



The Millet Man Of India Dr. Khader Vali

*(When the food is wrong, medicine is of no use, when
the food is right, medicine is of no need)*

- Dr. Nilophar Azad Khan

In post-independent India, few individuals have contributed immensely to the nation with their vision, revolutionary zeal, commitment and hard work. In recent times, Dr Khader Vali has been recognized as the **Millet man of India** for his relentless efforts in receiving five positive millets for 20 years. He is the son of Husenamma and Husenappa who are natives of Kadapa, from the state of Andhra Pradesh and he is on the mission to make the world disease free through the usage of millets in our daily diet plans. Dr. Khader Vali did his B. Sc, M. Sc from regional college of education from Mysore.

And after obtaining a PhD, on steroids from the Indian Institute of Sciences, Bangalore, he pursued Postdoctoral research at Oregon, USA. His research involved deactivating deadly chemical substances such as Dioxin at a time when food was being rapidly commercialized. After that, he served as a food scientist in the Central Food Technology Research Institute (CFTRI) at Mysore. Later he worked in the USA for over five years. During that period, he realized that healing properties present in the millets could cure even deadly diseases. And he decided to return to India to make it a healthier nation free from diseases. Presently he is settled down in Mysore.

He Believes that "*when food is wrong, medicine is of no use, when food is right, medicine is of no need*". He



worked hard to revive five different types of millets that were fast disappearing. He named these five millets, Siridhanya. Then, Dr Khadar propounded a method called '**Kadu Krishi**' (Jungle Farming) to cultivate them naturally.

Dr. Khader Vali

He has been treating his patients by recommending them to consume five types of Siridhanya and different plant/tree leaf decorations. He firmly believes that paddy-rice, wheat, non-vegetarian food, untimely eating habits, genetically modified crops, chemical fertilizers, synthetic pesticides, and herbicides are instrumental in polluting the environment and food, leading to the quick spread of diseases. He claims that resorting to a millet diet, it is possible to prevent and cure diabetes, hypertension, obesity, constipation, piles, gangrene, triglycerides, PCOD, low sperm count, skin diseases, kidney, thyroid-related disorders etc.

The 62-year-old scientist turned doctor is very much in demand and treats a minimum of 100 patients every day at his clinic in Mysore. Thousands of Diabetics with gangrenous legs consider him a messiah for saving their limbs after being advised to go for amputation. Similar is the case with epileptic patients. Today, he addresses hundreds of meetings every year in India, particularly in Karnataka, Andhra Pradesh, and Telangana. He was also invited to Dubai and USA by millet diet followers. Wherever he goes, his meetings attract thousands of people. He is chasing his dream to build a healthy and sustainable society. Today in all-important grocery shops in suburban and urban towns of three states of southern India, i.e., Karnataka, Andhra Pradesh, and Telangana, one can find his five positive millets. *Asst. Professor, Dept. of Botany, Mahatma Phule Mahavidhyalaya, Pimpri, Pune, India 2*

Based on the healing nature of millets, he classified millets into three categories, namely, i). Positive, ii). Negative and iii). Neutral.

Barnyard Millet, Browntop Millet, Kodo Millet, Little Millet and Foxtail Millet are treated as Positive millets;

He contends that these five millets are rich sources of



various nutrients such as Niacin, Riboflavin, Thiamine, Iron, Calcium, Phosphorous, Protein, Carbohydrate and rich Fiber. In a serious state of disease, he recommends patients take these millets in fermented porridge form (Ambali / Khameer) for all three meals for the first 6 to 9 weeks before starting any treatment protocol. His treatment protocol also involves certain plant/tree leaf decoctions (Kashayas). He suggests a simple way of preparing the Kashaya.

Method to prepare Kashaya: Add leaves (1/2 fistful of small leaves or 3-4 of bigger leaves) or other ingredients to 200 ml. of water, boil for 4-5 minutes, filter, and drink when warm. Palm jaggery can be added if required.

For better understanding of his treatment, let us take the example of diabetes. For diabetics, the suggested protocol is:

| Disease | Millets | Decoctions |
|----------------|--|---|
| Diabetes | Little millet, Kodo millet, Barnyard millet Foxtail millet Brown top millet (Consume all above millets each two days and repeat the cycle) | Tinospora cardifolia, Black plum leaves, Ivy gourd leaves, Mint, Drumstick leaves, +Abutilon indicum (Consume all above decoctions one week each and repeat the cycle) |

He suggests that 'We need to start eating positive grains (Siridhanya), fruits and vegetables, palm jaggery (Kappu bella/saate) and use bull driven or cold-pressed (seed) oils to stay healthy. Positive grains are not only nutritious; they can be grown in dry land and need only 20 cm of rainfall. As high as 60 percent of the available land in India is dry land. So, if farmers cultivate positive grains, there could be no drought in the next 50 years.'

Twenty years back, when he retired from the USA and started the millet diet movement, the response was feeble, but today people invite him from across the globe for lectures. His teammates are preparing various attractive recipes out



of millets and popularizing them to make them more palatable. Crores of people today follow his diet and lakhs of them have become completely free from various dreadful diseases.

The state government of Karnataka plans to introduce nutrition-rich millets for government school students across the state as part of its mid-day meal programme from the next academic year. Already Karnataka Education Minister has held several rounds of talks with officials of Food Corporation of India, Karnataka Food and Civil Supplies Corporation, Agriculture Produce Marketing Committee and other nodal agencies of the government to procure millets. Also, the Union Ministry for Human Resource Development (MHRD) has issued a directive to all the state governments to include millets in their mid-day meal programs, considering that these grains are rich in nutritional content such as calcium, iron, protein and fibre.

The U.N. General Assembly recently adopted a resolution sponsored by India and supported by more than 70 countries, declaring 2023 as the International Year of Millets. The resolution is intended to increase public awareness of the health benefits of millets and their suitability for cultivation under harsh conditions marked by climate change.

Ministry of Agriculture, Karnataka, is trying to organize international organic and millets Trade Fairs. Dr Khadar Vali is the man behind all these achievements. Now his dedication and sacrifice has started yielding positive results.

References :

1. Dr. Khadar vali, Dr. Sarala Khader. (2018). *Protocol Siridhanya & Khashayas*. Raithunestam Publishers.
2. Dr. Khader Vali. (2000). *Siri Dhanyalu: Chirudhanyalato sampurna arogyam*. Raithunestam Publishers.
3. Dr. Khader Vali. (2018). *Arogya Siri (1st.ed)*. Raithunestam Publishers.

