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## **Foxtail Millet (Kangni): A Prospective Grain for Health Management**

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### **Introduction**

Foxtail Millet or Kangni is also known as magical millets or miracle grains. These tiny seeds have a thin, crispy hull around them and are available in a light yellow-brown hue. In China, foxtail millets (*Setaria italica*) were first grown in 8700 BC (Lu H. et al., 2009). In Karnataka, Andhra Pradesh, Maharashtra, and Tamil Nadu, these are widely grown in India. Furthermore, the majority of the southern and central states in India are home to small millets like foxtail, especially wherever the annual rainfall is below 350 mm. It is possible that no other cereal crop can thrive in these conditions of moisture stress. It cannot stand being flooded. Due to its early maturity, foxtail millet is somewhat drought tolerant and can sometimes evade droughts. It is suitable for growing as a short-term catch crop due to its rapid growth. It can survive in a wide range of temperatures, soils, and elevations.

Foxtail comes in three to four different varieties in the market: Moharia, Maxima, Nana, and Indica (McDonough, C.M., et al., 2000). They have a sweet and nutty flavour. Foxtail millet is a lesser known and not very popular in all states of India and is primarily grown only to meet the domestic needs of rural residents in few states of India, that have access and acceptance to the usage of it.

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