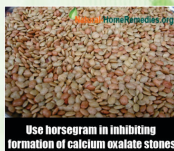


" It has curative properties in helping with menstruation problems. Specially women with irregular periods and excess bleeding can benefit by taking horse gram water regularly or adding horse gram soup or sprouts to your daily diet.

" The horse gram water has diuretic properties and dissolves the kidney stones. Diuretics increase the elimination of water from the body

" Taking horse gram water this way for 2-3 months will help in completely eliminating the kidney stones..



Use horsegram in inhibiting formation of calcium oxalate stones

How to grow Horse Gram Sprouts?

One way to eat Horse gram is in the form of Sprouts. You can add the Horse gram sprouts to salads or eat the sprouts by themselves by adding a little salt, cumin, lemon, finely minced onions and cilantro. Soak the desired amount of Horse gram in a wide bowl completely submerged in water. Once the Horse gram is soft when you bite on the legume, drain the water, rinse and put them in a very thin cotton cloth, a cheese cloth works the best. Keep the cloth damp and put it away in a dark place overnight. Usually by the end of the second day you will see small sprouts coming up. You can grow the sprouts to whatever length you desire and then add to them any dish. Make sure the seeds are soaked well and have enough air if you are putting them in a jar (keep the lid slightly open). Sprouts are high in Vitamin A, Thiamine, vitamin C, iron and potassium. Sprouting them also helps in reducing the production of gas which helps in digesting them much better than the dried horse gram.



Are there any harmful side effects to eating Horse gram?

- " Horse gram can cause an excess of bile production
- " It should not be eaten by pregnant women
- " People suffering with tuberculosis and plethora should avoid horse gram

IMPORTANCE OF HORSE GRAM

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Eating a healthy diet is getting more popular these days specially with the rise in obesity. The USDA guidelines to a healthy diet suggests whole grains, beans or legumes, fresh fruits and vegetables, milk, protein, preferably skim or low fat. Horse gram was considered Horse fodder and its full potential as part of the human diet has not been exploited completely. It is mostly grown in Asia and quite common on the Indian menu. It is high in protein and iron which makes it a wholesome food that should be added to our diet on a regular basis.

What is Horse Gram?

Horse gram is scientifically known as *Macrotyloma uniflorum*. It is a dark brown lentil which round and flattened in shape legume with many health benefits. It is rich in taste and at the same time provides you many nutritional benefits. It is also known to have many therapeutic effects but not scientifically proven though it has been recommended in ayurvedic medicine to treat renal stones, piles, edema etc. It is rich in iron, calcium molybdenum, polyphenols which have high antioxidant capacity, and hemagglutinin which is a substance found in antibodies and autoimmune functions. As it is a grain with rich amounts of proteins, vitamins and iron it is believed that it can reduce the extra fats in the body along with the help of reducing weight. It is having good amounts of B-complex vitamin and proteins. It aids in purifying menstruation and prevents and cures the arthritis. The high amount of dietary fiber present in the horse gram balances the blood pressure and sugar glucose levels. Hence it is one of the favorite food for all walks of people.



What is the Classification of Horse Gram ?

- " Kingdom Plantae - Plants
- " Subkingdom Tracheobionta - Vascular plants
- " Superdivision Spermatophyta - Seed plants
- " Division Magnoliophyta - Flowering plants
- " Class Magnoliopsida - Dicotyledons
- " Subclass- Rosidae
- " Order- Fabales
- " Family Fabaceae - Pea family
- " Genus Macrotyloma (Wight & Arn.) Verdc. -

What are the Common Name of Horse Gram ?

Horse gram is known by different names all over the world, it is called, Kollu in South India, Cowpea in English, Kulti in Hindi, Habbul Kulth in Arabic, Kulatha Kalai in Sanskrit, Bian Dou in Chinese, Bonnavista Bean and also Hyacinth Bean.



What are the Benefits of Horse gram?

The health benefits of horse gram are being recognized light in the western world recently but has been known for its medicinal purposes by Indian Ayurvedic Vaidyas since centuries which are following;

- " It is known for its excellent diuretic and astringent .
- " Ayurveda uses horse gram to treat a variety of conditions ranging from rheumatism to worm removal, treating Conjunctivitis and piles.
- " Another great benefit of horse gram is its use in extracting phlegm. When suffering with cough, phlegm is a hard thing to get rid of. Taking horse gram water can eliminate the phlegm and give relief.
- " Taking horse gram powder in a little bit of water regularly, helps in treating and controlling skin rashes and boils.
- " Horse gram liquid is also used to regulate fever.
- " It has phenols which helps in reducing weight
- " Horse gram also helps in lowering cholesterol levels
- " Lipids extracted from horse gram have shown to help with peptic ulcer in an study related rats.
- " It also helps in reducing flatulence