

## IMPORTANCE OF YAVAGU IN TREATMENT: A REVIEW

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### ABSTRACT

The goal of *Ayurveda* is to achieve healthy life by its preventive and curable measures the whole *dravyas* (materials) in *ayurveda* are classified into two categories viz. *Ausadha* (drugs) and *Aahara* (food items). *Yavagu* is one of the common types of *pathya kalpana* (*Ayurvedic Dietetics*). Its basic ingredient is rice which is easily digestible and having lot of nutrients. *Yavagu Kalpana* is prepared with boiled grains (*Shukadhanya* like *Tandula*, *Yava*, *Gavedhuka* etc.) with distinct liquid. According to some *Acharyas*, it is cooked in six times of water *Yavagu* are natural bioactive materials that provide demonstrated physiological benefits or reduce the risk of chronic diseases, above and beyond their basic nutritional function. *Yavagu* is *Laghu* and *Ushna* in property and *Bastishodhana*, *Agni Dipana* in nature and useful in *Trishna*, *Jvara*, and *Atisara*.

**Keywords:** *Yavagu*, *Ausadha*, *Aahara*, *Pathya Kalpana*.

### INTRODUCTION

The term *Yavagu* firstly introduced by *Acharya Charaka* in *Charak Sutrasthana* 2<sup>nd</sup> chapter which is 28 in number and 40 drugs<sup>1</sup>, on the basis of several condition. In modern we correlated with Gruels (*Yavagu*) which means a thin liquid food. After then *Acharya Shushruta*, *Kashyapa*, *Sharandhara* are briefly described about *Yavagu* in own textbook. According to *Acharya Charak Upadha hi Paro- hetur dukham* mentioned in (*Cha. sharir*

1/95)<sup>2</sup> then due to *Jivhalolupta* then *Pragya- pradha* then *Agni* become change their normal function and *Acharya Vaghbhatta* clearly mentioned *Roga sarveapi Mandagnou (A.H.Nida. 12/1)*<sup>3</sup>. In modern science all metabolic disease like Obesity, Diabetes, Hypothyroidism, Hypothyroidism, Dyslipidemia, Cardiovascular system disease, Digestive system disease Rheumatoid arthritis all are comes under the *Amaj vyadhi* due to impropriate di-

gestion and excessive formation of interme-  
diated product liked Uric acid, Lactic acid,  
Free radical and the release in blood stream  
which is accumulates within the artery and  
showing some pathology and in *ayurveda* this  
condition is known a *KHA Vaigunya*, (dilatation,  
aggregation, narrow, deposition)<sup>4</sup> which  
is very essential to progress of any disease  
because of today fast and ambitious live hu-  
man can't take proper diet that's why they are  
affected most of the disease like Obesity, Di-  
abetes, Hypertension, Hypothyroidism, Dysli-  
pidemia, Cardiovascular system disease which  
is burning issue of India, if patient suffering  
from above disease this preparation (*Yavagu*)  
are very effective to treat the particular dis-  
ease, so it is essential to aware society about  
the properties of *Yavagu*. Preparation *Yvagu*  
is a very light diet and easy to digest as com-  
pare to all diet and also it has a property like

*Deepan, Grahi, Balya, Triptikaraka* and *Va-  
tanashaka* due to this property in *Ayurveda*  
after a *Samshodhana karma* of patients pre-  
scribes because the *Agni* is become *Manda*  
and body of patients are weak so mention this  
condition provide a suitable *Yavagu*. *Yavagu*  
is not a complete treatment of the disease but  
partially play a very effective role to treat the  
disease.

#### **MATERIAL AND METHODS:-**

**Depicting Different Types Of *Yavagu* With  
Clinical Utility :-** In *Ayurveda* literature 3  
types of *Yavagu* are described<sup>5,6,7</sup> –

- *Kalka Siddha Yavagu* (Gruel prepared with  
paste of medicines)
- *Kwatha Siddha Yavagu* ( Gruel prepared in  
decoction of medicines)
- *Mamsarasiddha Yavagu* (Gruel prepared  
in meat soup)

