

## AN OVERVIEW OF YAVAGU (MEDICATED GRUEL) MENTIONED IN CLASSICAL TEXTS OF AYURVEDA

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### ABSTRACT

**Introduction:-** Preservation of health is the primary goal of *Ayurveda*. Diet is the vital factor for preservation of health. In *Charaka Samhita*, the importance of diet is deliberated at various levels. The *Bheshaja Chatuska* & *Anupana Chatuska* are the sections where the qualities of food material are explained in detail. The *Yavagu* formulations are the unique concept of *Charak Samhita* which is mentioned in the *Apamagatanduliya* chapter of *Bheshaja Chatuska*. The description of *Yavagu* is included as the wholesome diet formulation under the diet formulations after purification therapy. The different diet formulations are enumerated under the umbrella of *Yavagu* like *Peya*, *Vilepi* etc.

The nomenclature of these formulations *Yavagu*, *Vilepi*, etc. is given according to the procedure and amount of ingredients used in the preparation method. The main ingredient of *Yavagu* formulations is *Tandula* (rice and other cereals). It has the properties like *Laghu* (light), *Ushana* (hot), *Grahi*, *Agnideepana* (ignition of digestive fire) and beneficial in many diseases like *Jwara* (fever), *Atisara* (diarrhea), etc. It is also indicated to treat *Agnimandhya* (diminished digestive fire) and complication like pain abdomen etc. appears after *sodhana* process and holds the major part of *Samsarajanakarma*. **Material and Methodology:** Literature search followed by interpretation in the light of classical text mainly *Charaka Samhita* was done. **Discussion and Conclusion:** *Yavagu* preparation mentioned in this particular chapter includes dietetic formulations for different conditions in different diseases.

**KEYWORDS:** Diet, Disease, *Peya*, *Samshodhana*, *Yavagu*.

## 1. INTRODUCTION

Diet plays an important role to achieve a healthy life.<sup>[1]</sup> It is helpful in maintaining the life of a healthy person and also curing the diseased persons. Without diet, a person can't live.<sup>[2]</sup> Diet is enumerated firstly under three pillars<sup>[3]</sup> of life i.e. *Ahara* (food), *Nidra* (sleep), and *Brahmacharya* (self-restraint). Diet is also called God,<sup>[4]</sup> supreme medicine,<sup>[5]</sup> and the life of a living being. When a person gets emaciated due to medicines, diet helps in strengthening.<sup>[6]</sup> *Acharya Charaka* described diet in the health management in different ways in various chapters. For living quality and healthy life, one should eat wholesome diet.<sup>[7]</sup> *Yavagu* is detailed under wholesome diet formulations by *Ayurveda* dieticians. The term *Yavagu* was mentioned in the second chapter of *Charaka Samhita Sutrastana* in which forty medicinal plants are mentioned.

*Acharya Charaka* has classified the food in twelve groups within which *Yavagu* is mentioned under *Kritanna Varga*.<sup>[8]</sup> It is used in the form of *Samsarajanakarma*<sup>[9]</sup> for balancing digestive fire which gets diminished after purification therapy. 28 types of *Yavagu* are explained for the management of diminished digestive fire due to improper use of purification therapy and disease like *Shool*. *Samsarajanakarma* helps to maintain this diminished digestive fire and balances it to a normal state by increasing digestive fire. Digestive fire becomes strong after *Samsarajanakarma*. The method of taking *Yavagu*<sup>[10]</sup> is also mentioned in *Ayurveda* texts. *Peya* is the lightest among all of the *Yavagu* so it should be used firstly, as indicated.

These all *Yavagu* are expected to be used in all diseases according to conditions. So, based on this scientific approach of *Acharya Charaka*, practical and analytical study of this medicated food for *Antaparimarjana Chikitsa* in different conditions of diseases is conducted.

## 2. AIM AND OBJECTIVE

To explore the concept of *Yavagu* formulation and its indications described in *Ayurveda*.

## 3. MATERIAL AND METHODOLOGY

Literature search from classical text mainly *Charaka Samhita* along with logical analysis were done.

