

BLACK WHEAT FARMING

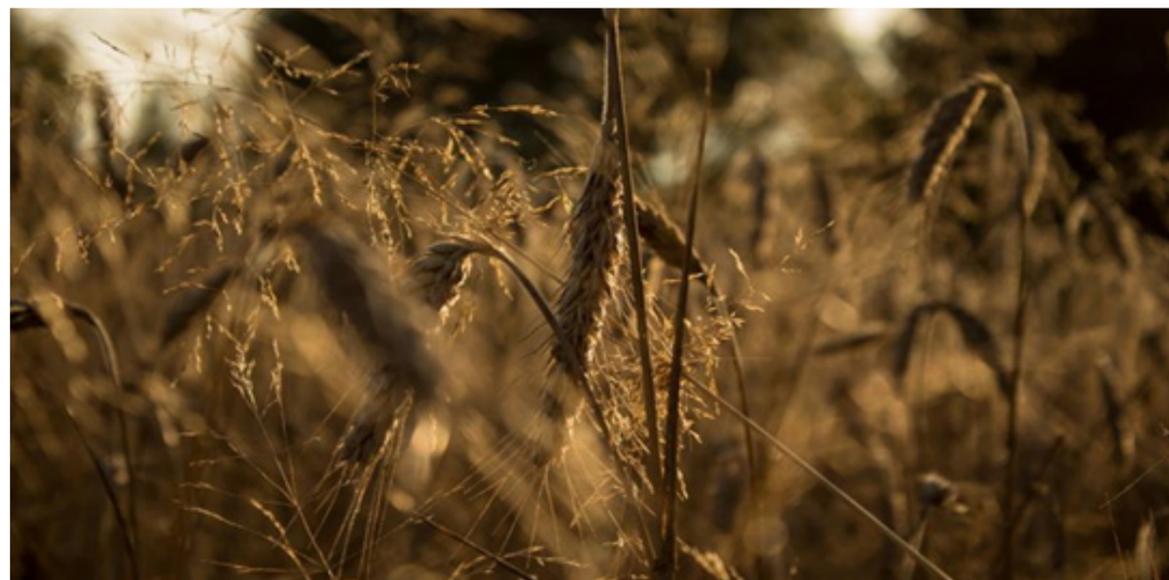
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INTRODUCTION

According to Mr. Govind Nagda, a progressive farmer of Kanakheri village that comes under the Neemuch district, he had obtained 40 kg of black wheat seed with the help of a friend from Nabi Research Center in Mohali, which was sown in three bighas of land. When this wheat was weighed after harvesting and cleaning, its weight came out to be 36 quintals. However, production remained just like normal wheat. Normal wheat also produces 10-12 quintals on an average bigha.

This wheat is named 'Nabi MG' and is available in black, blue and purple color and much more nutritious than common wheat. Moreover, black wheat is helpful in the prevention of stress, obesity, cancer, diabetes, and heart-related diseases.

Black wheat has been patented after 7 years of research by the National Agri-Food Biotechnology Institute (NABI) Mohali. This wheat is named 'Nabi MG' and is available in black, blue and purple color and much more nutritious than common wheat. Moreover, black wheat is helpful in the prevention of stress, obesity, cancer, diabetes, and heart-related diseases. While anthocyanin is available 5 to 15 passes per million in common wheat, 40 to 140 passes per million found in black wheat. Anthocyanin provides health benefits like fruits like blueberry. It removes free radicals from the body and prevents heart, cancer, diabetes, obesity, and other diseases. The amount of zinc is also high in this new type of wheat.



BENEFITS OF BLACK WHEAT:

This wheat is much more nutritious than ordinary wheat and in terms of quality, it is kept equal to the fruit called Blueberries. Let's know about the benefits of consuming it-



Stress: In today's time, almost every person is more or less suffering from stress. While medications left severe side effects in the body, black wheat has brought a ray of hope to end this terrible disease.

Obesity: Research has found very encouraging results of black wheat in controlling obesity.

Cancer: Cancer is a disease for which no permanent treatment has been available yet. At this time black wheat has emerged as a better option in the form of food supplements for all those people when no medicines are available to control this disease.

