



# Ethnobotanical Characteristics of The Millet Plant Along the Lower Amudarya

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## ABSTRACT

Distribution of the millet plant in the lower part of the Amudarya and its ethnobotanical features, millet juice is one of the main nutrients of the Karakalpak people. "Maysok" prepared from it is considered a wedding and festive dish, not just a calorie-dense food

## Keywords:

Millet, ethnobotanical characteristics, sok, maysok, talkan, ethnoculture, traditional food

**Introduction.** Cultivated plants are of great importance in human life, and their nutrients, smell, and color are more useful than wild plants.

That is why man has always had an influence on the development of cultivated plants, and now the scale of this influence is expanding.

Systematic cultivation of wild grain plants began in av. by 10,000 years, the cultivation of wild plants, cereal grasses, woody plants and shrubs began to expand. Among them are pepper, wheat, barley, pumpkin, cucumber, rice, grapes, millet, potatoes, etc. One of them is millet crops ("prosyanye kultury"), which originated in South Africa, then spread to India and China. 5,000 years ago, Chinese manuscripts mention this type of crop, and millet was the main food of these countries<sup>1</sup>.

**Main part:** Millet is one of the most important foods of the peoples of the Aral Sea. Several varieties of which are planted and all of them are homogeneous in terms of productivity. The

millet plant has become one of the hundred-day crops, and the Karakalpaks planted millet mainly on barren and barren lands. This is because millet has a short growing season and does not require much water to grow. Therefore, this crop is mostly grown on poor lands and as a secondary crop. The black millet ripens in 40 days. The juice is used to make all kinds of meatballs, buttermilk and millet sticks. Liman-kair farming is spread in the flooded regions of the large main canals and deltas of the Amudarya, while kair farming is spread in low-lying areas filled with spring floods and spring rainwater. In these lands, water was collected and agricultural crops that did not require a lot of cultivation were planted, and highly ecologically clean products were obtained. Among them, millet is the most common type of crop. The millet crops are fully ripe in these fertile and moist lands<sup>2</sup>.

Usually, millet fields are not irrigated in autumn, so they are irrigated in mid-June before planting, and after 4 days of moisture, they are

<sup>1</sup> Андрианов Б. В. [Земледелие наших предков](#) — М.: Наука, 1978. — 168с.

<sup>2</sup> Баллиева.Р. Этнокультурные особенности природопользования народов Приаралья (в кон. XIX и нач. XX вв. М., 2003.-78с.

sown when the oxen can walk, and, then plowed and threshed. Millet is often planted in place of winter wheat and is not fertilized much, watered after 5-7 days and two weeks after it turns green. Depending on the state of the water, it was irrigated in different ways in different regions, then weeded and unified<sup>3</sup>.

Maysok is a favorite food of the peoples of the desert and semidesert zones.

Milk juice from the millet is one of the main food items of the Karakalpak people, and the desired "may sok" and legumes are not only a high-calorie meal, but also served as a holiday dish in our wedding ceremonies and happy days.<sup>4</sup> "Muryndyk" mothers (as an example for young families in Karakalpakstan, who advise young people who are building a young family and support them in every way: from the tribe, the mosque, or often from the close friends of the groom's parents) The guests were provided with hay. At present, in order to reduce the cost of our weddings and modernize them, our weddings are held in restaurants and cafes in the cities. At these weddings, too, the guests are attracted by the noses of the muryndyk mothers. During the wedding, if the process of reading the "may sok" is delayed, the wedding halls begin to demand jokes about the old woman's maysok. In addition, home-grown sprays were not made at weddings without butter.

The preparation of "maysok", which is not found in other nations, which has reached so far, this type of food, which always takes a place on our weddings and festive table, indicates that it is a rational food in the program nutrition system of blackbirds<sup>5</sup>. This is because it contains 12% protein, 3.5% fat, 81% starch, and 0.15% sugar<sup>6</sup>.

