

SIRIDHANYA

The foundation of Amrut Aahar
**To cure modern chronic diseases and
to conserve ecology**



Dr. KHADAR VALLI

Independent forest agricultural scientist and food expert

BRIEF BIOGRAPHY

A native of Proddutur town, Kadapa district, Andhra Pradesh, Dr. Khader Vali (60) has been working relentlessly in reviving Siridhanya for nearly 20 years. After having completed a Masters in Science (with a specialization in Education) from the Regional Institute of Education, Mysuru, he went on to get his Ph.D. from the Indian Institute of Sciences, Bengaluru, for his work involving steroids. He married his classmate Ms. Usha.

Dr. Khadar pursued his postdoctoral research fellowship in environmental science from Beaverton Oregon, United States of America. His research involved deactivating deadly chemical substances such as Agent Orange (Dioxin) at a time when food was being rapidly commercialized.

After completing his postdoctoral research at Beaverton, Dr. Khadar felt that instead of working in a foreign country for a living, it would be meaningful to strive toward making a healthier society in his own country. Therefore, he returned to India from the US in 1997 and settled down in Mysore. He worked hard to revive five different types of millets that were fast disappearing.

In the process of consuming each of these millets, he discovered that the healing properties present in them could cure even deadly diseases. Hence, he named these five millets Siridhanya.

In order to cultivate them naturally, Dr. Khadar propounded a method called "Kadu Krishi" (Jungle Farming). He has been treating (practices homeopathy; not formally) his patients for their diseases by recommending the consumption of Siridhanya, different plant/tree leaf decoctions, and homeopathic medicine in dire cases.

He is of the firm opinion that paddy rice, wheat, milk, non-vegetarian food, untimely eating habits, genetically modified crops,

chemical fertilizers, synthetic pesticides, and herbicides are instrumental in polluting the environment and food, thereby leading to the quick spread of lethal diseases.

Dr. Khadar claims that the consumption of Siridhanya can facilitate the prevention and cure of diabetes, hypertension, obesity, constipation, piles, gangrene, triglycerides, PCOD, low sperm count, skin diseases, kidney, and thyroid-related disorders. Siridhanya also prevents brain and blood-related diseases.

He is adored by the people of Karnataka, Andhra Pradesh, and Telangana alike, and pulls big crowds to his food/health talks in these places.

Dr. Khadar is connecting all the dots. Not only he is educating people about health, but he is also educating farmers about cultivation and teaching them how to adapt preventive methods in farming. He is also contributing to the preservation of water and nature. People often have the misconception that Dr. Khadar is speaking only about health; however, he speaks about a wide range of topics, with health being just one aspect. His dream is to educate villagers and make the villages sustainable. He has been guiding villagers to be self-reliant in making cold-pressed oils, growing and processing Siridhanya, making palm jaggery, using charcoal powder instead of toothpaste, reducing the use of soaps etc.

“MYSORE’S MILLET DOCTOR DITCHED USA JOB TO MAKE INDIA HEALTHY”

Dr. Khadar Valli

Independent forest agricultural scientist and food expert
Mysore

SIRIDHANYA JOURNEY

I take immense pleasure to share my Siridhanya journey with my readers. I hail from a very simple, low-income, orthodox family. In the year 1996, my father met with an accident, which taught me the value of health and wealth. My question of wealth was answered in the form of a job; I started earning from August 1996, but since then I have been searching for an answer to the question of health.

In the thirst of wealth, while I was working as a private teacher, I come across six students who were diabetic, all aged below 7 years. In addition, I noticed that many kids wore spectacles. To improve the health of my children, I gave up my teaching job in February 2015 and started natural farming. I was one of the members of the natural farming WhatsApp group. In that group, I came across a video of Dr. Khadar Valli. After watching his video, we started consuming Siridhanya. My mother was diabetic and her reports were normal within one month. Thereafter, I started sharing Dr. Khadar's video with others. After watching the video and consuming Siridhanya, many of them realized that their health was improved. Finally, I found my answer to health.

