



Yava (*Hordeum Vulgare* Linn.) In Ayurvedic Literature And Its Dietic Approach (Pathya) In Various Diseases

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Abstract

Yava is a main food grain well known to the present era since Vedic kala. It is considered as the most ancient cereal in Atharvaveda. An Ayurvedic text entails the uses of Yava in religious ceremony, dietary and medicinal preparations. There is detailed description of Yava in various samhita and nigantu under dhanya varga. It is mainly indicated as a pathya diet in many disorders. Here in this review Yava references from important Ayurvedic texts and the compilation of diseases in which yava is used as pathya is described.

Key words: Yava, Dhanya, Pathya

Introduction

Ayurveda is the very foundation storage of the ancient medical science of India. The therapeutic in Ayurveda based entirely on the herbal drugs. According to Charaka, 'the drug is 'an agent' which a physician employs as an instrument in restoring the equilibrium of the body tissues'. History of any drug gives insight into its, morphology, properties and therapeutic or dietary utility as conceived by various authors at different stages of the history.

Historical Review Of Yava

The pharmaceutics and the therapeutics of the Yava from the literature available in a chronological order is traced as follow: -

Samhita Kala

In this period, various Samhitas and compiled work of various Acharyas have been done. These are followings -

Charaka Samhita:

Acharya Charaka has mentioned *Yava* in both medicinal preparations and *pathya* diet in many diseases. Properties of *Yava* have been mention under *shukadhanyavarga*.

{k%'khrks·xq:%LoknqcZgqokr'kd`n~;o%A LFkS;Zd`r~ ld"kk;'pcY;% 'ys"efodkjuqrAA
(C.S.Su.19/503)

Sushruta Samhita:

Acharya Sushruta has also described *ava* in medicinal preparations, dietary preparations and religious ceremony. Properties of *Yava* have been mentioned under *mudgadivarga*.

;o% d"kk;ks e/kqjks fge'p dVqfoZikds dQfiYkgkjhA oz.ks"kqiF;fLryoPp fuR;a
izo)cgqokropkZ%AA LFkS;kZfXues/kkLoj o.kZd`Pp lfifPNy%LFkwyfoys[ku'p
esnkse:YkM~ gj.kks·fr:{k% izlknu% 'kksf.krfiYk;ks'pA

(S.S.Su.46/41-42)

Bhela Samhita:

He has mentioned *Yava* in both medicinal preparations and diet too.

;okLRofr;ok'pSoxks/kwek'plekjsA e/kqjk% ld"kk;k'p'ys"eykyksfgrk u`.kke~AA
(B.S.Su.26/11)

Astanga Samgraha:

Yava is included in different medicinal as well as *pathya* in many disease.

#{k%'khrksxq#%LoknqljksfoM~okrd`|o%A o`";%LFkS;Zdjksseq=esn% fiYkdQku~
t;sr~A

ihulukldklks#LFkEHkd.BRoxke;ku~AA

(A.S.Su.7/20-21)

Astanga Hradyam:

Acharya Vagabhatta was the first to give the concept of *Vicitrapratyarahadrayva* (A.H.Su.9/27-29) and given *Yava* as example of this. *Yava* is described in *shukadhanyavarga*.

{k%'khrksxq#%LoknqljksfoM~okrd`|o%A o`";%LFkS;Zdjksq=esn% fiYkdQku~
t;sr~A

ihul'okldklks#LFkEHkd.BRoxke;ku~AA

(A.H.Su.6/13-14)

Nighantu period:

Nighantu are the texts that extensively deal with the study of the drugs / herbs. In this regard, the *Nighantu* are most useful literature to study a drug in detail. The references of *Yava* traced from various *Nighantus*.

Astanga Nighantu:

It is the oldest *nighantu* based on synonyms. *Yava* and its synonym have been mentioned in *syamadigana*.

;o'pLFkwy;/;po#.kkseqfufHkf{kr%A (A.N-Syamadigana/333)

Paryayamuktavali:

This *nighantu* is based on synonyms. *Yava* is described in *simbi - shukadhanyavarga*.

flr'kwdk;okses;/Lrh{k'kwd'pdPNihî;o A (P.M- simbi - shukadhanyavarga/18-20)

Hrdyadipika Nighantu:

It based on the *dravya* mentioned in *swalpavagabhata* or *astangahrdaya*, so called *hrdyadipika*. It is divided into eight *vargas*. *Yava* is described in *nanarthavarga*, sloke no.142.

