

## Critical Review of Yavagu(Gruel) as Pathya Kalpana

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### ABSTRACT

The major perspective on which ayurveda science relies is to maintain health of healthy as well as unhealthy persons. The ayurveda treatment can be further classified under Aushadhnihitchikitsa (Drug based treatment) and Aharanihitchikitsa (Food based treatment). Yavagu is one such pathya Kalpana (Ayurveda Dietetics). Its basic ingredient is rice which is high in carbohydrate, protein and contains various vitamins, such as thiamine and niacin, and minerals, such as zinc and phosphorus etc. It is Laghu and ushna in property Bastishodhak, Agni Dipak, Trishna, Jvara, and Atisarnashak. There are more than 30 types of different yavagu formulations mentioned in Charak Samhita. This article reviews several references related to different yavagurecipes in various ancient texts and scientific ideologies behind yavagu Kalpana are mentioned here.

**Keyword:** Yavagu, Pathya, Dietetics, Kalpana, Ayurveda

### I. INTRODUCTION:

The Ayurveda dietetics (Pathya-apathyakalpana) is the most unique features of ayurvedic management in diseased and healthy conditions. Ayurveda attributes great importance to comprehensive dietary and lifestyle management in its therapeutic approach. The importance of dietary management has been summarized as- "Those who follow the do's and don'ts do not require any medicine; and those who do not follow the do's and don'ts will not be benefited even if medicine is given"[1]. Ayurveda states in detail, the specific diet and life styles to be followed during different seasons, under different climatic conditions, for

different age groups and people of different deha and manasaprakrti (body and mind constitution) and for different diseases etc. Acharya caraka has included Ahara (diet) as first among the three upastambha (supporting pillars) of life because diet is an important component of management of a disease in the same way as diet is considered as an important aid to protect the life and health. Pathya-apathy (wholesome and unwholesome) is given importance in the Ayurvedic management of different ailments. A huge variety of dietetic preparations both Vegetarian and Non-vegetarian are described in Indian Medicine and are advocated specifically for patients suffering different diseases. The substances which are wholesome/ salutary to the body or channels of the body and substances which are pleasing or which bring delightfulness to the mind are known as pathya: On the contrast apathy are unwholesome or unsalutary substances, adversely affects the body and are unpleasant to the mind [2].

Most of the lifestyle disorders shares almost same kind of etiopathogenesis in which with the adaptation of sedentary lifestyles, large portion of our population are declining on excessive and unhealthy dietaries (Jivhaloluptta) which leads to Amautpatti (Stagnant bolus), Agni mandhya (Decline in digestive enzymes as well as acid production) which ultimately leads to Kha Vaigunya (Deposition of vitiated doshas randomly at any site) and Srothorodha (Blockage of major exchange channels along with narrowing of blood vessels). This whole chain reaction causes several disorders such as- Diabetes mellitus type-2, Hypertension, Hypothyroidism, Cardiovascular diseases, GI tract disorders etc. [3]

The ayurveda treatment can be further classified under Aushadhnihitchikitsa (Drug based treatment) and Aharanihitchikitsa (Food based treatment). Ahara (Dietetic preparations) like Yavagu (gruels – using rice as main ingredient), Yushas (soups, pulses as main ingredient), Mamsa Rasa (meat juice or soup), Raga – ksadava (the main ingredients are sugar, rock salt and juice of Pomegranate), Takrakalpna (curd and water in different ratio). The dietetic preparations are further classified as (i) Kritannakalpna which are used for ArogyaVardana and (ii) Pathyakalpanas which are used as RogaSatmya.[4]

Yavagu (Ayurvedic gruel) is one such pathya Kalpna (Ayurveda Dietetics). Its basic ingredient is rice which are high in carbohydrate, protein and contains various vitamins, such as thiamine and niacin, and minerals, such as zinc and phosphorus etc. It is Laghu (Light in digestion) and ushna (Through this property, stagnant bolus gets quickly digested due to proper acid and enzymes secretions) in property along with it, Bastishodhak (eradicates deposited pus cells, uric acid, etc. from urinary bladder), Agni Dipak (Enhance acid production as well as digestive enzymes), Trishna (Polydipsia), Jvara (Fever), and Atisarnashak (Eradicates diarrhoea) [5]. There are 28 types of different yavagu formulations altering the decoction of drugs specified for individual disease mentioned in Charak Samhita. This article reviews several Yavagu's with their ingredients and their medical indications which are mentioned in charak Samhita along with its review of othersamhitassuchas Bhaishjyarnavali, Yoga Ratnakar, Sharangdharsamhita, Gadanigrah, Kashyap Samhita, Shushrut Samhita and Chakrapani commentary, are also done and discussed on several points on which should think of for acceptance of Ayurveda on national as well as international platforms.

