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A Review Article on *Yavagu* (Semi Solid Soup) - A *Pathya Kalpana* in Ayurveda

Brijesh R. Mishra,¹ Nikita P. Kursange,² Abhishek B. Mishra³

¹Professor & HOD, ²Post Graduate Scholar, Department of Post Graduate Studies in Basic Principles, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India. ³Under Graduate Scholar, Bhau Saheb Mulak Ayurved Medical College, Nagpur, Maharashtra, India.

ABSTRACT

Now days people like the food which is easy to prepare and also good for health. In Ayurveda '*Yavagu*' is one of *Pathya Kalpana* explained in *Samhitas* which is made up of basic ingredients like rice and water with different drugs (*Aushadhi Dravyas*) are added to increase its nutritional and medicinal value, which we can use in different diseased conditions to treat the diseases or to prevent the individuals from the diseases. *Yavagu* is the semisolid food which is easy to prepare and easy for digestion. We can also use *Yavagu* to treat the patient with *Agnimandya*.

Key words: *Yavagu, Pathya Kalpana, Samhita, Aushadhi Dravya, Agnimandya.*

INTRODUCTION

Ayurveda is the science of life which firstly deals with obtaining the health. To maintain health, diet is so important part. According to *Acharya Kasyapa* only medicines cannot maintain or give healthy life, diet is also necessary. So, *Acarya* said diet (*Aahar*) as *Mahabhaishajya*.^[1] *Pathya Kalpana* comes under the *Ahariyadravya*, but is also used as medicine. This is very important while treating the patient.

According to Ayurveda the whole *Dravyas* are classified into two categories *Aushadhi* and *Ahariya Dravyas*. *Yavagu* contains both medicine and food, also known as medicated *Yavagu* (Semi solid soup). We can use it for both healthy person and diseased person also. *Yavagu* is mostly prescribed in post-

operative part of *Sanshodhana Karma* i.e., (*Sansarjana Karma*).^[2]

Yavagu is one of the common type of *Kritanna Kalpana*, it's main ingredient is rice and water which is easily digestible and having lot of nutrients and medicinal uses according to the drugs, which we add in it while preparing *Yavagu*.^[3]

Preparation

Yavagu can be prepared with one part rice and six parts water. According to *Acharya Vridhajivaka* in *Kashyapa Samhita*, *Yavagu* is prepared by taking rice (1 part) and decoction (20 parts); Boil it till the rice is cooked; like this we can also take 15 parts and 10 parts of decoction to prepare *Yavagu*.^[4]

Take four pala(160g.) of *Dravyas* and boil it in 64 Pala (2560 ml) of water, heat it upto the half of it remains, then add some rice in it and boil it slowly till the rice gets cooked and thick gruel is formed.^[5]

The method of *Yavagu* preparation may vary in the ratio of rice and water proportion according to different *Acharyas*, the final recipe of making *Yavagu* is take 6 times of water or decoction and 1 part of rice. Then it is boiled on mild fire till the rice is cooked and little amount of water is left in the final recipe. The additive can be added according to taste before serving.

Address for correspondence:

Dr. Brijesh R. Mishra

Professor & HOD, Department of Post Graduate Studies in Basic Principles, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

E-mail: dr_brijeshm@yahoo.com

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According to *Kashyapa Samhita*, A quality *Yavagu* should possess normal semisolid texture and should not be excessive concentrated or dilute. It should be prescribed in warm and fresh condition.^[6]

Dose

The dose is prescribed according to digestive capability of an individual's i.e., ¼th part of their daily diet.^[7]

Properties of Yavagu

Yavagu possess *Grahi* (digestive and absorbable), *Balya* (strengthen the body), *Tarpani* (nutritious) and *Vatanashini* (specify the vitiated *Vata*) properties.^[8] It also adopts the pharmacological properties of the drug decoction which is used in the preparation of *Yavagu* for specific diseases as described in *Samhitas*.^[9]

Contraindications for use of Yavagu

Very thick, containing more water, more amount of rice, very sticky, distilled by the person is known as *Doshyukta Yavagu*.^[10] This *Yavagu* is contraindicated in all healthy and diseased person.

Yavagu and their uses

1. An *Yavagu* prepared with bark of *Amra*, *Amrantaka*, *Jambu* and broken rice relieves *Grahani* (sprue).^[11]
2. *Yavagu* prepared with *Pippali*, *Pippali Mula*, *Chavya*, *Citraka* and *Nagar* (dry ginger) stimulates digestion and cures colic pain.
3. *Yavagu* prepared with *Dadhitha*, *Bilva*, *Changeri*, buttermilk and pomegranate.
4. The *Yavagu* of *Salaparni* (*Dasmodium gangeticum*), *Prisniparni* (*Uraria picta*), *Brhati* (*Solanum indicum*), *Kantakari* and *Goksura* (*tribulus terrestries*) is useful in *Vatika* diarrhoea.
5. *Yavagu* prepared with *Salaparni*, *Bala* (*sida cardifolia*), *Bilva* (*aegle marmelos*) *Prsniparni* and soured with pomegranate is useful for *Paitik* and *Slaismik* diarrhoea.

