

Black Wheat Cultivation and Health Benefits

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SUMMARY

Black wheat contains pigments called anthocyanin. The colors of fruits, vegetables and grains are dependent on the amount of plant pigments or pigment particles present in them. Due to excess of anthocyanin, the color of fruits, vegetables, grains becomes blue, purple or black. Anthocyanin is also a natural antioxidant. For this reason, it is considered beneficial for health. In common wheat, anthocyanin is only 5 ppm, but in black wheat it is around 100 to 200 ppm. Apart from anthocyanin, there is also a difference in the amount of zinc and iron in black wheat. Black wheat has 60 percent more iron than common wheat. However, protein, starch and other nutrients are in equal amounts.

INTRODUCTION

In the Rabi season of last year, some farmers in Neemuch region of Malwa along with Indore district had sown black wheat. The farmers were curious about the production of black wheat sown in the area for the first time. But it became clear from the production of black wheat that it is being produced like normal wheat. According to Mr. Govind Nagda, a progressive farmer of village Kanakheri district Neemuch, with the help of a friend from Nabi Research Center, Mohali, he had obtained 40 kg of black wheat seed which was sown in three Bighas of land. When this wheat was weighed after harvesting and cleaning wheat, its weight came out to be 36 quintals. This production remained just like normal wheat. Normal wheat also produces 10-12 quintals on an average in a Bigha. After 07 years of research, the National Institute of Agricultural Food Biotechnology (NABI) Mohali has patented black wheat. This wheat has been named as 'Nabi MG' by NABI. I would say that this wheat, which is black, blue and purple in color, is more nutritious than ordinary wheat. Black wheat will be useful in preventing stress, obesity, cancer, diabetes and heart related diseases. This research has been conducted in Mohali since 2010 under the leadership of Dr. Monica Garg. Normal wheat contains 5 to 15 passes per million of anthocyanins, while 100 to 140 passes per million are found in black wheat. Anthocyanin provides health benefits like fruits like blueberry that removes free radicals from the body and protects against heart, cancer, diabetes, obesity and other diseases. It is also high in zinc.

Importance of Black Wheat

Use of Black Wheat:

Black wheat is used in cereal tea or as a grate, flour and noodles. In many European and Asian countries it is used as a staple in traditional foods.

Features of Black Wheat:

This wheat is more nutritious than normal wheat and in terms of quality it is kept equal to a fruit called blueberry. 3.5 ounces (100 grams) of raw grains contain nutrients.....

Calories: 343, water: 10%, protein: 13.3, g carb: 71.5, sugar: 0 g, fiber: 10 g fat: 3.4 g carbohydrates, let us know the benefits of consuming it.

Stress:

Nowadays, almost every person suffers from stress or is dealing with it somewhere. To get rid of stress, he takes new drugs every day, and as a result, after a while, when the effects of these drugs begin to wane, the sufferer turns to new drugs. The situation was getting worse by the day. Here black wheat has brought a ray of hope to end a terrible disease like stress. Research has shown that using it on a person suffering from stress has very positive effects.

Constipation:

Regular consumption of black wheat fiber provides the body with adequate amount of fiber, which is beneficial in stomach ailments, especially constipation.

Obesity:

Research on black wheat to control obesity has found very encouraging results.

Cancer:

Cancer is a disease for which there is no permanent cure yet, at this time black wheat has emerged as a good alternative to food supplements for all those who have medicines to control the disease. The fiber in black wheat strengthens the digestive system and relieves digestive problems as well as stomach cancer.

Diabetes or Diabetes:

This is a disease that has spread to India and other developed countries of the world and ironically, despite many expensive drugs, there is no permanent cure yet. Research has shown positive effects on black wheat experiment victims.

Heart Disease:

Increasing heart disease is the result of our lifestyle, we are losing the capital of our healthy body in the name of modern life. Expensive treatments are struggling to keep your body healthy, which does not guarantee a healthy life despite spending a lot. In the case of black wheat, research on heart patients has yielded very meaningful results.

Effective in eliminating intestinal infections.

Consumption of different types of black wheat helps in improving the fiber level in the body and helps in improving intestinal infections.

New Tissue:

The essential nutrients in black wheat are available to build new tissue. One of the components is phosphorus, which plays an important role in the formation and maintenance of new tissues in the body so that the body can function smoothly.

Anemia:

In addition to protein and iron, black wheat also contains magnesium. In such a situation, if we consume black wheat every day, then anemia can be overcome. This keeps the oxygen level in the body right.

Helps in body development:

Black wheat is rich in manganese which is a whole grain, manganese plays an essential role in healthy metabolism, growth and antioxidant protection of the body.

Lowers Cholesterol:

Black wheat is high in unsaturated fatty acids and fiber. When blood cholesterol and triglycerides are high, regular consumption of black wheat is helpful. LDL would have been shown to be effective in lowering cholesterol and triglycerides.

Black wheat production:

The largest cultivation of black wheat production is mainly in the Northern Hemisphere, Russia and Kazakhstan, China and Central and Eastern Europe.

CONCLUSION

Black colour wheat has been named as 'Nabi MG' by NABI. This wheat, which is black, blue and purple in color, is more nutritious than ordinary wheat. Black wheat will be useful in preventing stress, obesity, cancer, diabetes and heart related diseases.

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