

Medicinal Properties of Traditional Rice Varieties

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ARTICLE ID: 27

Introduction

Rice is the staple food of India. Asian rice varieties account for 80 percent of the world's rice production. Currently cultivation of traditional rice varieties is gaining immense popularity. Moreover these traditional varieties fetch good price in the market and there is huge demand from health conscious people making its cultivation popular. Traditional rice varieties are generally low in sugar content, making them suitable for diabetics and overweight people. Medicinal properties of some of the major traditional rice varieties widely cultivated in Tamil Nadu are discussed below.

Medicinal benefits of traditional rice

Traditional rice also contains high levels of glutamic acid, fiber and vitamins. Also, traditional rice protects the health of the people by regulating body temperature, good nutrition to the body organs and good sperm production in accordance with the health. Traditional rice also has medicinal benefits such as antioxidant, anti-inflammatory and anti-carcinogenic. In general, people with chronic diseases and dietary side effects consume traditional rice-type foods, which contain tocopherols, tocotrienols, oryzanol, polyphenols, flavonoids, and vitamin C to fight chronic diseases. Apart from that, the coloring and flavoring compounds found in it are anti-inflammatory. Medicinal properties of Paddy Commonly used in Ayurvedic and Unani medicine include coagulant, polyviridi, aphrodisiac, aphrodisiac, diuretic, cholestatic and bilious.

Properties of traditional rice varieties

Karuppukavuni

This variety of rice called KaruppuKavuni is a traditional rice variety. Considered to be mostly cultivated in the rural area of Anumanthakudi in Sivagangai district of Tamil Nadu, it is said to be unsuitable for preparing food. It is a rice crop with total crop duration of about 150 - 170 days, Navarai season starting from January and Samba season starting from September are said to be suitable for long-term paddy cultivation. And during this season, it is known to be cultivated in all the districts of Tamil Nadu. Suitable for direct seeding, this type of paddy crop is considered suitable for farming with natural fertilizers such as green manures and decomposed organic manures. Also, this variety of rice has unlimited branching capacity and high yield. KaruppuKavuni is a rice variety that thrives in relatively water-logged and dry soils, on sandy and loamy soils.



Mappilai Samba

Mappilai Samba is a traditional type of rice. Each of the native rice cultivated by our ancestors has its own medicinal properties. This rice variety “Mappillai Samba” increases masculinity. It has medicinal properties that control diabetes. ‘Mappillai Samba’ rice is red in color. Like all other rice it also contains carbohydrates. The high fiber content in rice makes digestion easier. Vitamin B1 in it helps in healing the stomach and intestines. Additionally, it contains micronutrients, helping to absorb all the nutrients.



Poongaar

Poongaar, one of the traditional varieties of rice, is a short-duration rice variety. Suitable for cultivation in all seasons of the year, this variety can be cultivated three times a year in all soil types of Tamil Nadu districts. Different from the traditional varieties of rice, this Poongaar rice has the ability to germinate after forty days of seed dormancy. This medium sized paddy variety is suitable for transplanting and direct sowing. It is a red rice variety. It is ready for harvest in seventy to ninety days when cultivated in every district in Tamil Nadu. This Poongaar rice variety is generally grown mainly in Regunathapuram area of Ramanathapuram district of Tamil Nadu.



Also, it is considered to be more drought tolerant than other traditional rice varieties such as VarappukKudainjan and Kulyadithan. This type of rice with medicinal properties when consumed during pregnancy is good for health and immunity. By consuming regularly, the unborn child will also be healthy. It induces good secretion of breast milk. Mother and child's health will last longer.

Kattuyanam

Kattuyanam was called as Kattudai Onan and became obsolete with time and is now called Kattuyanam. It is a traditional rice variety that has been in use for a long time and has more medicinal properties than other traditional rice varieties. Able to grow in any climate, this variety gives good



yield drought and flood. This variety grows so large (seven feet height) that it can overshadow an elephant. (Hence the name “kattuyanam” for this rice crop). Among other traditional rice varieties, kattuyanam rice has additional medicinal properties. If the rice is cooked in an earthen pot, left overnight with the required amount of water and the rice and water are consumed the next morning for a period (48 days), it gives good results for any kind of disease and diabetes. The cooked kattuyanam rice porridge with curry leaves which is left overnight, if consumed regularly before breakfast is said to cure cancerous sores. Also, research is being done on the cancer-curing properties of the herb.

Car rice

Varieties of rice sown during rainy season are called Kar rice. There are many varieties of this car rice such as traditional car rice, kullakar rice, pongar rice, karuthakkar rice. The traditional red rice is rich in fiber, protein, many minerals, vitamins, calcium and iron.



Conclusion

Traditional rice has rich fiber, anthocyanin, amino acids and antioxidant properties. The nutritional significance, therapeutic properties, and physiological effects of the traditional rice varieties has a greater health impact on the human body.