

NEERAGARAM



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- **Neeragaram is otherwise called as “PAZHAYA SAADHAM” in Tamil.**
- **It is also called “FERMENTED RICE”**
- **NEER + AAGAARAM = WATERY FOOD**
- **Many research shows that this is the healthiest Breakfast.**
- **We have many variety of rice like Mappilai samba, Kaatu Yanam , karupu kavuni etc can be soaked over night & can be used for making neeragaram.**
- **Rice can be soaked over night 6-8 hours during summer & 8-12hours during winter for ideal growth of the bacteria.**



WHY THIS? NOT RICE?

- **When the rice is taken directly it will lead to more intake of Carbohydrates.**
- **But when this neeragaram which is soaked overnight will breakdown the complex carbs into simple sugars and increases the bio availability of Vitamin B complex and minerals which is necessary for the body.**
- **It acts as a non dairy pro biotics.**

BENEFITS

- **When this is consumed in an empty stomach regularly, it will cure all the gastro related disorders.**
- **It act as the best gut microbe.**
- **It has rich fibre content ,so it cures constipation.**
- **It contains abundant of Vit B6 & Vit B 12 which helps to feel refreshed and less tired for whole day.**
- **Vit B 12 will be helpful for Vegans.**
- **Most important benefits will be listed below.**

PACKED WITH NUTRIENTS

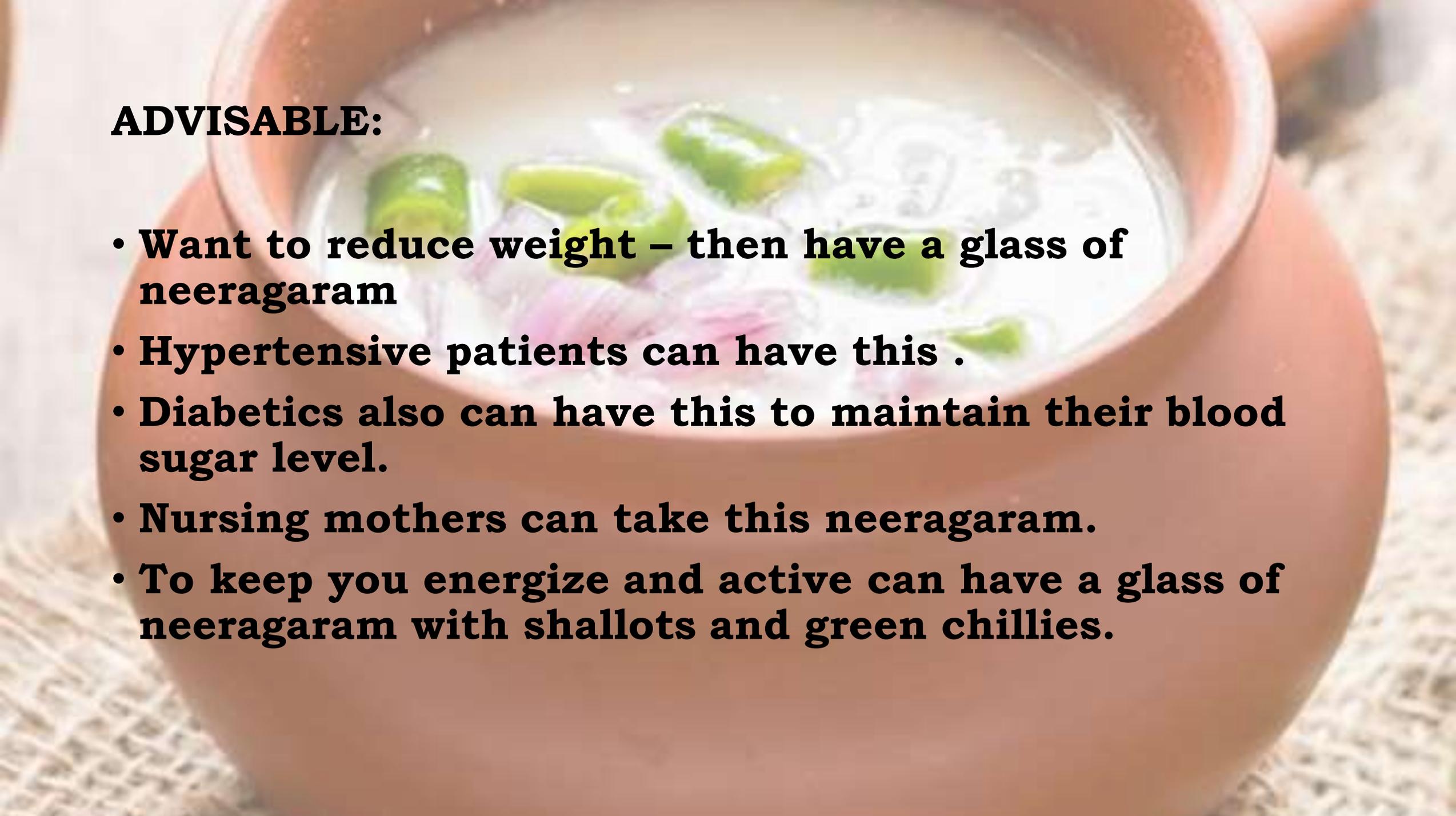
- **Studies have shown that availability of micronutrients like B complex, vitamin K, calcium, iron, magnesium, potassium and selenium increases drastically in rice after undergoing the process of fermentation.**
- **It is a good source of Vitamin B6 and B12 which is otherwise very rare in normal diet.**
- **Rich in amino acids which improves brain functions, boosts immune power.**

GUT FRIENDLY

- **The fermented rice is a gut-friendly food, rich in probiotics, restores healthy intestinal flora and can heal or prevent gastrointestinal problems like duodenal ulcers, ulcerative colitis, Crohn's disease, irritable bowel syndrome, celiac disease, infections, etc.**
- **It helps to prevent constipation and indigestion problems as well.**

RICH IN ELECTROLYTES

- **Fermented rice gives you instant energy and balances electrolytes in the body to prevent dehydration, fatigue, weakness.**
- **It is a very good option for lactating mothers to meet their fluid intake.**
- **Fermented rice is rich in potassium, sodium, chloride and selenium and helps to lower high blood pressure and prevent metabolic disorders.**
- **Similarly, increased levels of magnesium and selenium are also seen which are helpful for bone health.**
- **Since it is also a probiotic, it helps to improve the white blood cell synthesis to strengthen the immune system and prevent infections and cancer.**



ADVISABLE:

- **Want to reduce weight – then have a glass of neeragaram**
- **Hypertensive patients can have this .**
- **Diabetics also can have this to maintain their blood sugar level.**
- **Nursing mothers can take this neeragaram.**
- **To keep you energize and active can have a glass of neeragaram with shallots and green chillies.**

- Thus in this summer Neeragaram is the best breakfast to prevent our body from heat & to keep hydrated .
- Preferably use mud vessels to keep the left over rice for fermentation because it act as a natural coolant.
- If need add yogurt or curd to make it tastier.