Grain is a good feed for livestock (especially small ruminants) and poultry. In addition, the first millet bran was used for body burns. The grass was used as fodder for

livestock and for plastering houses. The first bran mixed with bitter yogurt was used in leather processing, and the skins were made into tunics. At the same time, millet is of great importance in medicine. It is used to cleanse the intestines, mouth ulcers, and the stomach from toxic substances in case of food poisoning. In addition, silage and hay are prepared from the millet plant.

One of the urgent problems facing the national economy of our republic is the urgent development of the livestock sector. Until now, livestock in our republic are mainly raised on natural pastures, the problem of providing livestock with fodder is still waiting for its solution. To solve this problem, it is important to plant plants that form the basis of the fodder base.

Among such fodder crops, along with corn, corn, Sudan grass, it would be permissible to plant more African millet, which is being planted as an experiment in our republic in the following years. The millet plant is widely planted in Africa due to its drought resistance, and in these countries it is possible to harvest 3-4 times a year. In our conditions, African millet is used for grain, forage and silage. In terms of nutritional value, 100 kilograms of hay is equal to 16.1 nutritional units and 100 kilograms of hay is equal to 55.1 nutritional units<sup>7</sup>.

The initial chemical composition of this plant species is rich in nutrients. The best varieties of the crop have food value, the grain is used in brewing, alcohol and starch.

**Results.** According to the information provided by the Agricultural Research Institute of Karakalpakstan on the cultivation technology of African wheat, it was found that it is possible to get 600-1000 centners of green mass per hectare. Thus, it is proposed to plant serkirra millet in the arid and low salinity lands of the

<sup>3</sup> Хозяйство Каракалпакии в XIX – начале XX века. Ташкент. 1972. - 311с.

<sup>4</sup> Ballieva. R, Nadirbekov S Traditions Related To Nutrition Of Karakalpaks. Turkish Online Journal of Qualitative Inquiry (TOJQI) Volume 12, Issue 8, July, 2021:7034 – 7037

<sup>5</sup> Ballieva. R, Nadirbekov S Traditions Related To Nutrition Of Karakalpaks. Turkish Online Journal of Qualitative

Inquiry (TOJQI) Volume 12, Issue 8, July, 2021:7034 – 7037

<sup>6</sup> Ёрматова.Д Ўсимликшунослик Ташкент. 2002-.189с.

<sup>7</sup> Ёрматова.Д Ўсимликшунослик Ташкент. 2002-.189с.

Republic of Karakalpakstan in the irrigated regions of our republic. At present, there is an increase in the number of imported foods in our markets. Most of them are not at the required level and do not meet the internal requirements of our body. Because the human body gets used to certain types of food for a long time. In the body, the biochemical and physiological mechanisms necessary to maintain the systems important for life are formed. Therefore, each ethnos has its own nutritional system<sup>8</sup>. As a result of changes in the traditional nutrition system, negative changes occur in the body. As a result, several types of diseases (anemia, gastrointestinal diseases) are increasing in our region.

Food products obtained from millet plant, which is one of the traditional types of food of Karakalpaks, can now be expanded and various types of millet harvest can be increased by introducing new technologies. If we include millet as a food in our daily diet, it would be a nutritious and useful food, especially for our children. The reason is due to the adaptation of the internal conditions of our body formed over the centuries. At the same time, we would improve the healthy lifestyle of our people by supplying our markets with clean ecological products.

**Conclusion** Thus, the millet plant, which is one of the ancient crops, is a widespread crop in the lower Amudarya basins, and it is mainly planted on kaur and kaur-liman lands, and a rich harvest is obtained, and as coastal lands, and as an ecological product, it has become a traditional ethno-food type of Karakalpaks and Kazakhs.

The millet plant is not only a nutritious food, but also a decoration of the table in our traditional feasts and holidays. At the same time, it was a very useful food for the human body. This product, which has been used for thousands of years, has not lost its importance to this day and is becoming a necessary product.

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<sup>8</sup>Григулевич Н.И. Этническая экология питания. М., 1996.- 162с

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