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Compilation of Yavagu (Pathya Kalpana) described in Bruhatrayi.

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ABSTRACT

Yavagu is one of the Ahara Kalpana which is mentioned in Samhita for preventive and curative purpose. This study was planned to compile and compare yavagu in Charak, Sushruta & Ashtang Hridaya. All the references related to yavagu are compiled here. Yavagu is used as diet, anupan, in panchakarma & treating disease.

Keywords: *Yavagu, Pathya Kalpana, Samhita, Aahar kalpana*

INTRODUCTION

According to Charaka, Yavagu acts as laghu, agnideepana, doshanulomana¹

Ayurveda is the science which deals with not only treating the disease but also to obtain health. To acquire this, diet is equally important as medicines. Yavagu contains both food & medicine. Its main ingredients are rice and water which have nutrient value & medicines are added according to disease & condition of patient.

Yavagu is mainly prescribed in post sanshodhana karma i.e. in sansarjana karma.

AIM AND OBJECTIVE

- To compile all the references of yavagu from Bruhatrayi

PREPARATION OF YAVAGU²³⁴

Yavagu can be prepared with one part of rice and six parts of water as per Charak Samhita. According to Acharya Vridhajivaka in Kashyapa Samhita, it can be prepared by taking 1 part rice and decoction as 20 parts; Boil it till the rice is cooked; likewise 15 parts and 10 parts decoction can also be taken.

As per Sharangdhara Samhita 4 pala of Dravya is added to 64 pala of water & heated upto half of it remains & then rice is added to it & boiled slowly till rice is cooked and thick gruel is formed.

DOSE⁵

The dose is prescribed according to digestive capability of an individual. (1/4th part of patients daily diet)

PROPERTIES⁶⁷⁸

As per Sharangdhara Yavagu has grahi, balya, vatanashini properties.

It adapts the pharmacological properties of the drug decoction used in the preparation for specific diseases as prescribed in Samhita as mentioned in Charaka Samhita.

According to Sushruta it is trushnanashaka, laghu, deepniya, bastishodhak and it is always beneficial for jwara & atisara.

CLASSIFICATION⁹

- A) On the basis of constituents
 - 1) Aahara pradhana
 - 2) Aushadhi pradhana
- B) On the basis of Bhaishajya Kalpana
 - 1) Kalka pradhana
 - 2) Kwatha pradhana
 - 3) Mamsarasa pradhan

Sr.No	Yavagu types	Constituents	Uses
1.	Aahara pradhana (Rasapradhana)	Ahara Dravya (Tandula,masha,tila etc)	As pathya in healthy person as preventive purpose
2.	Aaushadhi pradhana (Veerya pradhana)	Ahara Dravya & Aushadhi dravya	In diseased conditions
3.	Kalka pradhana	Yavagu prepared with kalka	Shunthi,pippali siddha in udar shoola
4.	Kwatha pradhana	Yavagu prepared with kwatha	Bilwa kwatha siddha in atisara
5.	Mamsarasa pradhana	Yavagu prepared with mamsarasa	Mamsarasa siddha in karshya,kshaya

MATERIAL AND METHODOLOGY

This article is a review based on ayurvedic literature. It focuses on the description of yavagu. The main references used are the Charaka Samhita, Sushruta Samhita and Ashtang Hridaya. Along with these classical texts various other articles and websites were referred for gathering relevant information.

Following are the Yavagu mentioned in the classics along with their references, ingredients, karma, guna and names

CHARAK SAMHITA SUTRASTHANA^{10 11 12}

Sr. No.	Name	Ingredients	Indication	Reference (Charak Sutrasthana)	Karma / Guna
1	Shoolnashaka	Pippali, Pippalimoola, Chavya, Chitrak, Sunth	Shoola	2/18	Deepniya Shoolaghna
2	Kruminashaka	Vidang, Pippalimoola, Shigru, Marich	Krimi	2/23	Krumighna

