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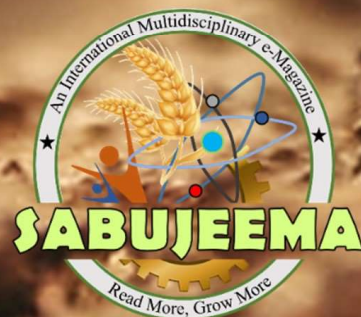
RED RICE- THE NATURAL DRUG FOR OUR
HEALTH

- Dr. Krishna Mishra

*“Read More,
Grow More”*



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RED RICE- THE NATURAL DRUG FOR OUR HEALTH

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The trend of brown rice, white rice and even black rice is prevailing for their nutritive value. But have you ever heard of red rice? It is not discovered recently, but it is popular because of the huge number of health benefits it offers.

Red rice is a type of rice that is colored red due to its anthocyanin content. It is normally eaten either unhulled or partially hulled form and has a red husk, rather than the more common brown. It has a nutty flavor when we eat. Compared to polished rice, it has the highest nutritional value among all the rices eaten with the germ intact.

Red rice has low glycemic index. This means that the rice will be slowly digested and energy will be slowly released. This will cause a slower increase in blood sugar levels. Besides, it is a rich source of iron, magnesium, calcium and zinc content than white rice.

Much like the brown rice and white rice, red rice also comes with many incredible health benefits. Due to the presence of a component called anthocyanin, this rice is usually consumed either partially hulled or

unhulled. Red rice derives this eye-grabbing colour from this component and has much more nutrient value as compared to other varieties of rice. What makes this variant of rice, a healthy choice is the red husk, which is loaded with the goodness of nature.

RED RICE VARIETIES

Red rice is grown in various parts of the world, along with Kerala in South India.

- ***Oryza longistaminata***, native to most of Sub-Saharan Africa and Madagascar, also called long stamen rice or red rice.
- ***Oryza punctata***, native to Southern Africa, tropical Africa and Madagascar, also termed as red rice.
- ***Oryza rufipogon***, also known as wild rice and red rice.
- **Thai Red Cargo rice**, a type of non-glutinous long grain rice is almost similar to brown rice and is unpolished. The colour of the bran is red, purple or maroon.
- **Bhutanese red rice**, a medium-sized grain rice, grown in Bhutan and eastern Himalayas is a staple for all the people there.
- **Camargue red rice**, a red rice variety, which is cultivated in the wetlands of Camargue region of South France.
- **Kerala Matta rice**, also known as Rosematta rice, Palakkadan Matta rice, Kerala Red rice and Red parboiled rice, is a variety grown in Palakkad district of Kerala. Known for its coarseness and health benefits, this variety is very popular in Kerala, coastal Karnataka and Sri Lanka.



- **Ulitan or mini-angan** is heirloom red rice from Ifugao and Kalinga in Philippines.
- **Rakthashali** is a very rare variety of red rice.
- **Arroz da terra**, an heirloom red rice cultivated in Northeastern Brazil since the 16th century.

Health benefits of Red Rice

As the consciousness for health among people has risen, red rice has started getting popularity because of its numerous health benefits. There are about 40, 000 variants of rice; However, our knowledge is limited to only some of the popular variants, because people are more aware of these variants. Healthy foods are in demand all over the world.

Red rice is also enriched with goodness of antioxidants and magnesium, thus helping in the prevention and curing of several diseases. Nowadays, with the growth of social media, red rice has been a craze among people because of its incredible health benefits. Here's how this magical rice, i.e. red rice can do wonders on various health problems.

- **Red rice helps in controlling diabetes**
Red rice helps in the regulation of the insulin level. The low glycemic index of red rice helps in the controlling of the sugar level and is good for diabetics. Apart from this there are certain natural ingredients that help in keeping a balance in the sugar level. Red Rice being rich in manganese and antioxidants is highly recommended for patients with diabetes.
- **Red rice can also prevent Asthma**
The best thing about red rice is that it helps in the control of the pulmonary functions. It's simply because of the rich magnesium content in this rice that on regular consumption can help improve the oxygen circulation in the body thus preventing from asthma.
- **Improves consumption of oxygen**
Packed with the goodness of iron, daily consumption of red rice can help in absorption of oxygen and circulate it to every tissue and cell of the body. What's more, an improved level of oxygen in the body can elevate your mood and make you feel energetic.
- **Red rice helps in digestion**
Red rice is a wonderful source of fiber and can help in many digestive functions. Loaded with the goodness of different soluble and insoluble fibers, red rice can easily drain out all the toxins from our body and ease the bowel movement.
- **Red rice keeps heart diseases at bay**
The whole grains present in red rice can easily help reduce the bad cholesterol level in our body. The bran of red rice can help in reducing the cholesterol level and prevent heart diseases.
- **Helps in reducing fatigue**
Red rice is a perfect weight loss food and the fiber content in this rice makes it a much healthier choice as compared to other variants of rice. The bran layer of red rice makes you feel satiated for a longer period of time.
- **Red Rice Benefits for Skin:**
Red rice being rich in iron and vitamins can help in the production of RBC (red blood corpuscles) in our body, which is considered as an essential element for good health of skin. The antioxidants present in the rice may help in fighting



free radicals, that protect our skin from premature ageing.

- **May help treat metabolic syndrome**

Metabolic syndrome is a cluster of conditions that increase your risk for chronic conditions, such as heart disease, diabetes, and stroke. Some of the criteria for metabolic syndrome include high blood pressure, excess body fat, increased blood sugar, and alterations in cholesterol or triglyceride levels. Red rice helps to stabilize those conditions.

- **Could reduce inflammation**

Inflammation is a normal immune response designed to protect your body against acute infections and foreign invaders. However, sustained inflammation is thought to contribute to chronic conditions like diabetes, cancer, and heart disease. Red rice helps to overcome these problems.

- **May have anticancer properties**

Although current research is limited to animal and test-tube studies, some evidence suggests that red yeast rice may help reduce the growth and spread of cancer cells. One study found that giving mice with prostate cancer red yeast rice powder significantly decreased tumor volume compared with a control group.

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