

# **Proceedings of Seminar**

**On**



**“Biodiversity:  
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## **NAVADHANYANGAL – AN ADOPTIVE “TREASURE CHEST” FOR HEALTHIEST FOOD DIVERSITY**

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### **ABSTRACT**

Biodiversity is the variety of plant and animal life in the world. Seed saving, exchanging, using and selling are pillars of biodiversity and also a fundamental part of the cultural repertoire of rural communities, especially of indigenous peoples. Food is the basic necessity of man. It is a mixture of different nutrients such as carbohydrate, protein, fat, vitamins and minerals. These nutrients are essential for growth, development and maintenance of good health throughout life. Food biodiversity is a key ingredient in creating a secure and sustainable food system. Diversity in plants also gives us a "treasure chest" of options for raising the healthiest and most productive crops. Traditional medicine such as Siddha and Ayurveda considers food as medicine and medicine as food. The main motto of this traditional medicine is prevention of diseases rather than its cure. The system believes that proper intake of nutritious food supplements can prevent the mankind from dreadful diseases. “Navadhanyangal” plays a vital role in meeting the special needs of pregnant and lactating women and patients recovering from illness. Germination is a process in which small shoots come out of the dhal or cereal when these are kept with small amount of water. Germination helps to increase the digestibility and also increases the nutritive value of food with no additional cost. In the present investigation, the germination diversity of Navadhanyangal was studied in *in vitro* and *in vivo* conditions.

### **INTRODUCTION**

Biodiversity is the variety of plant and animal life in the world. Seed saving, exchanging, using and selling are pillars of biodiversity and also a fundamental part of the cultural repertoire of rural communities, especially of indigenous peoples. As a result of generations of exchanging seeds, peoples and entire countries have become interdependent as we all rely on genetic resources that have originated elsewhere for food security.

Food biodiversity is a key ingredient in creating a secure and sustainable food system. Diversity in plants also gives us a "treasure chest" of options for raising the healthiest and most