I started "Siridhanya farming". Additionally, I requested Dr. Khadar Valli to address the people in my home town. He agreed and addressed my home town on 7th March 2018. Since then, my Siridhanya journey has begun. I gathered as much information possible through his sessions, by attending his lectures, and by watching his videos.

I have come across many people who have been cured of several health issues such as cancer, high blood pressure, diabetes, heart-related issues etc. I bow down to Dr. Khadar Valli who blessed me to be with him in the Siridhanya journey.

From the bottom of my heart, I first thank God and then Dr. Khadar Valli for giving me a chance to write this book. I urge everyone to read this book and choose to live a healthy life. Dr. Khadar Valli has shown a simple way to sound health.

Thanks you.



Yours

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HOW TO COOK SIRIDHANYA (MILLETS)?

Siridhanya (millets) are unique grains that have fiber in the entire grain, unlike other millets. Therefore, one has to soak the millets overnight or for at least 6 hours to enable the expansion of fiber even in the deeper layers. Soaking time has to be increased to a minimum of 8 hours and a maximum of 12 hours for kids and the elderly.

Soak 1 cup (180 ml) of millets with 3 cups of water (can be increased or decreased as per your preference). Transfer this water into a clay pot or a steel utensil to cook the millets. Once the water starts to boil, add a teaspoon of oil (optional) and cook it on a low flame. A few drops of oil can be added to make the millet fluffy.

The use of clay utensils is recommended over steel utensils as they add a better flavor to the food. Moreover, clay utensils are considered to be unique.

NOTE:

Little millet: 1 cup of millet to 2 ½ cups of water

Barnyard millet: 1 cup of millet to 2 ½ cups of water

Kodo millet: 1 cup of millet to 3 cups of water

Foxtail millet: 1 cup of millet to 3 ¼ cups of water

Browntop millet: 1 cup of millet to 3 ½ cups of water

Millets vary depending on the brand and source; additionally, both polished and unpolished millets are available. Unpolished millets are more nutritious. The quantity of water used for cooking varies depending on the above factors too.

AT WHAT AGE CAN MILLETS BE INTRODUCED TO CHILDREN?

Dr. Khadar Valli suggests that millets can be introduced to children right from the age of 9 months.

INFANTS: Introduce all 5 Siridhanya (millets) to the infants in rotation, one millet per week. Roast the millets, grind it to make rava-like granules, and soak it for 4 hours. The ratio of millet to water should be 1:5. It can be fed to them along with regular vegetables, sambar, dal, and curd.

KIDS: For children above 2 years, millets can be directly fed. However, increase the soaking time to a minimum of 8 hours and a maximum of 12 hours. Cook them soft with desired vegetables. Sea salt and desi ghee made at home should be used for kids.

MILK: Mother's milk is suggested for a minimum of 9 months. Milk extracted from soaked grains (finger millet), seeds (sesame), nuts (coconut) etc. can be introduced to kids from the age of 9 months along with mother's milk.

The milk can be consumed weekly as follows:

Day 1 of the week: Finger millet milk

Day 2 of the week: Sesame seeds milk

Days 3, 4, 5 of the week: Coconut milk

Day 6 of the week: Sorghum milk

Day 7 of the week: Foxtail millet milk

MAKE IT A PRACTICE TO COOK IN MUD VESSELS

HOW AND WHEN TO DRINK WATER?

Dr. Khadar Valli suggests that drinking an adequate quantity of water is essential. We should drink water only to quench our thirst. It is not necessary that one should compulsorily drink 3-4 liters of water every day.

Physical exercise and sweating result in exertion. Therefore, one should drink water at such times.

Some people have the habit of drinking boiled and cooled water or warm water all the time because such water is devoid of harmful microbes. This practice is good when we are sick. However, making it a daily habit brings down one's immunity level.

Drinking clean water kept at room temperature helps to improve our immunity. Drinking structured water has many health benefits. To make structured water, store water in a steel or clay pot with a copper plate immersed in it for 7 hours or overnight. Use this water the next day for all cooking and drinking purposes.

