



Review Article

CRITICAL ANALYSIS OF PATHYA W.S.R YAVAGU KALPANA**Jai Kumar Singh^{1*}, Pooja Nanda², Satya Manav Dayal³**

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ABSTRACT

To maintain the health of a healthy person *Acharyas* had described various do's and don'ts, much as *Ritu Charya* (seasonal regime), *Dinacharya* (Diurnal regime) etc. The concept of *Pathya* (whole some) and *Apathya* is one such concept. *Acharyas* had also extended this concept as a part of treatment of disease. So it is not only beneficial to maintain the health but also to cure the disease. *Yavagu* is a good *Pathya Kalpana* in Ayurveda. Rice, the main ingredient in *Yavagu* is rich in carbohydrate and its easily digestive property with high nutritive value; make it the appropriate food article for patients as well as healthy persons, who have *Mandagni* (low digestive capacity). It also works as the media for various drugs by utilizing drug decoctions in place of water and drug power as adjuvant. Standardization of *Yavagu* under *Pathya Kalpana* is found to be necessary in this era to promote its usage, prescription, efficacy and availability.

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INTRODUCTION

Out of three *Upastambha* the *Ahara* (diet), *Nidra* (sleep) and *Brahmacharya* (refrained from all sexual acts); the (*Ahara*) diet has been recognized as an essential factor for life. By these factors of life, the body is endowed with strength, complexion and growth. Among all (*Upstambha*), *Anna* is the best sustainers of life. It also said *Aoshada* is of no use for one who do not follow *Pathya* and one does not require *Aoshada* if he has *Pathya* in routine (*Vaidyajeavana* by Acharya lolimbhaja) *Ahara* is the best among the things which sustain life.^[1]

As per Ayurvedic classics, the whole *Dravyas* are broadly classified into two categories. *Aushada* (Medicinal formulation) having different dosage forms like *Swarasa*, *Kvatha* and *Snehakalpana* etc and *Aahara* like *Yavagu*, *Yusha*, and *Mansa rasa* etc. Ayurveda always emphasizes on consuming healthy and nutritious diet for maintaining good health.^[2]

Ahara (dietetic preparations) are like *Yavagu* (gruels – using rice as main ingredient), *Yushas* (soups, pulses as main ingredient), *Mamsa Rasas* (meat juice or soup). The dietetic preparations are further classified as (i) *Krittanna*

kalpana which are used for *Arogya Vardana* and (ii) *Pathyakalpanas* which are used as *Roga Satmya*.

Presence of *Apamargatanduliya Adhyaya* in *Bhaishajya chatushka* of *Charaka Samhita* reflects the use of *Aahara* as *Bhaishajaya*. Also *Acharya Charaka* explained three types of *chikitsa* viz. *Antahparimarjana*, *Bahiparimarjana* and *Shastrapranidhana*. *Apamargatanduliya aadhyaya* is the perfect example of *Antahparimarjana* type of *Chikitsa*. The concept of *Pathya kalpana* is one of the pillars of *Swasthavritta*, However, in case of *Pathyakalpana*, the liquid media taken for the preparation are generally the decoction of medicinal herbs as required. *Pathya* can be defined as recipes which should relish the mind and after ingestion should not produce any untoward effect. Balanced diet in Ayurveda can be defined as “the diet enriched with *Shadarasa* (all six *rasa*), required *Gunas*, *Veerya* and given to the individual after consideration of *Prakrati*, *Agni*, *Kostha* and *Ritu*.^[3]

Three types of *Yavagu* are described in Ayurvedic literature.

1. *Kalkasiddha yavagu* (prepared from medicinal paste)

2. *Kwathasiddha yavagu* (prepared from decoction of medicine).
3. *Mamsasiddha yavagu* (prepared with meat soup).^[4] Hence in Ayurveda food is considered as ultimate medicine (*Mahabhaishajya*).^[5]

Yavagu can be prepared with the following ingredients.^[6]

- Rice {emphasis is given to *Swastika/rakta Sali (Oryza sativa)* (red color rice)}
- Water (depending upon use, it can be plain water for healthy person whereas *Kvatha* prepared from prescribed drugs for diseased)
- Adjuvants like *Pippali, Marica, Saindaiva Lavana* and *Ghrita* can be used according to taste. The ratio of rice and water for preparing various *Pathyakalpana*^[7] are described in Table 1. The ratio of rice and water may vary according to the preparation and the final recipe. *Yavagu* is

prepared by taking six times of water or decoction and one part of rice. Then it is boiled on mild fire till the rice is cooked and a little amount of water is left in the final recipe. The additives can be added according to taste before serving.

