

CONCEPTUAL STUDY ON CLINICAL APPLICATION OF YAVAGU KALPANA

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ABSTRACT

In Ayurveda many times *Aushadhi Dravya*'s are combined with *Aahariya Dravya*'s in different conditions where the patient is not able to consume the medicine due to their *Virya Pradhanta*, *Bala Kshya* or *Agnimandhya* "*Yavagu Kalpna*" is one of the *Ahariya Kalpna* which when combined with *Aushadhi Dravya*'s can be used in different conditions for eradication of the disease. *Yavagu* not only cures the disease but also helps in the prevention of a disease by its different properties and nutritive value. So, in this review "*Yavagu Kalpna*" is critically analysed & compiled from Ayurveda text for their clinical application in future.

Keywords: *Yavagu*, *Aushadhi Dravya*, *Aahariya Dravya*

INTRODUCTION

Ayu i.e., life is comprised of several factors like "Sharir", "Satva", indriya and "Atma", which are connected by Prana. The major stambha i.e., pillars called tristambha are Dosha's, while to sustain the life

process Ayurveda has forwarded the concept of Trayopastambha which are

- 1) Ahara
- 2) Nidra
- 3) Brahmanarya

According to Charka ahara is the major source for the continuation of chetana. Anurutti or continuation of life process, man is the result of food and he is best supported by wholesome food. Aahar is called, "Mahabhaisajya" in Kashyapa Samhita. In Ayurveda many times Aushodha is advised with Aahriya dravyas in different conditions lie, vrudhastha (old age) balyavastha (paediatrics) Grabhini (ANC), Sukumar Person, alpa bala due to chronic disease agnimandhya etc.

"Yavagu" is one of ahar kalpna which can be used for eradication of disease as well as for the nutritive need of our body. It is used as pathya kalpna in various conditions for the prevention of disease. Due to its different properties, it has a wide range of actions in the alleviation of different vikara. So, in this review, "Yavagu Kalpna" is critically analysed from different Ayurvedic texts.

Aim:

- 1) To study the Yavagu kalpna.

- 2) To compile the different Yavagu kalpna & its clinical application from text.

Yavagu Kalpna: -

Yavagu Kalpna is one of ahar Kalpna which is included in Pathya Kalpna. It is prepared using rice, pulses and water. It is a semisolid gruel having a lot of nutritive value. It is used as an ahar and as well as aushadhi.

Classification of ago: -

Yavagu are broadly classified as

- i) On Basis of Constituents:

On basis of its constituents Yavagu is classified as:

- 1) Aahar Pradhan
- 2) Aushadhi Pradhan

- ii) On basis of Bhaisjya Kalpna

On basis of Bhaisjya Kalpna Yavagu is classified as:

- 1) Kalka pradhan
- 2) Kwath pradhan
- 3) Mamsras pradhan

Table 1

| Sr.No. | Yavagu type | Constituents | Uses |
|--------|------------------------------------------------|-------------------------------------------|---------------------------------------------------------|
| 1 | Aahar Pradhan (Called Raspradhan Yavagu) | Ahar Draya like Tandula Masha, Tila, etc. | Used as pathya in healthy person for preventive purpose |
| 2 | Aushadhi Pradhan (Called Virya Pradhan Yavagu) | Aushadhi Dravya as well as aharia draya | Used in many diseased conditions. |

Table 2

| Sr.No. | Yavagu type | Constituents | Uses |
|--------|------------------|-------------------------------|------------------------------------------|
| 1 | Kalka Pradhan | Yavagu prepared with kalka | Eq. Sunthi, pipalli siddha in udar shula |
| 2 | Kwath pradhan | Yavagu prepared with kwath | Eq. Bilva kwath siddha in atisara |
| 3 | Mamsrasa Pradhan | Yavagu prepared with mamsrasa | Eq. Mamsrasa siddha in karshya kshya |

Ausadhi pradhan Yavagu is further classified as.