## 4. Review of literature

### 4.1 Significance of yavagu

*Yavagu* is considered as a diet formulation in which *Peya*, *Vilepi*, *Manda*, *Yusha*, etc. formulations are included.<sup>[12]</sup> Different synonyms like *Shrana*, *Lapasi*, *Vilepi*, *Tarala* are mentioned in *Amarkosa* for *Yavagu*. *Acharya Charaka* explained *Yavagu* in *Apamargatanduliya* chapter<sup>[13]</sup> after mentioning purification. *Yavagu* are mentioned either in the context of diminished fire in case of disease and after purification therapy in the form of *Samsarjanakarma*. *Acharya Charaka* has narrated the importance of *Yavagu* by saying that a small spark of fire gets developed into big and stable flame when fed gradually provided with dry grass, cow-dung, etc., similarly, digestive fire in a person who has undergone purification therapy becomes strong and stable, capable of digesting all type of food by sequential adaption of *Peyadi Karma*.<sup>[14]</sup> He has also given the sequential use of *Yavagu*, *Peya*, *Vilepi*, *Kṛta-Yusha*, *Akṛta-Yusa*, *Kṛta-Mamsarasa*, and *Akṛta-Mamsarasa*. *Chakarpani* has commented that *Yavagu* is mentioned here for curing the diseases (like pain) produced after the improper procedure of purification therapy.<sup>[15]</sup>

### 4.2 Method of preparation

*Acharya Charaka* has mentioned the amount *Kalka Dravya* (paste), *Kwath Dravya* (decoction) & *Drava* (liquid) used in preparation of *Yavagu*.<sup>[16]</sup> *Acharya Kashyap*, while telling about the preparation of *Yavagu* in *Variddhajivaka Tantra*, has mentioned proportion of *Drava Dravya* according to *Tandula* used that mean 20 parts, 15 Part and 10 parts.<sup>[17]</sup> *Acharya Sharangdhara*, while telling about the preparation of *Yavagu*, has said that by taking 4 *Pala* of decoction material, it should be cooked in 64 *Pala* of water and when half is left, then rice should be added till it gets semisolid.<sup>[18]</sup> In *Bhaisjyarnavali*, it has been said that the quantity of *Tandula* should be taken one-fourth of the quantity of his regular diet.<sup>[19]</sup>

### 4.3 Dose

Describing the quantity, not a single *Acharya* mentioned the dose of *Yavagu*. It can be decided by logic of physician keeping in view *Dosa*, *Bala*, *Agni*, *Vyaadhi*, etc.

The amount of medicine in children has been told to be small,<sup>[20]</sup> thus small quantity of *Yavagu*, should be taken.

### 4.4 Contraindications of yavagu

*Acharya Charak* has described the prohibition of *Yavagu* in the case of fever especially in

condition of frequent alcohol consumption, bleeding disorders, *Kapha-Pitta Dosha* and summer season.<sup>[21]</sup>