Siddhamantra:

In this *nighantu* drugs are described according to variation of effects on *dosa*. It is divided into eight *vargas*. *Yava* is described in *vatapittagnavarga*; sloke no.123.

Dravyaguna Sangraha:

This is also known as *Dravyaguna* or *Cakrapanikrita Dravyaguna Sangraha*. It is classified into 15 *vargas*. *Yava* is described in *dhanyavarga*.

;o%Loknq%d"kk;p dQfiYkgjksfge%A oz.ks"qqloZnkiF;fLryor~ ikdr% dVq%AA
cgqokriqjh"k'pesnksokrr`"kkig%A o`";kscY;ksc)ew=LFkS;kZfXuLojo.kZd`r~AA

(D.G.S-dhanyavarga /22-23)

Dhanvantari Nighantu:

This is the first *nighantu*, which describes the properties, action and uses of *dravyas* along with their synonyms. It is divided into 7 *vargas*. *Yava* has been mentioned under *dhanyavarga*.

v{krkLrh{k.k'kwdk'pS;ok'p orquker%A #{k%'khrksxq#%Loknq%ljksoM~okrd`|o%A
o`";%LFkS;Zdjksq=esn%fiYkdQku~t;sr~A ihulukldklks#LFkEHkd.BRoxke;ku~AA

(D.N -suvarnavarga/ 67-68)

SodhalaNighantu:

This *nighantu* has two parts *namasangraha* dealing with synonyms and *gunasangraha* describing actions and uses of drug. The *dravyas* are categorized in 26 groups in this *nighantu*, *Yava* has been catalogued in the *shukadhanyavarga* and the properties, action and therapeutic indication have been documented in the *GunaSangraha*.

;o% d"kk;kse/kqjksfge'pdVqfoZikdsdQfiYkgkjAA esgkiar`V~'keuks-fr#{k%izlknu%
'kksf.krfiYk;ks'p A

xq#% lj% ihuldld.BRod'okljksxks#tkig'p AA oz.ks"qkfryorif;ks ys[ku'p AA

(S.N.shukadhanyavarga/911-914)

Madhava dravyaguna:

It is known as *Bhavaswabhavavadaha*. This *nighantu* has 900 verses and drugs are classified under 29 groups. *Yava* has been described in *kudhanya varga*.

#{k%'khrksxq#%Loknq%ljksoM~okrd`|o%A
o`";%LFkS;Zdjksq=esn%fiYkdQkA;sr~AA

(M.D-kudhanyavarga/3-4)

Madanapala Nighantu:

It is commonly known as *Madanvinoda* and also as *Madananighantu*. The drugs are systematized in 13 groups. *Yava* has been depicted in *dhanyadivarga*, where its comprehensive description is available.

;o%'kqfpLrh{k.k'kwdk;od"kk;kse/kqj%'khr%'fiYkdQkL=fr~AA oz.ks"qkfryorif;ks
#{kkses/kkfXuo)u%A

ys[kuksc)fuL;Un%Lo;ksZaesgr`"kkg%AA cgqokrey%LFkS;Zo.kZdkjh I fifPNy%AA

(M.N- dhanyadivarga /23-25)

Bhavaprakash Nighantu:

This *nighantu* is an important landmark in the history of Indian medicine, particularly in the *dravyagunavigyana*. Drugs are classified under 23 groups. *Yava* is mentioned in *dhanya* varga.

;o%d"kk;kse/kqj%'khryksys[kukse`nq%A oz.ks"qkfryoRiF;ks

#{kkses/kk.fXuo/kZu%AA

dVqikdks.ufHk";UnhLo;ksZcydjksxq#%A cgqokreyks o.kZLFkS;Zdkjh p fifPNy~%AA

d.BRoxke;'ys"efiRresn% iz.kk'ku%A ihulukldklks#LrEHkyksfgr` Viz.kqrAA

(B.P- dhanyavarga /27-31)

Raja Nighantu:

Its real name is 'Abhidhana Chudhamani' or 'Dravyabhidhana Ganasamgraha.' All the *dravya* have been categorized in 23 groups. *Yava* has been depicted in *Shalyadi varga* along with synonyms and properties.