Quality and dose *Kasyapa samhita* has described the standard quality of *Yavagu*.^[8] A quality *Yavagu* should possess normal semisolid texture and should not be excessive concentrated or dilute. It should be in warm and fresh condition and not after cooling. The rice grains should be remained intact after the preparation as it can be separated from each other and the ultimate quality is its pleasant and palatable appearance. The dose is prescribed as per digestive capability of the individual i.e. of daily routine diet.

Table 1: Pathya kalpana and their uses

<i>Pathya kalpana</i>	Method of preparation	Uses
<i>Manda</i>	The filtered liquid portion obtained after boiling one part of rice with 14 parts of water.	Carminative, Digestive
<i>Peya</i>	One part of rice and 14 parts of water are boiled consistency should be liquid	Quickly digestible, stops loose motions, nourishes the tissues
<i>Vilepi</i>	One part rice cooked with four parts of water the consistency should be thick like paste.	Strengthening, nourishing good for heart, delicious diuretics.
<i>Yavagu</i>	One part of rice, etc, and 6 parts of water to be cooked until it become thick paste.	Strengthening nourishing

28 Types of *Yavagu* are mentioned by *Acharya Charaka* in the *Apamarga Tanduliya Adhyaya*.

These *Yavagu* are made up of *Aushadhi* (drugs) *Dravya* (liquid) and rice grains etc. The amount of drugs are not mentioned here as because it depends on the power of *Jatharagni*.

The amount of *Aushadhi dravyas* varies from person to person depending upon some factors like *Dosha, Agni, Bala, Vaya, Vyadhi, Dravya* and *Koshtha*.

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.

Properties of *Yavagu*:- *Yavagu* being *Laghu* and *Ushna* in *guna* and *Bastishodhana, Agni Dipana* in *karma* acts as *Trishnanghna, Jvarahara*, and in *Atisara Vyadhi*.^[11] After *Shodhana karma (Vamana, vireachana)* and if *Samyaka Shodhana* is attained, patient should be given *Manda Kalpana* followed by *Yavagu Kalpana*, but if body is not properly cleaned, patient should not be given *Yavagu Kalpana* because *Yavagu* aggravates *Kapha* and will affect *Jatharagni*.^[12] Normally, *Yavagu* possesses *Grahi, Balya, Tarpani* and *Vatanasini karma*.^[13]

These *Pathya kalpana* are specially administered after having *Panchakarma* therapy, which is known as *Samsarjana karma*. After *Panchakarma* therapy, the digestive fire becomes very much weak so to enhance the power of *Jatharagni* the diet was scheduled to be given from liquid consistency to solid one gradually so that the patient can be able to digest the normal diet ultimately for maintaining the health. Depending on the amount of *Shuddhi* (Purification) the diet plan was scheduled in following manner. ^[14]

Table 2: Showing the Samsarjana Karma

Days	Anna- kala	Pradhana shuddhi	Madhayama Shuddhi	Avara Shuddhi
1 st Day	Morning Evening	- <i>Peya</i>	- <i>Peya</i>	- <i>Peya</i>
2 nd Day	Morning Evening	<i>Peya</i> <i>Peya</i>	<i>Peya</i> <i>Peya</i>	<i>Peya</i> <i>Peya</i>
3 rd Day	Morning Evening	<i>Vilepi</i> <i>Vilepi</i>	<i>Vilepi</i> <i>Vilepi</i>	<i>Krita mamsa rasa</i> <i>Akrita mamsa rasa</i>
4 th Day	Morning Evening	<i>Vilepi</i> <i>Akrita yusha</i>	<i>Krita Yusha</i> <i>Akrita mamsa rasa</i>	-
5 th Day	Morning Evening	<i>Krita Yusha</i> <i>Krita Yusha</i>	-	-
6 th Day	Morning Evening	<i>Akrita mamsa rasa</i> <i>Krita mamsa rasa</i>	-	-
7 th Day	Morning Evening	<i>Krita mamsa rasa</i> Normal diet	-	-

Table 3: Showing the 28 types of Yavagu mentioned by Acharya Charaka^[15]