Diabetes: The most spreading disease in India as well as across the globe, while the irony is that in spite of many expensive medicines, it's not curable. But, research has shown positive results on diabetes patients

ADVANTAGES OR BENEFITS OF BLACK WHEAT



Black wheat is said to have more nutrition than regular wheat grains, which makes it more helpful for people with diabetes, obesity, and heart diseases. Moreover, it is produced in the ordinary weather conditions that no farmer has to follow rigorous or complicated instructions to generate maximal output.

It is doubtless to note the benefits and positive effects of black wheat on health. As concluded in the reports by Doctor Monika Goyal, NABI, Mohali, this species of wheat will tackle the problem of malnutrition in India. Following are some other benefits of black wheat.

1. Black Wheat helps fight many diseases

The presence of Anthocyanin in higher amounts protects from you from inflammatory diseases and treats High Blood pressure, cold, urinary tract infections, and heart diseases. Anthocyanin controls heart diseases and improves cholesterol levels and blood sugar metabolism in diabetic patients. According to a study published in the Journal of Agricultural and Food Chemistry 2008, Anthocyanin also prevents obesity.

2. Improved Immunity

Besides, Anthocyanins, black wheat also contains more antioxidants than regular wheat, which control the antibodies and free-radicals in our body. These antioxidants keep up the immune system by providing protection from DNA damage and lipid peroxidation. The highly anti-inflammatory properties of black wheat boost the production of cytokines that regulate the immune responses.

3. Black Wheat Benefits the Eye Functions

Black wheat is effective in protecting eyes from vision loss and any damage due to free radicals. Black currants also contain high amounts of Anthocyanin, which also improves night vision. Lack of nutrition due to lower intake of Anthocyanin leads to night blindness. Black wheat is the solution to all the problems related to eyes among adults.

4. Production of Black Wheat Guarantees

Higher Income

The production of black wheat is undoubtedly going to be beneficial for farmers who produce in higher amounts. The growth and production are expected to rise concerning the conclusions derived from the ongoing research.

Meanwhile, the institute is encouraging farmers to produce as much black wheat to maximize the production and eradicate malnutrition and raise their income.

HOW IS BLACK WHEAT DIFFERENT?

What makes black wheat different in color is the pigment named “Anthocyanin” that also determines the colors of fruits and vegetables. The concentration of these pigments determines the color of other natural edibles. Regular wheat has a 5ppm (Parts-Per-Million) concentration of anthocyanin; on the other hand, black wheat grain is reported to have around 100-200ppm of anthocyanin (exact figures: 140 ppm). This makes black wheat, scientifically, a healthier option. These Anthocyanins are the naturally occurring antioxidants that develop in a field at the time of grain filling, hence enriching the wheat with loads of nutritional value.



KEY COMPARISON BETWEEN REGULAR WHEAT AND BLACK WHEAT

Regular Wheat	Black Wheat
<ul style="list-style-type: none">•Anthocyanin Content: 5 ppm•Zinc content: 28%•Iron: 25%	<ul style="list-style-type: none">•Anthocyanin Content: 140 ppm (100-200 ppm)•Zinc content: 35% more•Iron: 60% more

DRAWBACKS OR DISADVANTAGES OF BLACK WHEAT

1. Research is still undergoing

The price and production cost is yet not clear to the farmers, which limits the production of this crop. Farmers and crop producers are unable to adopt the right methods for the production of black wheat due to an inadequate amount of seeds and limited knowledge of black wheat.

2. The market price will be higher

As the production is not enough to incur the supply and demand, the cost of black wheat to the general consumer will be twice or thrice as that of regular wheat. This also brings us to the fact that people having financial difficulties will still not be able to get nutrition for themselves and their families.

CONCLUSION

Production of Black wheat can generate more revenue for farmers which they can easily earn for farming and production without following any complicated or rigorous farming methods. There are none except for the cost of Black Wheat. For farmers, the seeds are comparatively more expensive than the regular wheat while from the consumer’s perspective, the product’s market will also be twice or thrice than the regular wheat. However, the market price hasn’t been decided by authority yet.

