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Literary review of *Yava* (Barley)

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ABSTRACT

According to *Upanishadas*, food is *Brahman*, the Divine reality. The physical body itself is born of and lives by food. Right diet is the essence of disease prevention and the foundation of a healthy and happy life. A properly selected diet and diet plan plays a critical importance in the management of any disease. Only a well-balanced diet can cure numerous diseases, sometimes even good medicines are unable to cure certain diseases without balanced diet, that's why food is said to be most important medicine. Today there is increasing public awareness of the importance of diet for the maintenance and promotion of health. An Ayurvedic text entails the uses of *Yava* in religious ceremony, dietary and medicinal preparations. *Yava* is used for *Lekhana Karma*. The present paper deals with literary review of *Yava*.

Key words: *Yava*, *Barley*.

INTRODUCTION

Yava is famous *Shukadhanya* used in Indian systems of medicines viz. Ayurveda and used in different medicinal preparations as well as in dietary form for many *Santarpanajanya Roga* like *Prameha*, *Kushtha* and *Medoroga* etc. for *Lekhana Karma*.

Yava is a cereal using since ancient period. It not only provides nutrition, but also having many medicinal properties too. Barley is one of the oldest grain crops. It is cultivated extensively in all countries of the world. It is consumed as a staple food by small groups of the population in some countries. The greatest use of barley, however, is for the preparation of malt, which is used for brewing and in the preparation of malt,

which is used for brewing and in the preparation of malt extract for incorporation in infant and invalid foods.

There is detailed description of *Yava* in *Veda*, *Aranyak*, *Upanishada*, *Grihya Sutra*, *Shatpath Brahman* and also in various *Ayurvedic Samhitas* and *Nighantus*.

This paper reviews the Botanical names, Vernacular names, Ayurvedic pharmacodynamics, Nutritional evaluation, Chemical composition, Traditional medicinal uses in different countries and various pathya *Kalpanas* of *Yava*.

MATERIAL

Botanical name - *Hordeum vulgare*

Vernacular names

- English name - Barley
- Bengali name - Job
- Gujrati, Hindi, Marathi name - Jau
- Kannada name - Jave godhi
- Kashmiri name - wushku
- Malyalam name - Yavam
- Oriya name - Jaba dhana
- Tamil name - Barli arisi

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- Telugu Name - Barli biyyam
- Sanskrit name - Yava^[1]

Ayurvedic Pharmacodynamics

Rukshaha Sheeto Guruhu Swaduhu Bahuvata Shakrut Yavaha !

Sthairyakrut Sakashayashcha Balyaha Shleshma virunat !!^[2] Ch.Su.27/18

Rukshaha Sheeto Guruhu Swaduhu Saro Vidvatakrut Yavaha !

Vrishyaha Sthairyakaro Mutramedaha Pittakaphan Jayet !!

Pinas Swas Kasa Urusthambha Kanth Twak Amayaman !

Gunaihi Nyuntara Dneya Yavat Anuyavat Vayaha !

Ushnaha Sara Venuyavaha Kashaya Vatapittalaha !!^[3]

Guna of Yava

1. **Rasa** - Madhura, Tikta, Kashaya
2. **Guna** - Ruksha, Pichhala, Mridu, Anabhishtandi, Sara
3. **Virya** - Sheeta
4. **Vipaka** - Katu
5. **Doshagnata** - Kaphapittahara, Mutra Doshahara
6. **Karma** - Lekhana, Medovatahara, Medha Vardhaka, Vrishya, Balya, Sthairyakrta, Varnya, Swarya, Agnidipana, Kasa-Swas-Pinasahara, Kantha Rogahara, Trisahara, Twaka Rogahara, Vranepathyam and Urusthambahara.

Nutritional evaluation of Yava

Raw barley Nutritional value per 100 gm

- Energy - 335kcal
- Carbohydrates - 69.4 cal.
- Sugars - 0.8 gm
- Dietary fiber - 3.9 gm
- Fat - 1.3 gm
- Protein - 11.5gm

- Thiamine (vitamin B1) - 0.20 mg
- Riboflavin (vitamin B2) - 0.20mg
- Niacin (vitamin B3) - 4.7mg
- Vitamin B6 - 0.3 mg (23%)
- Calcium - 0.03 mg
- Iron - 3.7mg
- Phosphorus - 0.23 mg
- Carotene - 10mg
- Moisture - 12.5 gm^[4]

Chemical composition

Seeds

Cyanogenic glycoside characterized as 2-β-D-glucopyranosyloxy-methyl - (2R) - butyronitrile, ubiquinones, proanthocyanidins, glycosides of hordatines A & B, procyanidin B3, trimer of procyanidin C2, prodelphinidin, chrysoeriol, hordeumin, pangamic acid, protein, carbohydrates, calcium, phosphorus, iron.

Leaves

Arabinogalacto (4 - 0 - methylglucurono) - xylan, cyanogenic glucoside, 6'' - sinapolysaponarin, 6''-feruloylsaponarin and 4' - glucosyl - 6'' - sinapolysaponarin, 2''- 0 - glycosylisovitexin.

