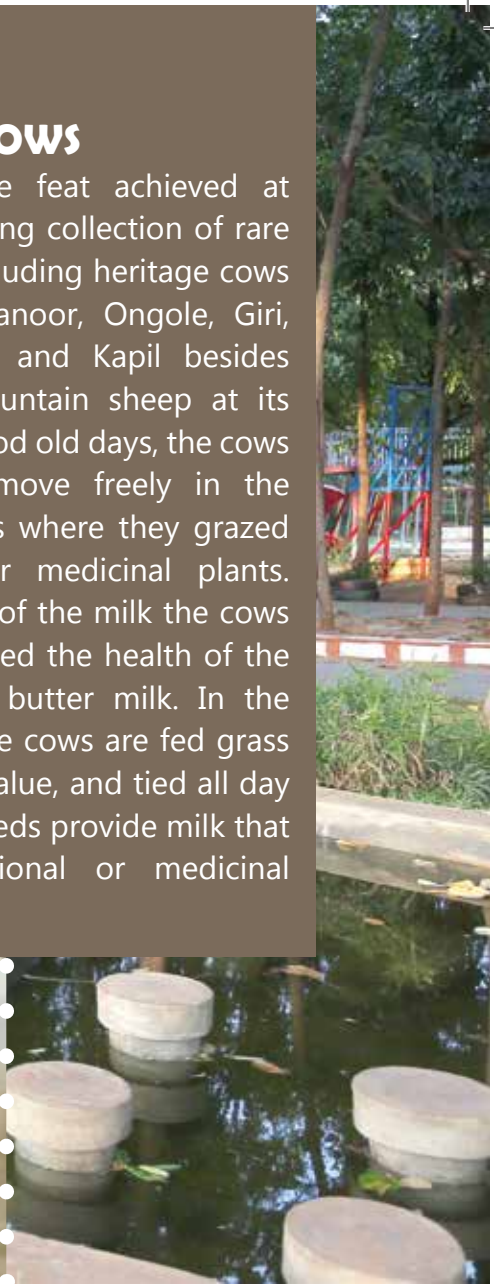






## AAVULU OR COWS

Another remarkable feat achieved at Pragati is the ongoing collection of rare species of cattle including heritage cows and bulls of Punganoor, Ongole, Giri, Sahival, Tharparkar and Kapil besides rare breeds of Mountain sheep at its Gowshala. In the good old days, the cows were allowed to move freely in the gardens and forests where they grazed on Vanamulikas or medicinal plants. These became part of the milk the cows provided, and secured the health of the people consuming butter milk. In the present times, where cows are fed grass with no medicinal value, and tied all day to remain in cow sheds provide milk that has neither nutritional or medicinal value.



## BIODIVERSITY

Pragati Sanjeevani Nursery boasts of more than 800 heritage medicinal plants and aromatic plants besides 100 varieties of vegetables and fruits. More than a billion seeds per day are produced from Mother Plants here. All in all Pragati has created one of its kind genome banks in the world for a wide variety of flora and fauna. There are more than 65 varieties of birds that found a secured habitat at Pragati as per the WWF survey. The place is cohabited by 15 to 20 rare animal species too.

## ROOT-ZONE PLANTATION

In India, more than three to four decades ago the rivers were flowing in full 365 days of the year. Now, the rivers flow in full only when there are rains, and remain dry for most part of the year. If this situation continues, after 20 years 50% of the population will not have water to drink. Pragati has the experience and expertise in developing medicinal and herbal plantations along the catchment area. This is very important as water flowing from hills as little streams enters rivers and water cuts the roots to release the medicine into water. Plants like Triphala (usiri, tanikaya, karakkaya) and others which have high medicinal and herbal value are to be planted along the river banks. Pragati has the experience and expertise in developing medicinal and herbal plantations in the catchment area.

## ECO-FRIENDLY MEASURES

The craft village at Pragati promotes bamboo crafts, pottery, wooden toys, metallurgy, and gardening. A number of training programs are organized at the craft village for skill development and employment. Pragati is a pioneer in the adoption of 3-Rs which refers to Reduce, Reuse and Recycle. Pragati's STP (sewage treatment plants) convert sewage into water which can be used for plantations. By eco-friendly processes, medicinal and herbal plantations, water harvesting and landscapes have all contributed to the reduction of resorts climate by 5 degrees C in summer. Significantly, Pragati is free from soil, water, air, sound pollution.

## SOIL TREATMENT

According to UNEP 89.6% of agricultural land on this planet is having pollutants viz. arsenic, lead and mercury. In Hyderabad, this level of pollution was earlier seen in Musi river bed (89.8%) only. Not it is seen all over India. Preparing the soil for millets cultivation includes, furrowing the soil, spraying Aranya chaitanya dravakam, disbursing navadhanyas, then sowing andu korralu. This process leads to growth of millions of microbes in the soil.

## BHARATIYA SAMSKRITI AND PRAKRUTI

India has festivals and foods as per the seasons/rutus, and foods prepared as per the climate conditions. Prominent foods consumed include millets, kashaayaalu, thati bellam, steam cooked food in mud utensils and copper vessels. During the harvesting season and during Sankranti festival after sprinkling water mixed with cow dung called kallapu jalluta, the gardens are enriched with Rangoli and Gobbemmalu. Gorintaku and turmeric are applied on feet and hands.

## UN CONVENTION ON BIODIVERSITY (2012)

The contribution of Pragati has been recognized by United Nations Convention on Biodiversity at the Cop 11, MoP11 held in 2012 in the presence of 650 city mayors of the World. The UN Convention held in Hyderabad allotted 6 sessions to Pragati Biodiversity Knowledge Park., United Nations Convention spent 6000 crore and the then united state of Andhra Pradesh spent 500 crore for the 19 day program in Hyderabad.

## GARDENING:

The plants can grow in 4 inch depth soil, where any house cannot say they don't have space. For walls, vertical gardening and for roofs it is roof gardening, and hanging gardens also. Just six inch soil is enough to grow mosquito repellent plants and medicinal plants which can be used from health point of view – herbal tea, herbal juices, herbal salads, herbal curries and herbal food. Pragati can provide



training to scores of people in growing and nurturing these indoor plants. No one can say that, they have no space for plants and gardening. Regarding gardening, every house is to be designed in such a way as per Vasthu. Vasthu means to develop constructions as per the direction of light, wind and water.

## **SMART CITITES TO GARDEN CITIES**

In India, the pollution levels are on the rise. The plastics industry, hospitals, e-waste, preservatives and chemicals industry, sprays and cosmetics, toys, clothes, hair-dyes, electronics and paints industries which use toxins like lead are emerging as the major contributors to pollution. Pragati's Biodiversity Knowledge Park provides profound knowledge of sacred heritage plants and heritage cows to students and general populace visiting the place. Sacred herbal and medicinal plants are arranged as vanams and the aroma released from the flowers cleanses the body of toxins and makes everyone healthy, happy and joyful. The inordinate linkage between Bharatiya Samskriti and Sacred vanamoolikalalu is established by Pragati Biodiversity Knowledge Park.

## **QUALITY STANDARDS & ORGANIC CERTIFICATIONS**

Pragati has achieved the quality standard of ISO 9001:2018, ISO 14001:2015 & OHSAS 18001:2007 and organic certifications. Accordingly, 65 varieties of tests are carried out at Pragati every 6 months. The latest air quality index (AQI) reveals Delhi (307), Hyderabad (136) and Pragati (9).

## **AN INSPIRATION FOR SURROUNDING VILLAGES AND MANDALS TO GO-GREE**

Pragati has come to cultivate and promote Sacred, Heritage, Medicinal, Herbal and Aromatic plants that were present in India 750 years ago. Pragati Bio diversity Knowledge Park encompasses 18 villages. Pragati sensitized the villagers in the area on plantation and conservation of trees. Otherwise the people there were cutting down trees (Neem, Chandra and Moduga) that came up by bird droppings. The whole area became barren due to cutting of trees. With a 5-year agreement with farmers Pragati brought back greenery and trees to the region. Pragati introduced the incentive of paying Rs. 1000/- for conserving these trees to the villagers while buying land from them.

## **THE VALUE OF A TREE IS 461.66 LAKH RUPEES**

The value of a 55 year-old tree is 461.66 lakh. This was stated by United Nations Environment Program (UNEP) in 2012. However, we have been cutting down the trees without knowing their high value. 750 years ago, in our country there were 1000 trees per person. Due to rise in the population and cutting down of trees, the number of trees has drastically fallen. If there are 8900 trees in Canada, there are only 716 in America, and 102 in China.

## **GIVING LIFE TO TREES THROUGH TREE TRANSPLANTATION**

Due to expansion of roads, the age-old trees are being cut down. 10 years ago, we identified a 90 year old Juvvi tree, which was cut down. We brought it to Pragati and re-planted. Now, this tree is growing with full greenery. 2600 saplings were nurtured from this tree at Pragati. In 2017, the 23 Banyan trees that were cut down due to road widening were brought to Pragati and replanted. Of these the 21 banyan trees survived and now in full green. The value of a Banyan tree is that, if one goes around the tree for 108 times, the hormonal imbalances in the body are set right. The Banyan tree has an aura of 12.5, and humans have an aura of 1.75. When we go near a Banyan tree, our aura increases to 2.5. So, by moving around a Banyan tree our energy levels are increased. In the ancient times, only trees were worshipped, and different ceremonies were performed.



## RESEARCH AND DEVELOPMENT IN AYURVEDA

For the last 15 years, at Pragati we have identified some vital medicinal and herbal plants for research and development. We have found that for Muscular Dystrophy, the bark of Mamsarohini tree, aged honey and ghee have proved to be very effective. Our Arthonorm oil has brought miraculous cure to knee pain condition, which will do away with the need for knee replacement surgeries. All this speaks of Pragati' concrete steps to create a disease-free society. At Pragati, Dr Koppula Hemadri' (renowned taxonomist) discovered a herb, and named it as *Urgenia raogbk*. Still experiments are going on this new discovery. This herb is considered to have many curative properties, and helpful in the treatment of breast cancer.

## The value of a tree is 461.66 lakh rupees

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## Giving life to trees through tree transplantation

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URGENIA RAO GBK PLANT



MEDICINAL FLORA OF PRAGATI RESORTS



## NATURE WALK

Pragati includes over 2500 acres of verdant settings. The breath taking Nature Walk here under the beautiful blue skies, the cattle grazing over green meadows, the serene landscapes, the gentle breeze of trees exuberating a sweet floral fragrance, the cascading waterfalls, the gushing streams, the colourful fishes steering their fins across the pond, the butterflies and the honey bees hovering around the host of colourful flowers in the gardens and farms, the chirping birds and innumerable peacocks fluffing their feathers in sheer ecstasy create a natural symphony that would make every day of your life special.

## PROMOTION OF NATURAL FARMING

Pragati has been working for the protection and conservation of biodiversity, environment and forests. Pragati was the first to introduce (1998) Water Harvesting in Andhra Pradesh. Pragati was also the first to introduce Subash Palekar, the pioneer of Zero Budget Natural Farming to AP. At that time Pragati successfully conducted the 5-Day Palekar Programs with Department of Agriculture. Then, Mr. Raghuveera Reddy who was the Agriculture Minister and Mr. Ajay Kalam who was the Principal Agriculture Secretary and Mr. Ashok IAS, Commissioner of Horticulture appreciated Pragati's dedicated efforts.





# Amrutha Ahaaram



Amrutha Ahaaram includes Millets, Herbal Decoctions (Kashaayams), Oil drawn from wooden cold press, and Thati bellam. By taking Amrutha Aahaaram, people will get healthy, wealthy, happy and joyful.

As part of Corporate Social Responsibility, a one-day Training and Skills Development Program was conducted on the Cultivation of 5 Millets or Siridhanyaalu - Foxtail millets (Korralu), Browntop Millets (Andu korralu), Little millets (Samalu), Barnyard millets (Oodalu) and Kodo millets (Arikalu).

Dr Khader Vali, renowned Independent Scientist and Millets expert from Mysore visited Pragati Resorts. He shared his research and findings in Millets, Herbal Decoctions, Wooden cold press oils and Thati bellam. He was overwhelmed by the sea of sacred vanamoolikas and their importance in preserving the health and happiness of all. With his inspiration and guidance Pragati has launched its Amrutha Ahaaram to bring the benefits of Dr Khader Vali's research and findings to everyone. Training facilities were created and training provided to local farmers in the preparation of Dr Khader Vali's Atavika Chaitanya Dravakam, and in the processing of millets (removing the husk) at home.

**"Jaise Ann,  
Aise Mann"**



## INTERNATIONAL CHEF'S DAY AT RESORTS

On 15th October 2018, International Chef Day Celebrations were held at Pragati Resorts. More than 40 renowned Chefs of the Hyderabad region participated in the Celebrations. Dr G.B.K Rao welcomed the Chefs to Pragati Resorts, and wanted all Chefs to meet only at Pragati for every International Chef Day. As advocated by Dr Khader Vali, the food items made of Millets, Herbal Decoctions, Wooden cold press oils and Palm jaggery were prepared by Chefs. It was mentioned how we have forgotten our healthy food practices as existed 750 years ago, with the Chefs' responsibility to rediscover our ancient healthy foods and bring health, happiness, peace and joy to the present and future generations.



**Amrutha Ahaaram**



All the farmers from the local villages attended this training program. Mr. Baalan, the team member of Dr Khader Valli (Independent Scientist, Millets Expert) Mysore took the lead and conducted the Training Program.

## THATI BELLAM

Pragati processes high quality thati bellam from the fruits of palm trees grown naturally in its palm plantations. Thati bellam is available at Pragati Bio-pharma. There are more than 20,000 palm trees (Thati chetlu), more than 5000 Fishtail Palm trees (Jeeluga), and more than 10,000 dates trees (Eetha chetlu). In Thati Bellam the Fructose content is more, so beneficial for diabetics. Thati Bellam or Palm Jaggery is made from the fruits of palm trees. It has no chemical agents and hence all the natural mineral salts are retained without adding any preservatives or chemicals. Since the ancient times Thati Bellam was used to treat problems such as dry cough, common cold and asthma. It is a wonderful energy booster for both adults and children, and a healthy substitute for white sugar. Palm jaggery is rich in vitamins and minerals and especially it is rich in Vitamin B, magnesium, potassium, iron, phosphorous, zinc and calcium.

"20,000  
Palm Trees  
at Pragati"





## TELANGANAKU HARITHA HARAM

Pragati has been playing a major role in the state government's Telanganaku Haritha Haram program. In 2017, Pragati has planted 75,000 medicinal and herbal plants. So far, Pragati has planted more than 30.0 Lac sacred and heritage trees and distributed more than 1.5 crore saplings to organizations and individuals.

In 2016, Pragati has planted 1, 17, 500 saplings and distributed more than 50, 000 saplings as part of Telanganaku Haritha Haram program. PRAGATI's objective is to provide right plants at the right place, and suitable for roads, parks, gardens and indoor beautification. To do so, Pragati has been driving awareness programs for the public and organizing plant exhibit and sale of medicinal and herbal plants at all GHMC parks.



## SWATCHA BHARAT

Dr GBK Rao CMD Pragati Group received the Swachh Bharat Award on medicinal, Herbal and Aromatic Plants from Shri N Chandrababu Naidu, Hon'ble Chief Minister of Andhra Pradesh. This recognizes the contribution made by Pragati Resorts towards Swachhata Movement & Greenery Development under Swachh Andhra Mission. Dr GBK Rao received the award on the occasion of Gandhi Jayanti, 2nd October 2017, at Vijayawada, Andhra Pradesh.



Amrutha Ahaaram



## LIVE AND LET LIVE

Now, Pragati takes an opportunity to provide its Vedic knowledge and biodiversity wealth to all places. With the concept of LIVE AND LET LIVE Pragati aims to establish biodiversity parks at many locations of India. All realized by Pragati's core philosophy of Vruksho Rakshita Rakshitaha and Gow Samrakshana. We are at a juncture of time when the whole world looks towards India for panacea from different diseases, imbalances, sicknesses and catastrophes of global scale. It is time we open our eyes, and understand the profound message of India's Vedic culture and Rishi Sanskriti which promotes the development and man and biodiversity. The "Live and let live" as propounded by Pragati will be understood by all, who will follow it in letter and spirit.

### Vision

To create innovative and economically viable garden cities, where every individual in the world enjoys abundance of nature

### Mission

To create an ecologically balanced environment to inspire every individual to become socially responsible to create systems and new technology to sustain and maintain garden cities

### Values

Joy, Abundance, Balance, Social Responsibility and Innovation



Dr G B K Rao' Talk on International Biodiversity Day 2018  
<https://www.youtube.com/watch?v=Ke8Cs0GBS7M&t=353s>



## LUNIQUE FEATURES

Our Resort is certified by ISO 9001:2015 (Quality), ISO 14001: 2015 (Environment) and 18001 (Occupation Health & Safety)

The Resorts spreads over 85 acres. It is part of 2500 acres of greenery, fruit bearing trees, herbal and medicinal plants.

Each tree has an aura around it, hence called as Devata vrukshalu. If ordinary plants have 2.0 aura, Banyan tree has 12.0 the highest aura. Our aura which is 3.5 changes to 4.5 when we move around (pradakshina) the banyan tree. This reflects the inordinate physical and spiritual connection between man and trees.

Pragati has planted more than 330000 trees in the area. Proportionally, for each room at Pragati there are 33,000 trees.

The contribution of Pragati has been recognized by United Nations Convention on Biodiversity at the Cop 11, MoP11 held in 2012 in the presence of 650 city mayors of the World. Pragati's work has been recognised through more than 300 State, National and International awards.

Pragati's pioneering work in gardening, root-zone plantation, rain water harvesting, and drip-irrigation, natural farming, landscaping and horticulture, and creating mosquito-free spaces has been recognized through national and international awards and certifications.

65 varieties of tests are carried out at Pragati every 6 months. The latest air quality index (AQI) reveals Delhi (307), Hyderabad (136) and Pragati (9).

The objective of India's Swachh Bharat' can truly be achieved only through the replication of Pragati Vidhanam in all the villages, towns, cities and Metros across the Country.

All in all Pragati has created one of its kind genome banks in the world for a wide variety of flora and fauna. There are more than 65 varieties of birds that found a secured habitat at Pragati as per the WWF survey. The place is cohabited by 15 to 20 rare animal species too.



Pragati Bio Pharma has discovered a unique herb with medicinal properties for prevention of Breast Cancer and named it as Urginea Raogibikei. It is in the process of getting recognition from Small Business Innovation Research Initiative (SBIRI) for its anti-cancer therapeutic qualities.

Pragati is a pioneer in the adoption of 3-Rs which refers to Reduce, Reuse and Recycle. Pragati's sewage treatment plant converts sewage into water which can be used for plantations. By eco-friendly processes, medicinal and herbal plantations, water harvesting and landscapes have all contributed to the reduction of resorts climate by 5 degrees C in summer.

Pragati has a collection of rare species of cattle including heritage cows and bulls of Punganoor, Ongole, Giri, Sahival, Tharparkar and Kapil besides rare breeds of Mountain sheep at its Gowshala

Pragati Sanjeevani Nursery boasts of more than 800 heritage medicinal plants and aromatic plants besides 100 varieties of vegetables and fruits.

The breath taking Nature Walk here under the beautiful blue skies, the butterflies and the honey bees hovering around the host of colourful flowers in the gardens and farms, the chirping birds and innumerable peacocks fluffing their feathers in sheer ecstasy create a natural symphony that

would make every day of your life special.

More than a billion seeds per day are produced from Mother Plants here. All in all Pragati has created one of its kind genome banks in the world for a wide variety of flora and fauna.

The sacred herbal medicinal plants arranged as per the direction of wind, sun and water create positive vibes. Weddings, get-togethers and parties held here are enriched by positive energy and aura of the sacred trees.

Sacred herbal and medicinal plants are arranged as Rashi Vanam, Navagraha Vanam, Nakshatra Vanam, Panchavati Vanam, Panchabhoota Vanam, Kadamba Vanam and 21 Ganapati Patrika Vanam. The aroma released from the flowers cleanses the body of toxins and makes everyone healthy, happy and joyful.

The Resorts has only 1% construction area and 99% greenery.

The inordinate linkage between Bharatiya Samskriti and Sacred vanamoolikalu is established by Pragati Biodiversity Knowledge Park.

The craft village at Pragati promotes bamboo crafts, pottery, wooden toys, metallurgy, and gardening. A number of training programs are organized at the craft village for skill development and employment.





# Testimonials

## VIPs observations on Pragati



This destination is very beautifully developed and the atmosphere is very pleasant and helpful for health and heart. This is truly a pleasurable and enjoyable place.

**B K Hirdaya Mohini**

Brahma Kumaris

Mount Abu, Rajasthan, India

Dear Dr Rao,

Upon my return to Montreal I wanted to convey to you my deep gratitude for the hospitality extended to me during my visit to Hyderabad. I was extremely impressed by your vision and the achievement of your unique medicinal plant resort which is unique in the world.

I look very much forward to the convening in April 2012 in your resorts of the meeting of the steering committee on Cities and Biodiversity, and I will be in touch with you on the details.

Kindly find attached the Communique issued by the Secretariat on the occasion of my visit to India.

Please accept, Dr Rao, the assurances of my highest consideration.



**Mr Ahmed Djoghlaif**, Executive Secretary,

UN Convention on Biological Diversity, Montreal, Canada.

October 2011

I was very much impressed by the very good work done here to restore and value biodiversity. It is a good model for others to follow.

**Mr Braulio F De Souza Dias**, Executive Secretary,

UN Convention on Biodiversity, Montreal, Canada.

May 2012



**Amrutha Ahaaram**



To someone like me, an intiate who's been Head of the Tourism Department, Government of India, this resort has just that extra significance. Here's an example of imaginative profile having set nature, as it were.  
In fact, one might add, in this case the most complete human beings have created the finest possible environment.

Mr **James Michael Lyngdoh**, Former Chief Election Commissioner, Government of India

Dear **Dr Rao**,

Greetings from WWF!!

Please find attached few images with description of faunal biodiversity seen in Pragati Resorts. These species were recorded during WWF's two-day National Conference in Pragati Resorts.

We would like to inform you that your campus holds great potential for research in floral and faunal diversity. With the extensive greenery and water bodies that have been created on your campus, animal species look at it as refugia among the surrounding degraded areas. The dry barren land has converted into green gold.

We commend and congratulate you for creating a lung for the city of Hyderabad. We would like to take up a week long study (diurnal & nocturnal) in your campus. The study will help us to come out with well illustrated brochure on biodiversity at Pragati.

Warm regards,

Yours sincerely,

**Farida Tampal**, State Director, WWF



Fascinating place. Don't want to leave, will come again for sure. Hats off to you GBK Rao garu, your team leadership and the team is fantastic keep growing. Show the World "Nature Protects if she is protected."

Mr **Hem Pande IAS**, Add. Secretary  
Ministry of Environment & CC  
Government of India

## LIFE POSITIVE ARTICLE





## LIFE POSITIVE ARTICLE

### A UTOPIAN LAND

Living in polluted environments and battling various lifestyle diseases has made urban dwellers look for alternatives. Hyderabad-based Pragati Group has come up with various initiatives to resuscitate the environment, says Ajay Chandra.

For thousands of years India has been a repository of precious secrets of health and healing. Although modernism and Western medicine have considerably dented the popularity of indigenous healing methods, there are visionaries who have resuscitated ancient Indian practices to enrich the lives of fellow human beings.

Dr G.B.K Rao, an industrialist-turned-environmentalist, strongly believes that Indian culture is an inalienable part of nature, and only when sacred herbal and medicinal plants and sacred heritage cows are protected, nature is protected, and man can lead a happy and healthy life.

Dr Rao's undying passion to preserve the cultural, environmental, and health-related heritage of India took shape in the form of Pragati Biodiversity Knowledge Park in Hyderabad. Founded in the year 1994, Pragati Group ushers in the concept of vyadhi rahita samajam (disease-free society) by harnessing the health-giving and healing power of plants.

The journey of Pragati from being a 'no go' area to a global biodiversity knowledge park was a long and arduous one. All eco-friendly measures undertaken at Pragati aim to realize the interconnection of our culture and nature. Spread over 2500 acres, it is visited by scores of national and international visitors and is home to more than 800 varieties of herbal and medicinal plants, sacred vanams (forests) and heritage cows.

Says Dr Rao, 'If nature is protected, the panchabhoota viz., ether, air, water, fire and earth are brought into balance. Unfortunately, due to the neglect of nature and high levels of pollution in India, the figure of 5000 plants per head has now come down to 28 plants per head. Land, wind and water have been polluted due to industrialization and uncontrolled exploitation of natural resources. The lofty goal to spend two per cent GDP for the protection of the environment and preservation of biodiversity is yet to be recognized.





## INDUSTRIALIST TURNED ENVIRONMENTALIST

Dr. G.B.K. Rao, an Engineer-turned-Environmentalist, is the Architect of Pragati Biodiversity Knowledge Park and the Founder Chairman & Managing Director of Pragati Group. He was born in an agricultural family at Repalle, Guntur District, Andhra Pradesh. This provided him knowledge of traditional farming. His early education at Vyasashram near Kalahasti provided with an early reinforcement of Indian culture, devotion, meditation and Vedic approach to knowledge.

After obtaining his Engineering Degree from Osmania University and he began his entrepreneurial stint. He started MECH FAB Engineering works (1980) at Pimpri near Pune, with first of its kind technology approved by international agencies viz. BAX COUNSEL, PDIL, LLYODS, Nagpur Explosives, Bureau Veritas India etc in the efficiency and operation and product standard.

In 1991, he established a Cobalt-Vanadium base high-speed steel plant Powmex Steels Ltd. at Titlagar, Orissa. With the setting up of this company, Dr. G.B.K. Rao could start exporting; apart from domestic consumption of what was once a heavily import oriented product.

During those days, he adopted 15 villages and imparted education, skill development to Rural youth in the areas of growing vegetables; modern agriculture methods, household industries etc thereby their living standards have been improved drastically. Then Chief Minister of Orissa Sri Biju Patnaik appointed Dr. G.B.K. Rao as Advisor to Government of Orissa for the skill development of the rural youth.

Dr G.B.K Rao is a man who changes the impossible to possible. Influenced by his rural childhood and Vedic schooling Dr. G.B.K. Rao used to think about the concept of Healthy, Happy and Joyful Living. He thought of the deteriorating Indian heritage, culture and the roots of Vedic way of living and the two potential threats for the living being on this Earth i.e., Hunger and Pollution. The answer for these two threats only Tree and Cow i.e., "Vruksho rakshati Rakshitaha" and "Gow Samrakshana."



For thousands of years India has espoused the precious secret to health and healing. Significantly, the nucleus of an organisation was born in 1994, consumed by passion to ensure India's medical heritage must take its rightful place as one of the world's greatest healing system. Dr G.B.K Rao's Pragati ushers the "Vyadi Rahita Samajam" by harnessing the health giving and healing power of plants. The inordinate linkage between Bharatiya Samskriti and Sacred vanamoolikalu is established by Dr G.B.K Rao at Pragati Biodiversity Knowledge Park.

Pragati has taken a gigantic task of identifying rare sacred herbal and medicinal plants. The valuable heritage plant treasure is planted in groups of specific importance. These Pavitra Vrikshalu (sacred vanams) such as Navagraha Vanam, Nakshatra Vanam, Rasi Vanam, Panchbhoota Vanam, Parijata Vanam, Kadamba Vanam, Sugandha Vanam, Ganapathi 21 Patrika Vanam etc are planted here to get the desired impact as enshrined in our Vedas. The aroma released by these plants cleanses the body of toxins and helps in creation of spaces free of bad bacteria, virus and mosquitoes.

