Potential functional implications of finger millet
(*Eleusine coracana*) in nutritional benefits, processing, health and diseases: A review

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Abstract

Dietary quality should be taken into consideration for maintaining overall maximization of human health and solving the problem of deep rooted food insecurity and malnutrition so millet has good option to overcome it. Millets are small seeded and minor cereals of the grass family (Poaceae) and are characterized by their ability to survive in less fertile soil, resistance to pests and diseases, drought-resistant, short growing season. Finger millet is one of the ancient millet crop cultivated in several regions of India. Finger millet is rich source of carbohydrate. Finger millet protein contains major fractions of prolamins that have higher proportion of glutamic acid, proline, valine, isoleucine, leucine and phenylalanine and low lysine, arginine and glycine. Sulfur containing amino acids in finger millets are higher (methionine and cystine) as compared to milled rice. Potassium content is also high in finger millet. Finger millet has high calcium content (350 mg/100 g). Milled finger millet is rich in dietary fiber and micronutrients. Finger millet’s fat consist oleic acid, linoleic acid, palmitic acid and traces of linolenic acid. Layers of Seed coat of the finger millets contain tannins and polyphenols. Phenolic compounds (both free and bound forms) are present in very good amount in finger millet. Several flavonoids such as orientin, isoorientin, vitexin, isovitexin, saponarin, violanthin, lucenin-1 and tricin (antitumour and anti-leukemic properties) founded in finger millet’s leaves. Finger Millet has antioxidant, antimicrobial and antihypercholesterolimic, antifungal and antibacterial, antidiabetic (type 2 diabetes), nephroprotective, wound healing and anticataractogenesis properties. Food processing techniques are used to enhance nutritional quality, improve the digestibility and bioavailability of food nutrients with reducing anti-nutrients. Some food techniques are decortications, milling, soaking, cooking, germination, fermentation, malting, popping etc. Combination of germination and malting can be used for preparation of variety of healthy and nutritious food products such as infant formula, complementary food products and therapeutic foods to combating health problem. Finger millet is staple food substitute for celiac patients because it has gluten-free properties.

Keywords: finger millet, gluten-free foods, popping, germination, antioxidants

Introduction

The nutritional status of a community has been recognized as an important indicator of national developments. Therefore, agricultural products must be introduced to people as nutritional food which are underutilized and ignored by us. Cultivation of millets and promotion for its utilization will be one of the successful potential approaches for improving the nutritional status and human health specifically in financially weaker population. Dietary quality should be taken into consideration for solving the problems related to deep rooted malnutrition and health problems (Singh & Raghuvanshi, 2012) [27].

Millets have been found to have high nutritive values and are comparable to other major cereals like wheat and rice. It is reported that major consumption of cereals provide 70-80% of total energy in majority of Indian diets and millets contribute to only about 2% of total calorie (Radhika et al., 2011) [26] because millets are commonly used as animal feed. Millets can be used as nutraceutical and to produce healthier food for nourishing.

Millets are classified into two as major millets and minor millets. It is reported by Yang et al., (2012) [32] that Finger millet (*Eleusine coracana*), Pearl millet (*Pennisetum glaucum*), Foxtail millet (*Setaria italica*) are included in major millets and Kodo millet (*Paspalum scrobiculatum*), Little millet (*Panicum sumatrense*), Barnyard millet (*Echinochloa spp.*), Brown top millet (*Urochloa ramosa*), Guinea millet (*Brachiaria deflexa*), Teff (*Eragrostis tef*) and Fonio (*Digitaria exilis*), Sorghum (*Sorghum spp.*) are minor millets (Adekunle, 2012) [1].
Nutritional properties in finger millet

Finger millet (Eleusine coracana L.) is also known as ragi and mandua (India). Finger millet is a good source of nutrients especially of calcium, iron, phosphorus, zinc, potassium, other minerals and fibre. Dykes and Rooney, (2007) [7] have reported that finger millet is a very good source of variety of phenolic compounds which may have health benefits. The main polyphenols are phenolic acid and tannins (Shobana et al., 2013) [26] while flavonoids are present in small quantities (Rao and Muralikrishna, 2002) [22]. Polyphenols has been known to impart antimicrobial (Viswanath et al., 2009) [30], anti-diabetic, antimutagenic properties. Along these, functional property (gelatinization) is also present in finger millet (Mathanghi & Sudha, 2012) [17].

Finger millets contain 1.85-2.10% of total lipids & consist of 70-72% neutral lipids mainly triglycerides, 10-12% of glycolipids and 5-6% of phospholipids. Finger millet’s fat consist oleic acid, linoleic acid, palmitic acid and traces of linolenic acid. Gopalan et al., (2009) [9] reported finger millet is rich source of calcium (344 mg) as compared to all other cereals and millets. Finger Millet also contains 283 mg phosphorus & 3.9 mg iron.