Whole plant

P - coumaroylagmatine, hordenine and its derivative, pyrrolidine, luteolin glycoside, flavones glycosides - orientoside and orientin, cynoglucosides-3- beta- D - glucopyranosyloxy- 2 - methylpropene, 4 - beta - D - glucopyranosyloxy - 3 - hydroxyl - 3- hydroxymethyl - butyrobtrile.^{[5],[6]}

Traditional medicinal uses in different countries

Afghanistan: Flowers are taken orally by females for Contraception.^[7]

Argentina: Decoction of the dried fruit is taken orally for Diarrhoea and to treat respiratory and urinary tract infections.^[8]

China: Decoction of the dried fruit is taken orally for diabetes.^[9]

Egypt: The fruit is used Intra vaginally as a contraceptive before and after coitus. 53% of 1200 puerperal women Interviewed practiced this method, of whom 47% depended on Indigenous method and/or prolonged lactation.^[10]

Iran: Flour is used as a food. A decoction of the dried seed is used externally as an emollient and applied on hemorrhoids and infected ulcers. A decoction of the dried seed is taken orally as a diuretic and antipyretic and used for hepatitis, diarrhea nephritis, bladder inflammation, gout.

Decoction of the dried seed is applied to the nose to reduce inter nasal inflammation.^[11]

Italy: Compresses of boiled seeds are used to soothe rheumatic and joint pains.^[12]

Korea: Hot water extract of the dried entire plant is taken orally for beriberi, coughs, influenza, measles, syphilis, nephritis, Jaundice, dysentery, and ancylostomiasis; for thrush in infants; and as a diuretic. Extract of the dried entire plant is used externally for prickly heat.^[13]

United States: Infusion of the dried seed is taken orally for dysentery, diarrhoea, colic, digestive and gastrointestinal disorders.^[14]

Various Pathya Kalpana of Yava

SN	Name of Pathya Kalpana	Contents	Useful in Diseases	References
1	Yava Koladi Yavagu	Yava, Kol, Kulatha, Mulak, Curd, Ghee, Taila.	Aptanaka	Su.Chi. 5/18 Mahavata Vyadhi
2	Yava Koladi yavagu	Yava, Kol, Kulatha, adjuvant Dravya - Saindhav	Vrana	As.Hr.Ut. 26/39 Sadyovrana

3	Kwath Sidha Yavagu	Amalaki, Pimpili Kwath, Yava, Ghee, Tail	Kanthy Roga	Ch.Su. 2/31
4	Yavadi Manda	Tandul, Mudga, Yava, Laja, Dipaniya medicine	Kapha-Pitta Shamak, Kanthya, Raktaprasad ak	Ka.Sa.Si. Bhojana Kalpa 73,74
5	Panchmu shtik Yush	Badar, Kulitha, Mulaka, Mudga, Yava.	Tridoshagna , Gulma, Kasa, Shula, Shwas, Jwara	Yogratana kara Jwara
6	Shadang Yush	Kulith, Yava, Badar, Mudga, Shunth, Dhanyak.	Kshaya	Nighantu Ratnakar Part 2 Kshaya
7	Saptmus htik Yush	Kulith, Yava, Kol, Mudga, Mulak, Sunth, Dhanyak.	Kaphavatsh amak,Sanni pata Jwara, Aamvata, Kanthvishod haka	Sh.Sa.Mad . 2/164
8	Koladi Yush	Badar, Bilva, Tandul, Yava, Mudga, Masha, Til	Atisara	As.Hr.Ch 9/27 Atisara
9	Dashmul adi Yush	Dashmul, Bala, Earandmul, Yava, Shatavari, Punarnava, Kulith, Badar, Pashanbhed , Matsyakshy	Mutraghata	As.Hr.Ch.1 1/2-4 (Mutraghat)

		<i>a</i>		
10	<i>Kultthadi Yush</i>	<i>Badar, Kulith, Dhanyak, Panchmul Yava.</i>		<i>Vatjanya Chardi</i>
11	<i>Mashadi Khal</i>	<i>Mash, Yava, Badar, Curd, Dadim Swarasa, Tail, Ghee</i>	<i>Atisara</i>	Su.Ut.40/136
12	<i>Yava Tarpan</i>	<i>Yava, Vartul, Mudga, Draksha, Dadima, Karjura</i>	<i>Madatyaya</i>	Chakradatta
13	<i>Narikela di Yog</i>	<i>Narikel Jala, Yava, Sharkara.</i>	<i>Trushna, Murcha. Bhrama</i>	Ni.Ra. Part 2 (Murchya)

CONCLUSION

It is a time to reintroduce the barley again in main diet due to its Ayurvedic pharmacodynamics to prevent and cure many diseases. Also it has high nutritional value; it can be good substitute of carbohydrate, protein, fibre and minerals in diet. This cereal can play important role in diet as well as it is indicated as *Pathya* in many diseases.

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