The crowning glory of the group has been United Nation's recommendation to replicate Pragati's rich experience as declared by the present and former Executive Secretaries at UN Convention on Biological Diversity, Braulio Ferreira de Souza Dias (UN Executive Secretary, Convention of Bio-diversity) and Ahmed Djoghla (Former UN Executive Secretary, Convention of Bio-diversity) at the 11th Conference on biodiversity held in Hyderabad during 2012 urging the gathering of 650 mayors from 195 countries to do so.

Dr G.B.K Rao is now an authority on all matters relating to India's environment, biodiversity, vedic living & rishi samskriti, natural farming, sacred vanams, bio-pharma, reduce-reuse-recycle, yoga & meditation, naturopathy and spa, gardening & landscaping, and creation of mosquito-free spaces through promotion of medicinal, herbal and mosquito repellent plants. The CMs of two Telugu states recognized Dr G.B.K Rao' Pragati as a role model to follow. Shri K Chandrashekhar Rao, Hon'ble Chief Minister of Telangana asking people as to ' Why not we repeat Pragati' in Hyderabad and across the state. Dr G.B.K Rao's work at Pragati has been recognised through more than 300 State, National and International awards.

Dr G.B.K Rao Chairman and Managing Director is Hybiz's Legend for this week  
<https://www.facebook.com/624062987986838/posts/717155215344281/>







## VALUE OF THE TREE

A Tree absorbs 12 kg Co<sub>2</sub> and provides Oxygen for a six member family in a year

### one TREE (55 years old) contributes

- Rs. 6.82 Lakhs worth of Oxygen
- Rs. 1.95 Lakhs worth conversion of Animal flesh and Bones
- Rs. 6.5 Lakhs worth Soil fertility and controls soil erosion
- Rs. 100.46 Lakhs worth recycling of water and controlling humidity and Air temperature
- Rs. 84.30 Lakhs worth sheltering of Birds, Squirrels and Insects
- Rs. 261.62 Lakhs worth removal of SPM, Co & So, from Air

### Loss of One fallen Tree = 461.66 Lakhs

Protect Trees in turn they Protects us

Trees are stepping stone for progression

Plant more and more Trees for a better Environment



## TREES PER PERSON

United States	716
Canada	8,953
China	102
Russia	4,461
Pragati	5,000
India	28

Global Average 422

### Plant More Trees...Please

Based on 2014 Population Estimates and According to a recent study in NATURE



## AWARDS & RECOGNITIONS, CERTIFICATIONS

- Ministry of Food Processing Industries, Government of India issued an order to boost the growth Food Processing industry in Andhra Pradesh. Dr. G.B.K. Rao was a part of the then Task Force.
- Chief Minister of Orissa Sri. Biju Patnaik appointed Dr. G.B.K. Rao as Advisor to Government of Orissa for agriculture and skill development of the rural youth.
- Mr. P K Lahari-Chairman and MD of Coal India, Dhanbad invited Dr.G.B.K. Rao as Consultant / Technical Advisor for an Ecological Restoration Project.
- Pragati Biodiversity Knowledge Park's contribution towards conservation of Biodiversity has been acknowledged by the United Nation Convention on Biodiversity at the COP 11, Mop 11 summit held in Hyderabad in 2012 where Dr. G.B.K. Rao's was applauded by The UN convention Secretary General Braulio Ferera in the presence of 650 mayors of cities of the world. Dr. G.B.K. Rao was even asked by the UN Convention to take six sessions on man-made biodiversity at the Summit.
- Pragati has obtained two patents for sweet diabetic honey and another for MR-777, which reduces the Creatine Phospho-Kinase (CPK) level in children suffering from muscular dystrophy. Pragati is in the process of obtaining patents for many more formulations.
- Pragati Bio Pharma has discovered a unique herb with medicinal properties for prevention of Breast Cancer and named it as Urginea Raogibikei. It is in the process of getting recognition from Small Business Innovation Research Initiative (SBIRI) for its anti-cancer therapeutic qualities.
- Dr G.B.K. Rao received the Honorary Doctorate in Ayurveda from Association of Ayurveda Professionals of North America during the Ayurveda Marthanda Award, 2011.
- Dr G.B.K. Rao received the Honorary Doctorate for Environment and Rural Development from the Open International University, Colombo. Srilanka.
- Pragati has been adjudged for the Special Jury Award for Preservation and Promotion of Herbal Gardens, Indian Sacred Plants in 'Cities For Life' given by His Excellency Sri E.S.L. Narasimhan, the Governor of A.P. The event was witnessed by 650 mayors of 195 countries in 2012.
- Pragati received a Memento and a Gold Medal from the UN Executive Secretary, Convention on Biological Diversity, Mr. Braulio Ferreira de Souza Dias as well as a wide appreciation from various delegates of this International Meet 2012.
- Received National Award for "BEST Bio-diversity Project" from Shri M. Venkaiah Naidu, Hon'ble Minister for Urban Development, Government of India during the 12th National Convention & Real Estate Awards organized by NAREDCO in Delhi on 12th September'2014.
- Rolling Trophies in various categories for 9 consecutive years from 2009-2017 during the Garden Festival - Horti Expo 2017 from the Department of Horticulture, Governments of Andhra Pradesh & Telangana.
- Award for Excellence in the category of Eco-Friendly Tourist Destination for the years 2003-2004, 2005-2006, 2006-2007 and 2007-2008, 2011-2012, 2013-2014, 2014-2015 and 2015-2016 and "Best Maintained Three Star Hotel (State)" for the year 2010-2011 "Best Classified Hotel 3 Star" from the Tourism Department, Governments of Andhra Pradesh & Telangana.
- Dr G.B.K. Rao, CMD, Pragati Group received the ' GLORIOUS NANDI AWARD' from Sri G Jagadeeshwar Reddy, Hon'ble Minister for Power and Energy, Govt. of Telangana and P. Pulla Rao, Hon'ble Minister for Agriculture, Government of Andhra Pradesh and B Rammohan, Hon'ble Mayor of Greater Hyderabad Municipal Corporation at 'DREAM BULL SHOW' on 11th July'2017
- Dr. G.B.K. Rao, CMD, Pragati Group received memento from Mr. Nrupender Rao, Chairman CII Telangana on 8th March'2017 on appreciation conferred upon by CII-Telangana for having participated in Mega Plantation drive of the Telangana State Government under its Haritha Haram Programme.



- 'Excellence in Environmental Management' Award in 2008-2009 from Sri K. Rosaiah, Hon'ble Chief Minister of Andhra Pradesh, during 92nd Annual Award Function of FAPCCI held on 5th April, 2010.

- Certificate of Appreciation from the Andhra Pradesh Biodiversity Board in recognition of rendering exemplary services for conservation of Biological Resources and Sustainability of Biological Resources on 22nd May, 2011.

- Certificate of Recognition by Agricultural Department – Government of Andhra Pradesh for his encouragement of Natural Farming.

- Dr. G.B.K. Rao, CMD, Pragati Group received the ' All India Industrial Exhibition Jury Award for Exemplary Participation from Shri Mohammad Mahmood Ali, Hon'ble Deputy Chief Minister of Telangana and Sri E Rajender Hon'ble Finance Minister and at the 77th All India Industrial Exhibition, Nampally, Hyderabad on 13th Feb, 2017.

- Inspirational Leaders of New India 2013 at the event held at Las Vegas, USA organised by Planman Media.

- 'Talented Conservator Award' in recognition of his outstanding contribution in the field of conservation and propagation of medicinal and aromatic plants awarded by the then Ambassador of India to the United States, Smt. Nirupama Rao in 2012.

- MIBRT Global Green Technology Award received from Maryland India Business Roundtable Inc. USA in recognition of support and commitment to promote Green Environment and Technology of Public and Private Sectors.

- Certificate of International Alliance by AAPNA (Association of Ayurvedic Professionals of North America) for Global Association, International support and co-operation for the development of Ayurveda on 13th June 2012.

- CMS VATAVARAN has recognized and acknowledged Dr. G.B.K. Rao for his exemplary work in the field of biological resources conservation, natural farming, translocation of trees voluntarily, creation of environment-friendly and mosquito free space, promoting environmental management in the

field of tourism and inspiring individual initiative to be environmentally and socially responsible.

- Pragati Group won the Overall Championship Award, the Late Smt. Chandamma Memorial Rolling Cup for the 2nd time at Department of Horticulture and Sericulture's five-day Telangana Udyana Mahotsavam held at People's Plaza on Necklace Road, Hyderabad. Mr M Y Hussain Head & Consultant of Horticulture, Pragati Resorts received the Award from Sri C. Parthasarathi, IAS, APC & Secretary, Agriculture; AM & Co-op gave away the Award. 1st September 2017-10-06

- Dr GBK Rao CMD Pragati Group received the Swachh Bharat Award on medicinal, Herbal and Aromatic Plants from Shri N Chandrababu Naidu, Hon'ble Chief Minister of Andhra Pradesh. This is in recognition of the valuable contribution made by Pragati Resorts towards Swachhata movement & Greenery development under Swachh Andhra Mission. Dr GBK Rao received the award on the occasion of Gandhi Jayanti, 2nd October 2017, at Vijayawada

- Pragati Green Meadows and Resorts Ltd Hyderabad has won the Telangana Tourism Award of Excellence under the Category of Best Theme Based Resort. On behalf of Pragati Resorts, Mr Abdulrub, Head - Sales received the Award from Shri Swami Gowd, Chairman - Telangana Legislative Council, and Shri Pervaram Ramulu (Former DIG) Chairman, Telangana Tourism Development Corporation (TTDC) at Taramati Baradari, TTDC, Gandipet, Hyderabad. 13th October 2017.

- Dr G.B.K. Rao Chairman & Managing Director, Pragati Group received a memento from Shri E.S.L. Narasimhan Hon'ble Governor of Telangana State at the CII – Telangana Annual Meeting, 16th March 2018. This is in recognition of Pragati's plantation of 75000 medicinal and herbal plants at Pragati Resorts as part of Telanganaku Haritha Haram Program 2017

- Pragati bagged 11 Awards at 4th Garden Festival of Department of Horticulture, Government of Telangana. 27th April 2018

- Pragati won "Best Theme Based Resort" from Telangana Tourism Department. October 2018







## INTERVIEW

DR G.B.K Rao's Interview: Published at Financial Express' Special Release "HYDERABAD GROWTH STORY" October 2018

An enterprise like none other is Pragati Resorts

The Biodiversity Park has won global recognition for ecological initiatives

Dr G.B.K Rao, an engineer-turned-environmentalist, is the architect of the Pragati Biodiversity Knowledge Park and the Founder and CMD of Pragati Group. The Pragati Group has been recognized by the United Nations and the global community for its efforts to sustain the ecology at its Pragati Biodiversity Knowledge Park near Hyderabad. The park is spread over 2,500 acres, a substantial part of which was barren, having been a limestone (Suddha) quarry. This has been transformed into a lush green self-sustainable living space based on the practices of Indian scientific traditions and sacred methodologies. It is one of the world's first resorts to obtain



integrated environmental management systems certification ISO 9001:2018, ISO 14001:2015; OHSAS 18001:2007 and is also the winner of several state, national and international awards. Pragati has also obtained accreditation from India's National Programme for Organic Production Standards for practising the principles of organic farming.

**Being an Industrialist-turned-Environmentalist, what inspired you to develop the Pragati Biodiversity Knowledge Park?**

There are two threats in the world: hunger and pollution. The solution to these two threats is in biodiversity and our philosophy of "Live and Let Live." Biodiversity means all creatures living together. If any creature (animal or plant) is eliminated from the planet there is imbalance in nature. If this happens there will be athivrusti and anavrusti (famine and draught) Even if a flog or rat dies, the nature is disturbed. Nature can balance if we don't disturb it. "Samastha Sukhino Bhavanthu" means that the "Chaitanyam" in all living creatures is divine. We have to look in every creature the biodiversity. Once we came to know that the world is facing two threats of hunger and pollution, which can be met only by strengthening and developing biodiversity, Pragati was established in 1994.

**Why do you consider Sacred Herbal Medicinal and Aromatic Plants as the Prana Pradatalu (life givers) and Aarogya Pradatalu (health givers)?**

As per Bharatiya Rishi Samskruti, the sages and rushis due to their tapassu have realized the inordinate prominence of Vanamulikalu, Aushadis, Samidelu and Sanjeevani and their benefits for human health. So, these are described as the Prana Pradatalu and Arogya Pradatalu. By tapassu and adyatmika chinthana the rishis have sacrificed their lives to seek, research and identify the medicinal properties and health benefits of each sacred medicinal plant. Each Vanamulika has been tested and prescribed by sages like Charaka, Samhitha, Vrukshayurveda, Agastya Mahamuni, and Saptharushulu. The culture of Prana Pradatalu and Arogya Pradatalu came from these great sages and rishis, and has been proven to be true even by science.



Pragati Biodiversity Knowledge Park has emerged as a global destination of Eco-Tourism, Biodiversity and Environmental Protection? How do you explain this?

Pragati was a "NO-GO" area where even lizards will not lay eggs and highly polluted. No one dares to cultivate in such wastelands and the land totally depleted of water. It included the mandals of Shankarpally, Chevella.... Pragati now has more than 32 lakh Indian herbal heritage aromatic sacred plants with facilities for huge water harvesting and having the best landscapes as per the existing contours and maintaining local specimen like vepa (neem), moduga, chandra and few of them by bird droppings.

Pragati has a collection of various rare, exotic and endangered plants under one roof. It has been transformed into a zero pollution area. The sacred heritage herbal and medicinal plants include the Kalpavrukshalu, Kamadalam, Rudraksha, Gauva, Fenugreek, Jamun, Amla, Mango, Lemon grass, Avisa, Drumstick, Curry leaf, Ajwain, Betel leaf, Aloe vera, Triphala and others. Soil was enriched to have billions of microbes and earthworms. Various vanams viz. Trimurthi, Panchavati, Navagraha, Kadamba, Nakshatra, Rasi, 21 Ganapati Patrikas, Saptharushi, Parijatha Vanams etc have been attracting all creatures like birds, honey bees, and peacocks to transform Pragati into "Swargatulyam." Birds that have migrated from Himalayas and Russia and can survive only in zero pollution atmosphere are present in Pragati. With all these factors, Pragati has emerged as the destination of eco-tourism, health tourism and medical tourism and ultimately has become the destination of joy.

Can you throw some light on how Pragati has emerged as a pioneer in root-zone plantation?

All our sacred rivers are known for their purity and medicinal value. This is due to the medicinal value of the plants and their roots. We have planted plants in huge numbers in rain catchment areas. Thick plantation catches the rain when water flows increases the speed, cuts the soil and roots and gets impregnated with herbal and medicinal value of the water. Thus rain water gets its herbal and medicinal value and turns into sacred water. This water when used for bathing and drinking provides cure for many diseases. The Pushkaralu at river banks in India viz. Godawari Pushkaralu, Krishna Pushkaralu and Ganga



Pushkaralu are held on sacred days (when divine Pushkara arrives) and considered to be very auspicious. On the designated day of Pushkaralu, the particular river waters are said to contain miraculous health and curative properties.

Pragati has become the role model for protection of the environment and promotion of biodiversity based on Bharatiya Samskruti and Sampradayalu. How do you explain this?

Vanamulikalu, Kattu-Bottu, Goodu and others represent that "Nature protects you, if you protect nature." Nature means Vanamulikalu that includes all offerings to God viz. Flowers, Leaves, Fruits, Pasupu, Kumkuma, Gandham, Sambrani and Prasadalu . All these are derived from nature, and keeps us healthy, wealthy and happy. For all these, we need to thank God. Our thoughts, our ways, our speech and our actions are controlled by the divine. If we give happiness and joy to others, we will get the same in return. Shubhabhavanalu and Shubhasankalpalu will be an outcome.

Pragati's Vision aims to create garden cities based on Vedic Living and Rishi Samskruti. How did you convert this Vision into reality at Pragati?

In 2012, the CoP 11 and MoP 11 of UN Convention on Biodiversity spent 6000 crore and then AP government spent 500 crore to conduct the 19 days Biodiversity event at Hyderabad. Braulio Ferreira de Souza Dias, the General Secretary of UN Convention came to Hyderabad to decide which is the best place, Delhi, Mumbai, and Hyderabad. After seeing Pragati' 2500 acre plantation, birds, environment, landscapes, herbal medicinal plants said, "I am deciding this Convention to be held in Hyderabad." 650 mayors of the world, 195 countries are participated in this Convention with Pragati showcased as a Man-made Biodiversity Park. Braulio Ferreira de Souza Dias wanted a replica of Pragati to be created in 195 countries which participated in the Convention.

What is Pragati's contribution to Urban Forestry?

Today we need urban forestry because no real farmer is available in villages. Not only the educated, all others are also migrating. With that reason, there is adulteration of food materials with the increased use of pesticides and chemicals.

Farmer should give only “Amrith Ahaar.” Today what we are getting from agricultural fields, is poisonous food. The Spirit of farming and values of the farmer are lost. Once upon a time, there was 35% green cover in cities. Now it has come down to 4.5%. By following Pragati’s type of plantation we can get back 35 percent plantation as urban forestry to save the planet.

### How did Pragati inspire its surrounding Villages and Mandals to go green?

When we came here, bird drop neem and chandra grew there. Villagers used to sell trees for firewood. 10 – 20 rupees was paid for each tree that was 5 years old. Pragati declared that, if you don’t cut trees in the land brought by us, each plant will be paid 1000 rupees. So, for each acre with 15 trees the farmers used to get 15000 rupees as value of the trees. This was covered in the 15 villages in Shankarpally, Chevella and Moinabad Mandal.

Now if you look at this area it is like a forest, totally green. The 1994 Google map will show barren land in the area. The value of each tree of 50 years as per UNEP is 5.6 crore. If RBI has supported this value of the tree, India would have been the richest country in the world. In the past, we used to have in India 1000 plants per head, today it came to 28 plants per head.

### What is the contribution of Pragati to strengthen and further the prestigious Telanganaku Harita Haram Program?

Either in horticulture, forestry, or the temples, normal plants are used. Pragati is using plants from Vrukshayurveda and other sacred texts. Dwajasthamba in temples 150 years ago Mamsarohini was used. Now, any straight wood or cemented poles or stone is used for pillars. The sanctity of the temple is enhanced only when Mamsarohini is used which has the divine qualities and enhances the spiritual powers of the idol. Divinity comes with Kalpavrukshalu, Vanams, Dasamulas, and Triphalas. As per Charaka Samhita there are 55 diseases. We have identified 55 diseases. Each disease has 10 herbal plants. In total Pragati has 450 herbal plants which can cure all the 55 diseases. In Telangana region whatever seeds you drop on the soil, it germinates. The climate here is suitable for seed companies where Pragati has the expertise. Pragati gets more than billion seeds everyday from mother plants, where the soil is not polluted. At Pragati there are more than billion seeds produced. Best selection of plants taken, propagated by seed, cutting,

grafting, gootis or by tissue culture.

We have an MOU with EPTRI for research in mosquito repellent plants. These have been distributed to forestries, schools, colleges, temples and many ashrams and bank colonies. Also promoted during Earth Day, Environment Day and Biodiversity Day when we go to public areas and distribute plants. Awareness is created on the importance of sacred plants like Punarnava, Agasti, Agnimanda and their health benefits. And on how, seed to plant cultivation, treatment of seeds, and preparation of soil.

Stage wise cultivation and harvesting. Also about the Indoor plants as per the directions – North East and South West what plants need to be planted as per the direction of wind, sun and water in a scientific way. Determining the plants for forests, parks, roads, sun-loving, shade-loving plants and semi-shade loving plants. We are continuously putting through media – print, digital and electronic our participation in Telanganaku Harita Haram. Precautions are taken to protect the plant. AVs are made to create awareness in collaboration with CII, Brahma Kumaris and TV channels, and NGOs.

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In Telangana region whatever seeds you drop on the soil, it germinates. Pragati gets more than billion seeds everyday from mother plants, growing in pure soil. The best selection of plants is propagated by seed, cutting, grafting, gootis or by tissue culture. This knowledge has been distributed to forestries, schools, colleges, temples and many ashrams and bank colonies. Awareness is created on the importance of sacred plants like Punarnava, Agasti, Agnimanda and their health benefits.



## Vanamoolikas

800 varieties of such sacred herbal heritage medicinal plants, other rare Mother plants and trees which are our age-old Prana Pradaatalu and Arogya Pradaatalu have been arranged into sacred vanams at Pragati. There Pavitra Vrikshalu (sacred vanams) such as Navagraha Vanam, Nakshatra Vanam, Rasi Vanam, Panchbhoota Vanam, Parijata Vanam etc are planted at Pragati to get the desired impact as enshrined in our Vedas to conserve our rich heritage. These healing herbs remove toxins and refresh an individual through aroma therapy. They have thereby enabled to make the area completely free from mosquitoes, bad bacteria and virus.

As per Charaka Samhita there are 55 diseases. Each disease has 10 herbal plants. In total Pragati has 450 herbal plants which can cure all the 55 diseases. Pragati has obtained two patents for sweet diabetic honey and another for MR 777. Pragati discovered a new herb called Raogibikei. Our Heritage plants which are an integral part of Indian tradition have to be nurtured and developed. Some of the rich Heritage Plants are Sanjeeva Karani, Vishalya Karani, Suvarna Karani, and Sandhana Karani.



Sanjeeva Karani is considered to save human life at its last breath, also called Dhanunjaya breath. The aroma of Sanjeeva Karani when inhaled by a person about to die, rebirth takes place. Vishalya Karani helps in treating broken or diseased bones. Even if bones are powdered or hurt badly during fights/wars/accidents Vaishalya Karani helps in complete bone healing. Suvarna Karani when the nerves are damaged heals them and it becomes like gold (Suvarna). All the torn ligaments and damaged nerves are healed. Sandhana Karani helps in early recovery of damaged muscles. Sandhana means connecting, so all damaged parts of the body are reconnected by Sandhana Karani.

The notable endangered plants of the region include, Boswellia, Butea, Decalepis, Pimpinella, Piper, Plumbago, Santalum, Saraca, and Aegle. We have reached an unfortunate situation where we are left with no choice but to find rare plants in photos only. There are many plants the names are known, but plants are not there. Example is Sandhana Karani. Pragati brings "Melukolupu" to the entire humanity. Only Pragati can bring the needful awakening about importance of nature, trees and fauna.





## LIST OF VANAMOOLIKAS AT PRAGATI

S.NO	Vanamoolika/Sacred Herbal, Medicinal Plants at Pragati	Benefits	Photo
1	RAUVOLIFIA SERPENTINA Serpentine root/wood, Chandrabhaga, patalagarudi.	Anti hypertensive, nervous disorders, sedative.	
2	GLORIOSA SUPERBA Glory lilly, Agnimukhi, langali, visalya,	Rheumatism, piles, carcinoma, gonorrhea, gout.	

Dr G B K Rao elaborates on Amrutha Ahaaram Program at Pragati Resorts in the 4-Episodes AV  
[https://www.youtube.com/watch?v=TyL\\_yOavBx4&t=20s](https://www.youtube.com/watch?v=TyL_yOavBx4&t=20s)



- 3 PLUMBAGO ROSEA  
Rosy- flowered lead wort,  
chitraka,  
Paralysis, ulcers,  
leprosy, enlarged  
spleen, Syphills



- 4 RUBIA CORDFOLIA  
Indian madder, manjistha,  
kala – meshika,  
Antiseptic,  
neuralgia, diabetes,  
jaundice.



- 5 CLERODENDRUM  
SERRATUM  
Bharangi, Bhriguja,  
Sinusitis, bronchitis,  
skin inflammation,  
appetite.



- 6 URARIA PICTA  
Dabra,  
One of dasamoola  
Anti septic,  
Gonorrhea



- 7 INULA RACEMOSA  
Wide range of  
medicinal values





- 8 STEREOSPERMUM  
SUAVEOLENS  
Patala, paral, padaria,  
One of dasamoola

Indigestion, liver  
complaints, malaria  
and rheumatism.



- 9 RAUWOLFIA VOMITORIA

Depression,  
schizophrenia



- 10 Ginkgo biloba Maiden  
Fernlear tree

Memory  
Alzheimer's



- 11 Camptotheca acuminata

Anti cancer



- 12 Moringa stenopetala  
Drumstick.  
Tenocorpus

Mal nutrition



13 Echinacea Purpurea

Attacking bacteria, viruses and abnormal cells, including cancer cells.



14 Swertia Chiraita

High malarial fever



15 Salacia Paniculate

Diabetes, Arthritis, Bronchial Asthma, skin ailments



16 Amla  
Phyllanthus emblica

Boosts immunity, Antioxidant, Digestion, Heart, Diuretic, Sore Throat



17 Mamsarohini  
Indian Red Wood

Irritable Bowel  
Syndrome (IBS),  
bleeding disorders,  
anorexia



18 Ashwagandha  
Withania Somnifera

Anxiety, Depression,  
Nervous debility,  
Immunity,  
Anti-aging



19 Brahmi  
Bacopa monnieri

Benefits:  
Brain booster



20 Aloe vera

Skin toner, Acne,  
Sun-burns, Insect  
bites, Stretch marks,  
Hair growth





21 Dalchini  
Arthritis, Cold,  
Digestion, Heart,  
Weight loss



22 Nimmagaddi  
(Lemon Grass) Cymbopogon  
Flexuosus  
0.8 – 1% Oil content.  
Rs.1000/- to Rs 1150/- per kg  
Rs.50,000/- income per year\*  
based on soil and  
agricultural good practices

Anti bacterial, anti  
fungal,  
astringent, anti  
inflammatory, anti  
cancer  
and pain  
suppressant  
properties



23 Pampa Rosea  
(Pampas grass)  
0.5% Oil content 2000 –  
2500kg oil per acre  
Rs.50000/- income per  
year\* based on soil and  
agricultural good practices

Ornamental grass,  
floral arrangements



24 Sandalwood.  
(Santalum album, or  
Indian sandalwood.  
15 – 20 years for income)

Antiseptic,  
astringent, anti  
inflammatory and  
disinfectant  
properties



- 

- 

- 

- 



29 Nela Tangedu Digestion

(Cassia angustifolia –  
Swarna patri)



30 Tella maddi Heart, Digestion

(Arjun Tree. Terminalia  
arjuna)  
20 feet.



31 Nagadundilam Kapha dosham

(Padri Tree. Radermachera  
xylocarpa)



32 Karakkaya Anti-bacterial,  
Anti-fungal

(TERMINALIA CHEBULA  
Retz.  
myrobalan, inknut, Indian  
gallnut)



33 Tanikaya Balances Kapha  
and Vata

(Bibhitaki. Terminalia  
bellirica / bellerica.)





- 34 Regu  
(Apple ber. Ziziphus  
Mauritiana.  
Jujube fruit (Boroi) Plant.)

Energy, Digestion,  
Nerves



- 35 KG Guava  
(Psidium guajava)

BP, Cancer,  
Diarrhea,  
Weight loss



- 36 COSTUS SPECIOSUS. Kevu  
kanda

Cough, asthma, skin  
disease and  
intestinal worms



- 37 PIPER LONGUM  
Long Pepper, pipali,  
maricha

Bronchial asthma,  
throat infection,  
flatulence,  
insomnia, epilepsy,  
spice & condiment



- 38 CYMBOPOGON MARTINII  
Palma Rosa,

Heart tonic, fever,  
neuralgic &  
epileptic





## Sacred Vanams at Pragati

### The Herbal Healing Garden at Pragati

From the time immemorial, plants and trees have become part of human lifestyle not only as food but as healing agents to heal disorders and cure diseases. Modern day developments led to deforestation and resulted in elimination of many useful and healing plants, forests and gardens. Pragati has studied this aspect and surveyed lands and areas to collect a wide variety of such sacred heritage herbal plants each with its unique significance and immense use as per Indian Vedic culture.

