

Ragi Millet

Eleusine coracana

seeds, plant

Herbal Superfood

Ancient Wholesome Sustainer

Gluten Free & People Friendly



by Prashanti de Jager ©2013

for more insights into Ragi Millet read

[Aushadhi: Guide to High Himalayan Herbs](#)

Ragi, what you are enjoying when you consume Ethiopian Injera, is a genetically-ancient, gluten-free, non-allergenic, low-glycemic index, nutrient-dense herb and grain, perfect for our day and age. Sacred to both Durga and Parvati, Ragi, sprouted Himalayan Millet, is so safe and deeply nourishing it is traditionally given to pregnant women and to infants over six months. Ragi, an herb and a food is a 'superfood' that is important to 'The People' as it is so nourishing and high in methionine.

Names & Etymology

Ragi: red, passion, beauty

Millet: hammer (mallet), crush, grind

Eleusine: via Demeter goddess of grains

Coracana: corakan, millet

Balbaja: Sk: great strength, strong talisman

Dosha & Energetics

Rasa (taste): sweet

Virya (strength): warming

Vipaka (metabolites): sweet

Dosha (constitutions): V- P+ K=

Prabhava (Power) Nutrition

PhytoChemistry

The grain highest in calcium, potassium, and methionine; rich source of iron, magnesium, zinc; B vitamins; healthy fats; high 'Available Energy'; Gluten-free

Actions

Nutritive Tonic, Demulcent, Antiulcerative, Mild Astringent, Antioxidant, Febrifuge, Anti-diabetic, Hypoglycaemic, Hepatoprotective, Vermifuge, Vulnerary

Indications

Debility, Diabetes, High Blood Sugar and Lipids, Gluten sensitivity, Obesity, Fatigue, Allergies, Degenerative Disease, Wounds, IBS, Colitis, Fevers, Childbirth, Weaning

Which Ragi Millet is Superior?

Gluten and allergen-free genetically-ancient High Himalayan food has higher Prana than genetically new-starch bombs like rice and wheat, so for deep restoration one is advised to use pseudo-wild cultivated High Himalayan Ragi. Best is 'malted,' sprouted, Ragi which multiplies bioavailability by over 3 times.