		(Takrasidh) with Sajjikshar			
3	Pipasanashak	Mrudvika, Sariva, laja, Pippali, Madhu, Shunthi	Trushna	2/24	Pipasaghna
4	Vishanashaka	Bakuchi	Visha	2/24	Vishagna
5	Bruhani	Varaha Mamsarasa	Karshya	2/25	Bruhana
6	Karshaniya	Brushta Gaveduka with Madhu	Sthoulya	2/25	Karshana
7	Snehani	Tila, Ghrut, Lavana	For Snehan	2/26	Snehana
8	Rukshani	Kushamoola, Amalaki Kwath	For Rukshana	2/26	Rukshana
9	Shwasa-Kasa nashak	Dashmoola	Kasa, Hikka, Shwasa Kapha Vikar	2/27	Kasaghna
10	Pakwashaygat Vata Nashak	Yamak Sneha Madira	Pakwashaya Shoola	2/27	Shoolghana
11	Rechani	Shaka, Mamsa, Tila, Masha	For Virechan	2/28	Rechan
12	Sangrahiki Yavagu	Jambu Asthi, Amra asthi, Bilwamagaj	In atisaar	2/28	Sangrahan
13	Bhedini	Yavkshar, Chitraka, Hing Amlavetasa	Malavshtamba	2/29	Malabhedani
14	Vatanulomani	Haritaki,	For	2/29	Vatanuloman

		Pippalimoola, Shunti Kwath	vatanuloman		
15	Ghrutvyapatti nashini	Takrasidha	Ghrut vgapat	2/30	Ghrut Vyapat Nashana
16	Tailavyapatti nashini	Pinyaka,Takra	Taila vyapat	2/30	Taila Vyapat nashana
17	Vishamjwara nashini	Gavya mansa rasa,Dadimrasa	Visham jwar	2/31	Jwara nashana
18	Kanthroga nashini	Yava, Yamaksneha, Pippali, Amalaki	Kanthagata Roga	2/31	Kantharoga Nashana
19	Shukravaha Strotas shoola nashini	Tamrachuda (mamsa Rasa)	Pain in Shukravaha strotas	2/32	Shoolaghna
20	Vrushya	Ghrut bhrushta Masha, Dudha	For Vrushya Karma	2/32	Vrushya
21	Medroga Nashini	Upodika , Dadhi	Medoroga	2/33	Madnashana
22	Kshudharog nashini	Dugha , Godhamamsa Rasa , Apamarg Beej	Bhasmak	2/33	Kshudharog nashana
23	Snehadi	Sneha , yavagu	For sneha pravicharana	13/23-25	For Snehana
24	Sansarjani	yavagu	As sansarjana Karma	15/16	For deepana

VIMANASTHANA¹³

Sr. No.	Name	Ingredients	Indication	Charak Vimansthana	Karmal Guna
1	Panchakol Yavagu	Pippali, Pippalimoola, Chavya, Chitrak, Sunthi	Apakarshana	7/19	Krumighana

SHARIRSTHANA¹⁴

Sr. No.	Name	Ingredients	Indication	Charak Sharirsthana	Karma / Guna
1	Sneharahita Yavagu	Yavagu (Sneharahita)	Mrutagarbha a treatment	8/31	Bruhana, Balrakshaka
2	Ashtam masa yavagu	Milk , Ghrut	8 th month of gestation	8/32	Nourishment of garbha
3	Panchakola yavagu	Milk , ghрут	Sutkika paricharya	8/48	Agnideepan

SIDDHISTHANA¹⁵

Sr. No.	Name	Ingredients	Indication	Charak Siddhithana	Karmal Guna
1	Sthiradi Yavagu	Laghupanchmol , Masoor daal	Atisaar	8/40	Atisarghna Deepniya
2	Baladi Yavagu	Bala , Masoor	Atisaar	8/40	Atisarghna Deepniya
3	Ikshvadi Yavagu	Ikshu , Kush , Masoor, Kasha , Shali dhanya	Atisaar	8/40	Atisarghna Deepniya
4	Duralabhadi Yavagu	Duralabha, Dhataki, Bilwamagaj,	Atisara	8/38	Sarvaatisara nashaka

		Lajjalu, Raktashali, masoor, Ashwath Shruna			
5	Udumbaradi Yavagu	Baludumbar, Sonpatha, Lajjalupatra, Masoor, Dhatakipushpa, Bala	Atisara	8/39	Sarvaatisara nashaka
6	Kachurmooladi Yavagu	Duralabha moola , Shali tandula	Atisara	8/41	Atisara nashana
7	Dadhisiddha Yavagu	Dadhi, Takra, Kanji, Amalarasa, Ikshu Rasa with Sharkara, Madhu	Atisara	8/41	Sarva Atisara nashana
8	Madhur/Lavana Yavagu	Shali,Ghruta, Marich,Jeera	Atisara	8/41	Atisara nashana