;oLrques/;%flr'kwldlaKkfnO;ks-{kr%dÂqfd/kkU;kjktksL;kYkh{k.kk'kwdLrqjfiz;'p'käqqqgZ;
Z"V~'p~ ifo=/kkU;e~AA ;o%d"kk;kse/kqj%'lq'khry%izesgftfYkädQkigkj%A
v'kwdeq.MLrq;okscyiznks o`"; u`.kk cgqoh;Ziqf"Vn%AA

(R.N- Shalyadivarga /69-70)

Dietic Approach (Pathya)

Yava is used as both medicinal formulations and dietary preparations. *Charaka* has indicated the intake of *Yava*, wheat and milk products is wholesome for the people living in the middle part (of India) (C.S.Ci.30/318)

Descriptions of *Yava* as a *pathya* in different disorders are as follows:

JWARA (FEVER)

1. Edibles preparations of *Yava*, *ghee* and wine are wholesome in intermittent fever.(S.S.U.39/266)
2. He, who has predominance of *kapha* should consume *yavagu* prepared from *Yava* and processed (boiled) with drugs of *mahatpanchamula*. If there is constipation, it can be prepared from *Yava* fried in *ghee* and then processed with *pippali* and *amalaka*, This will help elimination of faeces and the *dosa* .(A.H.Chi.1/30)
3. If there is predominance of *kapha* in fever, *Yava* removed of its husk, fried and made into small pieces is ideal.(A.H.Chi.1/73)

RAKTAPITTA

1. Food prepared from *Yava* and kola together with *kulattha yusa* or meat soup or *yavayu* (thick gruel) added with *saindhava* be given as food in *raktapurna chikitsa*. (Su.S. Chi.2/53)

PREMEHA (DIABETES)

1. *Mantha* (flour of different types of corn mixed with water), *kasaya* (decoctions), barely powder, linctus prepared of *Yava* and other light-eatables; *Yavaudana* (cooked *yava*) without adding any unctuous articles, *vatya* (yava-porridge) *saktu* (roasted corn flour) and *apupa* (pan-cakes) mixed with the meat-soup of gallinaceous and pecker birds and animals inhabiting arid land. (C.S.Ci.6/18)
2. *Yava* should constitute the principal ingredient of food of the patient suffering from *prameha*. The patient suffering from *kaphaja prameha* should take eatables prepared of *yava* mixed with honey. *Yava* soaked in the decoction of *triphala* and kept overnight mixed with honey. It is a refreshing (*tarpana*) diet. It should be given to the patient suffering from *prameha* regularly to overcome the disease. *Yava* soaked in the decoction of *triphala* and kept overnight mixed with honey. It is a refreshing (*tarpana*) diet. It should be given to the patient suffering from *prameha* regularly to overcome the disease. Various eatables prepared from the *Yava* or bamboo seed or wheat previously eaten by asses, horses, cows, swans and deer and collected from their dung should be given to the patient suffering from *prameha*.(C.S.Ci.6/21-24)
3. Persons habitually taking roasted *yava*, dry corn-flour, *mudga* and *amalaka* do not suffer from *prameha*, *svitra*, *kricchramutrata* and *kaphaja kusta*. (C.S.Ci.6/48)
4. *Prameha* patient should take food prepared from old *sali*, *sastika*, *yava*, *godhuma*, *kodrava* or *uddalaka* etc. along with *yusa* of *canaka*, *adhaki*, *kulattha* and *mudga*.....(S.S. Chi.11/6)
5. *Vatya* prepared from either *yava* which has come out of the rectum of an elephant or horse (which have been fed sumptuously with *yava* earlier).(A.H.Chi.12/10)
6. Foods and drinks should be prepared from either *yava* or *godhuma* which have been soaked in the decoction of indicated drugs in *prameha chikitsa*.(A.H.Chi.12/9)
7. *Yava* is soaked in the decoction of *vara* (*triphala*) for the night and dried in the day. *Saktu* (paste of flour) prepared from this *yava* should be consumed along with *sidhu* and added with honey.(A.H.Chi.12/15)