Table 3

| Sr.No. | Yavagu | Uses |
|--------|----------------|---------------------------------|
| 1 | Tikshana Virya | For eg. Pippali sunthi in shula |
| 2 | Madhyam Virya | eg. Bilva siddha in Atisara |
| 3 | Mrudu Virya | eg. Amalki siddha |

Aacharya Vagbhatta has not used the specific word Yavagu. He has described ahar kalpna in kruttana Varga (Ref. AH. St. 6 / 26-27)

He has classified it as: -

- 1) Manda
- 2) Peya
- 3) Vilepi
- 4) Odana

Manda: - Thin fluid resembling water drain out immediately after cooking is known as Manda.

Peya: - Slightly thicker than manda but still liquid is peya.

Vilepi: - Next stage with more solid grain & less liquid is vilepi.

Odana: - The last stage which is solid without fluid part is odana.

On this Arundatta comments that peya & vilepi both are included in Yavagu Kalpna. They can be the types of Yavagu Kalpna. He describes Mand as “asikhto dravya” & Yavagu as. “Sikhto Dravya” which are of two types.

i) Peya - alpa sikhto

ii) Vilepi – Bahu sikhto

And Odana as “Adravyani Sikhtani”

So, from the above explanation peya & vilepi can be considered as a type of Yavagu on basis of consistency.

Table 4

| Sr.No. | Name of Kalpna | Rice proportion | Water proportion |
|--------|----------------|-----------------|------------------|
| 01 | Manda | 1 part | 14 parts |
| 02 | Peya | 1 Part | 14 Parts |
| 03 | Vilepi | 1 Part | 4 Parts |
| 04 | Odana | 1 Part | 5 Parts |

Method of preparation of Yavagu: -

i) Constituents of Yavagu: - Acharya Sushrut and sharangdhara have a different opinions regarding constituents of Yavagu.

Table 5

| Sr.No. | Text | Constituents | Properties |
|--------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| 1 | Sharangdhara S.S. Mkh-2/164-/65 | 1) Tandula (Oryza-sativa-linn) 2) Mugda (Phaesolus.mungo. linn) 3) Masha (Phaesolusradiatus.linn) 4) Tila (Seasum. indicum) | Balya, Grahi Trapak Vatanashaka |
| 2 | Sushrut (S.S. Utt 40/156) | 1) Tandula (Oryza-sativa. linn) | Laghu, Grahi, Bastishodhani |

II) Preparatory Procedure: -

i) Procedure for Aahar Siddha Yavagu: -

For ahar Siddha Yavagu 1 part of ahar dravya (i.e., trindula masha etc) is cooked with 6 parts of water to get a semisolid gruel.

[1-part Dravya+6 parts water $\xrightarrow{\Delta}$ Aharsiddha Yavagu]
cooked

(Ref.Sh.S.MK.2/164-165)

ii) Procedure for Aushadhi Siddha Yavagu: -

For Aushadhi Siddha Yavagu 4 Pal of aushadhi dravya (e.g. Sunthi Pippali etc) is boiled with 64 pal of water and reduced to half a quantity and then to this rice is added and cooked to get a semisolid gruel.

(Ref. Sh.S.MK.2/152)

This is a general method for preparation of aushadhi Siddha Yavagu but wherever special proportion is mentioned that must be followed.

Review of some classical preparation of Yavagu:

Let us review some classical preparation of Yavagu and its clinical applications.

