Pearl millet (Pennisetum glaucum) originated in Central tropical Africa and is widely distributed in the drier tropics and India.

Pearl millet has traditionally been an important grain, forage, and stover crop primarily in the arid and subtropical regions of many developing countries.

Pearl millet is well adapted to growing areas characterized by drought, low soil fertility, and high temperature.

**HEALTH BENEFITS**

- Beneficial in treating stomach ulcers
- Beneficial for Heart health
- Helps in bone growth development and repair
- Reduces cancer risk