SOSHA (TUBERCULOSIS)

1. The patient should take the soup of the meat of goat added with *yava*, *kulattha*, ginger, *dadima*, *amalaka* and *ghee*. By this, six ailments like *pinasa* etc. get cured. (C.S.Ci.8/67)
2. Along with this soup, the patient should take food preparations made of *yava*, wheat and rice depending upon their wholesomeness (suitability). (C.S.Ci.8/69)

3. Intake of *yava*, *godhuma*, *madhvika*, *sidhu*, *arista*, *sura*, *asava*, meat of animals inhabiting arid zone and *sulya* type of meat (meat roasted on a spike) preparation overcomes *kapha*. (C.S.Ci.8/120) In *sosha*, after evacuation, he should take *yava*, wheat and *sali* rice with meat soup in food. When digestive fire is established and complications are allayed, he should be given promoting diet.(Su.S.U.41/33)
4. The patient of *sosha* should eat various preparations of *yava* soaked with alkali water of *arka* and *guduchi* and emaciated should drink, at the time of meal, ghee of goat or sheep with gruel. (S.S.U.41/37)
5. *Sali*, *sastika*, *godhuma*, *yava* and *mudga* which are old by one year; milk, ghee and flesh or goat and meat of carnivorous animals- all these cure consumption. (A.H.Chi.5/5)

KSHATSHINA (PHTHISIS)

1. Roasted *yava* flour should be sieved through a cloth, and *mantha* (thin gruel) should be prepared out of it. This gruel should be added with honey and ghee, and given to a patient suffering from phthisis, provided that he is accustomed to taken *yava* as one of the ingredients of the food and if he has strong power of digestion. (C.S.Ci.11/81)

SVAYATHU (EDEMA)

1. *Yava* is very useful for *Svayathu* patients. (C.S.Ci.12/62)
2. The patient of *sosha* should partake food prepared from *yava* or *godhuma* along with soup of *mudga*, processed with *yavaksara*, *pippali*, *marica* and *sringavera*, without salt and with little quantity of fats (*ghee* or oil).(S.S. Chi.23/12)
3. Mess prepared from old *yava* or *sali* boiled in the decoction of *dasamula* added with very little of salt and fats partaken in small quantity is the ideal meal for patients of *sosha*.(A.H.Chi.17/17)

UDARA ROGA

1. The *udararoga* patient should take such food which is light for digestion and which helps in the stimulation of digestive power. He should take red variety of *sali* (a type of rice), *yava*, *mudga* (*moong dhal*), meat of animals and birds inhabiting arid zone (C.S.Ci.13/97)
2. Patient of abdominal enlargement should avoid foods, which are hard for digestion, creates moisture inside the tissues, causes dryness, produce-burning sensation during digestion and fatty meat, taking bath and immersing in water. He should partake food prepared from *sali*, *sastika*, *yava*, *godhuma* and *nivara* daily (S.S. Chi.14/4)
3. Medicated ghee prepared with the decoction of *yava*, *kola*, *kulattha* and *pancamula*, added with *sura* and *sauviraka* can be consumed in *udaracikitsita*.(A.H.Chi.15/8)

ARSHA (PILES)

1. Food prepared from *sali*, *sastika*, *yava* or *godhuma* added with ghee is to be consumed along with either milk, soup of *nimba* or *patola* in all kinds of piles.(S.S.Chi.6/8)

KUSTHA

1. *Kustha* patient should take food prepared from old *sali*, *sastika*, *yava*, *godhuma*, *koradusa*, *syamaka*, *uddalaka* etc along with *yusa* of *mudga*, *adhaki* and similar pulses.(S.S.Chi.9/5)
2. Diet prepared from *sali*, *yava*, *godhuma*, *koradusa*, *priyangu*, *mudga*, *masura*, *tuvari*, bitter vegetables, meat of animals of desert like lands processed with *vara*, *patola*, *khadira*, *nimba* or *aruskara* in *kusta*.(A.H.Chi.19/25)