6. *Yavagu* prepared from *Hrivera* (*Pavonia odorata*), *Utpala* (*Nymphi alba*), *Nagara*, *Prisniparni* with semi-diluted goats milk cures bloody diarrhoea.
7. *Yavagu* prepared with *Ativisa* (*Aconitum heterophyllum*) and *Nagar* soured with pomegranate used for diarrhoea in its *Ama* stage.
8. *Svadanstra* (*tribulus terrestris*), *Kantakari* (*solanum xanthocarpus*) along with *Phanita* (a preparation of sugarcane) should be used in dysuria.
9. *Yavagu* of *Vidanga* (*emblica ribes*), root of *Pippali* (*piper longum*), *Sigru* (*moringa olifera*), *Marica* (*piper nigrum*) prepared with buttermilk and with *Sanchal* salt cures infection.
10. *Yavagu* prepared with *Mrudvika* (*vitis vinifera*), *Sariva* (*Hemidesmus indicus*), fried paddy, *Pippali* (*piper longum*), honey cures thirst.
11. *Yavagu* prepared with *Somaraji* (*psoralea corylifolia*) is anti-toxic.
12. *Yavagu* with pork extract is nourishing.
13. *Yavagu* prepared with *Gavedhuka* (*Triticum aestivum*) along with honey is emaciating.
14. *Yavagu* prepared with *Tila* (*Sesamum indicum*) and added with ghee and salt is used as unctuousness.
15. *Yavagu* with *Syamaka* prepared with the extract of *Kusa* (*desmostachy bipinnata*) and *Amalaka* (*emblica officinalis*) causes roughness.
16. That one prepared with *Bilva*, *Sonaka* (*oroxylum indicum*), *Gambhari* (*gmelina arborea*), *Patala* (*stereospermum suaviolance*), *Ganikarika* (*Clerodendrum phlomidis*), *Salaparni* (*desmodium gangeticum*), *Prsniparni*, *Goksura* used in cough, hiccough, dyspnoea and disease of *Kapha*.
17. *Yavagu* prepared by ghee and oil with wine alleviates pain in colon.
18. Vegetables, meat, *Tila* (*sesamum indicum*) and *Masha* (*phaseolus mungo*) evacuates bowel.
19. *Jambu* (*syzygium cumini*), seed of mango (*mangifera indica*), sour curd, *Bilva* is used as Astringent.

20. *Yavaksara* (alkali prepared from *hordeum vulgare*), *Chitraka* (*plumbago zylanica*), *Hingu* (*ferula narthax*) and *Amlavetas* (*Rheum emodi*) acts as Cathartic (*Bhedini*).
21. *Yavagu* with *Abhaya* (*termenalia chebula*), root of piper longum, *Visva* (dried ginger) helps in elimination of gases.
22. The *Yavagu* prepared with only buttermilk can be used to reduce untoward effect of ghee.
23. *Yavagu* prepared with buttermilk and oilcake will alleviate the defect caused by improper intake of oil.
24. *Yavagu* prepared with beef extract and soured with pomegranate reduce irregular fever.
25. *Yavagu* prepared from *Yava* (*Hordeum vulgare*) with oil and ghee and boiled with *Pippali* and *Amalaka* is useful for throat diseases.
26. *Yavagu* prepared with chicken extract will be used for problems related to seminal passage.
27. *Yavagu* prepared with split *Masa* with ghee and milk is used as aphrodisiac.
28. *Yavagu* prepared with *Upodika* (*basella rubra*) and curd cures necrosis.
29. That one of *Apamarga* (*achyranthus aspera*) boiled with milk and extract of *Inguana* flesh kills Hunger.
30. *Trikatu* (dried ginger, black paper, pippali), *Cangeri* (*Oxalis corniculata*) with *Bilva* (*aegle mermelos*) or *Dadhithya* is used as astringent, helps in Digestion.^[12]
31. *Yavagu* prepared from *Panchmula* is useful in diseases of *Vata*.

DISCUSSION

In *Ayurveda* classics several dishes are prepared from rice like *Yavagu*, *Vilepi*, *Odana*, *Krishra* etc. different spices and drugs were added to enhance its taste, flavour, aroma and nutritious value.^[13]

The major content of rice is carbohydrate and starch which is 72-75% starch molecules which are the source of calories in diet prepared from rice.^[9] When rice is boiled in water it swells and ruptures, thus released the enzyme like amylases resistant starch acts like soluble fibre in the gastrointestinal tract, thus providing the health benefits.^[14]

Increasing resistance starch contents in the diet has the potential to provide several health benefits and add value of rice.

Heating of rice during preparation of *Yavagu* increases the digestibility, keeping this in consideration, *Ayurveda* classics the patient who is administered for *Ayurvedic* emetics and purgation therapy in the morning should remain empty stomach and *Yavagu* is prescribed in lunch and dinner only when the patient feels hungry continued it throughout the therapy and after the therapy, by doing this enzymes in the body responsible for digestion and metabolism which subdued because of purifactory methods, in a purified person grow strong, stable and become capable of digesting all type of food.

Studies shows that the high concentration of 80% rice per litre in the oral rehydration solution drinkable by patient is highly effective, providing four times energy than the standard glucose oral rehydration solution (20%).

The rice contains lower amount of protein, but the nutritive value of rice protein is very high. If we use colour rice like *Rakta Shali* contains more iron value than white rice. This may the reason behind the *Rakta Shali* suggested by the *Acaryas*.

CONCLUSION

Yavagu is the *Pathya Kalpana* which is easy to digest, so we can use it in a patient who have low digestive power ie. *Agnimandya*. *Yavagu* acts as a mediator to give medicines to patient who cannot digest food properly, It not only increases digestive power but also can be used as medicine. *Yavagu* is easy to prepare and easy to digest, so it is more convenient than any other food.

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