A copper plate helps in removing plastic nanoparticles and other impurities from water.

NOTE: The copper plate should be cleaned every day using tamarind or lemon and salt.

Sesame milk is calcium rich food!

The calcium content in sesame milk is much higher than that found in the milk of cattle. Therefore, it is advised to use sesame seed milk. Soak 100 g of sesame seeds overnight (6 to 8 hours) in 1 liter of water. Grind the soaked sesame seeds twice or three times in a stone grinder using a pestle. The water in which sesame seeds are soaked has to be used for grinding. The nicely ground pulp along with the liquid has to be strained using a muslin cloth. The liquid that is obtained in the process is sesame milk. This process can be used to make milk from other grains and seeds. People from different age groups can consume this milk.

The method of 'kashaya' preparation: Take 150 to 200 ml of water stored in a copper container, pour it into a different vessel (copper vessels should be avoided for cooking and boiling water), and allow it to boil. Add about 5-6 specific leaves for a given disease in the boiling water and leave it for four minutes. Turn off

the flame and close the vessel with a lid for 2 minutes. Strain this mixture and drink the "kashaya" warm or at room temperature. Consume this "Kashaya" 2 or 3 times daily. 'Kashayas' should be consumed once in the morning on an empty stomach, the second time in the afternoon, and the third time in the evening one hour before dinner. Paddy rice, wheat, maida, milk, sugar, coffee, tea, iodized salt, non-vegetarian food, and refined cooking oils must be completely avoided. Yogurt (curd) and buttermilk can be consumed. Sea salt and cold-pressed cooking oils are recommended.

List of various diseases, disorders, and medical conditions that can be cured by Siridhanya rice.

1. **Foxtail millet rice** : Problems related to the nervous system, psychological disorders, arthritis, Parkinson's disease, and epilepsy.
2. **Kodo millet rice** : Blood impurities, anemia, weakness, immunity, diabetes, constipation, and insomnia.
3. **Barnyard millet rice** : Excess bad cholesterol, and problems related to the liver, kidney, and endocrine glands.
4. **Little millet rice** : Problems related to the uterus, PCOD, and male and female infertility.
5. **Browntop millet rice** : Arthritis, obesity, hypertension, and problems related to the digestive system, thyroid, and eyes.

FAQs

What are the medicinal properties of Siridhanya?

In order to determine the health benefits and medicinal qualities food items possess, the fiber and carbohydrate content needs to be looked at. Fiber and carbohydrate content in paddy rice is 0.2% and 79%, respectively. In other words, their ratio is 395. The fiber to carbohydrate ratio does not differ much even in whole/raw paddy rice. However, in the five Siridhanya grains, fiber content ranges from 8 to 12.5% and carbohydrate content from 60 to 69%.

Their ratio varies between 5.5 and 8.8. The foods in which the carbohydrate to fiber ratio is below 10 are known to possess medicinal properties. Glucose is released into the blood in a shown medicinal properties. Glucose is released into the blood in a regulated manner between 6 and 8 hours after eating such foods. The ability to not release more than the required quantity of glucose into the blood and the presence of many micro-nutrients and proteins make Siridhanya extraordinary. When people with persistent diseases such as diabetes, cancer, obesity etc consume Siridhanya rice for 6 months to 2 years depending on the condition of their ailments, their diseases can be completely cured. Besides supplying nutrients in good amounts, Siridhanya removes disease-causing elements from the body, thereby cleansing it. As Siridhanya have the right fiber content in them, they need to be soaked for at least a minimum of two hours before cooking. Great millet (Sorghum), finger millet, pearl millet, proso millet, and corn are collectively called neutral millets. Their fiber content ranges from 1.2 to 3.6%. Glucose enters the blood within 2 hours of their consumption. Hence, health-giving Siridhanya is a true natural food.

Can medicines prescribed by doctors be continued while eating Siridhanya?

Yes, you can take the prescribed medicines. Allopathic, ayurvedic, or homeopathic medication for any disease can be continued until the issue is under control. Good health can be attained by bringing about certain changes in dietary habits and lifestyle.