Mahakustha

1. *Mantha kalpa*- *Yava* removed of its husk is kept soaked in cows urine at night and in the next morning, filtered using a big basket (made of bamboo reeds) and dried (in shade); the process is repeated for seven days. Afterwards *yava* is fried in a pan and then converted into flour. Powder of *bhallataka*, *prapunnada*, *avalguja*, *arka*, *citraka*, *vidanga* and *musta* –one-fourth the quantity of flour of *yava* is added with decoction of drugs of *salasaradigana* or *kantakivrksas* should be consumed every morning by patient suffering from leprosy or diabetes. In the same manner flour of *yava* soaked in decoction of drugs of *salasaradigana* or *aragvadhigana* or *yava* obtained from the dung of either cow or horse are made into flour, mixed with one fourth of powder of *bhallataka* and consumed along with *nimbi*, *rajavrksa*, *guduci* or any similar drugs, adding sugar, honey or *draksa* or *dadima*, *amalaka*, *amlavetasa* and *saindava lavana*. *Yava* can be consumed in the form of *bhaksya* (snacks), *dhana* (dry fried) *ulumbaka* (moist fried), *kulmasa* (steam cooked), *apupa* (cake fried in oil), *puvakosa* (stuffed cake), *utkarika* (pan cake), *saskuli* (paste fried in oil), *kunavi* (dry flakes–pappad).(Su.S. Chi.10/4-5)

Hikka-Swasa- Kasa (Respiratory tract)

1. The patient suffering from *hikka-swasa* should take food prepared of old *sali*, old *sastika*, old wheat or old *yava*. (C.S.Ci.17/100)
2. Intake of *sali* type of rice, *yava*, wheat and *swastika* type of rice along with the soup of the meat of animals who are domesticated (*gramya*) or those who live in marshy lands (*anupa*) or aquatic animals, or along with the *yusa* of *masa* and *atma-gupta* is useful (for the patient suffering from *vatika* type of *kasa*. (C.S.Ci.18/76)

3. Intake of *syamaka*, *yava* and *kodrava* along with the sweetened soup of the meat of the animals inhabiting *jangala* zone or with the soup of *mudga*, etc., or with the vegetables having bitter taste is useful (in *paittika* type of *kasa*). (C.S.Ci.18/96)
4. The patient of cough associated with *pinasa* (chronic nasal catarrh) should eat food along with milk and meat soup, rice, *yava*, wheat, *sastika* rice. (A.H.Chi.3/19)
5. In *pittakasa*, *yava*, *syamaka* and *kodrava* may be consumed (as food) along with sweet juice of meat of desert like regions or with soup of *mudga* etc; or with vegetables of bitter taste, consumed in moderate quality is suitable..(A.H.Chi.3/32)
6. The kaphaja *kasa* patient should take mess prepared from *yava*, *mudga*, *kulattha*, hot and dry with predominance of pungent taste should be used.(A.H.Chi.3/43)

Atisara (Diarrhoea)

1. If there is *varcahsaya* (scanty stool) and dryness of the mouth, then the patient should be given the *dhanya-yusa* (a type of soup prepared of cereals and pulses) made of *yava*, *mudga*, *masa*, *sali* type of rice, sesame seeds, kola and tender fruits of *bilva*, (C.S.Ci.19/35)
2. Soup of *masa*, *yava* and kola processed with ghee and oil and cooked with curd and pomengranate should be given to eat in *atisara* (S.S.U.40/135)

Chardi (Vomiting)

1. Vegetable soup of *kola*, *kulattha*, *dhanya*, *bilva*, *mulaml* and *yava* cure *vatika* type of *chardi* (C.S.Ci.20/23)
2. *Kulmasa*, *laja*, *yava-saktu* ,*graja* should be made to a linctus by adding *sitopala*, honey and *pippali* . This recipe is given to the patient (suffering from *paittika* type of vomiting). (C.S.Ci.20/28)
3. The patient should be given wheat, rice and *yava*, which are old as food. (C.S.Ci.20/35)

Visarpa (Erisypeles)