At Pragati's Herbal Healing Garden the invaluable sacred heritage herbal plant treasure with tremendous medicinal value is planted in groups of specific importance. These sacred vanams or groves form repositories for protecting plant and animal species. One can begin to experience the oneness of all creation by coming to sit and spend time near these vanams. The onlooker witnesses the ecosystem at work here, the family - the birds, lizards, insects, the ponds, trees and plants. In them we can find our true Mother, Mother Nature.

It is difficult to conceptualize Nature as our Mother, but through the sacred vanams it becomes much easier. One should be peaceful and witness all that one sees in silence. It should be like you are walking near a room where your grandmother is sleeping. When we have respectful attitude, the Mother will reveal Herself to us. These herbs and plants spread their aroma and fragrance in the air. They cleanse the environment; rejuvenate the physical, psychological, spiritual and well being aspects of human life. They have antioxidant and inflammatory, anti cancer analgesic, anti asthmatic, digestive anti allergic therapeutic properties. The Power of Silence at Pragati thus naturally cures a variety of mental and physical diseases. Some of the sacred vanams are as follows:





## Pavitra Vrikshalu

- Panchabhoota Vanam
- Navagraha Vanam
- Nakshatra Vanam
- RASI Vanam
- Kadamba Vanam
- 21 Ganapati Patrika Vanam
- Saptarishi Vanam
- Seeta Ashoka Vanam
- Vedic Vanam
- Dhanvantari Vanam
- Sugandha Vanam
- Dasamoola Vanam
- Panchavati Vanam
- Kartheeka Vanam
- Triphala Vanam
- Pushpa Vanam



### Acacia Catechu or Mangala Kujagraham

While the Nakshatra Vanam comprise plantation in groups or sacred grooves symbolising various constellations, the Navagraha Vanams symbolizes the nine planets of our universe, each one has its distinct significance. Amongst Navagraha Vanams, Mangala Kujagraham or Acacia Catechu is the Indian name of the Vanam that symbolizes Mars or the Mangal planet. In Sanskrit: Khadirar, in Hindi: Katha and in English known as Cutch tree has its own special place in Indian culture.

Its wood is considered sacred both by the Hindus and the Buddhists. There is a mention of the plant in the Bhagavata Purana and other ancient Indian texts. It also finds a mention in the Buddhists Jataka stories.

Stalks of the tree are used for threshing the paddy crop on the field. Its cylindrical blocks are used in the kitchen as Mortar to grind spices in the Pestle. All ponds are supposed to have in their centre poles of this tree erected along with Amla tree to maintain the purity of the water. In all religious ceremonies while performing Yagna the male wooden spoon Surk and the female wooden spoon Susravana used to pur ghee in the holy fire is made of this tree. The wood of the tree is also used as a churner for churning butter milk. Conch shaped wooden block of this tree is used to lay the foundation of all constructions to remove negative energy. It is medicinally used as an astringent in fevers, sponginess of gums, relaxation of uvula, hypertrophy of tonsil and as an astringent injection for treatment of leucorrhoea for treating skin disorders, diabetes and in many other maladies. Similarly, other sacred plant groves of Nakshatra vanam, Navagraha vanam and Rashi vanam have their divine significance, creating wonders for humanity and help to maintain the purity of the universe.





## Aroma therapy at Pragati

The devotees offered flowers, fruits and leaves, the Vanamulikas to God in temples and places of worship from the Vedic period. Thus the process of their cleansing happened through aroma therapy. According to our cultural heritage kings used to offer cows and Vanamulikas to Rishis and Munis. The visual impact of colourful flowers soothes one's eyes and healing occurs.

The plants nurtured at Pragati create an aroma through their leaves, stems, flowers and fruits. Here more than 150 varieties of plants have been identified that act as a repellent for mosquitoes, bad bacteria and viruses. It is believed that the inhalation of the aroma stimulates the part of the brain connected to smell - the olfactory system; a signal is sent to the limbic system of the brain that controls emotions and retrieves learned memories. This causes chemicals to be released which make the person feel relaxed, calm or even stimulated. The medicinal properties are transferred into human body. It does not allow various harmful bacteria, virus etc to germinate into the surroundings. Such plants take away the toxins from the environment as well as purify the air.







● Jaise Ann Aise Mann

## World of Millets

Millets are a boon to human nutrition. Since ages, our ancestors consumed millets as staple diet in India. These are the wonderful cereals filled with all the nutrients like protein, fibre and carbohydrates for a well-balanced diet for us. They bring us health, wealth and long life, and thus they are called 'Siri Dhanyalu' (Golden Millets).

If we go back to 100-150 years down the lane, with great certainty, we can find that humans mainly ate millets like Foxtail millets (Korralu), Little millets (Samalu), Barnyard millets (Oodalu), Browntop Millets (Andu korralu) and Kodo millets (Arikalu). Common people around the world, from ages, used to eat these cereals for a wonderful, healthy and well-balanced diet. Foxtail millets (Korralu) were called Italian Millet. Barnyard millets (Oodalu) had another name as Japanese Millet. Browntop Millets (Andu korralu) and Bajra (Sajjala) were widely cultivated even in the United States of America. Companies with only commercial interests deliberately brought the other diet items like rice, wheat, sugar into usage, worldwide. But these imperil our health and environment too. They promoted these foods heavily, and almost forced it upon many countries, that they have to cultivate and eat only this food to meet hunger and survive. With these kind of circumstances, slowly it developed into a deep rooted belief that this food is our main staple diet. Unfortunately, consumption of this type of food had lead to a host of health issues in human beings across the world, and it still continues. Britishers neglected millet food. They felt these are small seeds and nuts, and felt that they were coming as blocks in processing mills. They campaigned that these are not useful for human consumption. In early times, rice used to grow under the lakes and tanks, in some designated places only. Mainly they were consumed by rich people and zamindars. They used to boast about their food by sticking rice grain on their mustache, when they came to meet people after having food. If someone very rarely became diabetic in those days, it was only due to the rice they consumed.

In world's history, if there is any mention of rice, it is due to common people who cultivated and ate millets easily, without much trouble, just with few rains in a year. Our elders used to live with sound health and kept fit, only because of the golden millet diet they ate. In our country rice varieties the fibre content is very poor. We should not boast about the rice thinking that this is from our country, and rich people grown them under their tanks or lakes. If it is really our country food, it should keep us well-balanced and healthy. This is the specialty of the millet foods, that they are so precious, and not just only our country food, 'they are as Local as they are Universal'! We should absorb this mystery. Then only we can understand which food we should eat, and which we should not.!





## Country Food.. Complete Health

### Millets (Siri Dhanyalu) – Herbal Decoctions (Kashayalu)

If humans take proper and complete food, drink herbal decoctions, and do moderate exercise like walking, there is very less scope for them to be disease prone. When we start taking proper well-balanced diet, any illness will start receding within few weeks and will cure completely, within a timeframe of 6 months to 2 years, how much ever stubborn or harrowing, the disease could be.

When the food itself is not proper and incomplete, no medicine would work. If the food is well-balanced, we don't need any medicine at all. And we won't be needing any, in future too.! People suffering from even stubborn and debilitating diseases, can regain their health by using millets and decoctions from nature and our countryside.

Millets, decoctions, walking along with Homeopathy or Ayurvedic medicine are the stepping stones for a complete, well-balanced and health life. These are healthy for everybody, and they should be in practice by all, to preserve our environment.

In broad terms,  
Well known independent Scientist,  
Health-Food Expert,  
Father of forest farming,  
The Millet Man,  
Dr. Khader Vali  
is presenting the world this real knowledge, and information to our society!  
That is the reason we call him 'Mahatma' of our recent times.!!



Rythu Nestham's Good Food and Good Heart || Rythunestham Interview With Pragati Resorts CMD GBK Rao  
<https://www.youtube.com/watch?v=cWuoYLDASGQ&feature=youtu.be>





## Some Instructions:

- Only one type of millet should be consumed for the whole day. Same should be eaten for breakfast, lunch and dinner. We should not mix any varieties, and should not consume one variety millet in the morning and another in the evening. Depending on the illness, millets should be taken as prescribed in the table and as per the number of days mentioned, in sequence.
- Decoctions should be taken on empty stomach in the morning, and again in the evening. If one feels like having during day time, they can be consumed again. One decoction should be used for only a week. Same decoction should not be used for multiple weeks. In that case, that decoction also will become another bad habit, like tea/coffee/alcohol/gutka, etc.
- Walking for one hour or one and half hour is a must for everybody. We can walk slowly, speed is not important. For how much time we could walk, that needs to be considered. It can be for some time in the morning, and again for some time in the evening. A walk during Sunrise and Sunset timings is desirable. If not possible during those times, we can walk at any time during the day, as per our feasibility. As we grow older, we should spend more time in walk, for good health.
- We should eat food only when we are hungry. It is not any rule, that we must consume food for three times a day, even if not hungry.
- We need to drink water as per our thirst requirements. There is no specific litres count to be maintained. After having food, or before food, if one feels thirsty, water can be taken. It should not be anything like deliberately planned, that how much water we need to drink.
- Children/Adults/Elders, nobody needs milk actually. We should stop consuming milk. One laddoo made with sesame seeds (nuvvula laddu) per one week is enough. We need not worry about calcium deficiency. For diabetic people, they can take one or two spoons of mildly roasted sesame seeds per one week. No need to take anything more than this for calcium levels.
- Animal milk is causing hormonal imbalances in everybody, be it male, female, children or old people. Milk is the main reason for many diseases. As an alternative to animal milk, we can prepare milk using Sesame, Bajra, Kusum and Coconut and drink that for health benefits. Curd and buttermilk also can be prepared with this. Don't boil this milk directly on the stove. As they don't contain fat as in animal milk, this will be broken (curdles) when boiled directly. In a big vessel, pour some water, then keep the milk vessel in that water, and then heat the water. This milk can be taken at lukewarm temperature or turned into curd and taken.





## Millets and Herbal Decoctions as per Diseases

Disease	Herbal Decoctions/Kashaayaalu/Millets
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People with no illness can drink any of the below mentioned Decoctions, one per week.  
And they can take 5 types of millets one variety per two days.

1	Heart Diseases	Corriander Decoction	Little millets (Samalu) – 3 days
		Brahmajemudu Decoction	Kodo millets (Arikalu) – 3 days
		Tulasi (Basil) Decoction	Foxtail millets (Korralu) – 1 day
		Tamalapaku (Betel) Decoction	Browntop Millets (Andu korralu) – 1 day
		Nalleru Decoction	Barnyard millets (Oodalu) – 1 day

Note: Along with decoctions, Ashgourd juice, Cucumber juice and Bottlegourd juice should be consumed as 200ml per day, each juice one week.

2	Over weight / Obesity/ Weight reduction	Turmeric Decoction	Kodo millets (Arikalu) – 3 days
		Garika Decoction	Little millets (Samalu) – 3 days
		Pinnate leaves (eetha aakulu) Decoction	Foxtail millets (Korralu) – 1 day
		Peepal leaves (Raavi aakulu) decoction	Browntop Millets
		Betel (Tamalapaku) Decoction	(Andu korralu) – 1 day
		Cumin decoction	Barnyard millets (Oodalu) – 1 day

3	Diabetes	Tippateega leaves Decoction	Kodo millets (Arikalu) – 2 days
		Methi leaves Decoction	Little millets (Samalu) – 2 days
		Coccinia (Donda) leaves Decoction	Foxtail millets (Korralu) – 2 days
		Black Jamun (Neredu) leaves Decoction	Barnyard millets (Oodalu) - 2 days
		Drumstick (Munaga) leaves Decoction	Browntop Millets (Andu korralu)– 2days
		Mint (pudina) leaves Decoction, Tamalapaku (Betel) Decoction	

4	Kidney Diseases (Dialysis)	Parijta leaves Decoction	Little millets (Samalu) – 3 days
		Corriander Decoction	Kodo millets (Arikalu) – 3 days
		Punarnava (galijeru) leaves Decoction	Foxtail millets (Korralu) – 1 day
		Ranapala leaves Decoction	Barnyard millets (Oodalu) – 1 day
		Nelanalli leaves Decoction	Browntop Millets (Andu korralu) – 1 day



5	Eye Problems	Carrot juice	Foxtail millets (Korralu) – 3 days
		Mint (pudina) leaves Decoction	Browntop Millets (Andu korralu) – 3 days
		Shathapushpa leaves Decoction	Little millets (Samalu) – 1 day
		AllSpice leaves Decoction	Kodo millets (Arikalu) – 1 day
		Drumstick (Munaga) leaves Decoction	Barnyard millets (Oodalu) – 1 day
		Walk as much as possible	

6	Thyroid / PCOD / Fibroids / Hormones	Maaredu leaves Decoction	Little millets (Samalu) – 3 day
		Kanuga leaves Decoction	Foxtail millets (Korralu) – 1 day
		Chinthachiguru Decoction	Kodo millets (Arikalu) – 1 day
		Drumstick (Munaga) flower/Gongura/Vepa	Barnyard millets (Oodalu) – 1 day
		Tamalapaku (Betel)/Raavi (peepal) leaves Decoction	Browntop Millets (Andu korralu)– 1 day

Note: Should drink 3 spoons of cold pressed coconut oil every morning and evening, for 3 months.

7	Blood Pressure (BP)	Maaredu leaves Decoction	Foxtail millets (Korralu) – 2 days
		Tulasi (Basil) Decoction	Kodo millets (Arikalu) – 2 days
		Corriander Decoction	Little millets (Samalu) – 2 days
		Brahmajemudu leaf Decoction	Browntop Millets (Andu korralu) – 2 days
		Sarpagandha Decoction	Barnyard millets (Oodalu) – 2 days

8	Arthritis / Knee Pain	Parijta leaves Decoction	Foxtail millets (Korralu) – 3 days
		Peepal leaves (Raavi aakulu) Decoction	Browntop Millets (Andu korralu) – 3 days
		Maaredu leaves Decoction	Little millets (Samalu) – 1 day
		Corriander Decoction	Kodo millets (Arikalu) – 1 day
		Gongura Decoction	Barnyard millets (Oodalu) – 1 day
		Guava leaves Decoction	

9	Gastric trouble (Acidity)	Methi leaves Decoction	Foxtail millets (Korralu) – 3 days
		Tamalapaku (Betel) leaves Decoction	Browntop Millets (Andu korralu) – 3 days
		Kanuga leaves Decoction	Little millets (Samalu) – 1 day
		Tangedu leaves Decoction	Kodo millets (Arikalu) – 1 day
		AllSpice leaves Decoction	Barnyard millets (Oodalu) – 1 day







10	Memory power	Turmeric Decoction	Little millets (Samalu) – 3 days
		Dalchini Decoction	Foxtail millets (Korralu) – 1 day
		Sesame leaves Decoction	Kodo millets (Arikalu) – 1 day
		Drumstick leaves Decoction	Barnyard millets (Oodalu) – 1 day
			Browntop Millets (Andu korralu) – 1 day

11	Nervous disorders	Garika leaves Decoction	Foxtail millets (Korralu) – 2 days
		Guava leaves Decoction	Browntop Millets (Andu korralu) – 2 days
		Parijata leaves Decoction	Little millets (Samalu) – 1 day
		Sadapa leaves Decoction	Kodo millets (Arikalu) – 1 day
			Barnyard millets (Oodalu) – 1 day

12	Liver / Kidney cleansing	Sadapa leaves Decoction	Barnyard millets(Oodalu) – 3 days
		Methi leaves Decoction	Foxtail millets (Korralu) – 1 day
		Ranapala leaves Decoction	Kodo millets (Arikalu) – 1 day
		Kasturi dal decoction	Little millets (Samalu) – 1 day
		Galijeru leaves Decoction	Browntop Millets (Andu korralu) – 1 day

13	Alzheimers disease	Turmeric Decoction	Foxtail millets (Korralu) – 3 days
		Ginger Decoction	Browntop Millets (Andu korralu) – 3 days
		Sadapaaku leaves Decoction	Kodo millets (Arikalu) – 1 day
		Drumstick leaves Decoction	Little millets (Samalu) – 1 day
			Barnyard millets (Oodalu) – 1 day

Note: Should drink 2 or 3 spoons of cold pressed coconut oil, ground nut oil and safflower oil each one week.

14	Fits disease	Turmeric Decoction	Foxtail millets (Korralu) – 3 days
		Palm leaves (Eetha aakulu) Decoction	Browntop Millets (Andu korralu) – 3 days
		Garika Decoction	Kodo millets (Arikalu) – 1 day
		Regu leaves Decoction	Little millets (Samalu) – 1 day
			Barnyard millets (Oodalu) – 1 day



15	C4, C5, L4, L5 diseases	Curry leaves decoction	Foxtail millets (Korralu) – 3 days
		Parijata leaves Decoction	Browntop Millets (Andu korralu) – 3 days
		Guava leaves Decoction	Little millets (Samalu) – 1 day
			Barnyard millets (Oodalu) – 1 day
			Kodo millets (Arikalu) – 1 day

16	Varicose veins	Drink Tomato juice	Foxtail millets (Korralu) – 3 days
		Apply Tomato juice on veins	Little millets (Samalu) – 2 days
		Coccinia (Donda) leaves Decoction	Kodo millets (Arikalu) – 2 days
		Parijata leaves Decoction	Barnyard millets(Oodalu) – 2 days
		Papaya leaves Decoction	Browntop Millets (Andu korralu) – 2 days

17	For Weight gain	Mustard leaves Decoction	Kodo millets (Arikalu) – 3 days
		Mustard Decoction	Little millets (Samalu) – 3 days
		Methi leaves Decoction	Foxtail millets (Korralu) – 1 day
		Jeera(Cumin) leaves Decoction	Barnyard millets (Oodalu) - 1 day
			Browntop Millets (Andu korralu) – 1 day

18	Asthma / T.B.	Pepper Decoctions	Foxtail millets (Korralu) – 2 days
		Ginger Decoctions	Browntop Millets (Andu korralu) – 2 days
		Turmeric Decoctions	Little millets (Samalu) – 2 days
		Kanuga Decoctions	Barnyard millets(Oodalu) – 2 day
			Kodo millets (Arikalu) – 2 days

19	Parkinson Disease	Turmeric Decoction	Foxtail millets (Korralu) – 3 days
		Dalchini Decoction	Browntop Millets (Andu korralu) – 3 days
		Nagadali leaves Decoction	Little millets (Samalu) – 1 day
		Sadaapaku leaves Decoction	Kodo millets (Arikalu) – 1 day
			Barnyard millets(Oodalu) – 1 day

Note: Should drink 2 or 3 spoons of cold pressed coconut oil, ground nut oil and safflower oil each one week.





20	Kidney Stones	Mint (Pudina) leaves Decoction	Foxtail millets (Korralu) – 2 days
		Corriander Decoction	Browntop Millets (Andu korralu) – 2 days
		Banana Stem Decoction	Kodo millets (Arikalu) – 2 days
		Gongura Decoction	Little millets (Samalu) – 2 days
		Kasturi/Shathapushpa Decoction	Barnyard millets (Oodalu) – 2 days

21	Sinusitis	Dry Ginger (Sonthi) Decoction	Foxtail millets (Korralu) – 3 days
		Turmeric Decoction	Browntop Millets (Andu korralu) – 3 days
		Warm Coconut milk every day	Little millets (Samalu) – 1 day
			Kodo millets (Arikalu) – 1 day
			Barnyard millets (Oodalu) – 1 day

22	To increase platelets	Papaya leaves Decoction	Little millets (Samalu) – 3 days
		Drumstick leaves Decoction	Kodo millets (Arikalu) – 3 days
		Tender Tamarind (Chinthachiguru) leaves Decoction	Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
		Parijata/Sadapa leaves Decoction	Browntop Millets (Andu korralu) – 1 day
		Tippateega/Velaga leaves Decoction	

23	Skin Diseases	Aloe vera Decoction	Little millets (Samalu) – 3 days
		Tulasi (Basil) Decoction	Kodo millets (Arikalu) – 3 days
		Garika	Foxtail millets (Korralu) – 1 day
		Castor oil leaves Decoction	Browntop Millets (Andu korralu) – 1 day
		1 Sesame laddoo per one week	Barnyard millets (Oodalu) – 1 day
		Apply Sesame oil	9848 4393 29

24	Prostate problems	Nalleru Decoction	Little millets (Samalu) – 3 days
		Jira(cumin) Decoction	Kodo millets (Arikalu) – 3 days
		Dalchini Decoction	Barnyard millets (Oodalu) – 1 day
		Raw Areca nut Decoction	Foxtail millets (Korralu) – 1 day
			Browntop Millets (Andu korralu) – 1 day



25	Brain tumors	Sadaapaaku leaves Decoction	Foxtail millets (Korralu) – 3 days
		Use Safflower oil for cooking	Browntop Millets (Andu korralu) – 3 days
			Little millets (Samalu) – 1 day
			Barnyard millets(Oodalu) – 1 day
			Kodo millets (Arikalu) – 1 day

26	Fertility	Peepal (Raavi) leaves Decoction	Foxtail millets (Korralu) – 2 days
		Neem (Vepa) leaves Decoction	Little millets (Samalu) – 2 days
		Drumstick leaves Decoction	Kodo millets (Arikalu) – 2 days
		Tamalapaku (Betel) leaves Decoction	Barnyard millets(Oodalu) – 2 days
			Browntop Millets (Andu korralu) – 2 days

27	Urine infection	Ranapala leaves Decoction	Little millets (Samalu) – 3 days
		Coriander Decoction	Kodo millets (Arikalu) – 3 days
		Mint (Pudina) leaves Decoction	Foxtail millets (Korralu) – 1 day
		Drumstick leaves Decoction	Barnyard millets (Oodalu) – 1 day
		Punarnava (Galijeru) leaves Decoction	Browntop Millets (Andu korralu) – 1 day

28	E.S.R disease	Carrot Juice	Foxtail millets (Korralu) – 2 days
		Amla(Usiri) Juice	Kodo millets (Arikalu) – 2 days
		Beetroot Juice	Little millets (Samalu) – 1 day
			Barnyard millets(Oodalu) – 1 day
			Browntop Millets (Andu korralu) – 1 day

29	Paralysis	Maredu leaves Decoction	Foxtail millets (Korralu) – 2 days
		Garika Decoction	Browntop Millets (Andu korralu) – 2 days
		Tippateega Decoction	Kodo millets (Arikalu) – 1 day
		Mint(Pudina) leaves Decoction	Barnyard millets(Oodalu) – 1 day
			Little millets (Samalu) – 1 day
		Note: Coconut oil / Groundnut oil for one week	





30	Constipation/ Piles	Guava leaves Decoction	Browntop Millets (Andu korralu) – 3 days
		Tangedu leaves Decoction	Foxtail millets (Korralu) – 1 day
		Methi leaves Decoction	Kodo millets (Arikalu) – 1 day
		Kanuga leaves Decoction	Barnyard millets(Oodalu) – 1 day
			Little millets (Samalu) – 1 day

31	H.I.V	Tippateega leaves Decoction	Kodo millets (Arikalu) – 3 days
		Garika leaves Decoction	Little millets (Samalu) – 1 day
		Maredu leaves Decoction	Foxtail millets (Korralu) – 1 day
		Eat 2 spoons Sesame grass	Barnyard millets(Oodalu) – 1 day
			Browntop Millets (Andu korralu) – 1 day

32	S.L.E	Palm (Eetha) leaves Decoction	Foxtail millets (Korralu) – 3 days
		Maredu leaves Decoction	Browntop Millets (Andu korralu) – 3 days
		Garika Decoction	Little millets (Samalu) – 1 day
		1st week drink 3 Spoons Coconut oil	Barnyard millets(Oodalu) – 1 day
		2nd week drink 3 Spoons Safflower oil	Kodo millets (Arikalu) – 1 day
		Consume Alternate weeks	

33	I.B.S	Methi leaves Decoction	Little millets (Samalu) – 3 days
		Papaya leaves Decoction	Kodo millets (Arikalu) – 3 days
		Corriander Decoction	Foxtail millets (Korralu) – 1 day
		Tamalapaku (Betel) leaves Decoction, remove stem	Barnyard millets (Oodalu) – 1 day
		Mint/Coccinia leaves Decoction	Browntop Millets (Andu korralu) – 1 day

34	Colitis Disease	Castor oil leaves Decoction	Little millets (Samalu) – 3 days
		Guava leaves Decoction	Kodo millets (Arikalu) – 3 days
		Kanuga leaves Decoction	Foxtail millets (Korralu) – 1 day
			Barnyard millets (Oodalu) – 1 day
			Browntop Millets (Andu korralu) – 1 day

35	Chikungunya	Chamomile tea leaves Decoction	Foxtail millets (Korralu) – 3 days
		(it is available in ayurvedic shops)	Browntop Millets (Andu korralu)–3 days
		Guava leaves Decoction	Little millets (Samalu) – 1 day
			Barnyard millets(Oodalu) – 1 day
			Kodo millets (Arikalu) – 1 day

36	Dengue	Parijata leaves Decoction in morning and noon	Stew (jaava) with Kodo millets (Arikalu) – 1 day
		Papaya leaves Decoction in the evening	Stew with Little millets (Samalu) – 1 day
		Platelets will increase in just 3 days	

37	H.Y.S	Peepal(Raavi) leaves Decoction	Stew (jaava) with Kodo millets (Arikalu) – 1 day
			Stew with Little millets (Samalu) – 1 day

38	Viral Fever	Sadapaaku leaves Decoction	Stew (Jaava) with Kodo millets (Arikalu) – 1 day
		Parijata leaves Decoction	Stew with Little millets (Samalu) – 1 day

39	To improve immunity	Drink each of below decoctions for 4 days	
		1. Garika 2. Tulasi (Basil) 3. Tippateega 4. Maredu 5. Neem (Vepa) 6. Peepal (Raavi)	
		Up to one year, we can be free from frequent colds and fevers with this treatment	

40	To get rid of bad habits like Coffee, Tea, Alcohol and Gutka:	Drink each of below decoctions each for 1 week:	
		1. Kanuga 2. Tippateega 3. Castor oil leaves Decoction	





## With Millets and Herbal Decoctions, We can win the war on Cancer.!

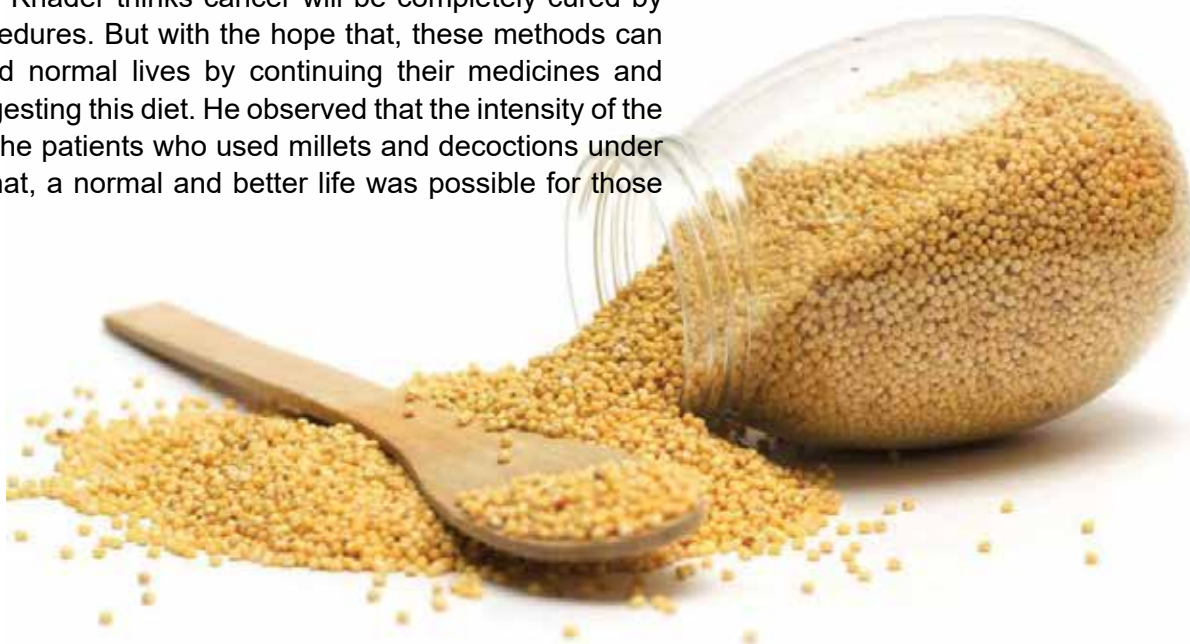
Humans are prone to diseases like Cancer by eating the junk food that are not supposed to be eaten. Dr. Khader Vali strongly suggests that, we can win the war on Cancer and other diseases by denying the junk food, and by consuming millets and herbal decoctions. No medicine would work if we don't change our food habits. The following table explains which millets are useful for different types of Cancer, and in what quantities they should be taken.