How to cure anaemia using Siridhanya and Juices?

Consume Kodo millet and little millet for 2 days each and the other 3 millets one day each. Juices have to be consumed on an empty stomach. The juice to cure anemia is prepared as follows: take 25grms of carrot, 25grms of beetroot, and 5grams of guava / Indian gooseberry. Blend the mixture and consume the juice. Drink buttermilk blended with curry leaves in the evening. Take 20 curry leaves and one glass of buttermilk and blend it in a mixer, leave it for 15-20 minutes, and consume it directly in the evening.

**SIRIDHANYA AND KASHAYAS ARE
THE BEST REMEDIES FOR DISEASE**

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
1. Dialysis	Tristis (Nyctanthes Arbour) Coriander Boerhavia Diffusa Bryophyllum leaves Phyllanthus amarus Giloy leaves / Fenugreek leaves	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
2. Diabetes	Mint leaves Drumstick leaves Black plum Tindoorra leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
3. Thyroid PCOD Fibroid Hormonal Imbalance	Aegle Marmelos leaves / Pongamia Pinnata / Tamarind leaves / Drumstick leaves Sour Spinach / Piper Betel leaves / Neem leaves Peepal Leaves	Little - 3 days Foxtail - 1 days Kodo - 1 days Barnyard - 1 days Browntop - 1 days
Take 3 spoons of Coconut oil/Sesame oil/Safflower oil one week each		
4. B.P.	Aegle Marmelos leaves Holy Basil Coriander leaves Opuntia Dilleni Cactaceae Rauvolfia Serpentine leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
<i>Sour Spinach leaves kashaya is good for health issues in women</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
5. Obesity	Peepal leaves / Betel leaves Cumin seeds / Turmeric / Bermuda grass (Cynodon dactylon) / Palm leaves	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
6. Weight Gaining	Mustard seeds Fenugreek seeds Cumin seeds	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
7. Asthma TB	Black Pepper Ginger Turmeric Pongamia Pinnata	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
8. Parkinson's Alzheimers	Turmeric / Cinnamon / Ginger/ Cinnamon / Common Rue leaves / Guava leaves / Drumstick leaves Coconut oil, Ground oil 3 spoons one week each	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
9. Kidney Stones	Mint leaves/ Coriander leaves/ Banana stem pulp/ Sour Spinach leaves/ Acacia Farnesiana leaves/ Dill weed leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
<i>Guava fruit has been hailed as one of the super fruits due to the numerous health benefits it offers (add Chilli powder while eating)</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
10. Increase Memory	Turmeric Cinnamon Sesame leaves Drum stick leaves	Little - 3 days Foxtail - 1 days Kodo - 1 days Barnyard - 1 days Browntop - 1 days
11. Gastric Acidity	Mint leaves / Piper Betel Leaves / Pongamia Pinnata / Cassia Auriculata / All-Spice leaves (Green)	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
12. Arthritis and knee joint pains	Tristis (Nyctanthes Arbour) leaves / Peepal leaves / Aegle Marmelos leaves / Sour Spinach leaves / Guava leaves	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
13. Eye Problem	Carrot / Mint leaves / Dill weed / All-spices leaves (Green) / Drum stick leaves	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
14. Nerves Problem	Cynodon Dactylon (Scutch grass) / Guava Leaves / Tristis (Nyctanthes Arbour) / Common Rue (Ruta Graveolens)	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
<i>"Mint leaves, Cynodon Dactylon (Scutch grass), Pongamia Pinnata get rid of body heat"</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
15. Liver Kidney Purification	Gout Common Rue (Ruta Graveolens) / Fenugreek leaves or seeds/ Bryophyllum Acacia Famesiana / Boerhavia diffusa	Barnyard - 3 days Little - 1 day Kodo - 1 day Foxtail - 1 day Browntop - 1 day
16. Heart related	Ash gourd Juice / Cucumber Juice / Bottle gourd Juice 200 ml. Kashayas Coriander leaves / Piper Betel leaves / Holy Basil	Little - 2 day Kodo - 2 day Barnyard - 3 days Foxtail - 1 day Browntop - 1 day