**Table 1:** Types of *Yavagu* in *Ayurveda* Literature

Type of <i>Yavagu</i>	Basic ingredients	Properties
<i>Kalka Sidha Yavagu</i> <sup>8</sup>	<i>Pippali, Chitrak, Shunthi</i>	<i>Deepan, Udarashoola (Pain in abdomen)</i>
	<i>Vidanga, Shigru, Takra, Maricha, Swar- jika kshara</i> <sup>9</sup>	<i>Krumighna(antihelmentic), Deepana</i>
<i>Kwatha Siddha Yavagu</i> <sup>6</sup>	<i>Haritaki, Shunthi</i>	<i>Vatanulomana(carinative)</i>
	<i>Takra (Buttermilk)</i>	<i>Ghrita Ajeerna</i>
<i>Mamsarasa Siddha Yavagu</i> <sup>7</sup>	<i>Dugdha, Apamarga Beeja</i>	<i>Bhasmaka</i>
	<i>Kukkuta mamsarasa</i>	<i>Mutrala (diuretic)</i>

#### **METHOD OF YAVAGU PREPARA- TIONS:-**

- According to *Sharandhara Samhita*:- In  
*Shrandhara samhita (Madhyam khand-  
2/154)* mentioned quantity of drug is 4 *pa-  
la*, water 64 *pala* and boil up to rest 1/4<sup>th</sup>  
of total water quantity then mixed a steam  
rice.<sup>10</sup>

- *Yavagu* is formed by medicated water  
(*kwath*). Some *acharya* described four  
type of *Yavagu* and some are 2 type.<sup>11</sup>
- *Acharya Shushruat* described *Yavagu* un-  
der the 4 type of *Peya* in 46<sup>th</sup> (*Shu.Sutra.*  
46/347) Chapter *Kritanna Yoga*.<sup>12</sup> *Shu-  
shruta* also advise 6 time more than steam  
rice.

Acharya Yadavji classified 3 type of Yavagu<sup>13</sup>  
:- (1) Manda (2) Peya (3) Vilepi

According to Acharya Vridha jeevaka<sup>14</sup>:- 20 times more or 15 times more or 10 times more than steam rice.

**PROPERTIES OF YAVAGU:-** Yavagu is Laghu (easy to digest) and Ushna in property and Bastishodhana (Bladder refinement), Agni Dipana (increase digestive fire) in nature and useful in Trishna, Jvara, and Atisara Vyadhi.<sup>15</sup> After administration of elimination therapy (Vamana) and if body is properly cleaned (Samyaka Shodhana) patient should be given

Manda Kalpana followed by Yavagu Kalpana, but if body is not properly cleaned, patient should not be given Yavagu Kalpana because Yavagu increase Kapha and will affect power of digestion.<sup>16</sup> Commonly, Yavagu possesses Grahi (digestive and absorbable), Balya (strengthen the body), Tarpani (nutritious) and Vatanasini (pacify the vitiated vata) properties.<sup>17</sup>

According to Acharya Charak mentioned 28 Yavagu for especially Sadhya Roga for several disease -

**Table 2:** List of Yavagu According to Acharya Charak

No.	Name of Yavagu <sup>8</sup>	Drugs used in Yavagu Preparation
01	Shoola nashaka Yavagu	Pippali, Pippali moola, Chitrak, Shunthi
02	Pachni Graghi Yavagu	Kaith, Bela, Teenpatiya, Matha, Anardana
03	Vataj Atisara yavagu	Bilwa, Agnimantha, Shyonaka, Patla, Gambhari
04	PittshlaishmikAtisara Yavagu	Sarivan, Bela, Pithvan, Anardana,
05	Raktatisaraghi Peya <sup>5</sup>	Sughandhbala, Neelkamala, Nagar, Prishnaparni, Ajadugdha
06	Amatisara Peya	Atisa, Sontha, Anardana
07	Mootrakrichaghi Peya	Gokshura, Bhatkathya
08	Krimghni Yavagu	Vayvidanga, Pippalimoola, sahijana, Marich, Matha, Swajikakshara
09	Pipasa yavagu	Munnaka, Anantmoola, Dhan lava, pippali, Madhu, Nagarmotha
10	Visha Yavagu	Soraji
11	Karshay Yavagu	Suwar mamsa,
12	Medoroga Yavagu	Gavedhuka, Madhu
13	Snehan Yavagu	Tila pradhan Yavagu
14	Ruksh Yavagu	Kusha moola, Amlaka, Syamaka
15	Shwans-Kasaghi <sup>6</sup>	Dashmoola
16	Pakwasayagata yavagu	Ghrit-Taila siddha Yavagu
17	Rechak Yavagu	Shaak, Mamsa, Til, Udada
18	Grahi yavagu	Jamuna(Seed), Aama(Seed), kaith, Bela
19	Bhedani yavagu	Yavkshara, Chitraka, Hinga, Amlavetasa,
20	Vatanulomana yavagu	Haritaki, Pippalimoola, Sontha
21	Ghrit Vyapada Yavagu	Takra siddha yavagu
22	Taila Vyapada yavagu	Takra-Pindyak siddha yavagu
23	Vishamajwaraghna yavagu	Gou mamsa, Anardana
24	Kantharoghni yavagu	Yava, Ghrit Taila, Pippali, Amlaki
25	Sukravahsrotas shoola Yavagu <sup>7</sup>	Murga mamsa rasa
26	Vrishya prayogarh Yavagu	Ghrita, Dugdha, udada
27	Mada Roga Yavagu	Poi shaka, Dahi
28	Kshuda Roga	Dugdha, Goha mamsrasa, Apamarga(Seed)

