

# Book review: black rice: research, history, and development

## Introduction

Black rice consumption is increasing day-by-day around the world because of its high health benefits. Thus, it is clear that people want to know more about black rice, but no books are available yet. People are curious to know more about black rice. Therefore in the coming days, the demand of this book will increase. Many people and researchers will benefit from studying it and this book will work as a reference for further research. "Black Rice: Research, History and Development" is published from Springer International Publishing and authorized by UKS Kushwaha. This book introduces black rice to a wider circle of people. Although there has been researching on different aspects of black rice, the information is scattered and not easily accessible to laypersons. The book intends to cover all the aspects of black rice from research, history, to its development. As such, the book will be suitable for both rice researchers and non-professionals who want to know more about this unique rice crop.

Black rice, also known as forbidden rice, is packed with a high level of nutrients and antioxidants. The antioxidants found in black rice are higher than the blueberries. Black rice is black due to anthocyanin content in the outer layer of its kernel. Legend tells that this rice was consumed only by royals in China and it was expected that this rice would increase the life span of the king. Consumption of black rice without approval was hanged. Ordinary individuals were not allowed to consume black rice. Thus this rice is also known as forbidden rice and Emperor's rice. Now this black heirloom rice is widely available in different parts of the world. Researchers have found that black rice reduces Reactive Oxygen Species (ROS), the free radicals produced in the body which are the cause of many diseases. This rice also reduces diabetes, inflammation, heart attack, allergy, and obesity; reduce the growth of cancer, improves digestive system and is the panacea of many health problems. Thus this rice is also known as long life rice. Food nutritionists consider black rice as modern super foods. The main feature of this book is that it has different chapters and every chapter is different from the others. Readers can choose their particular chapter of interest to study this book. This book will be of benefit to rice researchers, rice scientists, food nutritionists, medical

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researchers, medical doctors, and common people who are willing to gain more information and knowledge about black rice.

This book describes all the aspects of black rice in brief. Chapter 1 describes rice and different rice types. Chapter 2 gives an introduction to black rice, its origin, and genetics, Chap. 3 gives the black rice history, Chap. 4 describes the nutrition profiles of black rice, Chap. 5 gives the difference between black, brown, and red rice varieties, Chap.6 gives its economic importance, Chap.7 gives the black rice application, Chap. 8 describes the black rice cultivation methodology, Chap.9 describes the health benefits of black rice and Chap. 10 gives black rice recipes. Thus this manuscript is complete on the different aspects of black rice. Interested party should read this book.

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## Conflict of interest

The author declares no conflict of interest.