In general, patients with any type of Cancer should drink three varieties of herbal decoctions. Drink one variety decoction in the morning, and in the night, before taking food, and other variety decoction before having lunch. These decoctions must be consumed consistently for 3-4 months without fail. We can continue them after that period also, not necessarily in the same sequence.

For morning and night there are 3 varieties of decoctions, and for afternoon other 2 varieties. Everyday morning and evening, before taking any food, one decoction per one week, 3 varieties of decoctions need to be consumed in this manner. Drink Parijata leaves decoction in the first week, Peepal leaves decoction in the second week, and Guava leaves decoction in the third week, in this sequence.

Along with these 3 decoctions, depending on the type of cancer, every day before having lunch, another two varieties of decoctions need to be taken, as mentioned in the below table.

It is not that Dr. Khader thinks cancer will be completely cured by following these procedures. But with the hope that, these methods can help patients to lead normal lives by continuing their medicines and treatment, he is suggesting this diet. He observed that the intensity of the disease reduced in the patients who used millets and decoctions under his guidance, and that, a normal and better life was possible for those patients.



**Diet plan for patients of Cancer - Well-balanced food and herbal decoctions**  
**Have millet foods and take sesame laddoos once or twice per week**

Type of Cancer	Herbal Decoctions: Boil 150ml water with these leaves or substances for 4 minutes, filter and drink it at warm temperature		Millets
	Morning - Evening	Afternoon	
1. Lungs	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Ginger 2nd week – Turmeric  (repeat the same sequence)	Foxtail millets (Korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 1 day Barnyard millets (Oodalu) – 1 day Browntop Millets (Andu korralu) – 1 day
2. Bones	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Methi 2nd week – Mint (pudina)  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
3. Brain	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Sadapa 2nd week – Dalchini  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
4. Blood	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Curryleaves (Karivepaku)  2nd week – Tamalapaku (Betel) (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
5. Kidneys, Prostrate	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Atika mamidi (Punarnava)  2nd week – Corriander (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
6. Breast	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Kanuga 2nd week – Neem (Vepa)  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
7. Mouth	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Mint (Pudina) 2nd week – Ginger (Allam) (repeat the same sequence)	Foxtail millets (Korralu) – 2 days Little millets (Samalu) – 2 days Browntop Millets (Andu korralu) – 1 day Kodo millets (Arikalu) – 1 day Barnyard millets (Oodalu) – 1 day



**Diet plan for patients of Cancer - Well-balanced food and herbal decoctions**  
**Have millet foods and take sesame laddoos once or twice per week**

Type of Cancer	Herbal Decoctions: Boil 150ml water with these leaves or substances for 4 minutes, filter and drink it at warm temperature		Millets
	Morning - Evening	Afternoon	
1. Lungs	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Ginger 2nd week – Turmeric  (repeat the same sequence)	Foxtail millets (Korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 1 day Barnyard millets (Oodalu) – 1 day Browntop Millets (Andu korralu) – 1 day
2. Bones	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Methi 2nd week – Mint (pudina)  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
3. Brain	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Sadapa 2nd week – Dalchini  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
4. Blood	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Curryleaves (Karivepaku)  2nd week – Tamalapaku (Betel) (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
5. Kidneys, Prostrate	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Atika mamidi (Punarnava)  2nd week – Corriander (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
6. Breast	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Kanuga 2nd week – Neem (Vepa)  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
7. Mouth	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Mint (Pudina) 2nd week – Ginger (Allam) (repeat the same sequence)	Foxtail millets (Korralu) – 2 days Little millets (Samalu) – 2 days Browntop Millets (Andu korralu) – 1 day Kodo millets (Arikalu) – 1 day Barnyard millets (Oodalu) – 1 day





**Diet plan for patients of Cancer - Well-balanced food and herbal decoctions**  
**Have millet foods and take sesame laddoos once or twice per week**

Type of Cancer	Herbal Decoctions: Boil 150ml water with these leaves or substances for 4 minutes, filter and drink it at warm temperature		Millets
	Morning - Evening	Afternoon	
1. Lungs	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Ginger 2nd week – Turmeric  (repeat the same sequence)	Foxtail millets (Korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 1 day Barnyard millets (Oodalu) – 1 day Browntop Millets (Andu korralu) – 1 day
2. Bones	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Methi 2nd week – Mint (pudina)  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
3. Brain	1st week – Parijata 2nd week – Peepal (Raavi) 3rd week – Guava (Jaama)  (repeat the same sequence)	1st week – Sadapa 2nd week – Dalchini  (repeat the same sequence)	Browntop Millets (Andu korralu) – 2 days Little millets (Samalu) – 2 days Kodo millets (Arikalu) – 2 days Foxtail millets (Korralu) – 1 day Barnyard millets (Oodalu) – 1 day
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**Jaise Ras Aise Khoon**

### ● **Herbal Decoction – Health Tonic..!**

For a healthy life style, well-balanced millets diet is essential. As a combination for this, instead of animal milk, coffee and tea, if we drink herbal decoctions made from medicinal plants, one variety per week, any stubborn diseases can recede in just few months. Herbal decoctions enable us to lead a complete and healthy life. This is the truth of life being suggested by renowned Health and Food expert Dr. Khader Vali, and the same is experienced by thousands of his followers.

What is Herbal Decoction?.. In general, since ancient times, we knew that decoction is made by heating or boiling a substance, especially a medicinal preparation made from a plant. Once prepared, it needs to be filtered and consumed. Here Dr. Khader Vali suggests much easier way of making herbal decoctions, for us.

A simple decoction can be prepared in just five to six minutes time. Depending on different health problems, we can use herbal decoctions made from some designated medicinal plants. Dr. Khader suggests to drink decoctions made from different leaves every week. He asks not to repeat same kind of plants and leaves continuously for multiple weeks.

Single herb should be used at one time for decoction preparation. Should not mix different varieties of leaves. Also, dry leaves, or leaf powder should not be used for decoction. Only fresh and green leaves should be used for a good decoction.

Take a half handful of cut leaves with which we intend to make decoction, put them in 150-200ml water (a glass-full water), and boil it for 4-5 minutes. Then keep aside from heat for some time. Allow the decoction to settle for 2-3 minutes. Then filter it and drink the liquid. That is called Herbal Decoction (Kashaayam). In fact, we can call it as Herbal tea, than decoction. Small amount of Palm jaggery (Thati Bellam) can be added to this decoction and can be taken warm in early mornings, like





Tea or Coffee, better on empty stomach. We can take this even in afternoon and evening, but preferably on empty stomach.

Our country is a place for bio-diversity, and we have hundreds of medicinal plants available, using which we can have different kinds of herbal decoctions throughout the year. People of other countries don't have this advantage.



Patients with chronic diseases, or normal people who want to live healthy, can stop drinking milk, tea and coffee, and start having herbal decoctions of one variety for each week.

Patients with any type of Cancer should drink three varieties of herbal decoctions. Drink one variety decoction in the morning, and in the night, before taking food, and other variety decoction before having lunch. Depending on the type of cancer, Dr. Khader recommends different herbal decoctions.

Patients with acute diseases like Cold, Dengue, Chikungunya should drink one variety decoction in the morning and another variety in the evening.

### **Goldmine of Medicinal Plants – Pragati Resorts Campus..!**

Greenery and nature are the saviours of human race. Nature has many healing powers. That is the reason we call nature as a gold mine of medicine. If we get thousands of such unique, rare and special plants and trees at one place, that is really a wonderful place. Dr. GBK Rao (Dr Gaddipati Bala Koteswara Rao), Founder and CMD of Pragati Group, undertook the great task of establishing 'Aarogya Sanjeevani' medicine parks in Shankarpalli, in the outskirts of Hyderabad. In the following table we have provided details of 46 different types of medicinal plants which are used to cure many diseases.

<p><b>1. FICUS RELIGIOSA (Raavi)</b> Moraceae Peepal tree, Ashwattha, Ravi vruksham Leaves, bark and fruits, roots</p> <p>Laxative, rheumatism, cardiac tonic, coolant, mouth and throat, Releases high amount of oxygen</p>	
<p><b>2. ADANSONIA DIGITATA (Kalpavruksha)</b> Bombacaceae Baobab, Brahma amlika, kalpavruksha Leaves, fruit, bark</p> <p>Astringent, dysentery, respiratory and digestive disorders, fevers, skin disease, Provides cooling effect to the body</p>	

Rythu Nestham's A Place With Incredible Medicinal Plants  
<https://www.youtube.com/watch?v=5WUVJB2ZjxY&feature=youtu.be>

### 3. ELAEOCARPUS SPHAERICUS

(Rudraksha) Elaeocarpaceae

Ultrasum bead tree, Rudhraksha Leaves, fruits, nuts: Typhoid and bilious fevers, Rheumatism, epilepsy, syphilis; Highly religious tree.



### 4. AEGLE MARMELOS (Maredu) Rutaceae

Bengal quince, Holy fruit, Bilva, Maredu Leaves, fruit and pulp, seed, bark and root:

Constipation, coolant, joint pains, jaundice, fevers, aphrodisiac; Nutritious drink.



### 5. CARICA PAPAYA (Boppai) Caricaceae

Papaya tree, Boppayi, Leaves, fruits: latex

Several types of fevers; dyspepsia, psoriasis, urinary problems, Tenderizer, nutritive fruit.



### 6. CLERODENDRUM PHOLMIDIS (Tekkali)

Verbenaceae

Glory shrub, Arani, tekkali, agnimantha

Leaves and roots:

Skin diseases, deworming, gonorrhea, syphilis, Religious; wood as fire starter due to friction.



### 7. PIMENTA DIOICA (All Spice)

Myrtaceae

All spice tree, pepper tree, masala aku chettu Mixed condiment and spices; aromatic, digestive, Neuralgia and stimulant; perfumes.



### 8. MELALEUCA GENISTIFOLIA

(Golden Bottle Brush)

Myrtaceae

Golden bottle brush Essential oils of leaves and twigs

Cold and coughs; muscular sprains; Mosquito repellent,

Aromatic, ornamental foliage tree.





**9. OCIMUM KILIMANDSCHARICUM** (Karpooora Tulasi)

Lamiaceae  
Camphor basil, Karpooora tulasi  
Whole plant  
Bronchitis, antibacterial and antiviral;  
Ulcers and wounds, Appetizer.



**10. OCIMUM BASILICUM** (Sabja Tulasi)

Lamiaceae  
Sweet basil, manjari, sabja tulasi, rudrajada, vibhudipatri  
Whole plant; leaves and seed  
Sprains, diarrhoea, dysentery, nephritis;  
Flavour, salads.



**11. ADHATODA VASICA** (Addasaramu)

Acanthaceae  
Malabar nut  
Simhaparni, addasaramu  
Leaves, flowers, stem bark, roots  
Asthma, chronic bronchitis, cough, Psoriasis,  
Insecticide, hedge plant



**12. STACHYTARPHETA ROSEA** (Karyartha Rani)

Verbenaceae  
Indian snake plant, Brazilian tea plant,  
Karyartha rani  
Whole plant  
Abortifacient, skin disorders, venereal diseases,  
Ornamental; Flowers highly attractive to butterflies.



**13. MAJORANA HORTENSIS** (Maruvam)

Lamiaceae  
Sweet marjoram, Knotted marjoram, Maruvam, murwa, maruvamu  
Leaves, flower heads, aromatic essential oils.  
Headache, cold, digestive disorders, rheumatism, colic sprain, bruises, swellings.  
Carminative, stimulant, paralysis, toothache, Flavouring, perfumery.





**14. RUTA GRAVEOLENS (Sadapaku)** Rutaceae  
Common/ Garden Rue, gycchapatra  
sathapushpa, sadapaku  
Whole plant, oil  
Epilepsy, hysteria and other neurological disorders,  
Culinary; anti-cancerous, mosquito/snake repellent;  
Ornamental.



**15. VITEX NEGUNDO (Nallavavili)** Verbenaceae  
Nirgundi/ sindhuvara, nallavavilichettu  
Whole plant  
Tonic, vermifuge, head ache, malarial fever,  
Rheumatic pains, paralysis, sprains,  
Insect repellent, dye.



**16. CESTRUM DIURNUM (Din-ka-raja)** Solanaceae  
Day king, day jasmine, ink berries, Din-ka-raja  
Tender leaves and white flowering bunches  
Leaves rich in calcium and so promotes calcium  
accumulation with- in the body; neuro stimulant.  
Birds relish fruits very much; black dye.



**17. CALLISTEMON VIMINALIS (Bottle Brush)** Myrtaceae  
Weeping / drooping scarlet; bottle brush  
Leaves and bark  
Aromatic foliage shrub. Oil as anthelmintic, colds,  
Cough, headache;  
Dust pollution reduction.



**18. MORINGA OLEIFERA (Munaga)** Moringaceae  
Drumstick, ben - oil tree, miracle tree, Rochna, sajan,  
mulaga  
Leaves, buds& flowers, fruits, stem, roots  
Malnutrition, enlarged spleen and liver, otalgia,  
rheumatism, gout, inflammations, aphrodisiac.



**19. NYCTANTHES ARBOR – TRISTIS (Parijatham)**

Oleaceae

Night/Coral jasmine; harshingar, sephalika,

Pagada malle, parijatham

Leaves, flowers, seeds

Chronic fevers, sciatica, anthelmintic, scurvy; Flowers sweetly fragrant; orange dye.



**20. PSIDIUM GUAJAVA (Jaama)**

Myrtaceae

Guava, amrud, jamphal, jamapandu

Leaves, fruits, root, bark

Poor man's apple; delicious and nutritious fruit; cerebral affections, nephritis, epilepsy; Tanning and dyeing.



**21. SESBANIA GRANDIFLORA (Avisa)**

Fabaceae

Agati, swamp pea, agastya, avisa, vegetable hummingbird

Leaves, flower, fruits, root, bark

Tonic, scabies, bruises, dyspepsia, fever, apierent, expectorant,

Vegetable, feed, ornamental,

Supportive plantations for vine crops.



**22. BRYOPHYLLUM PINNATA (Ranapala)**

Crassulaceae

Leaf plant, beejapatra, ranapala, pashanabhedhi

Leaves

Stomach ailments, skin disorders,

Wounds and sores, kidney stones.



**23. ARTEMISIA VULGARIS (Machipatri)**

Asteraceae

Indian worm wood

Nagadamani, damanakah, machipatri

Leaves, flower tops

Antiseptic, stomachic, nervous and Spasmodic afflictions, asthma, Brain tonic, insect repellent





**24. BOERHAVIA DIFFUSA**

(Punarnava, Atuka- mamidi) Nyctaginaceae

Hog weed, punarnava, atuka- mamidi

Whole plant

Stimulant, diuretic, diaphoretic,

Jaundice, General debility.

**25. CYNODON DACTYLON (Garica)**

Poaceae

Bahama grass, Doorva, Garicagaddi

Whole plant

Blood purification, hemoglobin, bleeding wounds, oedema;

Nutritious; Sacred grass

**26. SYZYGIUM CUMINI (Neredu)**

Myrtaceae

Indian black berry; jamun, jambu phal, ala – neredu

Leaves, fruits, seeds, bark

Acrid, carminative, diuretic, very effective in diabetes, pharyngitis.

**27. CATHARANTHUS ALBA (Tella billa ganneru)**

Apocynaceae

Periwinkle, sadabahar, tella billa ganneru

Whole plant

Cancer, diabetes, High BP

Sedative, stomachic.

**28. CINNAMOMUM CAMPHORA ( Karpuram)**

Lauraceae

Camphor tree, karpuram chettu

Leaves, wood, oil

Fevers, measles, melancholia,

Muscular strains, stresses and pains.

**29. BACOPA MONNIERI (Sambrani)**

Scrophulariaceae

Thyme leaved gratiola, neer-brahmi,

Saptala, sambrani chettu

Whole plant

Astringent, coolant, brain sharpening, neuralgia, epilepsy, ulcers.





**30. PISONIA GRANDIS VAR. ALBA (Moonlight)**

Nyctaginaceae

Moon light/ lettuce/ cabbage tree

Leaves, bark, roots

Swellings and scabies; purgative, diuretic,

Vegetable and salads; garden plant with out standing foliage.



**31. BUTEA MONOSPERMA (Moduga)**

Fabaceae

Parrot tree, flame of the forest, brahma vriksha, palash, moduga chettu

Leaves, flowers, bark, gum, seed

Astringent, flatulence, diuretic, snake bite, laxative, anthelmintic, herpes, epilepsy;

Orange – yellow dye.



**32. BAUHINIA VARIEGATA (Devakanchana)**

Caesalpiniaceae

Moutain ebony, tree geranium,

Kovidara, devakanchana

Buds, bark, gum, roots

Astringent, carminative, haematuria.



**33. TERMINALIA ARJUNA (Tellamaddi)**

Combretaceae

Arjun, white murdach,

Indradruma, tellamaddi

Leaves, fruits, bark

Astringent, cardio tonic, convulsions,

Diabetes, anaemia, ulcers, aphrodisiac, Dyeing.



**34. CINNAMOMUM VERUM (Dalchini) Lauraceae**

Cinnamon/ sweet bark tree, Dalchini

Twigs, leaves, bark; oil

Sweet and warm to taste; Spice/condiment,

diarrhoea, Nausea, vomiting,

Flatulence, flavouring.



**35. ACHYRANTHES ASPERA (Uttareni)**

Amaranthaceae

Prickly – chaff flower plant, apamarga, Uttareni

Whole plant

Vegetable; diuretic, renal dropsy, demulcent, skin diseases, bronchitis, injuries, cuts and wounds.



**36. COSTUS SPECIOSUS** ( Insulin plant) Costaceae  
Spiral zinger, insulin plant, Chengalvacostu, chanda, kevukanda,  
Whole plant, especially rhizome  
Anthelmintic, astringent, digestive, BP, diabetes, Aphrodisiac vegetable, Ornamental



**37. PIPER BETLE** (Tamalapaku) Piperaceae  
Betel leaf vine, Nagavallika,  
Tambulavalli, pan pattha, Tamalapaku  
Whole plant – vine stem, leaves  
Carminative, stimulant, aphrodisiac, cerebral congestion, expectorant, wounds, Antiseptic, masticatory.



**38. OCIMUM TENUIFLORUM**  
( Patrapushpa) Lamiaceae  
Sacred basil, Patrapushpa, Brinda, manjari,  
Leaves, seeds, roots  
Common cold, cough, bronchospasm, stress, strain, general debility,  
Diaphoretic, cutaneous disorders, demulcent.



**39. WITHANIA SOMNIFERA** (pennerugadda)  
Solanaceae  
Winter cherry, Indian ginseng, ashwagandha, varahakarni, pennerugadda,  
Leaves, seeds, tuberous roots  
Debility, rejuvenative, youthful vigour, aphrodisiac, fertility, insomnia,  
Febrifuge, Stress reliever, joint pains, diuretic.



**40. CYMBOPOGON FLEXUOSUS** (Nimmagaddi)  
Poaceae  
Lemon grass, Sugandharohisha, dhatrina, Nimmagaddi  
Leaves  
Source of vitamin A; leprosy, epilepsy, mosquito repellent  
Essential oils in medicines, cosmetics, deodorants, perfumery.



**41. PLECTRABTHUS AMBIONICUS** (Vamaaku)  
Lamiaceae  
Indian/ country borage,  
Karpurvalli, ajwain patta, vamaaku,  
Leaves  
Cold, cough, headache, fever,  
Indigestion, flatulence, epilepsy, flavouring, antidote to poisons.





**42. ORTHOSIPHON SPIRALIS** (Pilli meesalu)

Lamiaceae

Kidney tea plant; java tea; cat's whiskers, Pilli - meesalu

Leaves

A perennial shrub.

Infusion of leaves in Kidney and bladder diseases; rheumatism; gout; diabetes.



**43. PIPER LONGUM** (Pippallu)

Piperaceae

Long pepper, Pippali, vaidehi, pippallu

Fruit, stem, root

Diuretic, analgesic, carminative, rheumatic pains, insomnia.

Spice and condiment. Flatulence



**44. OCIMUM GRATISSIMUM** (Lavangatulasi)

Lamiaceae

Cloves basil, shrubby basil, Ban tulasi, Lavangatulasi

Whole plant

Aromatic herb; ear ache, tooth ache, digestive,



**45. LAWSONIA INERMIS** (Gorintaku)

Lythraceae

Henna, mignonette tree, Madayantika, Mehendi, Gorintaku

Leaves, flowers, seeds, bark

Antibiotic, athlete's foot and fungal skin Infections.

Burning, inflammations,

Hair tonic, Leucoderma, Spermatorrhoea, Jaundice, spleen,

Dye, perfumery.



Vanamoolikala Kashayaalatho arogyam  
<https://www.youtube.com/watch?v=jcai ygT5MRU>





### **Best Natural Sweetener – Palm/Dates/Fishtail Palm**

- Fruits naturally contain sweetness. The first ever sweet substance made by humans on the Earth was the jaggery they made using juices (kallu/neera/toddy water) from Dates, and Palm fruits and trees. Preparation of jaggery first started from the banks of Tunga-Bhadra rivers in South India, where plenty of dates trees were growing. People remained healthy as long as they ate these palm/date jaggery.
- Down the line, they started making sugar from cane juice. This sugar is the main reason for different kinds of health issues. Sugar contains less fructose and more glucose. When we take sugar, immediately within 2-3 minutes, glucose combines with blood. Human body is prone to diseases because of the excess glucose that is flowing into the blood from sugar and rice.
- Palm jaggery, Dates jaggery and Fishtail palm jaggery, which help glucose enter the blood slowly are the best natural sweeteners. People need to understand this fact. This jaggery contains more fructose and less glucose.
- When we take Palm jaggery, Dates jaggery and Fishtail palm jaggery, fructose takes one and half hour to two hours of time to convert into glucose. From fructose, we get iron and fibre along with sweetness. Sugar from cane juice doesn't contain all these benefits.
- In broader terms, the low levels of glucose present in Palm/Dates/Fishtail palm jaggery combines with blood in less time. Fructose slowly converts into glucose and then combines with blood. Because of this, Palm/Dates/Fishtail palm jaggery are natural healthy sweeteners.
- Dr. GBK Rao CMD of Pragati group, with great foresight, many years back itself, planted large number of Palm, Date palm and Fishtail palm trees. In Pragati Resorts compound, there are more than 20,000 Palm trees, more than 5000 Fishtail palm trees and more than 10,000 Date palm trees. Palm jaggery is available at Pragati Bio-Pharma Ltd.



## ● Jaise Agni Aise Vaak

### **Wooden Cold Press Oils and their health benefits**

Lot of heat generates in the process of producing cooking oils in industries and with the use of big instruments. And in that process, all nutrients would be lost. And in different stages of producing the oils, different chemicals are used, and the remains of those chemicals would get accumulated in refined oils. Refined oils that are made from hybrid cotton seeds, and polluting the cooking oils with the oil remains from petroleum refineries, are causing major health issues to people.

Father of the nation Mahatma Gandhi was born 150 years ago. Gandhiji dreamt of rural empowerment.. and to make that dream true, he focused on safeguarding our healthy food traditions. He believed that human health would be safe by the use of healthy country foods like wooden cold press oils and Palm jaggery, and he drove our society towards that. But, eventually, due to globalization, these food traditions went into oblivion, resulting in the rise of new types of diseases like never before. In this context, Dr. Khader Vali, health and food scientist suggests that, we can fight the diseases and gain complete health, only by using our natural country foods like millets, cold pressed oils and palm jaggery. By taking Gandhiji's spirit ahead, we should focus again on cold press oils for better health. Farmers cultivating the oil seeds can incorporate wooden pressing system in their villages, near to their homes, with small investment, and they can produce healthy cooking oils and thus receive good financial benefits.

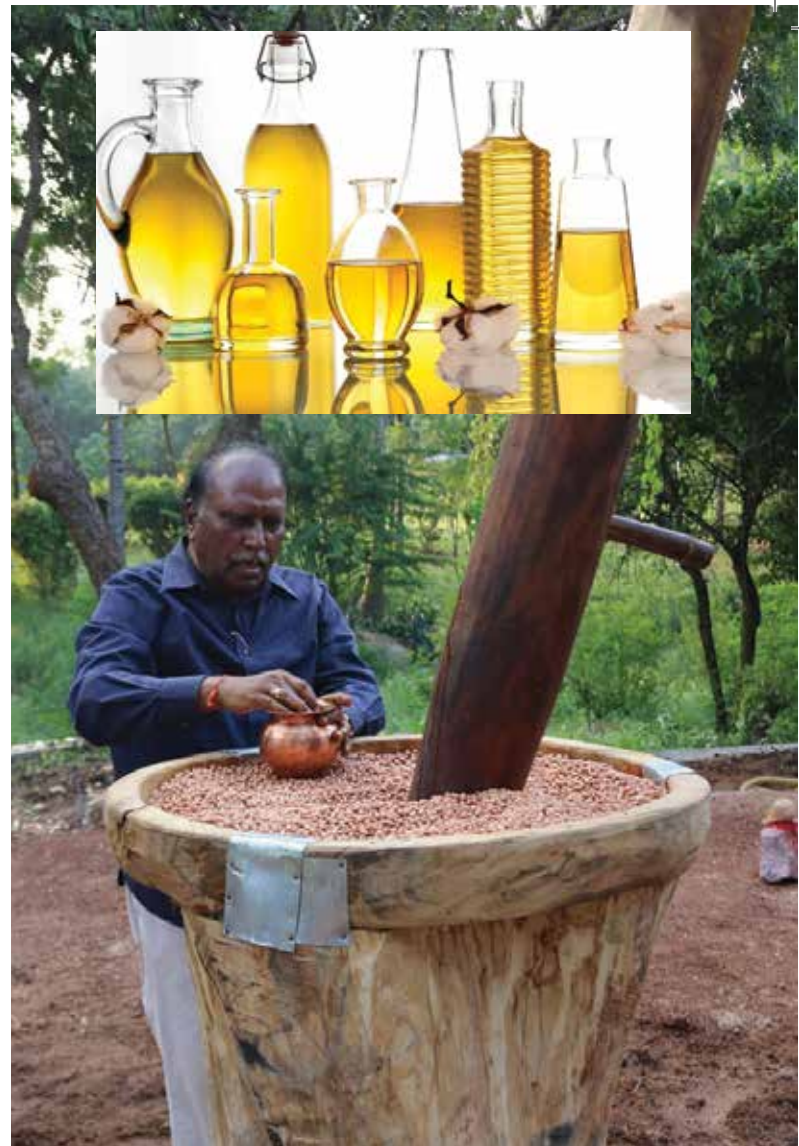




Though it involves lot of expenditure and efforts to set up and maintain wood pressing system run by bulls or oxes, some people in Gujarat, Rajasthan, Tamilnadu and Karnataka are striving to promote this. They established their own wood pressing systems run with bulls in their villages, and extending their support to others in such activities. This is the inspiration from Gandhiji's teachings about health independence that we should absorb.