17. Fits	Turmeric/ Palm leaves / Cynodon Dactylon (Scutch grass)/ Indian Plum (Ziziphus mauritiana) Coconut oil, Ground nut oil one week each	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
18. C4, C5, L4, L5, Spinal cord	Curry leaves Tristis (Nyctanthes Arbour) Guava leaves	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
19. Varicose veins	Tomato Juice Ivy Gourd leaves Tristis (Nyctanthes Arbour) Papaya leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
<i>De-addiction : Drink the following Kashayas to get rid of addiction 1) Pongamia Pinnata 1 week 2) Giloy leaves 1 week 3) Castor Oil plant leaves</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
20. Prostate Glands	Boerhavia Diffusa Tristis (Nyctanthes Arbour) Coriander leaves Mint leaves Bryophyllum	Little - 2 days Kodo - 2 days Foxtail - 1 days Barnyard - 1 days Browntop - 1 days
21. Infertility	Peepal leaves Neem leaves Drum stick leaves Betel leaves (Remove the stalk)	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
22. Urine Infection UTI	Bryophyllum leaves Coriander leaves Mint leaves Drum stick leaves Boerhavia Diffusa leaves	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
23. ESR (Erythrocyte sedimentation)	Carrot Juice Amla Juice Beetroot Juice	Kodo - 2 days Foxtail - 2 days Little - 1 day Barnyard - 1 day Browntop - 1 day
24. Skin Issues	Aloevera Juice Cynodon Dactylon leaves Holy Basil leaves Sesame Laddu once a week Apply sesame oil to skin	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
<i>Tea Substitute kashayas : 1) Lemon grass, 2) Kodo husk, 3) Holy Basil, 4) Mint leaves</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
25. Increase Platelets Dengue	Papaya leaves / Drum Stick leaves / Tamarind leaves / Tristis (Nyctanthes Arbour) / Common Rue / Wood apple leaves / Giloy leaves	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
26. Paralysis	Aegle Marmelos leaves / Cynodon Dactylon / Giloy leaves/ Mint leaves Coconut oil, Ground nut oil each one week	Browntop - 2 days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
27. Psoriasis	Coriander leaves Bacopa monnieri Aloevera juice	Browntop - 3 days Foxtail - 3 days Kodo - 1 day Little - 1 day Barnyard - 1 day
28. Constipation, Piles	Guava leaves Cassia auriculata leaves Fenugreek leaves Pongamia Pinnata	Browntop - 3 days Foxtail - 1 day Kodo - 1 day Little - 1 day Barnyard - 1 day
29. HIV	Giloy leaves Cynodon Dactylon Beal leaves Niger seeds to be eaten	Kodo - 3 days Browntop - 1 day Foxtail - 1 day Little - 1 day Barnyard - 1 day
<i>Immunity Booster : 1) Cynodon Dactylon, 2) Holy Basil, 3) Giloy leaves, 4) Aegle Marmelos leaves, 5) Pongamia Pinnata, 6) Neem leaves, 7) Peepal leaves, 4 days each</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
30. SLE (Lupus)	Palm leaves Beal leaves Cynodon Dactylon Coconut oil, Safflower oil 3 spoons each for one week	Browntop - 3 days Foxtail - 3 days Kodo - 1 day Little - 1 day Barnyard - 1 day
31. IBS (Irritable Bowel Syndrome)	Fenugreek leaves / Papaya leaves / Coriander leaves / Betel leaves (without stalk) Mint leaves / Tindora leaves	Kodo - 3 days Little - 3 days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
32. Colitis	Castor leaves Guava leaves Pongamia Pinnata	Kodo - 3 days Little - 3 days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
33. Chicken Gunya	Cynodon Dactylon Common Rue Chrysanthemum tea (Own garden) Cyamamela tea	Browntop - 3 days Foxtail - 3 days Kodo - 1 day Little - 1 day Barnyard - 1 day
34. Differently abled children	Aegle Marmelos leaves Cynodon Dactylon Pongamia Pinnata Coconut oil, Safflower oil and Sesame oil 3 spoons each 1 week	Browntop - 2 days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
<i>Viral fever : Kodo millet, Little millet porridge and Common Rue leaves, Tristis (Nyctanthes Arbour) leaves kashaya, 1 week each</i>		

