

ORIGINAL ARTICLE

A comprehensive study of Yavagu Kalpana

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INTRODUCTION

Yavagu or rice gruel is a food .Ayurveda gives dietary guidelines for diseased condition and also for maintaining the healthy status. The food for diseased condition is basically aimed at improvement in digestive capacity and to give nourishment.

¹Yavagu is one of the preparation which aims at triggering the digestive fire and give nourishment in diseased condition and after panchakarma therapy.

Such diet can prove as an effective option for the liquid diet in hospitalized patients and for patients undergoing any surgical treatments.

²Yavagu or rice gruel is prepared from the cereals like rice, wheat and barley but mostly it is prepared from rice.

³In charak samhita acharya has described about 28 types of yavagu. Out of them the preparatory method of 10 yavagu is evaluated and checked for their nutritional values.

AIMS AND OBJECT

To prepare yavagu as mentioned in Charak Samhita and to evaluate them for their acceptability and nutritional contents.

Objective :

1. To procure the material and prepare Yavagu as per the method described in ayurveda.
2. To observe its overall acceptance.

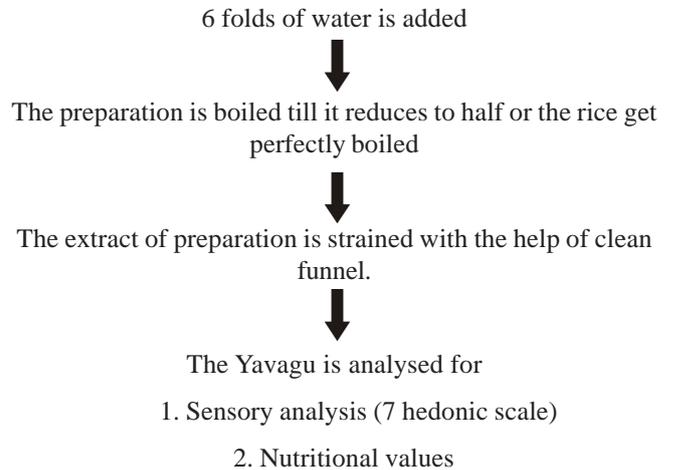
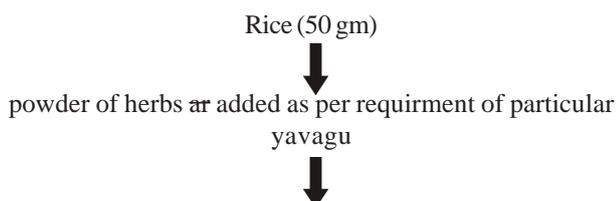
MATERIAL AND METHOD

Standard method of yavagu preparation :

Yavagu can be prepared by 2 methods :

1. The grains (rice, barley, green gram, black gram etc are boiled in 6 fold decoction of medicinal herb.
2. Or a kind of tenacious paste of medicine is added while preparation of yavagu as per the requirement.

For the study purpose, Yavagu is prepared from rice as per the standard methods



⁴The following yavagu are prepared :

1. Mutrakricchanashak yavagu :
Rice (50 gm), powder of gokshur (tribulus Terestries) and powder of Kantakari (solanum xanthum) 3 gm each, prepared in 6 folds of water.
2. Pachak yavagu :
Rice (50 gm), juice of pomegranate, kavatha/wood apple powder, chukka, bilva churna (egal marmalos) 3 gm each.
3. Panchakol yavagu :
Rice (50 gm), pippali, pippalimul, chavya, chitrak, shunthi 3 gm each, (piper longum, piper retrofactum, plumbago zeylenica, Zinzibar officinale).
4. Bhedani yavagu :
Rice (40 gm), yavakshar, chitrak, hingu - 1 gm each, amlavetas 1gm, (potash yavakshar, plumbago zeylenica, asafetida, a green leafy vegetable), a pinch of salt.
5. Snehani yavagu :
Rice (40 gm), ghee (10 ml), sesame seed (25 gm), Salt.
6. Dashamuladi yavagu :
Rice, bilva (egel marmelous), agnimanth (Cleodandrum phlomidis), shyonak (Oroxylum indicum), patala (Stereospermum svaseolens), gambhari (Gmelia arboria), brihati (solanum indicum) kantakari (Solanum xanthocarpum) Shaliparni (Desmodium gigmaticum), Prishnaparni (Urica picta), Gokshura (Tribulus terrestries)
7. Pipasaghni yavagu :
Rice (50 gm), pipali (piper longum), sunthi (Zinzibar officinale), manuka, (raisins) popped rice - 3 gm each

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8. Vatanulomani Yavagu :
Rice (50 gm), sunth, hirda, pipalimul churna - 3 gm each.
9. Laja peya :
Puffed rice (lajja) 100 gm, ghee 5 ml, shunthi, marich, pipali, dadim rasa - 3 gm each, saindhav.
10. Krimighna yavagu :
Rice, Pipali mula churna (piper longum), Vidang churna (powder of Embelica ribes), shigru churna (Moringa oleifera) 3 gm. each

Organoleptic analysis for acceptability and palatability:

- It is observed by using the hedonic scale.
- Nutritional analysis done by using standard methods from National Laboratories.

OBSERVATION

1. Very low values of carbohydrate, protein and fat proves that Mutrakricchanashak yavagu is light for digestion. Preparation of this yavagu aims at curing the urinary system disorders like burning micturition, decreased urine output and infections. The high moisture content of the yavagu has proven the same.
2. Pachak yavagu has higher grade for acceptability and its low protein content proves that it is light for digestion.
3. High energy values and low protein and carbohydrate values of Panchakol yavagu are in correlation with the Ayurved reference that this yavagu is laghu and deepaniya.
4. Bhedini yavagu has good acceptability according to hedonic rating scale.
5. High energy values, calcium and potassium value of pipasagghni yavagu evidently shows that it is beneficial in thirst conditions.
6. Lajapeya is beneficial in fever, thirst and it also reduces excessive kapha and pitta dosha. It is proved by laboratory tests that it contains high glucose and energy level.
7. 5Krimighna yavagu has proven effective in antimicrobial properties by laboratory analysis.

DISCUSSIONS

- Acharya has described 28 yavagu, out of them 10 yavagu are formulated. Each yavagu has very distinct ingredients and each yavagu aims at curing a particular condition or disease.

- The preparation of yavagu like panchakol yavagu and pachani yavagu is to trigger the digestive fire and to improve the digestion. This is proven based on its low fat and carbohydrate values.
- Mutrakriccha is a urinary system disorder which includes obstruction or difficulty in the passage of urine. Mutrakricchanashak yavaguis beneficial in improving urine output and curing the related samata which is proved on laboratory scale. This can be a good option in the diet plan of the patients suffering from renal calculi, burning micturition.
- Bhedan is a function which induces purgative action and removes toxins from the body. Drugs or diet used for Bhedan should have good palatability and bhedini yavagu has higher scores for palatability. This food can be used in the patients of obesity, constipation and skin diseases.
- Lajapeya and pipasagghni yavagu is very beneficial in thirst and fever. These conditions require good intake of glucose and salts to avoid severe dehydrations and complications. Both of these yavagu have good energy values, calcium and potassium values. Also lajapeya has good scores for palatability.
- Krimighna yavagu has proved effective on staphylococci aureus.

CONCLUSION

The yavagu has proved to be an effective dietary preparation in the diet planning of various diseases.

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