KVIC (Khadi and Village Industries Commission), a Central Government organization, says that it is ready to train people about establishing wooden oil press systems, and palm jaggery production centres, and even to provide loans in subsidy rates. The subsidy on Khadi and Village Industries Commission loans are in below percentages depending on category.

General candidates - 25% Urban (Municipal corporation/Municipality/Panchayat) candidates - 15% S.C, S.T., Female, Minority, Ex-Army, Physically Handicapped (Rural) - 35%, (Urban) - 25% With the inspiration from Gandhiji and under guidance of Dr. Khader Vali, Pragati group established its own wooden oil processing systems and producing best and natural cooking oils in healthy manner.





## Forest Effort (Atavi Krushi)

### – What is this?

Dr. Khader Vali strongly opines that by safeguarding our environment and forests to reduce global warming and to improve quality of human living. Safeguarding environment and forests, and not affecting our nature in that process, these are the must for giving better living conditions for our future generations. Dr. Khader Vali is striving for this awareness in all of us. In order to achieve this, we have to transform our food habits as well as cultivation methods completely, he insists. In this process, he invented 'Forest Effort' (Atavi Krushi), following it in his farm land, and even training farmers on this.

#### Cultivate Forest 20% + Crops 80%..

In the words of Dr. Khader Vali, 'Forest effort' (Atavi Krushi).. in Kannada, 'Kaadu' means 'Adavi'. I don't like the word Farming/Agriculture. We are destroying forests and doing farming. In the name of farming and modern methods and under the influence of companies, we are cultivating commercial crops and spraying them with chemicals, fertilizers and insecticides. Farmers are influenced about higher profits in short spans, and they are made to cultivate crops like BT Cotton, Sugarcane, Rice and Wheat, which need lot of water to grow. We are destroying mother Earth, and destroying our own lives. By now, 30% of farm lands turned into waste land. When mother Earth is healthy, we can be healthy. Everybody should be aware of this fact. That is the reason, I don't like the word Farming. I am calling it as 'Forest Effort' (Atavi Krushi). We have started this to cultivate our real crops and at the same time safeguard mother Earth and animal husbandry.

#### Few important points are:

Use Forest Alert ('Atavi Chaitanyam') – a manure prepared from a handful of forest soil..

Every farmer should grow forest in 20% of his farm land.  
Green leaves should be grown in farm land

If we grow single crop, there would be threat of Pests, germs and weeds. 5 types of mixed crops like Foxtail millets should be grown together. In our land, 12 crops are grown together. Millets, Lentils, Oil seeds are grown, and no threat of Pests, germs and weeds.





## Forest Consciousness ('Atavi Chaitanyam') – How to prepare this Concoction?

### Ingredients for Forest Consciousness ('Atavi Chaitanyam'):

1. Handful of soil from forest
2. 5 types of millet flour – 1/4 Kilo (250gms)
3. Flour made with Lentils (Dal grains) - 1/4Kilo (250gms)
4. Palm jaggery – 50 gms
5. Water – 30 litres

Keep one earthen pot (matti kunda) under the ground, buried up to its mouth,

Pour 30 litres of water in this pot,

Mix soil, flours, palm jaggery, Cover the pot,

It should be in shade with no direct sunlight or heat.

No need to mix this every day.

Forest Consciousness ('Atavi Chaitanyam') will be ready in 5 days.

It can be used from 6th day to 21st day. Enough quantity of bacteria would be available.

No need to go to the forest every time to bring soil for preparation of Forest Consciousness ('Atavi Chaitanyam'). Keep aside 1 litre of this Forest Consciousness ('Atavi Chaitanyam') concoction, and within 21 days, repeat the same process as above, by using this 1 litre, in place of soil. So, after millet flour, lentil flour and palm jaggery, this will be ready for use. This process can continue like this for any number of years, just make this 1 litre concoction and use. After 5 days it can be used. People visiting our fields in Mysore, get 1 litre Forest Alert ('Atavi Chaitanyam') concoction for free.

### Barren land or Waste land turns into Fertile in 3 – 6 months.!

Take 1 litre of Forest Consciousness ('Atavi Chaitanyam') manure in liquid form, spray it on the soil in farm land, during Sunset time. Use new sprayer or sprinkle it with hand. Spray it twice in a week. Repeat the process for 6 weeks, then the soil of wasteland turns fertile and it can be cultivated. Fields that have gone barren due to chemical farming can also be rejuvenated in this process. If we spray Forest Consciousness ('Atavi Chaitanyam') in a field for two years, without mixing any chemical fertilizers or herbicides, further no need to spray any more. This is not just for making a land fertile, we can directly spray it on crops. Farmers who cultivate hundreds of acres also can make this Forest Consciousness ('Atavi Chaitanyam') in pots and use it as per requirements. In the first stage, plough the land. After the soil becomes porous, use hand instruments to dig the soil. If we use Forest Consciousness ('Atavi Chaitanyam') consistently for 3 to 6 months, any kind of barren land can turn fertile and it can be cultivated.



# Millet ('Siri') Recipes

As we grow conscious towards health, we grow curious and interested about millet foods. It is very important how we cook them in various methods. From last few years, Vasudha Rambabu garu had been introducing different new varieties of millet recipes, to the extent that, his name became 'Millet' Rambabu. Some of his millet recipes are presented here for the convenience of our readers.

## Food Measurements

1 cup = 240 grams  
1/2 cup = 120 grams  
1/4 cup = 60 grams  
1 spoon = 12 grams

## Water measurements to cook millet food

1 cup Oodalu (Barnyard millets) = 2 cups water  
1 cup Saamalu (Little millets) = 2 cups water  
1 cup Korralu (Foxtail millets) = 2.5 cups water  
1 cup Arikelu (Kodo millets) = 3 cups water  
1 cup Andu Korralu (Browntop Millets) = 3.5 cups water

Jowar (Jonnalulu), Bajra (Sajjalu) and Raagi have hard shell surface, so they should coarsely grounded into rava, and can be cooked then. 3 cups of water to be used for 1 cup rava.

## Masalas (Spices) – Powders (Podulu)

### Bisi-bele bath Masala

#### Ingredients:

Mustard	– 1/2 spoon	Cloves	– 6
Coriander seeds	– 4 spoons	Dalchini	– 2
Bengal gram (Sanagapappu)	– 4 spoons	Biryani leaves	– 2
Black gram (minappappu)	– 2 spoons	Cardamom	– 2
Cumin (Jeera)	– 1 spoons	Curry leaves	– 2 strings
Fenugreek (Menthulu)	– 1/2 spoons	Poppy (Khaskhas)	– 2 spoons
Red Chilli	– 2	Asafoetida (Hing)	– 1/2 spoon
		Turmeric	– 1/2 spoon

Dry roast pulses (Mustard, Coriander seeds, Bengalgram, Blackgram, Cumin, Fenugreek, Red Chilli and Curryleaves), in a pan without oil. Next add Cloves, Dalchini, Cardamom, Poppy and Biryani leaves, and grind all together. Add Asafoetida and Turmeric to the mixture, then Bisi-bele bath Masala is ready. This masala quantity is enough to cook 1 Kg of Bisi-bele bath.



### Lemon/Tamarind Millet (Pulihora) Powder

#### Ingredients:

Mustard	– 2 spoon	Black Pepper (Miriyalu)	– 2 spoons
Fenugreek (Menthulu)	– 1 spoon	Red Chilli	– 2
Coriander seeds	– 4 spoons	Curry leaves	– 2 strings
Cumin (Jeera)	– 1 spoon	Asafoetida (Hing)	– 1/2 spoon
Bengal gram (Sanagapappu)	– 4 spoons	Groundnut	– 50gms

Dry roast all the above pulses in a pan, grind to powder, add Asafoetida and store. This powder quantity is enough to cook 1 kg of Lemon/Tamarind Millet.



## Kodo millet (Arika) Sweet Appams

### Ingredients

Kodo millets (Arikelu) – 1 cup  
Fresh coconut grate – 1/4 cup  
Fresh coconut pieces – handfull/fistful  
Cardamom powder – 1/2 small spoon  
Jaggery – 3/4 cup  
Ripe Banana – 1  
Ghee – 3 spoons

### Method:

- Soak Arikelu for 4-6 hours, strain the water, and grind it into paste by adding Coconut grate, and Banana.
- Make jaggery syrup with light string consistency, and let it cool. Roast the coconut pieces in ghee. Add the above mixture, cardamom and roasted coconut pieces to the syrup. Heat paniyaram mould on the stove. Grease the slots with ghee. Pour the prepared mixture into the slots of paniyaram mould and fry till golden brown. Tasty and healthy Arika sweet appams would be ready.

### Tips:

- These appams can be made with all types of millets.
- If we don't like Banana flavour, we can add a fistful of cooked rice.



## Kodo millet Tamarind Rice (Arika Pulihora)

### Ingredients:

Kodo millets (Arikelu) – 1.5 cups  
Pulihora Powder – 4 spoons  
Tamarind pulp – 4 spoons  
Salt – as pre taste  
Jaggery – 20gms

### Pulses for Tadka:

Mustard – 1 spoon  
Bengal gram – 2 spoons  
Black gram – 1 spoon  
Red Chilli – 2  
Fenugreek – 1/4 spoon  
Ginger chopped – 1/2 spoon  
Asfoetida (Hing) - little  
Groundnut – handfull  
Curry leaves – 1 string  
Sesame oil – 4 spoons  
Turmeric – 1 spoon



**Method:**

- Soak Kodo millets for 2 hours in water, cook them to rice, and cool it in a big broad plate
- Heat oil in a pan, add mustard, fenugreek, bengal gram, black gram, chopped ginger and groundnut one by one, and fry them to golden brown. Then add red chilli, curry leaves, Hing and Tamarind pulp to this tadka, and allow it to simmer, until oil comes up leaving the mixture. Then add turmeric, and grated jaggery. Remove from the flame and allow it to cool.
- Add Pulihora Powder to the cooled millet rice, then add the above prepared tadka on top, and add salt as per taste. That's all, delicious Arika Pulihora is ready.

**Tips/modifications:**

- If we grind sesame and ground nut to powder and mix it in Pulihora powder, it will be more tasty
- If Sesame oil is not available, we can use our normal cooking oil
- This dish can be made with any of the 5 other millets – Korra, Andu Korra, Saama, Variga or Oodalu
- If we want to make with Jowar or Bajra, we can make it as ravva, make it a bit dry/crunchy and add this above tadka.

**Kodo millet (Arika) & Horsegram Idli (Arika Ulava idli)****Ingredients**

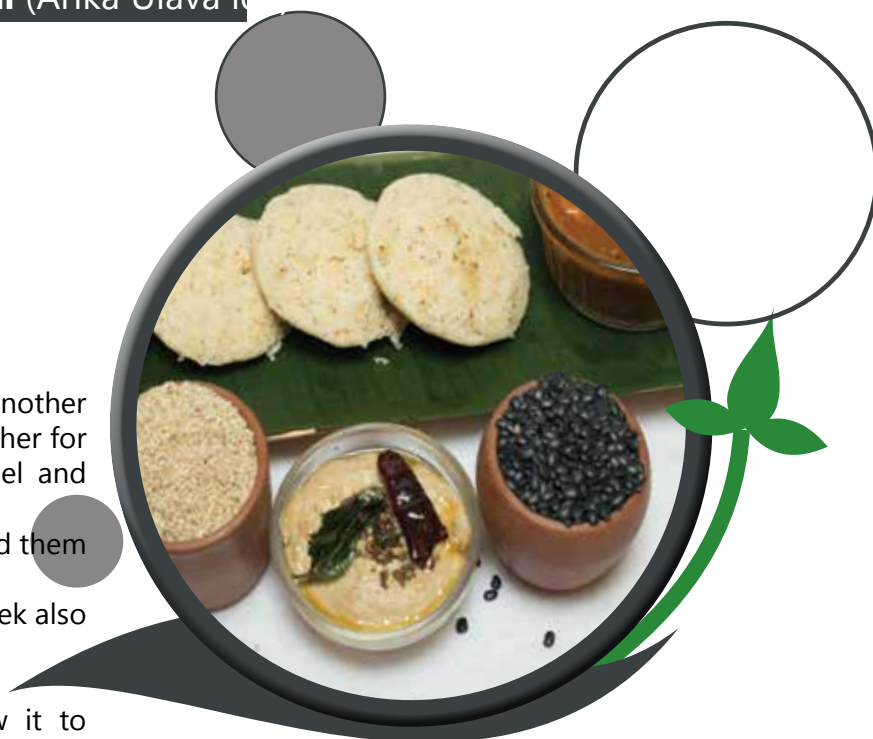
Kodo millets (Arikelu) – 2 cups  
 Red rice beaten (atukulu) – 1/2 cup  
 Blackgram – 1/2 cup  
 Horsegram – 1/2 cup  
 Fenugreek – 1 spoon  
 Rock salt – as per taste

**Method:**

- Soak Kodo millets for 6 hours in water. In another vessel, soak black gram and fenugreek together for 4 hours. Take Horse gram in another vessel and soak them for 6 hours.
- Soak beaten rice (atukulu) for 20 minutes, add them to soaked Kodo millets and grind to paste.
- Grind the mixture of black gram and fenugreek also to fine paste.
- Grind Horse gram to fine paste.
- Combine all these grinded mixtures, allow it to ferment for 3 hours, add Rock salt to taste and steam to idlis in idli cooker. Thus, tasty kodo millet and horsegram idlis are ready.

**Tips/modifications:**

- This dish can be made with any of the 5 other millets – Korra, Andu Korra, Saama, Variga or Oodalu
- Grated carrot or any of the green leaves like Palak or Methi can be added to idlis.



## Kodo millet and Lettuce Rice (Arika Palak Rice)

### Ingredients

Kodo millets (Arikelu) – 1 cup  
Lettuce (Palak) - 1cup  
Chopped onions – 1/4 cup  
Chopped garlic – 2 spoons  
Jeera – 1 spoon  
Chopped green chilli – 1 spoon  
Ghee/oil – 2 spoons  
Rock salt – as per taste  
Turmeric – 1 spoon  
Curryleaves – 1 string  
Corriander – little  
Lime juice – 1 spoon

### Method:

- Soak Kodo millets for 4 hours in water, cook them to rice (not to very soft), and allow it to cool.
- Clean Palak, add to boiling water for 3 minutes, remove immediately and put it in cold water. Grind this to fine paste and keep aside.
- Heat oil/ghee in pan, add jeera, garlic, chopped green chilli, and curry leaves, simmer it and add palak paste prepared above. Allow it to simmer for 3 minutes, add turmeric, rock salt and cooked Kodo millet rice. Garnish with coriander and lime juice before serving, and our delicious Kodo millet Palak Rice is ready.

### Tips/modifications:

- This dish can be made with any of the other millets
- If required chopped ginger also can be added
- We can add groundnut also in tadka
- This can be made using other green leaves also.

## Barnyard millets Dates Pudding (Oodalu Kharjoor Payasam)

### Ingredients

Barnyard millets (Oodalu) – 1 cup  
Ripe Dates (Kharjoor) – 1/2 cup  
Jaggery syrup – 1cup  
Coconut milk – 1 cup  
Ghee – 3 spoons  
Cashew, Kismis – handful  
Cardamom – 1 small spoon





**Method:**

- Soak Barnyard millets for 4 hours in water (add 3 cups water to 1 cup Oodalu), cook them to 80%, then add ripe dates to 90%, then add jaggery syrup (already prepared separately), allow it to reduce and come together. Then add coconut milk, cook for 5 minutes, add cardamom and then add cashews and kismis roasted in ghee. Now delicious Oodalu Kharjoor Payasam is ready.

**Tips/modifications:**

- This dish can be made with any of the other millets
- If required moong dal also can be added

**Barnyard millets Sweet Dumplings**

(Oodala Teepi Kudmulu)

**Ingredients**

Barnyard millets (Oodalu) – 1 cup  
Tender jaggery syrup – 1 cup  
Coconut milk – 1/4 cup  
Coconut grate – 1/4 cup  
Cardamom – 1 teaspoon  
Ghee – 3 teaspoons  
Cashew - little  
Ripe Dates - little

**Method:**

- Soak Barnyard millets for 4 hours in water, dry them in shade, and make them to flour in flour mill.
- When the flour is ready, add little ghee, tender jaggery syrup, coconut grate and coconut milk, and make it as chapati dough.
- Make small lemon sized balls with this dough, put cashew and dates pieces in it and make them as round balls again. Cook them in idli cooker for 15 minutes, and relish tasty dumplings.

**Tips/modifications:**

- This dish can be made with any of the other millets
- If we don't like to add coconut, cashew and dates, no need to add them
- Dry roasted sesame powder or groundnut powder also can be added for taste.

## Barnyard millets Greens Kichidi (Ooda Greens Kichidi)

### Ingredients

Barnyard millets (Oodalu) – 1 cup  
Moong Dal – 1/4 cup  
Cumin (Jeera) – 1 spoon  
Black Pepper – 1/2 spoon  
Dalchini – small piece  
Cloves – 2  
Cardamom – 2  
Biryani leaves – 2  
Turmeric – 1/2 spoon  
Rock salt – to taste  
Ginger paste – 1/2 spoon  
Chopped onions – 1/4 cup  
Chopped green chilli – 1/2 spoon  
Ghee/oil – 3 spoons  
Greens (aaku kuralu) (Asparagus-thotakura,  
Menthi kura, Ponnaganti kura, Mungaku-Drumstick leaves) – 1 1/2 cup  
Mint (Pudina) – little  
Curry leaves – 1 string

### Method:

- Soak Barnyard millets and Moong dal for 4-6 hours in water
- Heat Ghee/oil in a thick vessel, add Jeera, Dalchini, cardamom, cloves, biryani leaves, and black pepper and simmer. Add chopped onions, chopped green chilli and ginger paste, after 2 minutes add Pudina, allow it to simmer for few minutes. Then add all cleaned greens, add 3 glasses of water and close with lid. After it is simmered, add soaked Barnyard millet, and moong dal and stir vigorously. Close with lid and cook for some time. Add rock salt and chopped curry leaves and remove from the stove. Serve the healthy Ooda greens kichidi into plates and savour the taste.

### Tips/modifications:

- This dish can be made with any of the other millets
- Any vegetable pieces can be added
- Instead of moong dal, toor dal or lobia can be added
- Lime juice, and coriander can be added for taste and flavour and its nutritional values also can be increased.

**Note:** Keep stirring in between to avoid charring (burning of the bottom).



## Barnyard millets Drumstick leaves Dumplings (Ooda Munagaku Kudumu)

### Ingredients

Barnyard millets (Oodalu) – 1 cup  
Moong Dal – handful  
Drumstick leaves – 1/2 cup  
Ghee/oil – 1 spoon  
Bengalgram – 2 spoons  
Blackgram – 1 spoon  
Mustard – 1/2 spoon  
Cumin (Jeera) – 1 spoon  
Chopped green chilli – 1 spoon  
Chopped ginger – 1/2 spoon  
Rock Salt – to taste  
Asfoetida (Hing) – pinch of



### Method:

- Soak Barnyard millets and Moong dal for 4-6 hours in water
- Heat Ghee/oil in a thick vessel, add Mustard, jeera, Bengal gram, black gram and curry leaves one by one and simmer. Add chopped ginger, chopped green chilli and hing, and allow it to simmer for few minutes. Then add water twice to the quantity of Barnyard millet, and moong dal. Once water is boiled, add drumstick leaves. Close with lid and cook for 3 minutes. Then add soaked Barnyard millet, and moong dal and rock salt. Cook until the water is evaporated and the mixture becomes soft. Remove from the stove and allow it to cool little. Make round balls with the dough, steam them in idli cooker for 8-10 minutes. Serve the healthy Ooda munagaku kudumulu and enjoy the taste.
- We can eat it in combination with our choice of chutney.

### Tips/modifications:

- This dish can be made with Little millets (Saamalu) also
- Ravva made with Korra, Arika or Andu korralu also can be used for this recipe
- Greens like Thotakura, Palakura or vegetables like carrot, beans or cabbage can be added
- Grated coconut also can be added.



## Little millet Bottlegourd Roti

(Saama Sorakaya Rotte)

### Ingredients

Little millet (Saamalu) flour – 1 cup  
Bottlegourd grate – 1/4 spoon  
Chopped onions – 1/4 spoon  
Grated carrot – 2 spoons  
Cumin (Jeera) – 1 spoon  
Sesame seeds – 2 spoons  
Groundnut – 1/4 cup  
Rock Salt – to taste  
Chopped green chilli – 1 spoon  
Ghee/Oil – quantity required for frying roti  
Curry leaves – handful



### Method:

- Dry roast ground nut, curry leaves, and sesame seeds separately
- Peel off ground nuts after they are cooled, grind along with curry leaves to a fine powder.
- Add grated bottle gourd, grated carrot, sesame seeds, chopped green chilli, jeera, above prepared powder, and rock salt to Saama flour and kneed it into dough as for chapatis, add little water if need be.
- Make round balls in lemon size. Take a banana leaf, apply little oil, press the round balls into roti using hand. Fry it on both sides until golden brown on pan, by applying oil or ghee, and Saama Sorakaya Roti is ready.

### Tips/modifications:

- This dish can be made with any of the other millets
- If required, greens like Drumstick leaves or Methi leaves can be added.
- Grated coconut or grated ginger also can be added.



## Little millet Coconut Chana Rice (Saama coconut chana rice)

### Ingredients

Little millets (Saamalu) – 1 cup  
Chickpeas (chana) – 1/2 cup  
Grated coconut – 1/2 cup  
Cumin (jeera) – 1 1/2 spoon  
Chopped ginger – 1 spoon  
Black pepper – 1 spoon  
Coriander seeds (Dhaniya) – 1/2 spoon  
Curry leaves – 1 string  
Bengal gram – 3 spoons  
Sesame seeds – 3 spoons  
Rock salt – to taste  
Lime juice – 1 spoon  
Chopped onions – 1/4 cup  
Coriander – little  
Turmeric – 1/2 spoon  
Oil – 2 spoons



### Method:

- Soak Little millets, and chick peas separately for 4-6 hours in water. Boil them separately and keep aside.
- Dry roast black pepper, coriander seeds, curry leaves, Bengal gram, sesame separately to golden brown and allow to cool. Ground them to coarse powder.
- Heat oil in a pan, add jeera, grated ginger, chopped onions, curry leaves and simmer. Then add boiled chick peas and grated coconut and simmer again for few minutes. Add boiled saama rice, add rock salt to taste, add the prepared masala and serve. Garnish with coriander and lime juice before serving for a delicious Saama coconut chana rice.

### Tips/modifications:

- This dish can be made with any of the other millets
- Instead of chick peas, sprouted moong or lobia
- Chopped onions can be avoided if not liked.
- Asafoetida can be added if required.

## Little millet Beetroot Idli (Saama Beetroot idli)

### Ingredients

Little millets (Saama) Ravva – 2 cups  
Grated Beetroot – 1/2 cup  
Curd - 1cup  
Chopped green chilli - 1spoon  
Black gram – 1 spoon  
Bengal gram – 2 spoons  
Mustard – 1/2 spoon  
Cashew – handful  
Asfoetida (Hing) – 2 pinches  
Chopped curry leaves – 1 spoon  
Chopped coriander – 1 spoon  
Rock Salt – to taste  
Ghee/oil – 2 spoons



### Method:

- Take Saama ravva in a vessel, put it in idli cooker without adding water, make it dry cooked in steam for 10 minutes. Allow it to cool down, add water and soak for 4-6 hours.
- Strain excess water from Saama ravva, add curd and rock salt, and keep it aside for 30 minutes as batter.
- Heat oil in a pan, add tadka with mustard, Bengal gram, black gram, cashew and asfoetida. Lastly add curry leaves, grated beetroot and coriander to this. Add this whole mixture to the above prepared batter. Steam cook them as idlis in cooker for 10-12 minutes to get tasty and healthy Saama beetroot idlis.

### Tips/modifications:

- This dish can be made with any of the other millets
- Blackgram can be added if required
- Grated carrot or any vegetables of choice can be added

### How to make Ravva with millets?

Soak millets for 3 hours in water. Dry them in sunlight, make them coarse powder using tiragali. Seive the powder to separate as powder and flour. Idli, Upma or Kichidi can be made using Ravva. Rotis, stew or porridge can be prepared using flour portion.





## Little millets Sambar Rice

(Saama Sambar Rice)

### Ingredients

Little millets (Saamalu) Rice – 1 cup  
Red gram/Toor Dal – 1 cup  
Tamarind pulp – 2 spoons  
Cut Vegetables – 1 cup (carrot, beans, drumstick, etc)  
Cut Tomato  
Ghee/oil – 3 spoons  
Chopped coriander – 2 spoons  
Bisibelebath masala – 2 spoons

### Pulses for Tadka:

Mustard – 1 spoon  
Curry leaves – 1 string  
Red Chilli – 2  
Green Chilli – 2  
Cashewnut – handful  
Asafoetida (Hing) - little  
Onions chopped – 3 spoons

### Method:

- Clean Little millets and Toor Dal, and soak separately for 3 hours.
- Boil vegetable pieces and keep aside
- Add Toor dal to boiling water (5 glasses) and cook. After it is three fourth cooked, add little millets and cook fully until soft.
- Heat ghee/oil in pan, add mustard, green chilli, red chilli, chopped onions, curry leaves, cashew nuts and hing. Add boiled vegetables and tomato pieces to the tadka and simmer for 5 minutes. Add Bisibelebath masala and allow it to simmer for 3 minutes. Then add tamarind pulp and rock salt, and add this entire mixture to the finely cooked mushy mixture of little millet and toor dal. Allow it to cook for 5 minutes, garnish with coriander and ghee, to relish tasty and healthy Little millet Sambar rice. It tastes best in combination with Papad, Boondi or fryums.

### Note:

- Cook little millet and toor dal until very soft and mushy.
- Take precautions to avoid charring

### Tips/modifications:

- A pinch of sonthi can be added to tadka if required
- Aamchur powder can be used as an alternative to tamarind pulp. Or we can add lime juice after removing from the stove.
- If any left over rice and dal available from noon, this dish can be made in the evening using these two.
- Moong dal can be used instead of toor dal if required.
- This dish can be made with either Foxtail millets or Browntop Millets or Barnyard millets also.



## Browntop Millets Pulao

### Ingredients

Browntop Millet (Andu korralu) Rice – 1 cup  
Onions – 1 (cut into pieces)  
Green chilli – 3 chopped vertical  
Cut vegetables – 1 cup (carrot, peas, potato, beans)  
Ginger garlic paste – 1 big spoon  
Shah jeera – 1/2 spoon  
Coriander powder – 2 spoons  
Oil – 3 spoons, Ghee – 1 spoon  
Lime juice – 2 spoons  
Mint (pudina) – 1 bunch

### Pulses for Biryani:

Biryani leaves – 2  
Dalchini – 1  
Cloves – 4  
Cardamom – 2  
Black pepper – 1/2 spoon  
Souff – 1/2 spoon  
Japatri – 1

### Method:

- Soak Browntop millets for 2 hours.
- Boil 2 and half cups water, add all biryani pulses, boil for few more minutes, strain it and keep aside.
- Heat oil in a thick bottomed vessel, add Shahjeera, green chilli, onions, and vegetables one by one and fry them till slightly golden brown. Add Mint leaves, and ginger garlic paste and keep stirring until that raw smell is gone. Add the strained water from above step, and add salt to taste and boil until bubbling. Remove excess water from soaked Browntop millets, add it to the boiling water, and close with lid. Cook pulao on sim flame, and keep stirring in between. Add coriander powder, lime juice and ghee before removing from heat. Mix well and garnish with mint leaves for a nice flavoured and tasty Browntop millet pulao.