1. The roasted flour of *yava* and *sali* type of rice may be added with ghee, and given to the patient to eat in the form of a linctus. (C.S.Ci.21/110)
2. Depending upon the eating habit (wholesomeness), the patient may be given either *yava* or wheat or *sali* type of rice to eat. If *Sali* type of rice is not very homologatory, and if *kapha* is aggravated in excess, (then *yava* and wheat to be used as food). (C.S.Ci.21/114)
3. Mess prepared either from *godhuma* or *yava* followed by drink of *sidhu* mixed with honey and sugar.(A.H.Chi.18/28)

Madatyaya (Alcoholism)

1. The person having *kapha* type of constitution should drink alcohol after resorting to heating regimens, and along with food prepared of *yava*, wheat and meat of animals inhabiting arid zone mixed with black pepper. (C.S.Ci.24/23)
2. Diet for *vatika* and *kaphaja* alcoholism.(C.S.Ci.24/132,170,172)
3. In *kaphajapanatyaya* various edibles of *yava* and meat of wild animals are wholesome and also other *kapha* –alleviating remedy which is free from adverse effects.(Su.S.U.47/29)
4. *Kaphajamadatyayachikitsa*- He should eat food prepared from *yava* or *godhuma*.(A.H.Chi.7/36)
5. The person with the predominance of *slesma* (*kapha*) should drink wine, indulging in comforts which are not cold, partaking *yava* and *godhuma*, meat of animals of desert-like regions processed with *marica*.(A.H.Chi.7/9)

Vata Vyadi

1. Person suffering from *vata vyadi* should take *utkarika vesavara*, *milk*, *masa*, *tila*, boiled rice, seeds of *eranda*, wheat, *yava*, *kola*, *Sthira* etc. (C.S.Ci.28/114)
2. *Mahavata Vyadi*- During intake of *Vardhamanapippali yoga* –food prepared from old *sali*, *sastika*, *yava* and *godhuma* and partaken either with milk, soup of meat of animals of arid land or soup of *mudga* without adding sours should be taken.(S.S. Chi.5/12)

Vata Raktha(Gout)

1. For the patient suffering from *vata -rakta* (gout), the following are useful: cereals like old *yava*, *wheat*, *nivara* and *sali* as well as *sastika* types of rice; soup of the meat of *viskira* (gallinaceous) and *pratuda* (pecker) birds (C.S.Ci.29/50)
2. Meat of animals of desert like region, *yava*, *sali* and milk should be used as food in *pittavratavatacikitsita* in *vatarakta*.(A.H.Chi.22/54)
3. Meat of animals and birds of desert like region and boiled *yava* should be used as food in *kaphavratavatacikitsita* .(A.H.Chi.22/57)

Stri Roga (Female disorders)

1. Ghee, milk, meat soup, food ingredients like *sali* rice, *yava*, wheat and *sastika* rice, and medicated enema in special are very useful in seminal morbidities(C.S.Ci.30/151)
2. After proper purgation, a wise physician should again give *samsarjana-krama* (rehabilitating diet) to the patient and, thereafter, for the alleviation of the residual *dosa*, she should be treated with different types of food and drinks (which are as follows) : *Sali* and *sastika* types of rice, *syamaka*, *priyangu*, *kodrava*, *yava* and *venu-yava* are useful as food (C.S.Ci.30/255-257)

3. Food prepared from yava, abhayarista, sidhu and oil should be used habitually ,so also recipes of *pippali*, *ayoraja* and *pathya* mixed with honey in *kaphajayonivyapat*.(A.H. U.34/54)
4. Women suffering from *artavadusti* vitiated by three *dosa* and sonata should take food prepared from *sali* and *yava*, wine and meat which increase pita are beneficial.(Su.S.Sa.51/27)
5. *Sutikopacara* (management of *peurperum*) –After few days she can be allowed to consume boiled rice along with soup of *yava*, *kola*, *kulattha* and soup of meat of animals of desert like regions considering her strength and of her digestive power. (S.S. Sa.10/16)
6. In order to help production of milk she should be advised to develop calm and well composed mind and given foods prepared from *yava*, *godhuma*, *sali*, *sastika*, meat soup, *sura*, *sauvirka*, *pinyaka*, *lasuna*, *matsya*, *kaseruka*, *srngataka*, *bias*, *vidarikanda*, *madhuka*, *satavari*, *nalika*, *alabu*, *kalasaka* and such others.(S.S. Sa.10/30)