#### Yavagu (Ayurvedic Gruel)

The common ingredients for preparation of any kind of Yavagu are- Drava Padartha (which can either be water, decoction, mamsa rasa as mentioned in the recipe), Dravya Padartha (The basic carbohydrate rich solid base of Yavagu is Rice (Shali Shastik or Navara (Oryza sativa), Prakshep Dravya or adjuvants (Shuthi, Pippali,

Marich, Saindhavlavana (Rock salt) etc. according to the recipe, which gives additive effects as per the specific disease on which that yavagu should be indicated). Due to admixture of drugs and being light, it promotes digestive fire, causes downward movement of flatus, faeces, urine and dosha's; being liquid and hot causes perspiration; being liquid pacifies thirst; due to combination of other substances it supplements the diet, thus increases strength [6].

#### METHOD OF YAVAGU PREPARATION IN DIFFERENT TERATISES:

- For the preparation of Yavagu, 6 times water (drava Padartha) is required according to acharya sushruta and chakrapani but when they mention about its consistency, acharya sushruta says- Yavagu veraldrava (less liquid content) while acharya chakrapani says- Yavagubahusiktha (more rice content) [7] [8].
- When Rice, Moong (green gram), Urad (Black gram) or tila (Sesame seeds) are crushed well and cooked with 6 times of water until its siktha (rice) part remains prominent is termed as yavagu [9].
- But regarding Sadhitajala (Medicated liquid/decoction) through which Yavagu and other pathyakalpanas will be prepared, that decoction is prepared with 4 pala (192gm) of kwathadravya added in 64 pala (3.072lt) of water than reduced by heating till the quantity become half (1.536lt) while a second opinion regarding reduction in water quantity is 1/4 [10].
- The Yavagu (gruel) should be cooked with liquid (water) having 20<sup>th</sup>, 15<sup>th</sup>, or 10<sup>th</sup> parts of rice [11].
- According to Acharya chakrapani, for making Yavagu to an individual, 1/4<sup>th</sup> quantity of rice should be collected from that of his routine rice quantity and this rice should be used after making it into powder form [12].

#### PROPERTIES AND DOSHAS OF YAVAGU:

In Table 1, Properties (Guna) of well-prepared yavagu are mentioned along with it Table 2 showing Dosha's of yavagu which occurs due to ill prepared yavagu which shows lesser potency.

**Table 1:Yavaguguna (Properties):**

Yavagu Properties	References
Trishnanashak (Eradicates thirst), Laghu (Light to digest), Deepani (Provoke the digestive fire), Mala shodhani (Purifies or detox body from vitiated doshas), Atisaranashak(Stops diarrhoea)	(Yog.Ra. Atisar prakran.5) [13]
Grahini (Supressing bowel movement in severe diarrhoeal stage), Balya (Provide strength to body), Tarpani (helps body to provide enrich micro and macro nutrients along with other essential body building substances), Vatanashini	(Sha.Sam.Ma.Kh.2/165) [14]

**Table 2: Yavagu Dosha's:[14]**

S.no.	Dosha's in Yavagu
1.	Thick (Ghana),
2.	Thin (Vishiran),
3.	Cold (Sheetal),
4.	Lesser rice (Ksheentandula),
5.	Sticky (Picchil),
6.	Clear (Vishad),
7.	Tasteless (Ahridya)

**TYPES OF YAVAGU:**

There is different basis on which different acharya's classified YavaguKalpana are depicted under table 3, table 4, and table 5.

**Table 3: Types of Yavagu based on the dosage form used in its preparation[16].**

Types of yavagu	Basic ingredients	Indications
1. Kalka SidhaYavagu (Prepared from medicinal paste)	Type-1: Pippali, Chitrak, Shunthi	Deepan, Udarashoola (Pain in abdomen)
	Type-2: Vidanga, Shigru, Takra, Maricha, Swarjidakshara	Krumighna(anthelmintic), Deepana
2. Kwathasiddhayavagu (prepared from decoction of medicine).	Haritaki, Shunthi	Vatanulomana (carinative)
	Takra (Buttermilk)	GhritaAjeerna
3. Mamsasiddhayavagu (prepared with meat soup).	Dugdha, ApamargaBeeja	Bhasmaka(Hyperphagia)
	Kukkutamamsarasa	Mutrala (diuretic)