### Note:

- After adding Browntop millet to the boiling water and simmering it on low flame for 10 minutes, put one thick dosa pan under the vessel, and cook like this for 10 more minutes, to get pulao grainy, and not mushy.

### Tips/modifications:

- We can replace vegetables with a paste made from greens like palak and methi.
- Sweet corn also can be added
- If ghee and lime juice is added, it will add more to taste of pulao.
- We can directly add biryani pulses to tadka, and add onions and green chilli once they are fried a little.
- This dish can be made with either Foxtail millets, or Little Millets or Barnyard millets or Variga also. Add water measurements like below:

Korralu – 2 cups water for 1 cup millet, Oodalu and Saamalu – 1 3/4 cups water for 1 cup, AnduKorra and Variga – 3 cups water for 1 cup millet.



## Browntop Millet Badam Kheer

(Andukorra Badam Kheer)

### Ingredients

Browntop Millet (Andu korralu) – 1 cup  
Almonds (Badam) – 1/2 cup  
Saffron (Kesar) – 3 pinches  
Jaggery syrup – 1 cup  
Cashew nuts - handful  
Ghee – 1/4 cup



### Method:

- Soak Browntop millets for 4-6 hours, clean thoroughly, and grind to fine paste.
- Soak almonds for 4 hours, peel them and grind to fine paste.
- Heat ghee in thick vessel, roast sliced almonds and cashews to golden brown and keep aside.
- In the same ghee, add Browntop millet flour, with 3 cups of water or coconut milk for 1 cup measurement. Keep stirring on low flame, upto 80% consistency. Add saffron and grinded almond paste, and stir meticulously for 10 – 15 minutes.
- Now, add jaggery syrup and cook for 5 minutes. Remove from stove, add fried roasted cashew nuts and almonds, to get a delicious Browntop millet Almond Kheer.

### Tips/modifications:

- This dish can be made with any of the other millets.
- We can replace almonds with groundnut or sesame seeds, soak and grind them. But these need to be roasted before soaking. Even almond tastes better if roasted before soaking.
- As an alternative to saffron, cardamom powder or nutmeg powder or dalchini powder can be added.

### Note:

- As long as this kheer is being cooked, it needs to be stirred continuously, to prevent the milk from getting scorched.



## Browntop Millet Carrot Adai

### Ingredients

Browntop Millet (Andu korralu) – 1 cup  
Red gram (Toor Dal) – 3 spoons  
Moong dal – 3 spoons  
Lobia – 3 spoons  
Black pepper – 1 spoon  
Curry leaves – 1 string  
Asafoetida (hing) – 2 pinches  
Grated carrot – 1/4 cup  
Ginger – small piece  
Rock salt – to taste  
Oil – Quantity required for frying Adai



### Method:

- Soak Browntop millets, red gram, moong dal and lobia together for 4-6 hours, strain the water, and grind along with ginger, pepper, curry leaves and Asafoetida, in dosa batter consistency.
- Add grated carrot and salt to this batter and spread as dosas on dosa pan. Fry it to golden brown and relish the tasty Browntop millet Carrot adai in combination with some chutney.

### Tips/modifications:

- This dish can be made with any of the other millets.
- Any of the greens, or grated bottle gourd or grated coconut can be added to enhance the taste as well as nutritional values.

### Note:

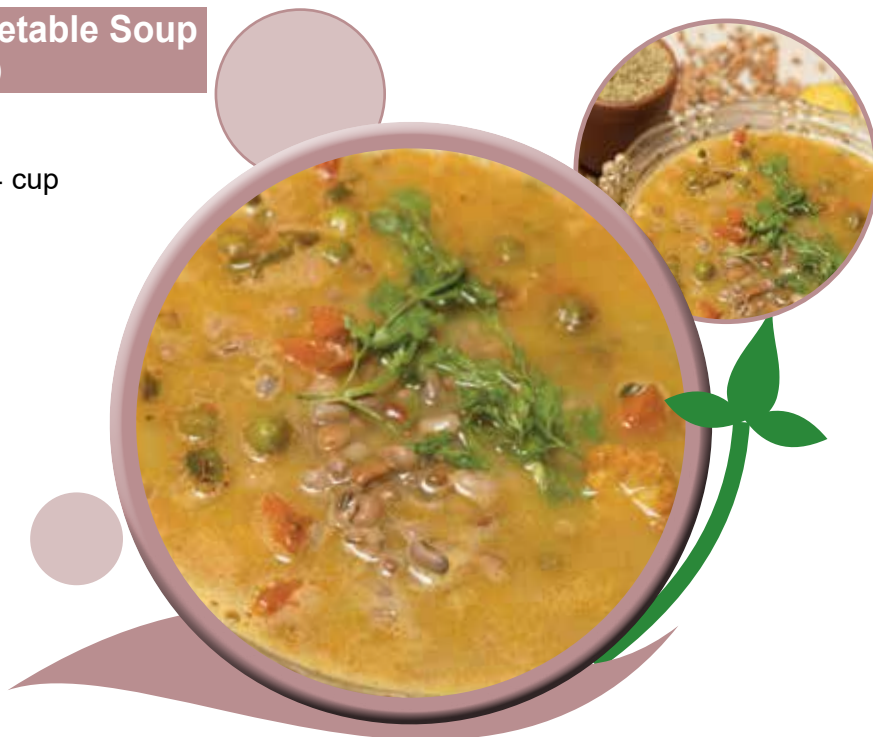
- This batter should not be fermented it should be immediately used after grinding.



## Browntop Millet, Lobia and Vegetable Soup (Andukorra Bobbarlu vegetable soup)

### Ingredients

Browntop Millet (Andu korralu) flour – 1/4 cup  
Lobia – 1/4 cup  
Carrot cut into pieces – 1/2 cup  
Chopped spring onions – handful  
Chopped cabbage – 1/4 cup  
Coconut milk – 1/2 cup  
Pepper powder – 1/2 spoon  
Cumin (jeera) – 1 spoon  
Chopped garlic – 1 spoon  
Drumstick leaves powder – 1 spoon  
Coriander – little  
Lime juice – 2 spoons  
Rock salt – to taste  
Ghee/Butter – 2 spoons



### Method:

- Soak Lobia for 4 hours, cook to soft consistency and keep aside
- Dry roast Browntop Millet flour to golden brown, allow it to cool, add 4 cups of water and keep aside for 30 minutes.
- Stem cook cabbage and carrot and keep aside
- Mix the soaked Browntop Millet flour, heat on low flame, keep stirring and boil for 10 minutes.
- In the mean time, heat ghee or butter in a pan, add cumin and chopped garlic. Add carrot and cabbage pieces, boiled Lobia, simmer it for a minute, add coconut milk and simmer for 2 minutes. Add spring onions and pepper to this, and transfer this whole mixture to boiling Browntop Millet flour. Add rock salt to taste, and garnish with lime juice, coriander and drumstick leaves powder before serving this tasty and healthy soup.

### Tips/modifications:

- This dish can be made with any of the other millets.
- Chopped ginger can be used instead of garlic if required.
- Coconut milk can be avoided if not available
- Choice of vegetables and greens can be added
- If curry leaves powder or mint is added, it will enhance the taste and nutritional values of the soup.
- Soup can be made thick or light according to our taste and comfort.

### Note:

- As long as the soup is cooked, it needs to be stirred continuously to avoid formation of lumps.

## Foxtail millet Dry fruit coconut Laddoo

(Korra Dry fruit Coconut Laddoo)

### Ingredients:

Foxtail Millet (Korralu) flour – 1 cup  
Almonds – 1 cup  
Cashew nuts – handful  
Dried coconut – 1/4 cup  
Ripe dates – 1 cup  
Palm jaggery – 1/4 cup  
Ghee – 2 spoons  
Dalchini powder – 2 pinches

### Method:

- Roast Foxtail Millet (Korralu) flour in ghee until golden brown.
  - Roast cut dates, almonds, dried coconut and cashew nuts also in little ghee and keep aside.
  - Cut ripe dates into small pieces.
  - Prepare palm jaggery syrup with light string consistency and cool it.
  - Grind almonds, dried coconut and cashew nuts along with Foxtail millet flour in mixie. Add Palm jaggery syrup and Dalchini powder to this, and bind them as laddoos using little ghee.
- Tasty Foxtail millet Dry fruit laddoos are ready to consume.

### Tips/modifications:

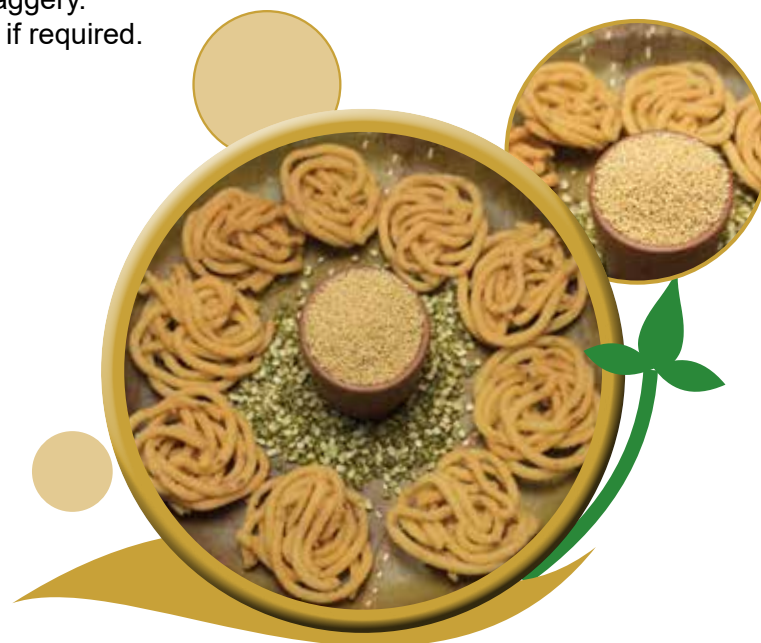
- This dish can be made with any of the other millets.
- Honey can be used as an alternative to jaggery.
- Coconut oil can be used in place of ghee if required.



## Foxtail millet Pretzels (Korra Jantikalu)

### Ingredients:

Foxtail Millet (Korralu) rice – 1 cup  
Black gram (Minappappu) - Handful  
Moog dal (Pesarappu) – 1/2 cup  
Red chilli powder – 2 tea spoons  
Coriander seeds – 2 tea spoons  
Cumin (Jeera) – 1 tea spoon  
Salt – to taste  
Oil – 1/2 litre





**Method:**

- Dry roast Foxtail millet rice, Black gram and Coriander until golden brown, grind to fine flour in a flour mill, and sieve it.
- Soak Moong dal for 1 hour, boil to soft, and make it fine paste using dal-masher (pappugutti).
- Add Moong dal, Red chilli powder, Cumin, salt to taste, 2 spoons oil or butter, and little water to the sieved flour, and make it as chapati dough.
- Heat oil in a deep pan, press this dough as pretzels using pretzel maker (Jantikala Chakram) in hot oil, and fry to get crunchy and golden brown Foxtail millet pretzels.

**Tips/modifications:**

- This pretzels can be made with any of the other millets.
- If curry leaves powder or mint paste is added to the dough, it will enhance the taste and nutritional values of the pretzels.

**Foxtail millet Chekkalu (Korra Chekkalu)****Ingredients:**

Foxtail Millet (korralu) flour – 1 cup  
Brown rice/Waffle rice (Dampudu biyyam) – 1 cup  
Gram (Besan) flour – 1 cup  
Groundnut – Handful  
Dried coconut pieces – Handful  
Curry leaves – 1/2 cup  
Ginger – small piece  
Green chilli – 2  
Cumin (jeera) – 1 spoon  
Asafoetida (hing) – 2 pinches  
Butter – 2 spoons  
Salt – to taste  
Oil – Quantity that is enough to deep fry chekkalu (approximately 1/2 litre)

**Method:**

- Sieve Foxtail Millet flour, Brown rice flour, Gram flour together and keep aside.
- Peel off ground nuts after they are cooled, grind them along with dried coconut pieces, curry leaves, ginger and green chilli. Add this mixture to above flour mixture, heat butter, and mix all together thoroughly. Add Cumin, Asafoetida, and rock salt to taste and make dough like chapati dough, using little hot water.
- Make small balls with this mixture, press as small pooris in poori press and fry them in hot oil, to get tasty and crunchy Foxtail millet Chekkalu ready.

**Tips/modifications:**

- This snack (Chekkalu) can be made with any of the other four millets also.
- We can add Spinach paste to the millet dough if needed.
- Dried coconut is not must if not interested in it.
- Sesame seeds can be added if required.
- Rice flour is not must if we don't want to add.

**Foxtail millet-Amla-Curry leaves Rice** (Korra Usiri Karivepaku rice)**Ingredients:**

Foxtail Millet (Korralu) Rice – 1 cup  
Curry leaves – 1/4 cup  
Grated Amla – 1/4 cup  
Chopped ginger – 1/4 small spoon  
Asafoetida (hing) – 2 pinches  
Mustard – 1/2 small spoon  
Bengal gram – 3 spoons  
Black gram (minappappu) – 1 spoon  
Cumin (jeera) – 1/2 spoon  
Oil – 2 spoons  
Ground nut – Handful  
Sesame seeds – 2 spoons  
Turmeric – 1 small spoon  
Red chilli – 2  
Green chilli – 1

**Method:**

- Soak Foxtail millets for 4 hours, and cook rice in grainy (not mushy) and dry consistency.
- Dry roast Curry leaves, Ground nuts, Sesame seeds and Bengal gram separately up to golden brown. Peel off ground nuts after they are cooled, grind them along with all these above prepared ingredients.
- Heat oil in a pan, add Mustard, Bengal gram, Black gram and ginger, and allow to simmer. Then add Red chilli, Green chilli, Asafoetida and Curry leaves. After one minute, add grated Amla, and Turmeric, allow to simmer and cool it.
- Add this masala to cooled Foxtail millet rice, mix Amla tadka, and add salt to taste. In this procedure, we can make very healthy and tasty Foxtail millet Amla Curry leaves rice ready.

**Tips/modifications:**

- This dish can be made with any of the other four millets also.
- Lime juice and Coriander can be added if required.



## Some Health Tips for Kitchen

- All millets must be soaked for 4-6 hours in water before cooking. Not only millets, all other grains and pulses like toor dal, lobia or moong dal, all need to be soaked before cooking. By doing this, Protein and Carbohydrates in the food will digest easily and nutritional values will increase.
- To cook rice grainy (not mushy) for dishes like Pulihora or Coconut rice, after soaking millets for 4 hours, add one spoon oil and add water measurements like below- Oodalu and Saamalu – 2 cups water for 1 cup millet, Korra and Arike – 2.5 cups water for 1 cup, Andu Korra and Variga – 3 cups water for 1 cup millet. Steam cook this in idli cooker for 15-20 minutes to get the rice grainy. If rice required in normal soft mushy consistency, add more water and steam cook, without adding any oil.
- While cooking sweets, if we add a pinch of Sonthi (dry ginger) powder, the food will be digested easily and won't give any throat related issues.
- While cooking sweets, along with cardamom powder, if we add little pinch of Dalchini powder, it will help not to raise sugar levels rapidly into blood.
- If we eat more in functions and marriages, and feel heavy, drink one cup of Dalchini decoction, to digest food easily.
- Use vaamu (ajwain) often in cooking, it helps in reducing indigestion issues or urinary infections.
- Take Gallnut (karakkaya) powder 2 parts, Turmeric 1 part and Palm Jaggery 4 parts and grind to fine powder and make them as small blobs. To get rid of piles and constipation, take 2 blobs each in morning and evening, follow strict diet, eat Nalleru chutney frequently, and drink Raddish juice.
- Mint (pudina) juice is effective in reducing illness related to Hiccups, cold, head cold and indigestion issues
- Add salt and jeera to Regi pandu (berry) and grind it slightly, make small fryums with that, and dry them in sunlight fully. Store them and consume often to increase hunger, and Saliva would be generated more which helps in digestion.
- Make small laddoos with roasted dal, dates and palm jaggery, and consume often to increase muscle growth.
- Add ajwain or jeera to strained rice starch, and consume that with Amla powder and Rock salt, to refill the mineral content we lose during summer. Also it gives energy.
- Take one small cup of decoction made with Basella alba spinach (Bacchali) leaves, to get urine in easy and free manner.
- Eat jaggery combined with groundnut to get rid of bilious tendency (paithyam) that comes with groundnut.
- Dry curryleaves, drumstick leaves and tamarind in shade, make them as a powder, and mix them in food preparation like idlis, dosas, rotis, snacks, vada, dal or rasam by adding one spoon in batters and flours. It will increase nutritional values and adds to taste. It will increase immunity also.
- When feeling thirsty and heavy after having oily food, take one glass of toned butter milk, add lime juice and rock salt to get some solace.
- Prepare starch or stew with millet flour, add ajwain, pepper powder, lime juice, jeera, curry leaves powder or drumstick leaves powder and consume it when feeling weakness, or any illness. It helps in quick digestion and improves hunger.
- Make a paste by grinding grapes and candy sugar (patikabellam) in curd film, to get rid of burning sensation while urinating.



- Mix flours made with Foxtail millet or kodo millet with coconut oil and turmeric, boil it and apply on swellings or tumors, to soften them and heal quickly.
- Mix flours made with Browntop millets or kodo millets with Sunnipindi (herbal bath powder of India) and use it as a face mask before taking bath, to get rid of skin diseases.
- Extract juice from ponnaganti leaves, add coconut oil and boil this until the mixture becomes half quantity. Allow it to cool, use it for head massage to get rid of any issues related to eyes. It acts as coolant.
- Gomuthra (cow urine), Tulasi (Basil) and lime juice can be mixed along with salt, can be applied on areas affected with Scabies or Eczema as a film, to get rid of these issues.
- Peel the skin of pomogrenate, dry it and make as a powder, use it along with toned butter milk or warm water to get relief from Bilious or piles problems.
- While cooking sweets, along with cardamom powder, if we add two pinches of Dalchini powder, it will help not to raise sugar levels rapidly into blood.
- While making sweets like laddoos or appams, if we mix watermelon seeds powder or pumpkin seeds powder (made by dry roasting the seeds), it enhances the taste and helps in reducing anemia issues in pregnant ladies.
- Add grated carrot or beetroot to batters while making dosas, idlis and rotis, to make them more tasty and nutritious. Also, chopped greens like methi or spinach or drumstick leaves can be added.
- During breast feeding, to increase milk, mix brown rice flour, with foxtail millet flour or barnyard millet flour, boil them in milk and make as stew and drink often,
- When feeling indigestion due to coconut food items, eat popcorn or puffed rice to feel easy.
- When feeling thirsty and heavy after having oily food, take one glass of toned butter milk, add lime juice and rock salt to get some solace.
- Take raagi or bajra more into our food, to get relief from anemia.
- Along with cereals and millets, if we give dates, almond, greens, fruits (more importantly oranges or sweetlime to increase immunity) to children, they will grow healthy and improve sharpness in brain functionality. Also, we can give bananas and pomogranate to give energy and reduce indigestion. Watermelon and Papaya will help in fighting anemia in children.
- Make sprouts with raagi, dry them, and make as malt. Add dates, roasted sesame seeds powder, groundnut powder, banana to this malt and give to children, to help them grow healthy with good bone strength.
- Plant ragi seeds in your back yard, when they sprout and grow upto 1 feet, take its leaves, and make juice with them. Take 2 spoons of the juice with 1 cup water, add honey and give it to children, to improve growth and blood content.
- Mix one banana in coconut milk, add honey and make children to drink it for their better health.
- Saboodana porridge can be given often, for nutrition.
- Boil raw banana in cow milk, add few dates, and give to children for bone strength.
- Take Sonthi, Jeera and Ajwain in equal parts, fry a little and crush into a powder. Add 1/4 part rock salt and store in a bottle. In the first lump of food, if this is added along with ghee in children's lunch or dinner, it will improve hunger and acts as remedy for stomach issues.
- If children suffering from intestinal worms, the above prepared powder can be added in their food as per given directions often. If one cup of onion juice or pomegranate juice can be given in the morning before any food intake, it helps to reduce this problem of worms.



- If cow ghee is added into children's food, it improves sharpness of the brain.
- Take Ajwain, and Black pepper in equal parts, just dry roast on pan, and crush them into powder. Soak it in water, strain the water and give to children, to get rid of stomach issues like bloating and motions due to indigestion. It can be used as remedy for cold also.
- Juice made using Ajwain leaves helps in getting relief from frequent diseases in growing children, such as indigestion, Diarrhea, stomach pain and urinary tract infections.
- If children suffer from bloating of the stomach or stomach ache, make decoction using half spoon souff and admonish them to drink it. It helps in reducing the inconvenience.
- Fry Longpepper (pippallu), souff and cardamom seeds in cow ghee, crush them along with candy or palm jaggery and make small balls. Admonish this medicine three times a day in a measure of two balls each time, to get relief from all kinds of motions in children.
- Warm some betel leaves, make a spoonful of juice, add one spoon honey to the juice and use it to get rid of frequent colds in children.
- If children are suffering from stomach ache, apply castor oil on betel leaf, heat it on pan, and gently place that warm leaf on stomach. It reduces the stomach pain, and also useful to get relief from cough and cold.
- Make a liquid by adding neem leaves juice and Amla juice to cup of water. If this drink is given often to children, like weekly once, it is good for their liver functioning.
- If children suffering from intestinal worms, make a decoction with pomegranate leaves, add one spoon of wooden cold pressed sesame oil and admonish this for 3-5 days for good result.
- Crush the roots of garika and turmeric together and it can be applied as a film on the areas affected with Scabies or Eczema as a film, to get rid of these issues in children. Mix 1 spoon of neem leaves juice with 1 spoon of honey and make children to drink this. Make small balls by grinding roasted Ajwain (¼ small spoon) and mixing it with old jaggery. These can also be given as alternative to above juice, by giving one capsule, twice a day. Give easily digestible food along with these remedies.
- Never give food prepared with Maida for children. Maida forms as a film in the digestive system and it prevents nutrients from being absorbed by the body. This will lead to many health issues and obesity in kids.
- If we give food containing chemicals and artificial flavours to children, it will make their digestive system weak, and also affects mental abilities. Kids lose their activeness and become lazy.
- Encourage kids to play games every day. This improves blood transmission to the brain and heart functionality also will improve.
- Try to have food together with your children during lunch time and dinner time. Try to explain the nutritional values of the food items, and the greatness of our natural foods to them, during that time. They will gain knowledge about food, and how it is related to good health. Thus, the knowledge is spread to future generations also, about having nutritious and healthy food.



Pic - Dr. Khader Vali, with his better half Smt. Usha garu

## How do you know scientifically that, Millets can be used in these ways?

Vasantha Dasaratharam's Face to face with famous independent Scientist Dr. Khader Vali

**Q:** How did you come to a conclusion about which millets should be used for specific diseases? For example, Little millets should be used to treat hormonal imbalances, or Kodo millets are for bone marrow, how you are able to say this?

**Dr. Khader:** I have administered Little millets to the patients suffering from PCOD, and hormonal imbalances, and observed how their bodies responded. Not only this, I could gather lot of information from Ayurvedic books available in our country. Also gained knowledge from the Homeopathy science, about which I had been working from many years, and by reading Dravya Deepika (Materia Medica) books. We have some information in our mythology also. It was mentioned that, when Maha Swamy returned from war, and he was breathless, they gave him priyangu payasam (Foxtail millet pudding), and Lord Venkateswara was given Little millet stew when he got hurt. We observed that when Foxtail millet stew was given to T.B patients, they felt better in three days. Like this, we gathered lot of information from different experiments, books and mythology.





We administered these millets for the patients, and as they improve, we recorded the details. When we observed which of the five millets is working for any specific disease, we administered Kodo millets for blood related ailments, little millets for reproductive system diseases, and foxtail and Browntop millets for food pipe diseases and experimented in this manner for 5-6 years on the patients. Then we came to conclusion.

In the same way, we proceeded about herbal decoctions. Our ancestors told, couples who didn't have children, would be blessed with kids if they perform puja and pradakshin around Peepal (raavi) and Neem (vepa) trees. We experimented on this, and thought, if something gives proper results, we have to emphasize on that fact. Even if we don't have any scientific or technical explanations, this knowledge is coming to us for thousands of years. I touch-stoned this knowledge on patients, experimented, and observed them, and now, I am in a position to tell 'this is the result'. But unlike others, I was concerned about, these herbal decoctions should be simple to make, it should be understandable to normal people, and that anybody should be able to prepare them. In Ayurvedic books, they listed the herbal decoctions as per the diseases. But for those decoctions, Ayurvedic doctor is required, who can prepare in correct procedure. This needs workers, and lot of money. I thought about it much, and studied more about how we can get relief from bigger diseases using simple remedies. I prepared decoctions in more easy ways and administered to patients. As I had been reading Dravyaguna Deepika (Materia Medica) books of Homeopathy from last 20 years, I could understand what are the benefits of different substances. Also, I know Physiology, Botany, Genetic Engineering, Organic Chemistry, Bio Chemistry, and all very well. Apart from that, I am a trained scientist. With all this background and close observation of my patients, and watching them improve, made me come to these conclusions.

**Q: You say that these millets should be consumed in the form of porridge or stew, rather than rice or roti format for better health. And also you mention that patients with long term diseases can recover by using these porridge and stews. Why is it so?**

**Dr.:** One method is to prepare Ravva and make stew from that. Another method is to soak whole millet grains and make porridge with that. It can be made in any way, nutritional values and fibre remain the same. It is most important to know why we should consume in porridge format. From the beginning of human race, these crops were growing naturally in thousands of acres. Humans brought these millets home, soaked them in water for whole night and cooked them in the morning. This habit was from many thousands of years. That time there were no mortars, pestle or grinding stones available. From thousands of years, the food pipe of humans is habituated to this stew or porridge. Till very recent times, British people used to consume this porridge and stews.

We experimented on how porridge or stew is more effective in curing diseases. Especially in kidney patients, it takes lot of time to reduce the severity. But when we administered Kodo millets and little millets in porridge form, they got relief within 3-4 weeks time. By observing this improvement in kidney patients, we gave this porridge to blood cancer patients. They also got good results. Like this we experimented everything and explained everybody. Our mythology books stated that, Little millets were grown by Ram, Lakshman and Sita during their period of exile in forest, and Shivaji used to drink barnyard millet porridge before going to war, thus he fought strong for long time. But we did experiments and concluded that these millets help in curing diseases, and control glucose levels. These are real scientific discoveries. I am the first person to experiment like this and explain the benefits of millets. I slowly and steadily worked on this in different stages and experimented about the type of millets to be given to cure different diseases.

**Q: Do you think, nutrients would not be lost if these millets are made into rava or flour?**

**Dr:** It depends on the procedure we follow. If they are made in big machines, due to high pressure, heat generates and nutrients would be reduced. But if we use grinding stone, or mortar and pestle, that would not be the case. That's why the most important point is to make millet rice using mixie method. Millet rice prepared in mixie is far better than the millet rice prepared in big machines.

**Q: Can we soak millets and cook them in pressure cooker? Or shall cook in earthen pot or steel vessel?**

**Dr:** Nutrients wouldn't be lost in any of these cooking methods, if cooked in cooker or earthen pot or steel vessel. But there are some unstable vitamins, that would be lost. When cooked in high pressure, some chemical reactions take place. That may cause some differences. So, it is better to cook millets in earthen pot by closing with lid.