Acharya charaka again described used of yavagu in further disease given below -

**(1) Jwara<sup>18</sup>:-** In Jwara Acharya charaka mentioned used of yavagu in Jwara chikitsa ad-

hyay after Vamana and langhana karma till jwra become Mridu conditions for specifically 6 days. Because of Agnideepak properties of Yavagu

(2) **Grahni**<sup>19</sup>:- In Charak chikitsa sthana Grahnidoshachikitsaadhyay Acharya charak mentioned 5 type of yavagu-

- Chavya, Dalchini, Pipplimoola, Dhay, Marich Pippal, Chiktraka moola, Kaith, Bela, Pqatha, Semar, Gaja pippali, Jeera, pashanabheda.
- Chavya, Kaith swarasa
- Changeri Swarasa
- Tintidak kwath
- Anardana swara

For all type of Grahni, Atisara, Gulam, Arsha, Pleeha Roga.

(3) **Hikka swasa**<sup>20</sup>:- In Hikka-swasachikitsa adhyay Acharya Charak mentioned Hingwadi, Dasmoola and Pushkaradi Dravya for yavagu-

- **Hingwadi yavagu** – Hinga, Socharnama-ka, Jeera, Vidnamak, Pushkarmooka, chitraka moola, or Kakdasinghi.
- **Dasmoola Yavagu** – Dasmoola, Kachoor, Rasna, Pippalimoola, Pushkarmoola, Kakdashringi, Bhumyaamliaki, Bharngi, Guduchi, Shunthi.
- **Pushkaradi Yavagu** – Pushkaramoola, Kachoor, Shunthi, Pippali, Marich, Bi-jaora nimbu, Amlavetas, Ghrit, Vidnama-ka, Hinga.

All above yavagu are useful in Hikka-swasa, Hridgraha, Parshvaruk.

(4) **Kasa**<sup>21</sup> - In kasa chikitsa adhyay also used a yavagu and contained are Sarshapa, Gandir, Vayvidanga, Shunthi, Maricha, Pippali, Chitrak moola, Haritaki used in Kasa, Hikka, Pandu, Swasa, Pinasa, Kshaya, Shoth and Karnshoola.

(5) **Dantidravntikalpaadhyay**<sup>22</sup>:- In Kalpasthan Acharya charak described 3 yavagu yoga under the Dantidravntikalpaadhyay.

**Table 4:** List of Disease in Which Yavagu is Used:-

No.	Disease	Pathology
01	Shoola	Due to Ajeerna feels some type of pain in lumber region because of indigestion.
02	Pittashlaishmika Atisara	Atisara is a disease which is also due to mandagni resulting undigest food material passes through the feces along with mucus due to involvement of kapha dosha.
03	Raktatisara	Also due to Mandagni but involvement of Raktadhatu.
04	Amatisara	Atisara due to involvement of Kapha dosha.
05	Mootrakrichagni	Mootrakrich is a symptoms not a disease due to several factor eg. Tumor, stricter, Renal calculi, any other obstructive diseases, but renal calculi is mainly responsible for Mootrakricha and Stone in also formed by Aama and it is also because of Mandagni.
06	Medoroga Rokshmartha	Due to excessive intake of protein, Fat material, oily, spicy, non-vege, Egg etc, and lake of physical exercise. Because of high calorie diet intake and less excretion or burn they deposit in intracellular space in the form of fat. It is also a metabolic disorder.
07	Swasa-Kasa	Swasakasa is again due to kapha dosha pradhan vyadhi Vata dosha is mainly responsible for this disease but kapha is also involve because it is a Shothatmak vikriti and Soth is a Rasapradosaj vikar and Mala of the Rasa dhatu is kaph so that Kapha is essentially involved.
08	Pakwashayagata Shoola	Also due to indigestion vata in increase in intestine and produce a spasmodic pain and mixed with kapha so unable to pass properly through anus resulting Flatulence causes pain in lumber region.
09	Vishamjwaraghni	Because of jawara is also due to ama dosha which is accumulate with in the stomach.