Sthaulya (Overweight/Obesity)

1. Intake of *prasatika*, *priyangu*, *syamaka*, *yavaka*, *yava*, *jurnahva*, *kodrava*, *mudga*, *kulattha*, *mudgaka*, *adhaki* along with *patola* and *amalaka* as food, followed by honey water indicated in overweight / obesity (C.S.Su.21/25-26)
2. Individuals desirous of reducing over corpulence (*santarpanjanya roga*) should take recourse to habitual exercise, intake of food like *yava* and wheat only after the digestion of the previous meal. (C.S.Su.23/25)

Karsya (Emaciation)

1. *Payasa*, *asvagandha*, *vidarigandha*, *satavari*, *bala*, *atibala*, *nagabala* and other drugs which are sweet; milk, curd, *ghee*, meat, *sali*, *sastika*, *yava* and *godhuma* are indicated as *pathya* for *Karsya* (emaciation) caused by *Vata* .(S.S..Su.15/33)

Vidradi :

1. The patient should partake boiled rice prepared from decoction or root of *sigru* and added with *siddharthaka* or *yusa* of *yava*, *kola* and *kulattha*.(S.S. Chi.16/37)
2. Patient should consume his food along with the soup of *yava*, *kola* or *kulattha*. (A.H.Chi.13/23)

Galganda

2. Eatables prepared from *yava* soaked in *gomutra* (dried and then cooked in water) and soup of *mudga* and added with *srngavera*, *patola* and *nimbi* should be given as food for the patient of *galganda*.(Su.S. Chi.18/51)
3. Food prepared from *yava* should be taken daily in *medajagalaganda*.(S.S. Chi.18/55)

Vajikaraka-Rasayana

1. *Aruskara (bhallataka)* consumed with either the husk of *amalaka, dadhisara, taila,guda, payas,ghrta, yava saktu, tila, maksika, palala or supa* makes the body strong ,bestows great intelligence and long life.(A.H. U.39/80)
2. *Pupalika (poori)* may be prepared from powder of *pippalimula, masa, sali, yava* and *godhuma* –all in equal quantity and cooked in ghee; this snack consumed followed by drinking milk added with sugar, the person will copulate for ten times continuously just like a *cataka* (sparrow) .(S.S. Chi.26/21)

Mukharoga/Dandta:

1. Food prepared with *yava* and *trnadhanya, yusa* and eatables prepared from pulses which are washed in alkali water and removed of /devoid of fat and such others which mitigate *kapha* are suitable in *mukharoga*.(A.H. U.22/110)
2. The patient should take foods prepared from *yava* in *dantaarbuda*.(A.H. U.22/79)

Netra roga (Eye Disorders)

1. One who takes regularly old *ghee, triphala, satavari, patola, mudga, amalaka* and *yava* should not be afraid of severe *timira*. (S.S.U.17/48)
2. Persons who are fond of their eyes should always adhere to the following, grains such as *yava, godhuma, sali, sastika, kodrava, mudga* etc. which are old and which mitigate *kapha* and *pitta* mixed with more of *ghe*, vegetables and meat of animals of desert like lands, having similar properties; *dadima, sita, saindhav, triphala, draksa* and rain water for drinking.(A.H. U.16/62)

Nasaroga:

1. Meat of animals of desert like lands, *jaggery ,milk, canaka, more of trikatu ,yava, godhuma*, processed with curds and juice of *dadima* should be used as food in *nasaroga* .(A.H. U.20/3)

Pratisyaya:

1. In *pratisyaya* rough edibles made of *yava* and *haritaki* are indicated. (S.S.U.24/21)

Siro Roga:

1. The diet should consist of boiled *yava* and *sastika* rice added with *trikatu* and *yavakshara* along with soups of *patola*, green gram and horse gram-all in proper quantity. (Su.S.U.26/23)

Gulma:

1. The patient of *gulma* having retention of faeces and flatus should eat (preparations of) *yava* with milk or edibles made of *yava* flour added with plenty of fatty substance and markedly salty. (S.S.U.42/65)