**Q: Which one is good for cooking? Copper, Bronze, Brass, Earthen pot, or steel vessel?**

**Dr:** If we cook in Copper vessel, some bad chemical substances would be generated. They used to coat Nickel for Brass and Bronze vessels from long back. But now, we don't know which chemical substance they are using to coat them. We have to send the vessels to laboratories to find out which coating material used in them. That is unnecessary task. Stainless steel vessels, iron pans and earthen pot won't make some chemical reactions. So, for cooking, these are the better options.

**Q: Can sprouts be generated by soaking millets?**

**Dr:** It takes 36-48 hours to properly soak millets with skin. In the mean time, it gets fermented and bacteria will develop. If we clean with care, sprouts can be generated. Sprouts will not generate for peeled millets. The budding part (ankuram) will get cleared away.



**Q: If we make flour by soaking, drying and grinding millets to rice, can it be directly mixed in water to make a stew? This flour can be used for hostel children, tourists, employees and camping people?**

**Dr:** No, flour should be boiled, and then made as stew. Otherwise it won't digest.

**Q: It is said that Omega 3 fatty acids are present in fish, flax seeds and walnuts. And also flax seed oil is suggested everywhere. Please give your opinion about this.**

**Dr:** This is all part of marketing and promotional strategies by companies to sell their products. They campaign that their products contain this and that. Nobody tries to find out from which of our available products we can get Omega 3 fatty acids. We don't need to take flax seed oil or fish oil capsules for these Omega 3. If we convert all people of the country into non-vegetarian, diseases will increase. If patients increase, these companies can sell their products even more. Neeger seeds oil would work wonders for mentally handicapped children, and children with Autism. These kind of substances are vanishing completely. Earlier when we spoke about Kodo millets or Little millets, people asked what are those. Now everybody is using them familiarly. Like this we have to bring our natural country foods into limelight.

**Q: You are telling about wooden cold pressed oils. Do we need to change one variety of these oils per one week for cooking?**

**Dr:** That depends on the item we are cooking. Sesame oil should not be heated much. It can be added a little bit into some chutney powders. Coconut oil should be used to fry pooris. Grounntut oil can be used for anything. Safflower oil is very very good. All Omega fatty acids are present in this. Oil is not staple diet. We normally use 2-3 spoons of oil, so depending on the item being cooked, we can use the oil suitable for that item. It is fine even if multiple varieties of oils are used in one day in different items.

**Q: The cost of wooden cold press oils is 2-3 times more, when compared to refined oils. Also they are not available for general public. What can be done for this?**

**Dr:** This situation occurred because our procedures changed completely. The traditional process of extracting oils by using wooden cold press has faded away by the use of mineral oils. As a result, they are not available for us now. These cheap refined oils cannot be called as oils at all. Refined oils are not comparable to Wooden cold press oils in any manner. Refined oils were introduced by the companies, to cause damage to us in health and financial matters. The groundnut oil they sell us for 60-70 rupees is the cheap waste oil they throw away in their procedures. But, that is not groundnut oil. If we look for



better health, wooden cold press oil costs around 300 rupees per litre. That is inevitable. Moreover, wood pressing systems are vanished now. We have to rebuild them back now, and bring back that tradition. If many people establish wood pressing systems in their villages and towns, these oil prices can come down to some extent gradually.

In my opinion, even if it is expensive, it is better to buy wooden cold press oils, than to roam around hospitals and doctors. People use these refined oils in large quantity, assuming that they are less expensive. But oil should be used in very less quantity, as per our minimum requirements. No need to take more than 2-3 spoons of oil for anybody.

#### **Sesame milk Ingredients:**

1. Sesame seeds 50grams, 2. Water 250ml

**Sesame milk preparation method:** Soak sesame seeds for 8 hours. Grind them along with that soaking water in mortar. Strain the mixture in a clean cloth to get sesame milk.

#### **Ingredients:**

1. Sesame milk 1 cup, 2. Palm jaggery: little

**Preparation method:** Add palm jaggery to above prepared sesame milk and grind some more time.

#### **Ragi milk ingredients:**

1. Ragi millets 50grams, 2. Water 250ml, 3. Palm jaggery: little, 4. Cardamom powder – a pinch

**Sesame milk preparation method:** Soak ragi millets for 8 hours. Grind them along with that soaking water in mixie by adding cardamom powder. Strain the mixture in a clean cloth to get ragi milk.

Add palm jaggery to above prepared ragi milk and mix well.

#### **Coconut milk:**

**Coconut milk ingredients:** 1. Coconut: Half shell, 2. Water: 250 ml

**Coconut milk Preparation method:** Cut coconut into small pieces, add some water and grind it. Strain the mixture in a clean cloth to get coconut milk. Depending on the thickness of the milk, add sufficient water.

#### **Little millets Idli (Samala idli) – Palm jaggery syrup**

**Ingredients:** 1. Black gram (minappappu): 1 cup (1 cup = 100gms), 2. Little millets: 2 cups, 3. Rock salt to taste

#### **Preparation method:**

Soak Black gram and little millets separately for 6 hours. First grind Black gram in grinder, then add little millet to a coarse mixture. Add rock salt and ferment the batter for 6 hours. Note: This dish can be made with any of the 5 millets (Arikalu, Saamalu, Oodalu, Korralu or Andukorralu). To get soft idlis, some saama rice can be added while grinding.



**Palm Jaggery Syrup**

**Ingredients:** 1. Palm jaggery: 100gms, 2. Water: as per requirement

**Preparation method:**

Break palm jaggery into small pieces, and soak in little water for 10 minutes. Then boil it till you get tender jaggery syrup. Strain it using steel filter and store in a steel box or glass bottle. With idlis, instead of sugar, palm jaggery can be served to children. It is a very tasty combination.

**Barnyard millet Dosa**

**Ingredients:** 1. Black gram (minappappu): 1 cup (180ml), 2. Barnyard millets: 3 cups, 3. Barnyard millets rice: 1/2 cup, 4. Fenugreek (menthulu): 1/2 teaspoon, 5: Rock salt – to taste

**Preparation method:**

Soak Black gram and fenugreek together for 6 hours. Soak barnyard millet separately for 6 hours. Then grind it along with barnyard millet rice in grinder. Then add rock salt to taste and ferment for 6 hours.

**Note:** This dish can be made with any of the 5 millets (Arikalu, Saamalu, Oodalu, Korralu or Andukorralu).

**Foxtail millet flour pulka**

**Ingredients:** 1. Foxtail millet flour: 1 cup, 2. Black gram flour: 1 tablespoon, 3. Water: 1 cup, 4. Rock salt – to taste

**Preparation method:**

Boil water and rock salt in steel vessel. Add Foxtail millet flour and Black gram flour to it. Mix well and allow it to set by closing the lid. Then make as chapatis using poori press, and fry them on iron pan, without adding oil.

**Note:** This dish can be made with any of the 5 millets (Arika, Saama, Ooda, Korra or Andukorra).

For 1 kg millets, add 100 gms Black gram and grind together in flour mill.

**Instant Chapatis with Browntop Millets**

**Ingredients:** 1. Browntop millet flour: 1 cup (1 cup (180 ml), 2. Black gram flour: 1 tablespoon, 3. Rock salt – to taste, 4. Water: as per consistency

**Preparation method:**

Soak Browntop Millets for 6 hours. Dry them in sun light and make flour in flour mill. Add Black gram flour to it separately. Add required measurement of water and salt make as chapati dough. Then make chapatis and fry them on iron pan.

**Note:** This chapatis can be made with any of the 5 millets (Arika, Saama, Ooda, Korra or Andukorra).

Soak 1 kg millets, dry and grind to flour in flour mill. For this 100 gms Black gram should be grinded separately in flour mill, and added during preparation.

### **Foxtail millet Upma**

**Ingredients:** 1. Foxtail millet Ravva: 1 cup (soak for minimum 2 hours, 1 cup = 180 ml), 2. Green chilli:4, 3. Onion 2 small, 4. Carrot, Beans (1/2 cup chopped) 5. Rock salt – to taste, 6. Water: 3 cups, 7. Oil: 1 1/4 table spoons, 8. Pulses for Tadka: 1 tea spoon, 9. Curry leaves: 1 string.

#### **Preparation method:**

Heat oil in a pan and add pulses for tadka. Once they are fried, add chopped Green chilli, Curry leaves, Onion, Carrot and Beans, and simmer for few minutes. Add water to the tadka and boil until bubbling. Then add Salt and Ravva and cook on low flame with closed lid.

### **Foxtail millet Tapilent (Korralla Rice Roti)**

**Ingredients:** 1. Foxtail millet Flour: 2 cups (soaked, dried and made as flour in flour mill), 2. Onion: 2 medium, 4. Curry leaves: as per quantity, 5. Green Chilli: 3, 6. Sesame seeds: 2 table spoons, 7. Salt – to taste, 8. Oil – quantity required for frying roti

**Preparation method:** Add Onions, Curry leaves, Chopped Green chilli, sesame seeds and salt to Foxtail millet flour and mix well. Make this mixture as Tapilent, and deep fry in oil. Or, we can stick this to a pan or vessel, apply little oil, and heat the vessel by closing tightly with lid.

### **Barnyard millet and Vegetable Rice**

**Ingredients:** 1. Barnyard millets: 200 gms (soaked for 6 hours), 2. Ghee: 20 gms, 3. Oil: 50 gms, 4. Curry leaves: 1 string, 5. Coriander – little, 6. Ginger garlic paste: 1 tea spoon, 7. Cabbage: 100 gms, 8. One big Tomato, 9. One big Onion, 10. One big Carrot, 11. Greens: 1 bunch (while Galijeru), 12. Beans: 50 gms, 13. Green chilli: 10, 14. Coconut: 20 gms, 15. Salt – to taste (grind green chilli, coconut and salt together to fine paste), 16. One big Lemon, 17. Water (1:3 1/2) (Millet : Water)

**Preparation method:** Heat oil in a pan, and add pulses and curry leaves for tadka. Add onion pieces, fry a little and add ginger garlic paste. Then add all cut vegetables, Carrot, Beans, and Tomato and simmer for 10 minutes. Then add green chilli paste, and after 5 minutes, add Barnyard millets. Simmer it for 2 minutes, add water and cook on low flame. Remove from the stove, add ghee, lime juice and coriander before serving. This can be made using any of the 5 millets, and also we can add any vegetables of our choice.





### **Bisibele bath**

**Ingredients:** 1. Millet rice: 2 ½ cups, 2. Water : 10 cups (millet : water = 1 : 4 ratio), 3. Red gram (Toor Dal): 1 cup, 4. Bisibele bath Masala powder: Dry roast following items, and grind in

#### **mixie after cooling them:**

Coriander seeds – 1 cup (1 cup = 100 gms), Bengal gram (Sanaga pappu) – 1/2 cup, Black gram (minappappu) – 1/2 cup, Cumin (Jeera) – 4 tea spoons, Fenugreek (Menthulu) – 1 tea spoon, Asafoetida (Hing) – 1/2 tea spoon, Red Chilli – 20 or 30, Curryleaves – 2 strings, Dalchini – 8, Cloves – 10, Poppy (Khaskhas) – 1 tea spoon. Turmeric – 1/2 spoon

**Preparation method:** Mix any millet and red gram and soak the mixture. Add cut vegetables like carrot, peas, beans, potato and salt to this and boil. Heat ghee, and add mustard, cumin, red chilli, curry leaves, onion, green chilli and salt. Simmer it for few minutes, add 2 tea spoons of Bisibele bath masala prepared above and add tamarind pulp. Boil it along with the millet and vegetable mixture for some time. Add coriander. Add oil in the beginning and ghee in the end. Remove it from the stove and serve hot.

### **Kodo millet Halwa**

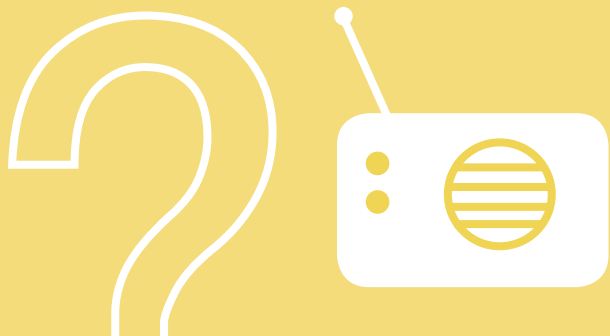
**Ingredients:** 1. Broken Kodo millet: 1 cup (soaked, dried and made in flour mill), 2: Water: 6 cups, 3. Ghee: 4 table spoons, 4. Palm Jaggery: 3/4th cup (can add more if more sweetness required) Make jaggery syrup separately in a vessel by adding little water, dissolving and straining. 5. Cashew nuts and Kismis: 1/4 cup (fry these in 2 tea spoons of ghee and keep aside).

**Preparation method:** Heat remaining ghee in a pan, add the broken millets and fry for some time. Then add water and cook for some more time. Add jaggery syrup to this and simmer. In the end add cashew nuts and kismis, mix well and serve.

### **Kodo millet Amruthaphalam**

**Ingredients:** 1. Kodo millet flour: 1 cup ((soaked, dried and made in flour mill), 2: Water: 2 cups, 3. One big garlic, 4. Green chilli: 5, 5. Coriander: to taste, 6. Curd: 1/2 cup, 7. Salt – to taste, 8. Red chilli powder: 3/4 tea spoon, 9. Hot oil: 1 tea spoon, 10. Oil: quantity required for frying

**Preparation method:** Mix Kodo millet flour, Bengal gram flour, Sesame seeds, Ajwain, Salt and Red chilli powder thoroughly. Add hot oil to this and mix well. Add water slowly and make as chapati dough. Make small rounds with this mixture, press them in poori press, and make holes with fork on its surface. Deep fry in oil, and serve hot.



 **Face to Face with Dr. Khader Vali  
at All India Radio, Kadapa (2018)**

## Food is the first step for Good Health !

In our country, middle class people mainly dream about going to the United States of America. It has become a general practice for the youth to run in search of Dollars. But in contrary to this situation, almost two decades back itself, Dr. Khader Vali returned to India. Why did he come back to India leaving a comfortable life and security in America? What they are doing after returning here? How people's health is getting affected in India because of our agriculture procedures and changes in food habits? There are lot of points to be learnt from him about these topics. He is in our studio today.

Namaskaram Khader Vali garu!  
Namaskaram Sir.

**AIR:** You worked as a Scientist in Central Food Technology and Research (C.F.T.R). And you have the experience of working in American multi national company. Now, you are imparting knowledge about food industry and cereals and millets to people of our country. Which circumstances inspired to come back to India during 1997? Please tell about this to our audience.

**Dr.Khader:** When I observed that our country's soil and health of our people are declining severely, I thought about working for food and agriculture industries, and decided to come back in 1993-94. But could not come back immediately. It took around 2-3 years. I feel that I should have started this another 10 years before, in 1987. But couldn't do as I was very young and inexperienced that time. Now I feel it would have been better I have started this early and let people know from before. I am happy that, at present I am getting some response from people for my efforts.



The issue is: because of these modern agriculture methods, we are making our soil completely as a waste land at once, not even step by step. Chemical fertilizers, insecticides and herbicides are the reasons for this. And other reason is the cultivation of commercial crops which need lot of water to grow. Along with this, we are not cultivating real food items, these are the instruments being made by the companies. Our agriculture methods are traveling towards using more of the chemical substances to increase the production. We can grow our natural and real food by letting people know about this, and make our agriculture procedures in a natural way. It took me 10 years to make people understand the fact that health would be good by eating these natural and real food, that and by following modern procedures, we are not gaining any health benefits, more over moving towards more depressing situation.

But right now, I am feeling fortunate that I am receiving good response for my efforts. Because these multi-national companies dragging us down to a situation where we are not able to observe the fact that our health is deteriorating by eating these foods made by using modern agriculture procedures. And with these foods, we are not able to prevent big diseases, be it Diabetes, or heart diseases or horrific H.I.V. In modern medicine, there is no remedy for these diseases and we are not able to at least prevent them. Even then, we are traveling in the same path. That is mere stupidity, and we are not aware of that. Our health should be in our control. We can't gain good health by roaming around hospitals and we should understand this point. Our health should be controlled by each grain we eat and each of drop water that goes into our body. I have no doubt in insisting that we can get tablets and medicines when we go to hospitals, but we can not get health there. When we get medicine to cure one disease, it is converting it into another disease, but not curing completely. Just we are getting some interim relief, not more than that. All these things pushing us into very complex and complicated situations. If we have to find a clear way to prevent these diseases, we have to discover and invent our real foods. I found five millets when I worked in this direction. When we use these millets, within 6 months to 2 years, we are able to cure these modern diseases. When we experimented with these for many thousands of people and as they were recovering and understanding, in Mysore itself it was going on from last 10 years. Once the people understood these things there and started curing many diseases, from last 1-2 years, I am now traveling in my native State Andhra Pradesh and Telangana to make people understand this concept. Finally now I feel that I reached my mother's womb, because I was born in Proddutur. I studied in Kadapa, and some schools in Erramukku Palle. I am fortunate now to visit Kadapa, and I am very happy. It had been 10 years I visited Kadapa.

**AIR:** Dr. Khader garu, whenever we sit for food, either it is breakfast, or lunch or dinner, all we find is food made with rice or wheat for most percentage. But you are suggesting alternatives for this in the form of millets. What are your objections about Rice and Wheat.

**Dr. Khader:** Rice and Wheat are not naturally grown crops. These are cultivated by following lot of transformations in our agriculture industry. In natural process, they are grown in places where water is abundantly available and in very fertile lands. So, in natural process, it is not possible to





grow them in dry lands. We maintain artificially flooded conditions (neeru katti) in the field, and use chemical fertilizers to get good yield. If we go back to 100 years and check, it was not possible to grow rice in this process. When we store water in dams, hold the water levels, and use chemical fertilizers and manure, it might harvest 20-30 rice bags for one acre. We are producing food in such artificial and unnatural methods. Artificially irrigated rice and wheat are called C3 foods. Getting more yield using artificial irrigation is possible through its physiological and metabolic pathways. That means, this biochemical reaction goes in one path. And in millets (these 5 cereals), and in some C4 grains, another way of biochemical action would take place. Glucose generates without much water in this process. In their grain formation stage not much water is required. But for rice and wheat, lot of water is required. Glucose generates with more water. That results in more yield. When we do this with artificial procedures, glucose will be more, and fibre will be less. There is no fibre in these two grains. What is the relationship between fibre and food grains? Only with the presence of fibre, our body absorbs glucose into blood in a slow pace. We can say that, in these two grains, fibre is almost completely absent. In paddy rice is it 0.2 gms. In wheat it is 1.2 gms. Adding to this, we peel off paddy, polish it and eat white rice with zero fibre. It leads to immediate glucose release into blood. This is wrong, and this is the reason for all the diseases. In last 40 years, when we increased the consumption of rice and wheat, these modern and life style diseases such as Obesity, Diabetes, Cancer and Heart diseases started to grow. I am afraid to know the statistics like 28 of 100 people are suffering from Diabetes, and in Andhra Pradesh, it is even more. We are not able to define reasons even if 28 out of 100 people have this issue. No intellectual is coming forward to establish the fact that rice and wheat are causing these specific diseases.

Our healthcare industry is suggesting like, 'eat whatever you want eat, but take this tablet as well'. The word 'good health' is getting faded from our sight. They say that diseases will come, but spend your life with these tablets. Two things are not good here. Nobody is thinking about good health. Hospitals say 'disease and illness will come, but we will manage them'. On the other side, production industry is not coming forward to produce real and good foods. Production scientists are not thinking to produce food that is required for good health. They are not bothered about how we can set right our health, that is gone bad, instead, health care people are just bothered about how we manage diseases that are going to attack. It seems like human race is traveling in two different directions in these industries. When we consolidate these two things, if we cultivate good food in natural ways of agriculture, we can gain good health benefits. I could prove these things by producing millets and by using them in our food. I had been working on this for the last 10 years, experimented on patients and observed their improvement. Then I started campaigning about this. That is the reason for my objections towards rice and wheat.

AIR: Dr. Khader garu, irrespective of our interest, people in India take rice and wheat as staple diet. But we think that nutritional values are less in these. So, what are the advantages of these cereals and millets which you are suggesting? And what are their disadvantages? You already told about fibre. Apart from that, what are the other differences?



**Dr. Khader:** These are not just cereals, these are Golden Millets (Siri dhanyalu), everybody needs to understand this. The reason why I call them Siri (golden) Dhanyaalu (millets) is, God arranged Carbohydrates and Fibre in equal, balanced and artistic proportions in them. The main point is about their glucose content that enters the blood at a slow pace. This is not happening in paddy rice and wheat. That is the main reason, and other discussions are wrong which say specific minerals are not present in different grains, etc. If we tabulate and check, there might be some differences in nutritional values of different grains. Some nutrients might be absent in rice and wheat. But millets contain all kinds of nutrients. This is not the only reason I am saying to suggest millets. If some mineral is not present in one cereal, it can be filled by taking other food as well. Similarly, if some mineral is not present in wheat, we can take other food to substitute for that. I am not asking you to leave rice and wheat for this reason. Millets contain lot of nutrients. Carbohydrates and Fibre are artistically implemented by God in millets, in such a way that when we eat them, glucose is injected in a uniform, slow and balanced pace into our blood. We get cured from illnesses because of this system. Nutrients help in proper execution of other biochemical actions. That can be fulfilled in our convenient manner. They say that we need B12 vitamin, and say that is available in meat, or milk. No need to drink milk. We can make buttermilk and take that. Buttermilk also contains B12. Even if we make milk with ground nut or coconut, that will also contain B12. Nutrients are the second step. Everybody missing the first point that is about the healthy ways to get glucose into blood. If glucose enters the blood in proper pace, body parts will function with comfort. This situation would be comfortable for organs like Liver, Colon, Pancreas, lungs and kidneys to function with ease. When glucose enters the blood in drastic pace and quantity, these organs should stop their functionality and need to act upon managing emergency levels of glucose. Then they all act upon this issue. That means we are unnecessarily dragged into emergency situations, leaving our normal lives. That leads to ill health. We have to understand the most important point here: Those are not golden millets because of their nutrients. They are boon to human health because of their special quality of controlling the first step of health principle into human body. For this reason, we have to take these millets as our staple diet. Don't eat them thinking they have good nutritional values, as nutrition can be gained from fruits or vegetables or greens or some roots also. But the food which helps us to supply glucose slowly into our body, that food should be our staple diet. I happy to insist on this fact.

**AIR:** Even our Government is giving subsidies only for these food varieties such as Rice and Wheat. May be they are considering the daily needs of people in giving subsidies for these grains.

**Dr. Khader:** There is a different reason for that. All these subsidies are agreements between politics and some commercial organizations.



**AIR:** There is another point here, eating rice and wheat has become a status symbol from last four decades. If some one eats Ragi roti or Foxtail millet rice (korra annam), people opine that he can't afford rice or wheat, and his status is not good.

**Dr. Khader:** We need to discuss this issue on social platforms. Why because, some hundred years back, when there was Zamindari system, these different millets, like Foxtail millets, Barnyard millets, Little millets, Kodo millets, Browntop millets, Ragi and Bajra were available for general public. But Zamindars used to have many lands on lake side and under the lakes. They could afford the money and power to cultivate this paddy rice. When Britishers came, they provided fertilizers and Zamindars could cultivate paddy rice with big yield. The food rich people ate in North were of Wheat. In South, wheat was not growing much in hot weather conditions. For this reason, Wheat was chosen in North and Rice was chosen in South. This is all a well planned system developed by the companies. It was not established by itself. This is a system planned and established in the Board rooms of multinational companies. They discussed a design and template in which each county should establish this system.

Wheat didn't start to grow suddenly in North India. It was planned. We have to understand this point. Hundred years back, people who could afford, they cultivated paddy rice. If we analyze a bit deep, we can find that, in those days also, if someone got Diabetes, it was due to the rice they ate. Whoever ate these millets and cereals, didn't get any diseases. Only with this analysis, I could discover the goodness of millets, which is useful in curing the diseases.

**AIR:** Most of the times, people gave different names to illness like, it is the absence of physical activity, etc. You say that food also plays major role in health matters.

**Dr. Khader:** What I want to say is physical activity is very important. Health, Food, Agriculture and Environment should be considered comprehensively for the well being of any area. If your food is not good, your health is not good. Physical activity is the second step. We need energy, right? Because of physical activity, wastes will go out from the body. That means, if we want to get rid of wastes for our good health, we should do physical activities. Health depends on both food and activity. 90 percent it depends on food. When we take bad food, no kind of activity can be of help. When people continue eating rice, after 40 years of age, people with more physical activity also got Diabetes. Many Crickets, and players, why do you think they became Diabetic? They have lot of physical activities, but disease occurred because of the food they ate.

Do you understand, Activity is the second step? Food is the first step for good health. That's why I insist. If your food is not good, no medicine will work. If food is good, there is no need for any medicine. We need physical activity, it is very important, but if food is not proper, no kind of activity can help.

**AIR:** You mentioned 5 types of millets. What is their specialty and uniqueness?

**Dr. Khader:** Foxtail millets (Korralu), Browntop millets (Andu korralu), Kodo millets (Arikelu), Little millets (Saamalu) and Barnyard millets (Oodalu) are positive grains. Ragi and Bajra are neutral grains. But in these neutral grains, the ratio of Fibre and Carbohydrates is increased. All the five millets have this value in similar range. Take Foxtail millets for example, this contains 8% Fibre. Carbohydrates would be 60-69%.





If we divide these two, ratio would be 6. And if we take Browntop millets, they contain 12.5% Fibre and 69% Carbohydrates. So, ratio would be 5.5. But if we take Ragi, they contain 3.6% Fibre and 69% Carbohydrates. Here ratio would be 20. That means, it crossed the single digit values. These pulses with high ratio such as Ragi, Bajra, Variga and Jowar are not able to make our health any better. What we experimented was, we gave Raagi for 3 weeks continuously for 10 patients suffering with Diabetes. And we gave Raagi for 3 weeks continuously for another 10 patients. Then we gave Kodo millets for 3 weeks continuously for 10 patients. In the patients who are Kodo millets, Diabetes was receding effectively and quickly. It was not receding in people who ate Ragi. As Ragi had the Fibre-Carbohydrates ratio more than a single digit value, it could not cure Diabetes. When we administered these five millets one by one, in six months, HBA1C test (Sugar test is taken as an average of three months readings, this test finds out how much Glucose resides in our blood), results in a value of 5 in six months time for this patients. That means, the disease is cured comfortably. With Ragi, it was not getting cured. Due to this reason, we named them 'Neutral grains'. If we keep eating these neutral grains like Ragi, Bajra, Variga and Jowar, we won't get any diseases. But if keep eating rice or wheat, definitely some disease will occur. So, these are called 'Negative grains'. You asked a very good question. We have categorized these millets. Positive grains – 5 millets, they have the power of healing. So, these are called positive grains. If we keep on eating Ragi, we don't get any new disease. But if we have any disease, Ragi cannot cure it. That means, it won't increase or decrease the illness. So, we named them Neutral grains. That is the only difference.

**AIR:** All these topics which you are explaining are from your experiences and from scientific research.

**Dr. Khader:** Yes, they were administered for many patients, cured them and analyzed them. This is because, I can strongly state that, these are all the required foods for human race in future. We experimented these on hundreds and thousands of people, and consolidated the results. In general, people experiment on around 500 or 600 patients. But we experimented on thousands and thousands of patients. At present, I get 50 to 60 phone calls per each day. They call me to tell about their diseases got cured. They say 'we are suffering from HIV, we used to go to doctor every week. But now we are eating these millets as per your suggesions, and now we are not going to doctor from last 6 months, we are happy'. Calls are increasing day by day. When I started 10 years back, after I completed all experiments, Diabetes patients used to call me to inform their betterment. Now Cancer patients are also calling to tell about their easy life. They say ' we are happy now by eating the millets, and we are able to walk 2 km now. Earlier we could not stand and walk'. These calls are also increasing every day.