S. No.	Ingredients of Yavagu	Effect
1	<i>Pippali, Pippali mula, Chavya, Chitraka, Shunthi</i>	<i>Agni Deepak, Shula nashaka</i>
2	<i>Kapithha, Bilwa, Changeri, Takra, Dadima</i>	<i>Pachaneeya, Grahi</i>
3	<i>Vrihat Panchmoola</i>	<i>Vatika Atisara nashaka</i>
4	<i>Shalparni, Bala, Bilwa, Prishniparni, Dadima</i>	<i>Kapha pittaja Atisara Nashaka</i>
5	Goat milk mixed with half amount of water along with <i>Hrrivera, Utpala, Mustaka</i>	<i>Raktatisara Nashaka</i>
6	<i>Ativisha, Nagara, Amla, Dravya</i>	<i>Amatisara nashaka</i>
7	<i>Gokshura, Kantakari, Phanita</i>	<i>Mutra kriccha nashaka</i>
8	<i>Vidanga, Pippali mula, Shigru, Maricha, Takra, Suvarchika.</i>	<i>Krimi nashaka</i>
9	<i>Mridvika (Draksha), Sariva, Laja, Pippali, Madhu, Shunthi</i>	<i>Pipasa nashka</i>
10	<i>Somaraji boiled Yavagu</i>	<i>Vishaghana</i>
11	<i>Varaha mamsa Yavagu</i>	<i>Brihmaniya</i>
12	<i>Bhrishta Gavedhuka (fried Sattu) along with Honey</i>	<i>Krishta karaka</i>
13	<i>Yavagu made of Tila, Sneha (fat), Lavana (salt)</i>	<i>Sneha karaka</i>
14	<i>Kush, Amalaki, Shyamaka made Yavagu</i>	<i>Rukshata karaka</i>
15	<i>Yavagu made with Dashmoola</i>	<i>Kasa, Shvasa, Hikka, Kapha nashaka</i>
16	<i>Yavagu made with Madira</i>	<i>Pakvashaya shula nashaka</i>
17	<i>Mamsa rasa shaka, Tila, Urada made Yavagu</i>	<i>Varcha karaka (increase the amount of stool)</i>
18	<i>Seeds of Amra, Jambu, Dadima, Bilwa boiled Yavagu</i>	<i>Samgrahi (decrease stool formation)</i>
19	<i>Kshara, Chitraka, Hingu, Amlavetas</i>	<i>Mala bhedaka</i>
20	<i>Abhaya, Pippali mula, Shunthiboiled Yavagu</i>	<i>Vata anulomaka</i>
21	<i>Yavagu made of Takra</i>	<i>Ghrita vyapada nashaka</i>

22	<i>Takra pinyaka</i> boiled <i>Yavagu</i>	<i>Taila vyapada nashaka</i>
23	<i>Gomamsa rasa</i> boiled with <i>Amla dravya</i>	<i>Vishama javara nashaka</i>
24	<i>Yavagu</i> made with the decoction of <i>Pippali</i> and <i>Amlaki</i> mixed with <i>Yamak</i> (Same amount of <i>Ghrita</i> and <i>Taila</i>)	<i>Kanthaya</i> (good for throat)
25	<i>Yavagu</i> made with <i>Tamra churana (Kukutmamsa)</i>	<i>Retomarga ruja nashaka</i> (relieves the pain of <i>Shukra marga</i>)
26	<i>Yavagu</i> made with <i>Masha (Urada)</i> , <i>Ghrita</i> , and milk	<i>Vrishaya</i>
27	<i>Upodika shaaka</i> and <i>Dadhi</i>	<i>Medo roga nashaka</i>
28	<i>Apamarga Tandula</i> , <i>Godha mamsa rasa</i> .	<i>Kshudha nashaka</i> (decreases appetite and useful in <i>Teekshana agni</i>)

DISCUSSION

Ayurveda prescribes specific diet patterns in healthy and diseased conditions which are known as *Pathya*. Most of the formulations in *Pathya kalpana* have nutritional as well as therapeutic qualities. So it can be considered in the category of Nutraceuticals. In Ayurveda, *Aushadha Siddha Ahara* is mentioned according to *Vyadhi* and its *Avastha*. In specific emergency condition where patient cannot tolerate the *Tikshna Aushadha* but needs medication, *Aushadha Siddha Ahara* can be given to cure *Vyadhi* and enhance *Bala*. *Pathya Kalpana* is basic but most important concept in Ayurveda which seems to be practical and must be practiced clinically in today's era. The preparations made by *Samskara* various methods of processing make the diet- more fruitful in terms of health. *Ahaara* is said to be *Mahabheshaja* (ultimate medicine) by Acharya Kashyapa.^[16] Some important formulations of *Pathya Kalpana* are *Manda*, *Peya*, *Vilepi*, *Yavagu*, *Yusha*, *Krusara*, *Anna*, *Takra* and *Dadhikalpanas*, *Mamsarasa*, *Khada kambalika*, *Raga Shadava*.^[17] Since ancient period, several Indian dishes are prepared from rice like *Yavagu*, *Manda*, *Vilepi* etc. and flavoured with spices like *Pippali*, *Marica* etc.

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.

CONCLUSION

Yavagu is a good *Pathya kalpana* in Ayurveda. Rice, the main ingredient in *Yavagu* is rich in carbohydrates and its easily digestive property with high nutritive value; make it the appropriate food article for patients as well as healthy persons, who have *Mandagni* (low digestive capacity). It also works as the media for various drugs by utilizing drug decoctions in place of water and drug power as adjuvant.

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