SUSHRUT SAMHITA^{16 17 18 19 20 21}

Sr. No.	Name	Ingredients	Indication	Reference	Karma/ Guna
1	Virechniya yavagu	Snuhi Ksheer Bhavit Tandul	For virechan	Sutrasthana 45/81	Sadya Virechan
2	Khadiradi yavagu	Khadir Kwath siddha yavagu	Kushta	Chikatsasth ana 9/66	Kushtaghna
3	Priyangvadi yavagu	Priyangvadi (or) Shrungatakadi	Prameha	Chikatsasth ana 11/10	Pramehaghna

		varga			
4	Pippalyadi yavagu	Pippali, Pippalimoola, Yavani, Chavya	Jwar	Uttartantra 39/131	vatanulomana
5	Baladi Yavagu	Bala, Atibala, Shaliparni, Gokshur, Bruhati, Shatavari (Prakshep – madhu)	Pittaj Atisar	Uttartantra 40/59	Agnideepak balya
6	Shyonaakadi yavagu	Shyonaak twak, Priyangu, yashti, Dadim Patra Kalka , Dadhi	Pakwaatisar	Uttartantra 40/92	Pakwaatisaar nashak
7	Shallakiadi yavagu	Shallaki, Jalkumbhi Dadim phal twak Kwath Siddhayuju , Apakwa bilwaphal majja , Ghruta and Taila Sanskrit , Dadhi	Pravahika	uttartanta 40/156	Pravahikahar
8	Ghrut Siddha	Ghrut , Yavagu	Hikka	Uttartantra 50/22	Hikka nashana

ASHTANG HRUDAYA 22 23 24 25 26 27 28 29 30 31

Sr. No.	Name	Ingredients	Indication	Ref. (shtang hrudaya)	Karma/ Guna
1	Laghupanchmoladi	Shaliparni, Prushniparni, Bruhati, kantakari, Gokshur	After garbhapata	Sharirsthana 2/10	Rukshana
2	Bruhatpanchmoladi	Bilwa, Agnimantha, Shyonaka, Patla, Gambhari	After Garbhapata	Sharirsthana 2/11	Vataghna
3	Panchakoladi	Pippali, Pippalioola, Chavya, Chitrak, Shunthi	After garbhapata	Sharirsthana 2/11	Agni deepana
4	Ksheer yukta	Ksheera, Ghruta	8 th month of pregnancy	Sharirstana 1/64	Bruhana
5	Jwarnashaka	Jwarnashaka Aaushadhi Kwath	Jwara	Chikitsasthana 1/24	Agnideepan
6	Yavadi	yava, Pippali, Amalaki	Vibadhavarc ha (In Jwar)	Chikitsasthana 1/30	Mala & Dosha Anulomana
7	Raktapittaghna	Jangal Mansaras Sharkara madhu	Raktapitta	Chikitsasthana 2/19	Sheetalta
8	Yavanyadi	Yavani, Pippali, Bilwa magaj, Nagar, Chitrak, Rasna, Jeerak,	vataj kasa, Kati-Hrudya – Parshawa – koshta	Chikitsasthana 3/20	kasaghna

		Prushriparni palashbeej Kachora Pushkarmal	Shoola, Shwasa, Hikka		
9	Vatajkasa nashak	a) Dashmoola Kwath Panchkola Churna Guda b) Tila,Dudha , Saindhava c) Matsya, Kukkuta, Varaha mansarasa , Ghrut, Saindhava	Vataj kasa Vataj kasa Vataj kasa	Chikitsastha na 3/22 Chikitsastha na 3/22 Chikitsastha na 3/22	Vataj Kasaghna Vataj Kasaghna Vataj Kasaghna
10	Drakshadi Yavagu	Draksha, Pippali, Trunpanchmool a Kwath with madhu	Pittaji Kasa	Chikitsastha na 3/36	Pittaj kasaghna
11	Lodhradi Yavagu	Lodhrapatra Kalka (Ghrutbhrushta) , Sharkara	Chardi, Turshna, Kasa, Aamatisar	Chikitsastha na 3/175	Kasaghna
12	Chitrakmooladi Yavagu Dashmooladi	a) Chitrakmoola, Ajaji, Shrungi Souvarchala b) Dashmoola Kwath Siddha	Kasa, Shwasa, Hikka	Chikitsastha na 4/23	Kasaghna
13	Hikkashwasagh	Dashmoola,	Hikka,	Chikitsastha	Hikka