**Table 4: List of 28 Yavagurecipes according to acharya Charka[17]**

No.	Name of Yavagu	Drugs used in Yavagu Preparation
01	ShoolanashakaYavagu	Pippali, Pippali moola, Chitrak, Shunthi
02	PachniGraghiYavagu	Kaith, Bela, Teenpatiya, Matha, Anardana
03	VatajAtisarayavagu	Bilwa, Agnimantha, Shyonaka, Patla, Gambhari
04	PittshlaishmikAtisaraYavagu	Sarivan, Bela, Pithvan, Anardana,
05	RaktatisaraghniPeya	Sughandhbala, Neelkamala, Nagar, Prishnaparni, Ajudugdha
06	AmatisaraPeya	Atisa, Sontha, Anardana
07	MootrakrichaghniPeya	Gokshura, Bhatkathya
08	KrimghniYavagu	Vayvidanga, Pippalimoola, sahijana, Marich, Matha, Swajikakshara
09	Pipasayavagu	Munnaka, Anantmoola, Dhan lava, pippali, Madhu, Nagarmotha
10	VishaYavagu	Soraji
11	KarshayYavagu	Suwarmamsa
12	MedorogaYavagu	Gavedhuka, Madhu
13	SnehanYavagu	TilapradhanYavagu
14	RukshYavagu	Kusha moola, Amlaka, Syamaka
15	Shwans-Kasaghni	Dashmoola
16	Pakwasayagatayavagu	Ghrit-Taila siddha Yavagu
17	RechakYavagu	Shaak, Mamsa, Til, Udada
18	Grahiyavagu	Jamuna (Seed), Aama(Seed), kaith, Bela
19	Bhedaniyavagu	Yavkshara, Chitraka, Hinga, Amlavetasa,
20	Vatanulomanayavagu	Haritaki, Pippalimoola, Sontha
21	GhritVyapadaYavagu	Takra siddha yavagu
22	TailaVyapadayavagu	Takra-Pindyak siddha yavagu
23	Vishamajwaraghnyayavagu	Gou mamsa, Anardana
24	Kantharoghniyavagu	Yava, GhritTaila, Pippali, Aamlaki
25	SukravahsrotasshoolaYavagu	Murgamamsa rasa
26	VrishyaprayogarthYavagu	Ghrita, Dugdha, udada
27	MadaRogaYavagu	Poi shaka, Dahi
28	KshudaRoga	Dugdha, Gohamamsrasa, Apamarga(Seed)

**Table 5: List of Yavagu Recipes mentioned in different ancient treaties**

Name of Yavagu	Ingredients	Indication	Reference
AamradiYavagu	Aamra, Aamrata, Jambu, Shalitandula	Grahani (IBS)	(Sha.Sam.Ma.kh. A.2/153) [18]
Dashmoolyadi Yavagu	Dashmooldravya, Shati, Rasna, Pippali, Shunthi, Pushkarmool, Karkatshringi, Tamlaki, Bharangi, Guduchi, Nagarmootha	Hikka, Shwas, kasa	(Yog.Ra. Hikkachikitsa.18-19) [19]
HingvadiYavagu	Hinga, Sauvarchallavan(Black salt), Ajaaji(Jeera), Vida lavan(NH4Cl), Pushkarmool, Chitrak, Shati, Karkatshringi	Hikka, Shwasa	(Yog.Ra. Hikkachikitsa.18-19) [19]
BilvadiYavagu	Bilva, Dadhittha, Vyosa, Changeri,	Sangrahi, Deepan, Pachan, Vatanashak	(Ka. Sam.Kh. Sth.Ch 4/79) [20]

Baladi Yavagu	Dadima, Panchmoola Bala, Vrsatparni, Salaparni, Dadima, Apkwa Bilva	Pitta-kapha Atisarnashak (If Baladi Yavagu cooked with Tila cures Nirvahika (Dysentery), Raktaatisar (Very severe diarrhoea with blood), Ashragdar (menometrorrhagia) and Garbhparisrav (abortion)	(Ka. Sam.Kh. Sth.Ch 4/80) [20]
Dadimadi Yavagu	Dadima, Ativisha, Amla dravya,	Aam pachan	(Ka. Sam.Kh. Sth.Ch 4/81) [20]
Kantkariadi Yavagu	Kantkari, Goksura, Fhanit (Molasses)	Mutragad (Urinary disorder)	(Ka. Sam.Kh. Sth.Ch 4/82) [20]
Suvarchikadi yavagu	Suvarcikaksara, Vidanga, Shigru, Pippalimula, Takra	Kriminashak (Eradicates intestinal parasites), Gulma, Kasa, Grahani (IBS)	(Ka. Sam.Kh. Sth.Ch 4/83) [20]
Mradvikadiyavagu	Yavagu prepared with Mradvika, Laja, Madhu, Pippali, Sariva is Trishnanashak (Pacifies thirst), after adding Somaraji in its, it becomes Vishahar (Immediately destroys effect of poison), and adding Vrahamamsaras make it Balya (Provides strength)		(Ka. Sam.Kh. Sth.Ch 4/84) [20]
Gavedhukadiyavagu	Yavagu prepared with Gavedhuka is Karshyanashak (Emaciation); adding Ghrita and Saindhav (Rock salt) Is for strength (Balya), Cooked with Dahmoola decoction cures Kasa (Cough), Shwasa (Dyspnoea), Kaphanashak		(Ka. Sam.Kh. Sth.Ch 4/85) [20]
Shakaadiyavagu	Shaka, Mamsa, Tila, Masha, Ghrita	Snehan (Unctuous), Bhedan (Purgative)	(Ka. Sam.Kh. Sth.Ch 4/86.1) [20]
Jambuadi Yavagu	Jambubeej, Aamabeej, Daditha, Bilva, Amla dravya	Varchvibandhani (Solidifies the feces)	(Ka. Sam.Kh. Sth.Ch 4/86.2) [20]