## DISCUSSION

*Ayurveda* prescribes specific diet patterns in healthy & diseased conditions which are known as *Pathya*. Most of the formulations in *Pathya kalpana* have nutritional as well as therapeutic qualities. So it can be considered in the category of Nutraceuticals. In *Ayurveda*, *Aushadha Siddha Ahara* is mentioned according to *Vyadhi* and its *Avastha*. In specific emergency condition where patient cannot tolerate the *Tikshna Aushadha* but needs medication, *Aushadha Siddha Ahara* can be given to cure *Vyadhi* and enhance *Bala*. *Pathya Kalpana* is basic but most important concept in *Ayurveda* which seems to be practical and must be practiced clinically in today's era. The preparations made by *Samskara* various methods of processing make the diet – more fruitful in terms of health. *Ahaara* is said to be *Mahabheshaja* (supreme medicine) by *Acharya Kashyapa*.<sup>23</sup> Some important formulations of *Pathya Kalpana* are *manda*, *peya*, *vilepi*, *yavagu*, *yusha*, *krusara*, *anna*, *takra* & *dadhikalpanas*, *mamsarasa*, *khada kambalika*, *raga shadava*.<sup>24</sup> Since ancient period, several Indian dishes are prepared from rice like *Yavagu*, *Manda*, *Vilepi*, etc. and flavored with spices like *Pippali*, *Marica*, etc. The major carbohydrate constituent of rice is starch which is 72-75%. The amylase content of the starch varies according to grain types. The long grained and superior types are containing up to 17.5% amylase.<sup>25</sup> This aspect may also have been considered by our *Acharyas* while indicating that *mahatandula* and *dirghasuka* (long grains) are having good digestive property.<sup>26</sup> Starch molecules, which are the source of calories in diets, prepared from rice, when heated in an aqueous or moist environment,

swell and rupture and thus permits greater enzymatic digestion by the activity of enzymes like amylases. Resistant starch acts like soluble fiber in the gastrointestinal tract, thus providing the health benefits. Resistant starch has a low glycemic index because of the slow release of glucose. Increasing resistant starch content in the diet has the potential to provide several significant health benefits and add value to rice.<sup>27</sup> Application of heat during cooking increases the digestibility of carbohydrates. Keeping these facts in consideration, the ancient *Ayurvedic* seers has indicated that the patient who is administered for *Ayurvedic* emetic or purgation therapy in the morning should remain empty stomach in the noon and in the evening, *Yavagu/ Peya* should be prescribed and continued the same for two meal times of the next day. By doing this, the enzymes in the body responsible for digestion and metabolism, which are generally subdued because of purificatory measures, in a purified person grows strong, stable and becomes capable of digesting all types of food.<sup>28</sup> Practically *Yavagu* is advised as a diet plan 'in healthy individuals' to let them stay fit, 'to the patients' to keep their *srotas* (capillaries) in a healthy stage and in 'patients getting treated with *Panchakarma*' to help their *Mahasrotas* coming back to normal.

## CONCLUSION

A quality *Yavagu* should possess normal semi-solid texture and should not be excessive concentrated or dilute. It should be prescribed in warm and fresh condition and not after cooling. The rice grains should be remained intact after the preparation as it can be separated from each other and the ultimate quality is its pleasant and palatable appearance. The dose is



prescribed as per digestive capability of the individual i.e. of daily routine diet. It also works as the media for various drugs by utilizing drug decoctions in place of water and drug power as adjuvant. Due to all above properties which is mentioned in article *Yavagu* is play effective role in mention general body health status of individuals and play very helpful like supportive treatment in various disease mentions in our old classics.

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