

## Kalanamak Rice

*Prelims: Current events of national and international importance*

### Why in News?

*The Uttar Pradesh Government, in consultation with the commerce ministry, plans to promote the export of kalanamak rice, also known as the Buddha Rice, to countries with a majority or large Buddhist populations.*

- Kalanamak is a ***traditional type of paddy*** characterized by its black husk and strong aroma.
- It is regarded as a gift from Lord Buddha to the inhabitants of Sravasti during his visit to the area following his enlightenment.
- **Cultivated areas** - This traditional, non-basmati aromatic rice is cultivated in eastern Uttar Pradesh, especially in Siddharth Nagar.
  - It has been recognized as an ODOP (one district one product) item.
- Additionally, it is cultivated in 11 districts of the Terai region in north-eastern Uttar Pradesh and in Nepal.
- However, this traditional variety is susceptible to 'lodging', which contributes to its lower yield.

*Lodging refers to a situation where the upper part of the plant becomes heavy due to grain development, causing the stem to weaken and the plant to fall over.*

- **Benefits** - It is a nutritional powerhouse, being rich in
  - Iron and antioxidants,
  - Possessing a low glycemic index, and
  - Being naturally gluten-free, which makes it a beneficial dietary option, particularly for those with diabetes.
- It is safeguarded under the ***Geographical Indication (GI) tag*** system.

### Reference

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