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
35. Teeth Issues	Palm leaves Peepal Leaves Turmeric	Kodo - 3 day Little - 3 day Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
36. Uterus (Women) Related Issues	Custard Apple leaves / Guava leaves / Drum stick leaves / Tamarind leaves / Piper Betel leaves/ Peepal leaves	Little - 3 days Kodo - 1 day Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
37. Pregnancy	Chamomile tea (Home made) Lemon grass Mint leaves Sour Spinach leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
38. Pneumonia	Turmeric Cumin seeds Dry ginger Cynodon Dactylon Giloy leaves	Foxtail porridge - 3 Little - 1 day Kodo - 1 day Browntop - 1 day Barnyard - 1 day
39. Fatty liver	Aegle Marmelos leaves / Common Rue / Mint leaves / Piper Betel leaves Coconut oil, Sesame oil 3 spoon one week each	Little - 3 days Kodo - 3 days Barnyard - 3 days Browntop - 1 day Foxtail - 1 day
40. Attention deficit disorder/ Borderline / Autizam / Hyperactive	Tristis (Nyctanthes Arbour) Peepal leaves Turmeric	Little - 3 days Foxtail - 1 day Kodo - 1 day Barnyard - 1 day Browntop - 1 day

Ailment / Disease	Kashayas (prepared from leaves)	Siridanya Rice to be eaten
41. After Pregnancy	Chamomile tea (Home made) Lemon grass Mint leaves Sour Spinach leaves Castor seeds (Remove belly button)	Little - 3 days Foxtail - 1 day Kodo - 1 day Barnyard - 1 day Browntop - 1 day Pearl daily 1 time
<p>NOTE :</p> <ol style="list-style-type: none"> 1. Consumption of foxtail millet may reduce the production of mothers' milk (only for few). 2. Consume sour spinach dal, sour spinach pickle, and other pickles. <p>Breast feeding is must up to 9 months, after which babies can be given the following coconut milk, 3 days; Sesame milk, 1 day; Finger millet milk, 1 day; Sorghum milk, 1 day; Foxtail milk, 1 day.</p> <p>Guava fruit has been hailed as one of the super fruits due to the numerous health benefits it offers (add Chilli powder while eating)</p>		
<ul style="list-style-type: none"> ➤ <i>Avoid Palm Jaggery if HbA1c is above 8.0</i> ➤ <i>Passion fruit is good for sound sleep and to stop racing thoughts.</i> ➤ <i>To control loss Motions, use : 1) Pongamia pinnata kashaya 2) Mint leaves kashaya.</i> ➤ <i>To control vomitins, use : 1) Holy Basil kashaya, 2) Carom seeds kashaya.</i> ➤ <i>To avoid bad breath, drink mustard oil.</i> 		

**Cancer healing protocol with Siridhanya and
herbal decoctions Eat Siridhanya based food all
three meals a day Eat sesame dumpling made with
palm jaggery once in a week**

Cancer Type	Kashayas for morning and evening each week	Kashayas for afternoon each week	Siridanya rice to be eaten
1. Lung	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Turmeric Ginger	Little - 2 days Foxtail-2 days Kodo - 1 day Barnyard-1 day Browntop-1 day
2. Bone	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Fenugreek leaves Mint leaves	Little - 2 days Kodo - 2 days Browntop-2 days Foxtail - 1 day Barnyard-1 day
3. Brain	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Common Rue Cinnamon	Little - 2 days Kodo - 2 days Browntop-2 days Barnyard - 1 day Foxtail - 1 day
4. Blood	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Curry leaves Piper Betel Leaves	Little - 2 days Kodo - 2 days Browntop -2 days Barnyard - 1 day Foxtail - 1 day
5. Kidney/ Prostate	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Boerhavia Diffusa Coriander leaves	Little - 2 days Browntop -2 days Barnyard - 2 days Kodo - 1 day Foxtail - 1 day