2. Jaggery, Sali rice, yava, milk, drink of ghee, purgation and meat of wild (animals and birds)- these are remedies for *paittika colic(gulma)* (S.S.U.42/106)

Hridroga (Heart disorders)

1. In *krimijahdroga* edibles prepared of *yava* mixed with *vidanga* should be given to eat. (S.S.U.43/22)
2. Patient should consume food prepared from *yava* along with soup of *kulattha* and meat of animals of desert like region.(A.H.Chi.6/50)

Pandu (Anemia)

1. *Sali* (rice) and *yava* should be used regularly in *panduroga* patient. (S.S.U.44/37)

Murcha (Fainting):

1. Milk processed with *kakolyadi* group of drugs, meat soup of wild animals mixed with pomengranate, *yava*, red rice and peas are always wholesome in fainting.(*murcha*) (S.S.U.46/16)

Trisna (Thirst):

1. *Vatya* prepared from raw *yava* mixed with sugar and honey and cooled, can be used in all type of *trisna*.(A.H.Chi.6/63)
2. *Yava* as a food for *kaphaja trisna* (A.H.Chi.6/74)
3. *Trisna* due to exposure to *sunlight*, *mantha* prepared with flour of *yava* and kola should be consumed.(A.H.Chi.6/77)

Urusthambhaa:

1. *Yava*, *syamaka*, *kodrava*, vegetables boiled in water without salt and with very little of oil, soup of meat of animals of desert like regions without addition of ghee, honey water and arista are suitable as food in *urusthambha*.(A.H.Chi.21/46)

Visha Chikitsa (Poison treatment)

1. After taking a purgation, patient should partake food prepared from *yava* processed with soups in *kandacitra* snake bite.(A.H. U.36/70)

DISCUSSION & CONCLUSION:

Yava is well known to the present era since *vedic kala*. *Yava* is one of the oldest of all crops. It is one of the most ancient cereal in *Atharva Veda*. Apart from this, it is used in religious ceremony and medicinal preparations. This article covers the dietetic aspect of *yava* in different disorders.

Yava as a *pathya* in *Ayurvedic* texts:

S.No	Disease	Charak Samhita	Sushurta Samhita	Astanga Hridya
1.	<i>Jwara</i>	—	+	+
2.	<i>Raktapitta</i>	—	+	—
3.	<i>Prameha</i>	+	+	+
4.	<i>Sosha</i>	+	+	+
5.	<i>Kshatshina</i>	+	—	—
6.	<i>Svayathu</i>	+	+	+
7.	<i>Udara Roga</i>	+	+	+
8.	<i>Arsha</i>	—	+	—
9.	<i>Kustha</i>	—	+	+
10.	<i>Mahakustha</i>		+	—
11.	<i>Hikka-Swasa- Kasa</i>	+	+	+
12.	<i>Atisara</i>	+	+	—
13.	<i>Chardi</i>	+	+	+
14.	<i>Madatyaya</i>	+	+	+
15.	<i>Vata Vyadi</i>	+	+	—
16.	<i>Vata Raktha</i>	+	—	+
17.	<i>Stri Roga</i>	+	+	—
18.	<i>Sthaulya</i>	+	—	—
19.	<i>Karsya</i>	—	+	—
20.	<i>Vidradi</i>	—	+	+
21.	<i>Galganda</i>	—	+	—
22.	<i>Vajikarana-Rasayana</i>	—	+	+
23.	<i>Mukharoga/Dandtaroga</i>	—	—	+
24.	<i>Netra roga</i>	—	+	+
25.	<i>Nasaroga</i>	—	—	+
26.	<i>Pratisyaya</i>	—	+	—

28.	<i>Siro Roga</i>	—	+	—
29.	<i>Gulma</i>	—	+	—
30.	<i>Hridroga</i>	—	+	+
31.	<i>Pandu</i>	—	+	—
32.	<i>Murcha</i>	—	+	—
33.	<i>Trisna</i>	—	—	+
34.	<i>Urusthambha</i>	—	—	+
35.	<i>Visha Chikitsa</i>	—	—	+
36.	<i>Visarpa</i>	+	—	+

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