#### Time Duration For Yavagu Intake:

In context of Fever, Acharya Charka mentioned that Yavagu should be used until fever subsides or for minimum 6 days. By using Yavagu in this way, just as a fire is ignited by the combination of wood, in the same way the digestive fire ignites [21].

#### Contraindications of Yavagu Intake:

It is not to be given in Madatyā (wine intoxication), Nitantarakaprahava (bleeding diathesis), Urdhvaatrakapitta (having bleeding from upper passage), Nitya madhyapan (Daily drinkers), Grihmaritu (Summer season), Kapha-Pittajwara [21].

## II. DISCUSSION:

Ayurveda states in detail, the specific diet to be followed during healthy and diseased conditions is termed as pathya but what is pathya for one, may not be pathya for another. Even it

changes in the same person depending on several factors. So, it needs a finer observation to determine pathya for someone [22]. The importance of food in ayurveda can be witnessed through following sayings; Ahara is said to be Mahabheshaja (Supreme medicine) by Acharya Kashyap and Acharya Charaka has included Ahara (diet) as first among the three upastambha (supporting pillars) of life. Generally, the qualities that are present in food items (Annadidravya) due to the samvaayi property of dravya are also present in pathyakalpana's such as yavagu, peya, vilepi etc which are prepared with them and they can even prevent and treat diseases [23]. So, it can be considered as Nutraceuticals. It has more advantages over the medicine as they avoid side effect, have been fortified naturally with dietary supplement etc. When we look upon the nutritive values of Shali Shashtik rice which is the main content of Yavagu, it contains 75.2% of (Starch) carbohydrate, 9.54% of protein, 2.74% of

fat, 363.6 Kcal of energy, contains various vitamins, such as thiamine and niacin, and minerals, such as zinc and phosphorus etc. and additional micro and macro nutrients, antioxidants and phytochemicals are provided through adjuvants (Shunthi, Pippali etc.) used specifically in each yavagurecipes[24]. When rice boiled in water, it swells and ruptures due to which the complex carbohydrates are digested by pancreatic  $\alpha$ -amylase which produces even smaller oligosaccharides or disaccharide (maltose).  $\alpha$ -Glucosidases (maltase and sucrase) further break down disaccharides (maltose and sucrose) into monosaccharides (glucose and fructose) for absorption in the small intestine [25].

With the ongoing innovations and R & D in Ayurveda Dietetics, the scientific evidences of pathya Kalpana are also documented by several researchers. To reduce the time and fuel, the flaking technique was incorporated to make the raw samples to cook faster for ready-to-made objective (Dr. Sunita T. Bhaskar et al.); A case study showing effects of medicated Yavagu (Vatanulomak Abhyadi Yavagu) in chronic constipation such as- reduced pain and burning sensation during defecation, decrease in gaseous distention etc. (Dombale et al.) [26], Various Yavagu and proper samsarjana karma may help in tackling the malnutrition due to chemotherapy induced nausea and vomiting. (Anurag et al.) [27]. Thus, more R & D and innovations are needed in Ayurvedic dietetics field to improvise it and enhance its acceptance all over the globe.

The popularity of instant or packaged food items has increased with the increasing health related issues due to changing eating habits and busy lifestyles. So, the scope of instant packaging's of recipes under Ayurvedic dietetics such as instant yusha, instant yavagu, instant Shwasakasaghniyavagu, instant medorogahniyavgau and so on. Like, Brahma Yush, Brahma Peya, Brahma sattuetc. instant products by shri brahmachaitanya Ayurveda pharmacy, Nagpur. This can boost up the global ayurvedic pharmaceuticals demand along with subsides the health issues. Integration of ayurvedic dietetics with national schemes like Poshanabhiyaan, Integrated child development service programme (ICDS), Public distribution system (PDS) etc. to provide a complete healthy and fortified diet to every section of society.

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