Cancer Type	Kashayas for morning and evening each week	Kashayas for afternoon each week	Siridanya rice to be eaten
6. Breast	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Pongamia Pinnata Neem leaves	Browntop -2 days Kodo - 2 days Little - 1 day Barnyard - 1 day Foxtail - 1 day
7. Mouth	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Mint leaves Ginger	Little - 2 days Foxtail - 2 days Kodo - 1 day Barnyard - 1 day Browntop - 1 day
8. Thyroid/ Pancreatic	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Marigold leaves Tamarind or Drumstick leaves	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard-1 day Browntop -1 day
9. Stomach	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Tender Banana shoot Fenugreek leaves	Foxtail - 2 days Browntop-2 days Little - 1 day Kodo - 1 day Barnyard - 1 day
10. Skin	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Tender onion shoot Aloevera	Browntop-2 days Kodo - 2 days Barnyard - 1 day Little - 1 day Foxtail-1 day
11. Intestine	Tristis (Nyctanthes Arbour) Peepal leaves Guava leaves	Pongamia Pinnata leaves Fenugreek leaves	Browntop-2 days Kodo - 2 days Barnyard - 2 days Little - 1 day Foxtail - 1 day

Cancer Type	Kashayas for morning and evening each week	Kashayas for afternoon each week	Siridanya rice to be eaten
12. Oesophagus	Tristis (Nyctanthes Arbours) Peepal leaves Guava leaves	Mint leaves Ginger	Browntop-2 days Kodo - 2 days Little - 2 days Barnyard-1 day Foxtail- 1 day
13. Liver	Tristis (Nyctanthes Arbours) Peepal leaves Guava leaves	Common Rue Fenugreek leaves	Browntop-2 days Kodo - 2 days Barnyard - 2 days Little - 1 day Foxtail - 1 day
14. Uterus	Tristis (Nyctanthes Arbours) Peepal leaves Guava leaves	Papaya leaves Piper Betel leaves	Kodo - 2 days Barnyard-2 days Little - 2 days Foxtail-1 day Browntop-1 day

FEW KASHAYAS AND ITS USES

1. Speech disorders in children : Peepal Leaves
2. Improve Iron : Curry leaves, Cynodon dactylon, Kodo grass
3. Purify blood : Curry leaves, Lemon grass
4. To improve mother's milk : Curry leaves, Drumstick leaves, Pearl
5. For any fevers : Tristis (Nyctanthes Arbours)
6. Constipation : Guava leaves, Betel leaves
7. Purify liver : Coriander leaves, Aegle Marmelos leaves
8. Fibromyalgia : Common Rue
9. Peace of Mind : Piper Betel leaves (Remove tip)
10. Teeth issues : Brush with Pongamia
11. Nose, ear, skin issues : Neem leaves, All-Spices
12. Deep Sleep : Banana or Banana shoot

