



**Horse gram** (*Macrotyloma uniflorum*, [Fabaceae](#)) is one of the lesser known [beans](#). In [India](#), it is also known as Gahat, Kulath or Kulthi, कूळीथ (huraLi). In [Marathi](#), it is called as "Kulith (कुळीथ)". The whole seeds of horse gram are generally utilized as [cattle feed](#). However, it is consumed as a whole seed, as sprouts, or as whole meal by a large population in rural areas of southern India. Medical uses of these legumes have been discussed.

Horse gram and [moth bean](#) are legumes of the [tropics](#) and [subtropics](#), grown mostly under dry-land agriculture. The chemical composition is comparable with more commonly cultivated [legumes](#). Like other legumes, these are deficient in [methionine](#) and [tryptophan](#), though horse gram is an excellent source of [iron](#) and [molybdenum](#). Comparatively, horse gram seeds have higher [trypsin](#)

inhibitor and  
[hemagglutinin](#)  
activities and  
[polyphenols](#)

than moth bean seeds. Dehusking, germination, cooking, and roasting have been shown to produce beneficial effects on nutritional quality of both the legumes. Though both require prolonged cooking, a soak solution

[  
[1](#)  
[1](#)

has been shown to reduce cooking time and improve protein quality. Moth bean is mostly consumed as dhal or sprouts.

In Maharashtra, specifically the coastal Kokan region, horse gram (Kulith) is often used to make Kulith Usal, pithla and [laddu](#) .

[Check this Recipe &nbsp;](#)