

## A REVIEW

# Nutritional health benefits of pearl millet

■ Nidhee Sachan and Purnima Shah

### SUMMARY

Pearl millet (*Pennisetum glaucum*) is a robust annual grass, usually 1.2–3.5 m tall. It is a staple cereal in India, and in some countries of west and southern Africa. Pearl millet (known as Bajra in Hindi, also known as sajjey in Kannada and Kambu in Tamil). The largest producer are Rajasthan, Maharashtra, Gujarat, Uttar Pradesh and Hariyana. It has the capacity to produce a grain yield of 4-5 tonns per hectare. Being non-glutinous makes it a healthy option for people with a gluten allergy and celiac disease. They are power-packed with carbohydrates, essential amino acids, antioxidants, multiple vitamins like thiamine, riboflavin, folic acid, niacin, beta carotene, and minerals like iron, phosphorus, magnesium, and zinc and phytochemicals such as polyphenols and flavonoids. In this review, along with in the nutritional composition are discussed with the emphasis on the effect of processing on the nutrient and also discussed about health benefits.

**Key Words :** Pearl millet, Phytochemicals, Antioxidants, Celiac disease, Nutrients

**How to cite this article :** Sachan, Nidhee and Shah, Purnima (2023). Nutritional health benefits of pearl millet. *Internat. J. Plant Sci.*, 18 (2): 167-176, DOI: 10.15740/HAS/IJPS/18.2/167-176, Copyright@ 2023:Hind Agri-Horticultural Society.

**Article chronicle :** Received : 28.04.2023; Accepted : 12.05.2023

### MEMBERS OF THE RESEARCH FORUM

**Author to be contacted :**

**Nidhee Sachan**, Department of Food Science and Nutrition, Jiwaji University, Gwalior (M.P) India  
Email : [nidheesachan3@gmail.com](mailto:nidheesachan3@gmail.com)

**Address of the Co-authors:**

**Purnima Shah**, Department of Food Science and Nutrition, Jiwaji University, Gwalior (M.P) India