






WHO Traditional Medicine Global Summit 2023, Gandhinagar
Central Council for Research in Siddha
Ministry of Ayush, Govt. of India

Panchamutti Mutti Kanji | Panchamutti porridge

Introduction:

Pancha Mutti Kanji is healthy as well as a protein enriched porridge mentioned in Siddha literatures having therapeutic potentials. Siddhars have mentioned Siddha dietary formulas for day-to-day life and *Pancha mutti kanji* is one among them ('Pancha' means Five) it contains five protein rich cereals, which aids in the health of the baby, aged and diseased persons. It may serve as the supplement for any disease conditions. This nutritive porridge is very helpful to treat malnourished children.

Ingredients:



<i>Oryza sativa</i> (Raw rice)	
<i>Vigna mungo</i> (Urad dal - Black)	
<i>Cajanus cajan</i> (Toor Dal)	



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<i>Cicer arietum</i> (Chana Dal)	
<i>Vigna radiata</i> (Green Gram)	

Method of preparation:

1. Take all the ingredients in equal amount and fry it in a pan in medium flame, grind well into a powder and wrap it in a cloth and make as a pouch.
2. Then add 250 ml of water in a pot and immerse the pouch into the water, let it boil and the extract get spreads in the water and it is made into a Porridge.

Benefits:

- ✓ Indicated for the babies of above 6 months of age.
- ✓ Rich in protein with Micro and Macro nutrients.
- ✓ It is an excellent Immune booster (especially for children).
- ✓ It can be used in the resolution of health in individuals affected by fever, chills, etc.
- ✓ The regular usage of *Panchamutti Kanji* can increase the weight of lean and weak individuals.