Journal of Ayurveda and Integrated Medical Sciences

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

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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 rise 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.
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 Grahi (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 Dadhittha, Bilva, Changeri, buttermilk and pomegranate.
4. The Yavagu of Salaparni (Dasmodium gangetium), Prisniparni (Uaria picta), Brhati (Solanum indicum), Kantakari and Goksa (tribulus terrestris) is useful in Vatika diarrhoea.
5. Yavagu prepared with Salaparni, Bala (sida cardifolia), Bilva (aegle marmelos) Prisniparni and soured with pomegranate is useful for Paitik and Slaismik diarrhoea.

6. Yavagu prepared from Hrivera (Pavonia odorata), Utpala (Nymph alba), Nagara, Prisniparni with semi-diluted goats milk cures bloody diarrhoea.
7. Yavagu prepared with Ativisa (Aconitum heterophylum) 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 (moringo olfera), 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 coryifolia) 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 prepard with Bilva, Sonaka (oroxylum indicum), Gambhari (gmelina arbora), Patala (sterospermum suavolance), Ganikarika (Clerodendrum phlomidis), Salaparni (desmodium gangeticum), Prisniparni, Goksa 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*).


22. The **Yavagu** prepared with only buttermilk can be used to reduce untoward effect of ghee.

23. **Yavagu** prepared with buttermilk and oilcake will alleviates the defect caused by improper intake of oil.

24. **Yavagu** prepared with beef extract and soured with pomegranate reduce irregular fever.

25. **Yavagu** prepared with buttermilk and oilcake will alleviate the defect caused by improper intake of oil.

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 nacrosis.

29. That one of Apamarga (*achyranthus aspera*) boiled with milk and extract of *Inguana* flesh kills Hunger.

30. **Trikutu** (dried ginger, black paper, pippali), Cangeri (*Oxalis corniculata*) with Bilva (*aegle marmelos*) 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, Krishna 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.
REFERENCES


Source of Support: Nil, Conflict of Interest: None declared.