Nutrient and fiber present in 100 grams of siridhanya Ratio of Carbohydrate and fiber must be in single digit												
Millet Name	Niacin mg B3	Riboflavin mg B2	Thiamine mg B1	Carotene mg	Iron mg	Calcium g	Phos g	Protein g	Minerals g	Carbohydr ate g2	Fiber g	Ratio Carbohyd rate/ rate/ Fiber
POSITIVE GRAINS												
Foxtail కొర్రలు	0.70	0.11	0.59	32.00	6.30	0.03	0.29	12.30	3.30	60.60	8.00	7.58
Barnyard శూదలు	1.50	0.08	0.31	0.00	2.90	0.02	0.28	6.20	4.40	65.50	10.00	6.55
Kodo అరికెలు	2.00	0.09	0.33	0.00	2.90	0.04	0.24	6.20	2.60	65.60	9.00	7.29
Little Millet సోమలు	1.50	0.07	0.30	0.00	2.80	0.02	0.28	7.70	1.50	65.50	9.80	6.68
Brown Top అందు కొర్రలు	18.50	0.027	3.20	0.00	0.65	0.01	0.47	11.50	4.21	69.37	12.50	5.55
NEUTRAL GRAINS												
Pearl నల్లలు	2.30	0.25	0.33	132.00	8.00	0.05	0.35	11.60	2.30	67.10	1.20	55.92
Finger రాగులు	1.10	0.19	0.42	42.00	5.40	0.33	0.27	7.10	2.70	72.70	3.60	20.19
Proso వరిగెలు	2.30	0.18	0.20	0.00	5.90	0.01	0.33	12.50	1.90	68.90	2.20	31.32
Great Millet జోన్నలు	1.80	0.13	0.37	47.00	4.10	0.03	0.28	10.40	1.60	72.40	1.30	55.69
Corn మక్కలు	1.40	0.10	0.42	90.00	2.10	0.01	0.33	11.10	-	66.20	2.70	24.52
NEGATIVE GRAINS												
Wheat గోధుమలు	5.00	0.17	0.35	64.00	5.30	0.05	0.32	11.80	1.50	76.20	1.20	63.50
Paddy బియ్యం	1.20	0.06	0.06	0.00	1.00	0.01	0.11	6.90	0.60	79.00	0.20	395.00

DOs AND DONTs OF A HEALTHY LIFESTYLE SUGGESTED BY Dr. KHADAR VALI

FOOD: Eat SIRIDHANYA as a staple food. One can make all varieties like idli, dosa, rotis, rice items, snacks, and sweet and hot foods using the five Siridhanya (foxtail, little, kodo, barnyard, and browntop millets).

Do not mix different millets together. Additionally, avoid using it as multigrain flour. Each Siridhanya is unique and helps in curing our body when taken individually.

Stop consumption of rice, wheat, non-vegetarian food, maida (all-purpose flour), tea, coffee, sugar, A1 (jersey) milk, refined oils, health drinks (Bournvita/ Horlicks/ Complan etc), Indian cottage cheese (paneer), soya, packaged and junk food (chocolates, ice creams, cool drinks, pizzas, burgers etc).

HERBAL DECOCTION: Drink herbal decoctions (kashaya) made from fresh leaves. Use a minimum of 3 kashayams from the table each week. Take a fistful of clean fresh leaves, boil them in structured water for 4 minutes, strain, and drink.

MILK: Use desi cow milk for making curd, buttermilk, and ghee (never consume milk directly). One can even extract milk at home by using sesame seeds, groundnuts, finger millet, coconut, and safflower seeds. Milk extracted from these grains and seeds can also be used to make curd.

OILS : Use only wooden ghani oils extracted from groundnuts, safflower, sesame, and coconut and store them in glass jars. As they are cold pressed, the nutrients are preserved.

SWEETENER: Use palm jaggery as a sweetener instead of sugar and sugarcane jaggery (not suggested for sugar patients). Avoid the use of artificial sweeteners.

UTENSILS: Use stainless steel (Salem steel 304) or clay utensils for cooking. Use a cast iron griddle for making chapattis and dosa. Avoid using a pressure cooker.

EXERCISE: Walk for at least 1 hour daily. If you experience trouble while walking, massage well with sesame oil.

MEDITATION: Meditate for at least 10 to 15 minutes daily.

SLEEP: Sleep in total darkness without any lights for a good and undisturbed sleep. Wake up before sunrise, complete dinner by sunset, and sleep by 9 p.m.

Severe diseases such as HIV and cancer can also be healed. To treat severe diseases, one should consume 'Siridhanya' in the form of porridge. The porridge can be prepared as follows: take 1 glass of Siridhanya, add 10 glasses of water, soak it for 6 to 7 hours, and then cook it. It is advisable to consume the porridge several hours after it is cooked: for example, the porridge cooked in the morning can be consumed at night and the porridge cooked at night can be consumed in the morning.

Aren't they easy to follow?

**Contact for Unpolished Siridanya, Siridanya Seeds, Wooden Ganuga Oils
and We also do Siridanya Processing as Job Work**

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