| Sr.No. | Name of Yaugu | Contents of Yavagu | Properties and indication | Reference |
|--------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------------------------------|
| 1 | Agnideepak yavagu | Pippali (Piper longum) Pippalimula Chava (piper chaba) Chitraka (Plumbago Zeybuica) Sunthi ((Zingiber officinale) | Agnimandhya Shula | C.S. Su2/18 |
| 2 | Pachani & Yavagu Grahini | Kapitha (Feroria limonia) Bilva (Aegles marmelos) Changeri (Oxalis Corniculata) Dadim (Punica-granature) Dadhi (curd) | Atisara | C.S.SU 2/19 A.S. Ch 11/14 |
| 3 | Pitta Kaphaj Atisara Nashak | Hiber (Coleus velliveroides) Utpal (Nymphaeoallra) Musta (Cyperus rotundus) Prushparui (Uraria Picta) Dadhim (Punica granatum) | Pittaj Kaphaj Atisarsa | C.S.S.2/10 |
| 4 | Rakataj Atisar Nashak | Hiber (Coleus vellivenoides) Utpal (Nymphaeoallra) Musta (Cypews rotundus) Prushparui (Uraria Picta) Chhag. ksheer (Goat milk) | Raktaj Atisara | C.S.SU 2/21 A.H.C.9/86 |
| 5 | Aamatisar Nashak Yavagu | Ativisha (Aconitum heterophyllum) Sunthi (zingiber Officinale) Dadim (Punicagranatum) | Aamatisara | C.S.SU-2/22 |
| 6 | Pakratisara Nashak Ya-vagu | Bilva (Aegelos marmelos) Musta (Cyperus rotundus) Dhatki (Wood fordia fruticosa) Sunthi (Zingiber officinale) | Pakvatisara | AH.C.9/23-24 |
| 7 | Kriminashak Yavagu | Vidanga (Embelica ribes) Pippalimula (Piper longum) Shigru (Moringa pterygosperma) Marich (Piper nigrum) Takra (butter milk) | Krimiroga | C.S.SU 2/23 AH.C.20/25 |
| 8 | Trishnashmak yavagu | Sariva Musta (Cyperus rotandus) Pippali (Piper longum) Mudvika, Lajja & madhu | Trishna roga | C.S.SU 2/224 |
| 9 | Vishghani Yavagu | Somraji | Vishvikara | C.S.SU 2/24 |
| 10 | Bruhaniya Yavagu | Mamsrasa (Meat soup) (Varha Mamsa) | Krishata Kshya Kshata | C.S.SU 2/25 |
| 11 | Karshaniya Yavagu | Gavedhuk siddha yavagu | Sthodlya Medoroga | C.S.SU 2/25 |
| 12 | Shothahar Yavagu | Dashmula, yava, shali Lavana & Sneha | Shotha | A.H.C. 17/17 |
| 13 | Snehanartha Yavagu | Tila (Seacum Indicum) Ghrita (ghee) Lavana (sact) | For Snehan | C.S.SU 2/26 |
| 14 | Rukshanartha Yavagu | Kushamula | For | C.S.SU 2/26 |