### Health benefits of finger millets

Incorporation of finger millets into the diets has preventive potential from chronic disease reported by Kannan (2010) [12], Tatala, et al., (2007) [29] founded the improvement in children on level of hemoglobin after feeding finger millet-based food. Potential health benefits of finger millet are:

#### Nutritional benefits of millets

<table>
<thead>
<tr>
<th>Millet</th>
<th>Protein (q)</th>
<th>Fat (g)</th>
<th>Ash (g)</th>
<th>Crude Fibre(g)</th>
<th>Carbs (g)</th>
<th>Energy Kcal</th>
<th>Ca (Mg)</th>
<th>Fe (Mg)</th>
<th>Thiamine (Mg)</th>
<th>Riboflavin (Mg)</th>
<th>Niacin (Mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearl millet</td>
<td>10.6</td>
<td>1.3</td>
<td>2.3</td>
<td>16.9</td>
<td>38</td>
<td></td>
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</tr>
<tr>
<td>Finger millet</td>
<td>7.3</td>
<td>3.6</td>
<td>2.7</td>
<td>3.9</td>
<td>344</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Foxtail millet</td>
<td>12.3</td>
<td>8.0</td>
<td>3.3</td>
<td>2.8</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Proso millet</td>
<td>12.5</td>
<td>2.2</td>
<td>1.9</td>
<td>0.8</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Kodo millet</td>
<td>8.3</td>
<td>9.0</td>
<td>2.6</td>
<td>0.5</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Little millet</td>
<td>7.7</td>
<td>7.6</td>
<td>1.5</td>
<td>9.3</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Barnyard millet</td>
<td>11.2</td>
<td>10.1</td>
<td>4.4</td>
<td>15.2</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>6.8</td>
<td>0.2</td>
<td>0.6</td>
<td>0.7</td>
<td>10</td>
<td></td>
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<td></td>
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<td>Wheat</td>
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<td>5.5</td>
<td>31</td>
<td></td>
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</tbody>
</table>

Source: Millet Network of India (http://milletindia.org)

The quality of food nutrient depends on its composition, digestibility and bioavailability, but it is limited by structural characteristics and certain anti-nutritional factors. Some varieties of processing methods have been practiced to maximize the use of nutrients through reducing of anti-nutritional factors such as soaking, germination, malting, cooking etc.
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1. Finger millets and diabetes
Finger millet feeding controls blood glucose level improves antioxidant status (Hedge et al., 2005) [11] and hastens the dermal wound healing process in diabetic rats (Rajasekaran et al., 2004) [21]. Finger millet based diet response to lower glycemic effect due to the presence of antinutritional factors which reduce starch digestibility and absorption (Kumari, et al., 2002) [13]. Finger millet seed coat phenolics act as inhibitors decreasing the postprandial hyperglycaemia by blocking the action of enzymes (amylase, alpha-glucosidase) needed for hydrolysis of complex carbohydrates.

2. Finger millets and cardiovascular disease

3. Finger millets and celiac disease
Celiac disease is an immune-mediated enteropathy triggered by the ingestion of gluten in genetically susceptible individuals. Finger millets is gluten-free, therefore an excellent option for people suffering from celiac diseases and gluten-sensitive patients often irritated by the gluten content of wheat. Germination can initiate and progress in vitro. Coulibaly, et al., (2011) [6] founded that phytate present in millets are associated with reduction in cancer risk.

4. Finger millets and cancer

5. Finger millets and anti-Inflammatory activity

6. Finger millets and aging
Millets are rich sources of antioxidants and phenolics that contribute importance in health, aging and metabolic syndrome. It has been found that finger millets inhibit glycation and cross-linking of collagen to usefulness in the protection against aging (Hegde, et al., 2002) [10].

7. Finger millet and cataractogenesis
Chethan, et al., (2008) [5] showed that finger millet seed coat phenolics such as gallic, vanillic, syringic, ferulic, quercetin, trans-cinnamic, p-coumaric, protocatechuic and p-hydroxybenzoic were identified for inhibiting cataract of the eye lens to inhibit reversibly aldose reductase sniger.

8. Finger millets and antimicrobial Activity
Protein extracts of millets were highly effective to inhibit the growth of pathogenic fungi such as Rhizoctonia solani, Macrophomina phaseolina and Fusarium oxysporum (Radhajealakshmi, et al., 2003) [19]. Xu, et al., (2011) [31] founded that millet’s polyphenols content showed antibacterial and antifungal activity.

9. Finger millet and antibacterial activity
Banerjee, et al., (2012) [2] founded that phenolic content and flavonoids of finger millet inhibit oxidation of microbial membranes and microbial enzymes leading to inhibitory activities of proliferation of bacterial cells such as E. coli, B. cereus, Listeria monocytogenes, Staphylococcus aureus, Streptococcus pyogenes, Serratiamarcescens, Proteus mirabilis, Pseudomonas aeruginosa, Klebsiella pneumonia and Yersinia enterocolitica.

