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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