| | | | | |
|----|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------|
| | | Amalaki (<i>Embelica officinalis</i>) | Rukshan | |
| 15 | Kasashwas Nashak Yavagu | 1) Dashmula siddha yavagu 2) Pippali (<i>Piper longum</i>) Ajmoda (<i>carum roxburghinum</i>) Bilva (<i>Aegles marmelocus</i>) Sunthi (<i>zinziberofficinale</i>) Jwavanashak Dhanyaka (<i>coriander sativum</i>) | Hiccha Shwas kasa Jawara Trishna | C.S.SU 2/27 AH Chi.3/20-21 A.S. Chi 24/25 |
| 16 | Rechak yavagu | Mash (<i>Phaseocusmango</i>) Tila (<i>Seasum Indicum</i>) Shaka, Mamsarasa | Rechan | C.S. SU 2/28 |
| 17 | Grahi Yavagu | Jombu (<i>Syzgum cumini</i>) Bilwa (<i>Aeglemarmelos</i>) Amra (<i>Mangifera indica</i>) | Mala sangrahi | C.S.SU 2/28 A.S. Chi 11/14 |
| 18 | Bhedani Yavagu | Chitraka (<i>Plumbagozeylanica</i>) Amlavetsa (<i>Gorcinia pendunculata</i>) Hingu (<i>Ferula foetida</i>) Kshara | Bhedhan | C.S.SU 2/29 |
| 19 | Vatanulomana yavagu | Haritkai (<i>terminalia chebula</i>) Pippalimula (<i>piper longum</i>) Vishwa (<i>Zingiber officinale</i>) | Vatanulomna | C.S.SU 2/29 |
| 20 | Updravnashak yavagu | Takra (buttermilk) | Sneha vyapad | C.S.SU 2/30 |
| 21 | Vishmajwar Nashak Yavagu | Gavya Mamsa, Dadim | Vishamjwara | C.S.SU 2/31 |
| 22 | Kantharoga Nashak | Yavachurna (<i>Hordeum vulgare</i>) Ghrita & Talia | Kantha Roga | C.S. SU 2/31 |
| 23 | Udarroga Nashak | Tandula, Gomutra Ksheer | Udar Roga | A.H.C. 15/23 |
| 24 | Kaphodara nashak | Sunthi (<i>Zinxiberofficinale</i>) Maricha (<i>Piper nigrum</i>) Pippali (<i>piper longum</i>) Yavakshara (<i>Potasli carbonas</i>) | Kaphodara | A.S. Chi 17/58 |
| 25 | Aamalika Siddha Yavagu | Aamalki (<i>Embelica officinalis</i>) Sunthi (<i>zinxiber officinale</i>) Khandasharkara | Asweda Anidra | A.H. Chi 1/3.2 |
| 26 | Chavyadi Yavague | Chavya (<i>piper chalra</i>) Twak (<i>Cinnamomium zelyanicum</i>) Pipalimula (<i>piper lorgum</i>) Dhataki (<i>wookd fordia frutcosa</i>) Shunthi (<i>zingiber officinale</i>) Marich (<i>piper longum</i>) Chitrak (<i>plumbago zeylanica</i>) Kapitha (<i>feronia limonia</i>) Bilva (<i>aegles marmelos</i>) Patha (<i>cissampelos pareira</i>) Shalmali (<i>salmalia malabrica</i>) | Crahauni | C.Chi 15/113 |
| 27 | Dhatakyadi Yavagu | Musta (<i>cyperus rotandus</i>) Dhataki (<i>woofordia fruitcose</i>) Bilva (<i>Aegle marmelos</i>) | Raktapitha | C, Chi 4/46 |

| | | | | |
|----|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------------------|
| | | Druvalabha (fagonia Arabica) | | |
| 28 | Jivantyadi Yavagu | Jivanti (Leptadenia reticulata) Ajgi (Cuminum cyminum) Shati (Hedychium spicatum) Chitraka (plumbago zeylanica) Pushkarmula (Amula racemosa) Karavi (corcum carvi), Bilva. Vruksh mala (Gracinia indica) Dashmula, Ghrita, Taila and Yavakshara | Shotha | C.Chi 12/60 A.H. Chi 11/20 |
| 29 | Mutrala Yavagu | Kukkuta Mamsarasa | Mutrala | A.H. Chi 3/47 |

DISCUSSION

From the above review we can say that Yavagu has wide range of actions:

- Yavagu corsets Ama dosha by their laghu, ushna properties and by agnideepan in nature
- Dosha which is gradually accumulated and adherent in srotas become loose and get easily separated by laghu dravya, ushna and sartva properties of yavagu.
- Aushadhi dravya's in yavagu kalpna are vyadhi pratyanik in nature but they also help in samprapti vighatana of vyadhi.
- They cause sweating (swedon) because of their ushnatva
- They alleviate thirst because of their Dravatva (liquid nature)
- They sustain life (Ayushakara) due to their nutritional value.
- They are easily digestible because of their fluidity and permeability.
- As a result, they are easily absorbed in the body and provide instant energy i.e., Balya in nature.
- They are shulghna, angnideepak, anulomak krimighna, vishghna, jwarghna, mutrala vat-anashaka, bastishodhak, Grahi in action, so used in different vyadhis like Jwar, shwas, kasa, udara, shotha atisara etc.

So, keeping in mind the nature of the body, Kala i.e., ritu (season) and strength of a patient-physician can advise yavagu kalpna in their practice.

CONCLUSION

By this review study, it can be concluded that yavagu is the combined Kalpna of ahar and aushadhi which can be helpful in both healthy and diseased conditions. So, we the physician should incorporate the use of these different Yavagu kalpna's in our daily practice to achieve the aim of Ayurveda i.e.

“Swasthasya Swastha Rakshanam Aaturasaya Vyadhi Parimoksha...”

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