Anti-nutrients present in millets
Millets are excellent source of nutrients value but in the other hand, nutritional quality is considerably lowered by the presence of anti-nutrients which are the major phytochemicals which negatively affects its nutritive values leading to poor digestibility of proteins, carbohydrate and low bioavailability of minerals such as calcium and magnesium and trace elements such as zinc, iron and copper. Millets contain anti-nutrients such as tannin, polyphenols, phytates, oxalic acid, digestive enzymes inhibitors (amylase inhibitor activity, trypsin inhibitor activity), goitrogens etc. Polyphenols are reducing agents that protect the body’s tissues against oxidative stress. It referred to as antioxidants, they may prevent various diseases associated with oxidative stress, such as inflammation, cancers, cardiovascular diseases etc. They are the most abundant antioxidants in our diets (Scalbert) The proportion of these Anti-nutrients in diet can be reduced by various household processing techniques such as decortications, malting, germination fermentation, popping etc. Germination effects on trypsin inhibitor activity, tannins, phytates. Fermentation reduces the reduction of components like phytates, phenol, tannins and trypsin inhibitor activity.

Food Processing Techniques
Germination
It is a biochemical process which involves transition of a seed from dormant state to vital active state. Germination can increase protein content, mineral bioavailability and dietary fibre. It reduces anti nutrients like tannin, phytic acid content and polyphenols (Ghavidal and Prakash, 2007) [8]. Controlled germination conditions provide high quality of malt products. Malting increases the nutrient content and digestibility of food (Platel et al., 2010) [18]. Germination with other processing treatments to prepare malt rich nutrients can be used for preparation of several healthy and nutritional food products.

Fermentation
The fermentation decreases the starch and long-chain fatty acid content, leading to an increase microbial flora, lactic and acetic acid contents, respectively. The total fat content

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Health Benefits of Ragi

- Helps in Weight Loss
- Controls Diabetes
- Reduces Cholesterol
- Increases Bone Strength
- Works as Natural Relaxant
- Good Source of Protein and Amino Acids
- Treats Anemia
- Improve Digestion
- Reverts Skin Aging
- Increases Lactation

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decreased which favorably agrees with total loss in long-chain fatty acid content. The germinated (72 h) finger millet fermented (10 days) with *M. purpureus* showed reduction in phytic acid and tannin contents by 88.8% and 90.1%, respectively, with an increase of 61.5% minerals, reducing sugars and soluble proteins thereby supporting the production of antihypercholesterolemic metabolite, statin (Venkateswaran & Vijayalakshmi, 2010) [29].

**Popping or puffing**

Popping is a traditional, simple and least expensive method of preparing ready to consume cereal products. Popping brings about several physiochemical changes in its starch and loss of birefringence. Puffed millet influences product quality, such as puffed yield, expansion volume, bulk density, nutritive content and functionality. For promoting utilization of millets with optimization of conditions, popping technique can be used as a strategy or in combination with other pre-treatments to produce ready-to-eat expands of millet grains at the commercial level.

**Millets As food products**

Chandrasekara, et al., (2012) [4] reported that in African and Asian areas, millets are receiving specific attention as a major food component, serve as various traditional foods and beverages like porridges, bread (fermented or unfermented) and various snack foods are made up from millet, especially in non-affluent segment of society. As natural probiotic treatment by fermented finger millet drink for diarrhea was reported by Lei et al. (2006) [15]. Roopa and Premavalli (2008) [23] studied the effect of puffing showed mild increase in the rapidly digestible starch in finger millet.

Utilization of millets are suitable for large scale food products such as millet wine, millet nutrition powder from both grain and flour form (Liu, et al., 2012) [18]. Combination of germination and malting can be used for preparation of variety of healthy and nutritious food products such as infant formula, complementary food products in promoting millet utilization. In Nigeria, kunu is nutritious beverage that gives highest nourishment to the body. It is a good source of energy because of high amount of protein, normal total solids, moderate pH and acidity (Saleh, et al., 2013) [24].

**Conclusion**

The cereals are staple food source consumed by millions of people that is not only providing major nutrients like protein, carbohydrate, fat etc. But millets provide ample of vitamins and minerals. Occurrence of malnutrition and various health problems such as diabetes, obesity, CVD, cancer, celiac disease etc. are most prominent in developing countries, because of inadequate supply of nutrition. This is mainly due to the little utilized agricultural crops as food product and unawareness of people. The importance of this study undertakes to concern developing agenda specific to these crops which must be recognized as an important food. Finger millets contain many health-promoting components such as good protein, carbohydrate, fat, dietary fibre, vitamins and minerals as well as antioxidant and phytochemicals. The aim of this study is to introduce the finger millets as a nutritious food, fulfillment of the nutritional need of global population and to find ways to utilize the millets effectively, nutritionally and to alleviate the problems of malnutrition and other health problems.

This study focused to improve the nutrients of millets for nourishing the health and reducing some anti-nutrients which reduces the acceptability, digestibility and bioavailability of nutrients. Household food processing strategies are used for improving the nutritional quality to promote finger millet utilization for future prospective and to help in nourishing the common population and to help in preventing and curing the diseases. This study emphasized on nutraceutical properties of finger millets and the application of millets as alternative of cereals potentially healthy to elaborate therapeutic food products such as gluten free diet, protein and energy rich diet, diet for diabetes, CVD, etc. This study showed that millets are used as “food medicine”. Finger millet is source of antioxidants such as phenolic acids and glycated flavonoids. Millet foods are also characterised to be potential prebiotic and can enhance the viability of probiotics with potential health benefits.

**Reference**