**AIR:** Dr. Khader Vali garu, when we get any disease, we worry a lot. We try to change our habits. But people who are fine so far, they might think why do they need to implement new habits into their lives. Also they think that they are used to one taste and one life style all these days, and that they need this food only. So, how can these millets can get accepted by everyone?



**Dr. Khader:** Taste will not come from rice. If you are just given plain rice, what you will eat? You can not eat. Urea taste will come in that, as they are using excess of Urea and chemical fertilizers. Taste comes in the item being cooked. Everybody knows this. If we cook rice with Kodo millets, mix Mango pickle in that, taste will be very good. Kodo millets need to be soaked well. That is the difference. Millets should be soaked well before cooking. Because, the Fibre is arranged in different layers spread from the centre, across the millet. The Fibre that is present in the centre part also should be soaked. It will be boiled after soaking. Millets with Fibre content need to be soaked completely and comprehensively. If we soak them over night and cook in the morning, items would taste delicious.

And one more thing, these days people using lot of spices, salt and chilli powders. They give taste. They can be added to our dishes. They give taste, not the rice. But in Kodo millet and Foxtail millet, health is available, along with taste. When people understand this, they are slowly changing. As you said, patients would change first, why because, disease is not getting cured, and modern medicine is not helping. Disease intensifies further, see those Diabetic patients – First five years tablets, next insulin, next Gangrene will come. Kidney will go bad in the next stage. They talk about Dialysis, or some people lose sight. Or Knee pain issues will come, they talk about replacement. These are all bad transitions. Instead of curing, additional diseases are adding. It has become like one way traffic. Finally, only millets can comprehensively fight these diseases. Patients should start using these from the beginning. When they get cured, their family members start using these. Why to suffer from disease when we can prevent them before coming itself. People are slowly getting aware that millets prevent diseases.

**AIR:** Dr. Khader garu, next important topic, you are telling about cooking oils also. How safe are the oils we are using? What are the alternatives for these oils?

**Dr. Khader:** Using natural oils are the only alternative for this. First of all, oils should not be taken in big quantities. We are using more oily foods these days. When children are growing, their body needs oil for growth. Our brain and liver are also made of fat. For their growth, oily foods should be used in major quantities. When we were kids, we used to consume good number of sesame laddus, coconut sweets and ground nut chikki which were made using palm jaggery. Our mind used to grow sharp because of these foods. Also, the diseases like Fits, Convulsions, Epilepsy and Paralysis were very rare. Today, 20 out of 100 children are suffering from Fits. This comes from nervous weakness. Oils are very important in this issue. We have to use good quality wooden cold press oils. We don't need many litres. One handful of oil is required for our one day use. Elderly people need even less of oil. For one handful of oil, we need 3, 4 handful quantities of ground nut or sesame seeds. For better growth, if children are given 2, 3 handful quantities of ground nut, 2, 3 handful quantities of sesame and 3, 4 handful quantities of coconut per one week. This helps in wonderful child growth. These days we are using some flower oils covered in plastic covers, which are not real or natural. We are using the waste materials coming from refineries mixed into cooking oils, up to half the quantity.



**AIR:** Sir, but we are now in a fear, that Cholesterol would increase if refined oils are not used.. is that right?

**Dr. Khader:** Cholesterol is a big demon. Human body needs cholesterol to function properly. That is not any poison. But it should not be more. When we use the wood press oils in small quantities, cholesterol will not come from them. Coconut oil also doesn't generate cholesterol as mentioned by some people. They are frightening us saying coconut generates cholesterol, and ground nut produces Aflatoxins. By telling these things, they made us distant from our own country grown foods like coconut and ground nut. Our intellectuals are insisting on us about the products brought by the companies. Why all this drama? This is all a big fraud to sell those company products in our country. So, what we need to do, we need to prepare our own oils in natural procedures. If they are prepared in big machinery, because of the high amount of heat, whole characteristic of the substance would change. In wood pressing systems, we get oil out in cool state, which benefits our health. We experimented by giving just 10 ml of this coconut oil for patients suffering from Thyroid and to children who are having Autism for one week. Just 10 ml is enough, not more than that. They were given coconut oil one week, and cold press safflower oil for next week. After giving like this for six months, their diseases began to cure. When I was coming from Raichur to Kadapa now, many patients told me 'Sir, my Thyroid problem resolved now. It was not cured with tablets which we had been taking tablets from past 5, 6 years, but from last six months when we are following your recommendations, it got cured. We stopped using those tablets. We tested again after three months. Thyroid is in comfortable range now at 6.7, and all my health is good'. Many people call me to tell similar stories. If we keep eating natural food prepared in natural procedures, our body becomes healthy in its natural way.

**AIR:** Dr. Khader garu, earlier you mentioned about 10 principles to be followed to cure and prevent Diabetes disease.. Can you repeat those principles here for our audience now?

**Dr. Khader:** This is related to the previous question you asked about physical activity. First we need to exhaust the glucose present in 5 litres from our body in one or one and half hour time. Then we will be in a position to invite glucose back into body. In that position, if we take these millets by alternating one variety for each two days, it will create a wonderful balanced state in our body. Another most important thing is, God has given these grains to us. I just gave them a name. Grains are given by God. If we pray God for 10 minutes in the morning or evening, it will create wonders for our health. We will feel wonderful from inside.

One more thing, thinking too much is not good for humans. We are using our brain for rapid decision making and multi-tasking. And we are using light for most of the time, be it mobile phone, or light. It is very important to sleep in the dark at night. All the nervous system works properly by doing this. God has given us Day and Night, and they should be retained that way. We have lights available, that doesn't mean we can work till 12 or 1 in the mid-night with lights on, it is mere stupidity. It is very unscientific for humans to be awake in the nights, and to work with lights on. In my opinion, lights should be switched off by 9.30 p.m across the nation. There should not be any electricity. Then people will become healthy. It might sound weird, but this is the real scientific method.

Not 10 principles, we can gain good health with just 5 principles.

**1. Pray to God and meditate, 2. Don't think too much, 3. Sleep in the dark, 4. Eat millets, 5. Walk for one and half hour every day.**





I need to tell something about water here. At present all the reservoirs and water bodies are polluted. This might be due to fertilizers, or insecticides or herbicides. In Penguin's blood in South pole, they found the herbicides used for Soya bean crop. This is the example to explain how much we polluted our water and Earth. This herbicide is the real reason for Cancer. No doctor will accept this, that is a different issue, I know it very well. These chemical substances are present in major quantity in meat, thus we need to stop eating non-vegetarian food. Chemicals are increasing in meat, be it steroids or herbicides. That is found in traces. Just traces are doing this worse, step by step these traces are destroying our immunity, and major reason for the diseases in human bodies.

So, the most important thing is to stop eating unnatural foods. If you say 'I will do whatever you suggest, but will eat Biryani and Sweets in the weekend Saturday and Sunday', that will not cure anything. We should completely forget about it. That means, 'we should dream of sugarless dunia, egg less dunia'.

**AIR:** Ok Sir, in the end, can you tell about any alternative to milk?

**Dr. Khader:** Milk, this is also very important thing. This is the main reason for the total travel of mine, and my concerns about food. When I went to America first time, I came to know about a little girl of 6 years age, she got matured at the age of 6. When I thought about the reasons for this, I came to know that these are all interlinked to each other. Artificial production of milk is the main reason. Across the world, females were matured at the age of 14, 15 years. But now, 90% of them are matured by the age of just 9, 10 years. Things are changing and children getting mustache also. In the process of production of milk, hormones are used to generate more milk, and the remains of these chemical substances enter human bodies and completely changing our biochemical activities. Girls are losing their natural characteristics. Nobody is noticing the fact that girls are matured at the age of 9 years now, and this is only due to milk. By making them stop drinking milk, I cured diseases and health issues in hundreds and thousands of ladies.

So, if we make our life processes nearer to nature, we can come out of this horrifying situation and live happily. This is an example to prove the fact.

**AIR:** Thank you very much Dr. Khader Vali garu.!

**Dr. Khader:** Thank you.!

**Editing :** Vasantha Dasarath.



## Face to Face with Dr. Khader Vali at All India Radio, Anantapur Hormone Imbalance due to Steroids in Milk

**AIR:** Namaskaram Dr. Khader Vali garu! Welcome to Anantapur Aakasavani Studio !

**Dr. Khader:** Namaskaram Sir, to you and the audience !

**AIR:** Being born in Kadapa, why did you continue your studies in Mysore, Sir?

**Ans:** In 1975, I completed Intermediate education in Guntakal in Telugu medium. My brother was working in Mysore that time. So, I went there and studied B.Sc (ed) and M.sc (ed) in the famous institute NCERT regional college, with stipend. I wanted to work as a teacher.

**AIR:** After completing M.Sc, how did you get inspired to do research about Steroids?

**Ans:** Though I wanted to work as a teacher, one of my lecturers in Mysore, Sri Prahlada Rao garu told me 'you have depth of knowledge and subject. It is a great achievement to get selected to IISc. Go ahead and complete your PhD'. Without my knowledge, he himself filled my application and took me for interview. There I got selected in first rank, and decided to do research about Steroids.

**AIR:** After completing PhD in Steroids, what was the reason to do Post Doc in Environmental Sciences?

**Ans:** I have a reason for this. These steroids are the most important chemical substances of our biological science. They are like supervisors. All bio chemical activities of our body take place under the supervision of these hormones. If these hormones are not present, all these activities our body would freeze. These hormones take care of initiating, controlling, and stopping the bio chemical activities as per the body requirements. When I started my research about these Steroids, I came to know about many interesting facts. By that time steroids were in very free usage across the world. Steroids should be in very minute quantities in human body. I learnt that, if they are administered from outside, our bio chemical activities would go haywire. I observed that everyone is neglecting the science, and going towards commercial and business profits. I understood that corrupt practices entered here also. Not only that, they started to use more serious chemical substances than steroids. Substances which cannot be disintegrated in our environment, and which are used in war instruments, were produced in thousands of tons and left on the Earth's surface. At the same time, the use of plastic increased drastically. I was concerned a lot about these developments which destroy our environment, and decided to work for Post Doc in Environmental Sciences. I was trying to find some technology which can digest these terrible chemical substances.

I thought Environmental Science is very important. If environment is not clean, everything else is an issue. Some terrible substances like Dioxin will do lot of harm even at nanogram levels. Industrial world is producing these substances in large quantities. I was determined to end this. I did research about a wonderful substance called 'Lignis', which is produced in our trees. During our research, we found some bacteria using which we can dispose the substances like Dioxin and TNT. After this, I returned back to India and joined CFTRI in Mysore.



**AIR:** Why did you return to India leaving all these wonderful research activities in America? In general, people who go to America would return to India very rarely, Right?

**Ans:** I wanted to utilize the results of my research and experiments for my own country, and I returned. When I went to America for Post Doc, I went to hospital for physical fitness certificate. There, I saw a 6 year old little girl, who was crying. Her mother told, she got matured at the age of 6. I was surprised to learn that. In our country, females were matured at the age of 14, 15 years. But there, most of the girls are matured by the age of just 8, 9 years. When I thought about the reasons for this, I came to know that steroids used in milk production are the main reason for this. They produced artificial milk in the name of milk revolution and supplied across the world. In reality, there is no need to drink any other milk than our mother's milk when we were born. But these companies and scientists induced myths by saying milk is the complete food and it contains lot of nutritional values. They wrote this in text books also and campaigned. So, what are the real foods? And what are their related substances? I started to think about this seriously.

**AIR:** Did you research about these real foods in CFTRI?

**Ans:** No, I could not do. CFTRI and other organizations across the world are now struck in the hands of commercial companies. I returned back to America as I was not able to do the research I wanted to do.

**AIR:** Where did you work in America after going back?

**Ans:** I worked on Environmental sciences, in the department of Agriculture, in a multi national company DUPONT. After that I worked on different toipcs like central research and development, Bio-processing and Genetic engineering. During the research, I understood that modern technology and procedures are not doing any good for human race. Worse is happening. I came back to do farming in natural procedures and near to the nature. From then onwards, I believed and proved through experiments that, our health depends on the real and natural foods we eat.

**AIR:** How did you gain awareness about these millets?

**Ans:** It didn't start in a single day. From the time of M.Sc days, all these points were spinning in my mind. I was a worried soul. That time I was not much aware of global economic system. When I went to America, I could understand the intricacies of these companies and scientists. I understood that intellectuals are also taking part in corrupt practices and lobbying. Whichever company we work for, we cannot be our own self and we cannot express our views and opinions. This is the truth I could find out through my experience. When I clearly knew this, I wanted to work on my own, so that we don't need to face hindrances everywhere. I thought we need to work with people and make them aware of these things.

All these dreadful diseases – Diabetes, Cancer and Rheumatoid Arthritis, occur because of quick release of glucose into our blood. To control these levels of glucose, liver, pancreas and endocrine glands of our body need to work very hard to decompose glucose into different components. They do this by keeping their original functionality of cleansing our body aside. As our glands are busy doing this emergency services, we are attacked by different diseases.





Obesity, High BP, Diabetes, kidney diseases and liver diseases – everything starts from here. Glucose enters our body rapidly due to the food we eat, and this is the main reason for all ailments. I thought that if we are able to allow glucose to enter the blood in a slow and controlled manner, and if we can discover such type of food, we can resolve all these issues. I remembered that in our childhood, my grandmother used to eat these millets like korra, arika and saama, etc., and she was very healthy. She used to take food only one time during the day. She used to work continuously from morning to evening. I was thinking how she could be so healthy. I got the answer for this when I went to America. These substances have the characteristics of taking glucose slowly into the blood. They used to cultivate these in old days. Gradually, they went into oblivion. Then I researched about these artistic nutritional qualities of the millets. From then, I started to cultivate these millets on my own, and administered them for patients with complicated diseases. They got cured in six months time frame. In this manner, I cured hundreds of people from diseases and improved their health. Then I started campaigning about this.

**AIR: Which substances take glucose rapidly into blood?**

**Ans:** Rice, Wheat, Milk, Sugar, etc. - these are the substances that cause more diseases.

**AIR: Does Rice and Wheat contain Carbohydrates in high quantity?**

**Ans:** Not only Rice, all food grains contains Carbohydrates. But rice and wheat don't have the fibre which holds glucose and releases it slowly into the blood.

**AIR: In Japan, many people eat rice. But they live longer than people of any other country in the world. Is there any difference between the rice in our country, and their country?**

**Ans:** Not like that. It is important to know how they live, than how long they live. There are the people who live 20 years even after attacked by Cancer. Life expectation is not an important parameter one should be worried. More than life expectancy, we have to think about our healthy life. Many of them are living together with medicines. In all the countries, health expenses are very high. As our country is still developing country, it is even more expensive.

**AIR: What are the facts you found out about these millets?**

**Ans:** There is one fine matter in this. In Japan also, people who were healthy, used to eat Barnyard millets. That is the reason they are called Japanese millet. 100-150 years back itself they used to eat this.

They are called C4 foods. They are grown freely even in dry lands. We used to consider them as weeds that are grown along with paddy, and used to remove them from crop. All this happened because of making Paddy rice as main diet from last 50-60 years. Why paddy rice became our staple diet – they brought out one green revolution which involves fertilizers, irrigation and hybrid varieties. These industrial people and fertilizers companies started producing more rice for their profits. Because of these reasons, our food characteristics are completely changed. In fact, 100-150 years back, across the world, people used to eat these millet food only. In Italy, Foxtail millets were available, they are called Italian millets. Not only in our country, in all countries, they used to eat millet foods only. As per the plans of these companies, step by step these millets are removed from the fields along with their seeds. They don't know about Kodo millets and Little millets till now. If we ask 90 year old people, they say they used to eat them. Because, they didn't have rice that time. Only zamindars used to grow these in the fields under the lakes. That rice also they ate during festivals. That too brown rice they used to take. During that time, if they got any diseases, it was due to the rice they ate.



**AIR:** Through your experience, how you are bringing awareness in the farmers about these millets?

**Ans:** What I observed is, people named these positive grains as Millets, and thought that they are not of any value. With experimenting, I found that these millets give us good health, and God had kept the wealth of health in these foods. And I started calling them as 'siri' Dhanyalu – Golden millets.

I primarily selected 5 millets.

- 1) Foxtail millets (Korralu) – contains 8% fibre
- 2) Kodo millets (Arikalu) – contains 8% fibre
- 3) Little millets (Samalu) – contains 9.8% fibre
- 4) Barnyard millets (Oodalu) – contains 10% fibre
- 5) Browntop Millets (Andu korralu) – contains 12.5% fibre

You asked earlier if rice contains more Carbohydrates. Yes, rice contains 79% Carbohydrates. In Browntop millets, 69% Carbohydrates are present. We need only 20%.

The Fibre-Carbohydrates content of these 5 millets enable glucose to enter slowly into the blood. Rice and wheat cannot do that. That means, there is disease present in the food we are eating. There was health in the foods our ancestors ate. They didn't have diseases, but we have them now. There was no consciousness about cleanliness that time. Even then, they didn't have any diseases. We have everything now, but we are getting diseases. Main reason is the food we eat. I wanted to create this awareness in all of you by giving the examples from my experiments. When the patients get cured of their diseases, then only I can get some value for my analysis. All my time was spent on this experiments from 1999-2006. I didn't speak anything until that time. Because I myself should have the knowledge and awareness when I want to speak about it. I thought something, but when I can prove it through experiments and explanation, there would be value for what I speak. That time I was not able to get even the seeds to grow the crops. I searched for the seeds and grew them without using any modern procedures like fertilizers, machines, insecticides or herbicides. Because these are the reasons for some dreadful diseases like Cancer. So, I stopped modern methods, and went back to our ancestors methods of natural cultivation and forest effort (atavi krushi). I gave them to patients, and cured them.

Health, food, environment and agriculture are not separate things. We have to look at them comprehensively. This is all our life style. We have fraud and cheating in all these areas. We go to doctor when we are ill. They give us medicines. That is their work. They just know about it. Pharmaceutical companies give them a list which tells them the medicine to be used for specific disease. They give one table this year, and another one in the next year. Doctors match the medicines with the diseases, and give them to patients. Patients get relief that time. When they use medicine for one disease, it may lead to another disease also.

If we consolidate all these things and think about it, we can understand that to get complete health, we need the mechanism in place to release glucose into blood in slow, uniform and balanced manner. These 5 millets can accomplish that task. As they release glucose slowly into blood, we don't feel hungry soon. When hunger is less, our body parts work less.



**AIR: How are the Carbohydrates arranged in these millets?**

**Ans:** Fibre and Carbohydrates in these millets are arranged in different layers from the centre part. This is the most important point. If we crush Paddy rice once, along with covering hull, even the minimum 0.2 gms of the fibre also will go away. But in millets, the hull cannot be separated easily from the grain. So, the cooking method is very important for millets.

**AIR: What is the cooking procedure for millets?**

**Ans:** Main instruction for the people who want to cook millet is about soaking them. We have to cook the millets only after the whole grain and fibre is completely soaked. We have to soak them over night to cook in the morning, and soak in the morning, to cook at the night. They cook easily if soaked well. If not soaked properly, they would not get cooked properly. If not cooked fully, we may feel some heat sensation in the stomach, or stomach pain or giddiness. As we are used to eat white rice, we feel like eating only rice. We may feel it difficult for first 21 days. If we soak the millets well, we can get used to them in just three days.

**AIR: Lot of insecticides and herbicides are sprayed on vegetables. What is your opinion about this?**

**Ans:** Pesticide companies are promoting these to sell their products, by campaigning that it will give good yield by using these pesticides. Agricultural colleges and professors are also helping them in these matters. Because their jobs depend on them. All these people are driving farmers in wrong direction. This is very concerning. Why the farmers are doing that? Who gave them those pesticides? So, we have to observe all these things and stop blaming the farmers. Farmers are innocent. They follow what these companies, intellectuals and political people advice them to do. Their lives are destroyed by following these advices. Knowingly or unknowingly they are spraying these medicines on the plants and vegetables. They also need to get some money, right! I feel very sad when these educated intellectuals and professors put the blame on farmers. We are educated people, and we work in the industry, so, we need to talk strong about it.

**AIR: How can we clean the vegetables that are grown in these methods?**

**Ans:** First, we all need to clean the water in our houses. Because we have to clean everything with water. But we have issues with water also. We are finding plastic particles, elements of fertilizers and urea are seen in water.

**AIR: So, how to clean water?**

**Ans:** Our ancestors used copper vessels to store water. Saints used copper pitchers for water, and copper vessels to heat water. They used to cook in Bronze vessels. Electrons (negative ions) move freely on copper surface. They remove the impurities like bacteria, virus, herbicides and pesticides from water.

Clean vegetables using this water. Put 20 gms of tamarind in 2 litres of water, and pour it in an earthen pot. Keep vegetables in this water for 10 minutes. The tartaric acid in tamarind has the power to remove the impurities from vegetables also. Again clean them with the water from copper vessel, and cook. Until we get organically grown vegetables, use these cleaning methods. This is the easy solution for this issue.

**AIR: To which extent humans need protein?**

**Ans:** I need to tell one important point here. They started eating meat and eggs thinking that we need protein.





For vegetarians, proteins can be filled from seed grains and legumes (dal grains). Not much protein is required for humans. 6-8% is enough. If we make idlis with a handful of black gram and 4 handfuls of foxtail millets, that will give us the required amount of protein. Foxtail millets and Browntop millets contain 11-12% protein. If we eat this twice a week, our protein levels will be fulfilled. If we eat a handful of green gram (moong dal) or black gram or black eyed peas twice a week, it will suffice. We need not eat meat and egg for protein, and need not buy diseases with the chemicals used in maintaining them.

**AIR:** Please let us know what kind of oils need to be used for cooking.

**Ans:** Refined oils used by our people come from oil refinery companies. During the production of diesel and petrol, the substances with Octane as 8 carbon units are used as fuels. The value below 8 will generate mineral oils. During the production of 1 litre petrol or diesel, 200-300 ml of mineral oil is generated. If thousands of tons of diesel is produced, one third of it generates into mineral oil. The companies thought about this mineral oil being wasted, and started campaigning that our natural oils like coconut oil and ground nut oil are not good for health. They campaigned that cholesterol will increase with these oils and triglycerides will develop with our natural oils. And they promoted sunflower oil and olive oil of their companies as good for health, and started selling them in packets. Intellectuals and companies handled this very secretly and induced these oils on to normal people. In 1980-90s, news papers wrote repeatedly about this, saying that our oils are not good and these refined oils are good for health. It is very important not to buy these packed oils any more.

We have abundant supply of ground nut in our Anantapur district. And it is very good also. But these scientists told that ground nut oil contains aflatoxins and cheated people. This aflatoxins would not be present in ground nut, it is present in some rainy season fungus.

The light pink coloured hull that covers ground nut contains a wonderful substance called Resveratrol, this is the king of any medicines human race can ever discover. This is anti bacterial, anti inflammatory, anti carcinogenic and anti aging agent. That is really a wonderful substance.

If we eat this hull, our skin looks young. If it is applied on face, it will show beautiful results. Best medicine for skin diseases. If we drink this decoction, lot of skin diseases get cured. We have such wonderful and special substances all around us. With guava leaves decoction, even Cancer can be cured. Similarly Parijatha leaves and Peepal leaves from our surroundings also have wonderful medicinal values. Many people don't even know about Parijatham. All this is due to the influence of corporate companies.

**AIR:** If any farmers of our Anantapur district come forward to cultivate these millets, can they get seed? Our district has very less rain fall, right..

**Ans:** Yes, they can get seed. These crops grow even with 200 mm rain fall. We have the seed with us. In Anantapur district also, in Kadiri, they have kept a small company to sell the seed. If you are not able to get the seed, you can call us. There is one person Balan in Mysore. He can give it to you. We are ready to provide seeds in tons also.

**AIR:** Khader garu, starting with education, you researched in all departments, came back to our country and striving hard to campaign about safeguarding our health by using our natural foods. Thank you very much for visiting our studio today and for sharing your experiences and opinions with our audiences. Namaste.!

**Dr. Khader Vali:** Namaste.!! We are building one path of health. It is your part to walk in that path.!!



## Awards, Prizes and Certificates



Dr. GBK Rao receiving special jury award from Shri E.S.L. Narasimhan, Governor of Andhrapradesh in 2012, for conservation and protection of medicinal parks, in the presence of 650 Mayors from 195 countries.



Dr. GBK Rao, CMD, Pragati group, with Shri Browleo Fereera Desouza Dias, Bio-diversity Executive Chairman during his visit to Pragati Resorts. That time Chairman of Andhrapradesh State Bio-diversity Board, Dr. R. Hampayya is also seen in the picture.



During 21-22nd January, 2011, many stalwarts like Mr J.M. Lyngdoh, Dr. G.B.K. Rao, Mr E.S.L. Narasimhan, Dr. Anil Seal and Mr Karamjit Singh participated in Cambridge Conference of Election Commissioners, South Asia, that was conducted in Pragati Resorts.



COP 11 and MOP 11 members in Pragati Resorts (October 2012)



In Dream Bull show that was conducted in Hyderabad on 11th July 2017, Dr. GBK Rao, CMD, Pragati group, received Nandi Award from Telangana Power Minister Shri Jagadeeswar Reddy, Andhrapradesh Agriculture Minister Shri. P. Pulla Rao and GHMC Chairman Shri Rammohan.



On 30th July 2017, Telangana Haritha Haaram took place in Pragati Green Meadows and Resorts Ltd. 75000 medicinal plants were planted in Pragati on this occasion. During 2016 Haritha Haaram, 1,17,500 plants were planted in Pragati. And 50000 plants were distributed.





On 12th September, Dr. GBK Rao received 'Best Bio-diversity Project' award in the national conference conducted by NAREDCO in New Delhi, from Minister of Urban Development that time, Shri. Venkaiah Naidu. NAREDCO Chairman Naveen M Raheja, Former Minister of Law Shri Salman Kursheed, and NAREDCO MD Sunil Mantri are also seen in the picture.



Dr. GBK Rao received 'Best Theme based Resort' Award from Telangana IT minister on the occasion of World Tourism Day celebrations.



In 2016, National Conference of Chairpersons of Public Service Commissions of different States was held in Pragati Resorts.



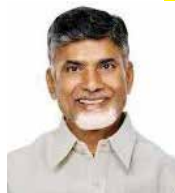
Dr. GBK Rao received one memento from Shri E.S.L.Narasimhan, Governor of Telangana on 16th March 2018, during Annual Summit of CII, Telangana. This award was presented for planting 75000 medicinal and herbal plants in Pragati Resorts during 2017 Telangana Haritha Haaram programme.



Dr. GBK Rao received Swacha Bharat Award from Andhrapradesh Chief Minister Shri. Chandrababu Naidu, on 2nd October 2017. He received this award for the conservation of medicinal plants, and for the efforts rendered towards Clean revolution and Greenery Development as part of Swacha Andha Mission, on the occasion of Gandhi Jayanti in 2017.



Shri K.Chandrasekhara Rao, Chief Minister of Telangana said "Near to Hyderabad, we have a unimaginably beautiful place called Pragati. Thousands of varieties of plants, herbs and aromatic plants are available in Pragati. Every colony in Telangana should become like Pragati. We have to follow this model of Pragati in all the colonies of the State".



Shri N. Chandrababu Naidu, Chief Minister of Andhrapradesh said "it is a great pleasure to know how Pragati group converted normal household communities into mosquito free areas using their medicinal plants. There should be more research on this subject and we should follow this model across the State".





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