	ni yavagu	kachora, Rasna, Bharangi, Bilwamagaj, Ruddhi, Pushkarmoola, Shrunji Pippali, Kirattikt, Amruta, Shunti	Shwasa	na 4/24	Shwasahara
14	Shaliparnyadi yavagu	Shaliparni, bala, Bilwamagaj, Prushriparni Kwath (Dadim siddha)	Kapha pitta dosha pradhan Atisara	Chikitsastha na 9/13	Atisaraghna
15	Haritakyadi yavagu	Haritaki, Pippalimoola, Bilwamagaj Kwath	For vatanuloman	Chikitsastha na 9/14	Vatanulkmana
16	Bilwadi yavagu	Bilwamaggi, Musta, Lodhra, Dhatkipushpa, Nagar with Takra siddha	Pakwa atisar	Chikitsastha na 9/23	Atisaraghna
17	Kapithadi yavagu	a) Kapitha kapikachu bharangi, vata	Pakwatar	Chikitsastha na 9/24	Atisaraghna
18	Dadimadi	b) Dadim, Karpas, Shalmali Patra	pakwatar	Chikitsastha na 9/24	Atisaraghna
19	Vidangadi yavagu	Vidang, Pippali Marich Pippalimoola, Shigrubeej ,	Shirogat Krimi	Chikitsastha na 20/25	Krumighna

		Takra with Sajjikshar			
20	Vishnashaka yavagu	Koshataki Fruit, Chitak mola , Patha , Suryavalli , Amruta,Shirish, Apamarg Root , Haridra , Daruharidva, Vatmakshik, Punarnavadve, Trikatu, Bruhati, Sariva , Bala with Ghruta and Madhu	Vishnashak	Uttarsthana 35/21-22	Vishanashaka
21	Madhukadi Yavagu	Madhuk, Yashti, Padmatasur Ratkachandan	Vishnashak	Uttarsthana 35/23	Vishanashaka

DISCUSSION

From the above information we can say that Yavagu has a wide range of actions. Yavagu manages Ama dosha by their laghu, ushna guna and by agnideepak nature. Also it has been observed from this compilation that out of all the yavagu mentioned in bruhattrayi, deepaniya yavagu has been mentioned for maximum times.

As it has laghu, Ushna and has saratva properties, doshas accumulated get easily separted from strotas. Aushadhi Dravya used in yavagu helps in samprapti vighatana of vyadhi. It sustains life because of its nutrient value and alleviates thirts because of its nature nature. They are easily digestable and easily absorbed in body. So keeping in mind the nature of body, disease, kala(rutu) etc physician can advise Yavagu Kalpana in practice.

There are total 36 yavagu mentioned in the Charak Samhita viz 24 in sutrasthana,1 in vimanasthana ,3 in sharirsthana and 8 in siddhisthana

Sushrut Samhita has total 8 yavagu. There number from Sutrasthana,chikitsasthana and uttarsthana are 1,2 and 5 respectively

The total number of yavagu in Ashtang Hridaya is 23 out of which 4 are mentioned in Sharirsthana,17 in chikitsasthana and 2 in uttarsthana.

From the complete review it can be said that number of Yavagu in charak Samhita is more than the other two Samhita.This indicates more use of Ahara Kalpana during charak Samhita period and increased importance of medicinal treatment rather than Aahar in the later period.

CONCLUSION

From this compilation we can conclude that there are maximum number of Yavagu in Charak Samhita as compared to Sushruta Samhita and Ashtang Hrudayam.Also deepaniya yavagu is mentioned for maximum times.

Yavagu is combined Kalpana of Ahara and Aushadhi,useful for both healthy and diseased person.This compilation can help the physician to easily access all the Yavagu mentioned in the Samhita along with their references,ingredients and uses in their daily practice.

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