#### 4.5 Yavagu as described in *Apamargatanduliya* chapter of *Charaka Samhita*<sup>[22]</sup>

Details related to ingredients and action are given in Table

TABLE

Name of Yavagu	Drugs used in Yavagupreparation
<i>ShoolaNashakaYavagu</i>	<i>Pippali, Pippalimool, Chavya, Chitraka, Sunthi</i>
<i>PachaniAndGrahiniPeya</i>	<i>Kapith, Bilva, Changeri, Takra, Dadima</i>
<i>VataAtisaraNashakaPeya</i>	<i>LaghuPanchmool (Gambhari, Brihati, antakari, Shalparni, Prishanparni, Gokshura )</i>
<i>PittashleshamAtisaraNashakaPeya</i>	<i>Shalaparni, Bala, Bilva, Prashanparni, Dadima</i>
<i>RaktatisaraNashakPeya</i>	<i>Hibera, Utpala, Nagar, Prashanparni, Goat Milk</i>
<i>AmaatisaraNashakPeya</i>	<i>Ativisha, Nagar, Amla Dadima</i>
<i>MutrakrccharaNashakPeya</i>	<i>Gokshura, Kantkari, Phanita</i>
<i>KrimiNashakYavagu</i>	<i>Vidanga, Pippalimool, Shigru, Maricha, Takra, Suvarchika</i>
<i>PipasaNashakYavagu</i>	<i>Mrdvika, Sariva, Laja, Pippali, Madhu, Nagar</i>
<i>VishaNashakYavagu</i>	<i>Somaraji</i>
<i>BrihaniYavagu</i>	<i>VarahaMansarasa</i>
<i>KarshaniyaYavagu</i>	<i>Gavedhuka, Makshik</i>
<i>SneharthaYavagu</i>	<i>Tila, Sarpi, Lavana</i>
<i>RukshnarthaYavagu</i>	<i>KushaMool, Amalaki, Shyamak</i>
<i>Hikka-Kasa-SwasNashakYavagu</i>	<i>Dashmool(Bilva, Agnimantha, Shyonaka, Patla, Gambhari, Brihati, Kantakari, Shalparni, Prishanparni, Gokshura)</i>
<i>PakvashayaNashakYavagu</i>	<i>Yamaka (Ghrit,Tail), Madira</i>
<i>RechakaYavagu</i>	<i>Saka, Mansa, Til, Masha</i>
<i>GrahiYavagu</i>	<i>Jambuasthi, AamraAsthi, Dadhith, Bilva</i>
<i>BhediniYavagu</i>	<i>Kshar, Chitraka, Hingu, Amlavetas</i>
<i>VatanulomniYavagu</i>	<i>Abhya, Pippalimool, Sunthi</i>
<i>GhritvyapadNashakYavagu</i>	<i>Takra Siddha Yavagu</i>
<i>TailvyapadNashakYavagu</i>	<i>Takra, Pinyaka Siddha Yavagu</i>
<i>VishamjwaraNashakYavagu</i>	<i>Gau Mansa, Dadima</i>
<i>KanthayaYavagu</i>	<i>Yava, Yamaka, Pippali, Amlaka</i>
<i>RetomargrujapahaYavagu</i>	<i>Tamrachuda Mamsa Rasa</i>
<i>VarsyaYavagu</i>	<i>Masha, Ghrita, Kshira</i>
<i>MadavinashiniYavagu</i>	<i>Upodika, Dahi</i>
<i>KshudhanashiniYavagu</i>	<i>ApamargaKsheera, Godha-mansarasa</i>

## 5. DISCUSSION

### 5.1 Yavagu as an important dietary formulation

*Yavagu* is one of the *AharaKalpana* and its tradition was from ancient time in different formulations like *Manda*, *Peya*, *Krushara* etc. To achieve goal of healthy life, we eat

nutritious food which have medically and nutritionally beneficial. *Yavagu* is also neutraceutical diet preparation which has both properties.

In the *Charaka Samhita*, the proper use of food has been described at a place in the management of various diseases while describing *Ahara*, *Vihara*, *Bheshaj*, and medical procedures. In *Ayurveda*, the description of wholesome diet is for both healthy and sick person, and medicated food is included according to the condition of *Dosha* and disease condition. In such a condition where a person is unable to take the drug due to drug malice and drug acuity, medicated food is indicated for him. Anyway, the indication of *Yavagu* here is not meant for the patient also for the healthy person.

### 5.2 Indication of *yavagu* after *Samshodhana Karma (Panchakarma)*

After the *Samshodhana karma* digestive fire of person becomes weak. *Peya* has lightest property and very easy to digest by igniting digestive fire, like *peya*, *Vilepi*, *Kṛta-Yusha*, *Akṛta-Yusa*, *Kṛta-Mamsarasa*, and *Akṛta-Mamsarasa* is mentioned to take as food in Ayurvedic classical text.

### 5.3 Indication of *yavagu* after *rasayana* and *vajikarana* therapy

Every chapter of *Charak Samhita* is written with specific aim. The *Chikitsasthana* of *Charaka Samhita* starts with *Rasayana* chapter which proves the main goal of Ayurveda i.e. “*Svasthanya Svasthaya Rakshanam Aaturasya Vikaraprashamanm Cha*”. The indication of use of *Yavagu* etc. is given before or after *Rasayana* and *Vajikarana*.

### 5.4 *Yavagu* and *Agnimandya*

*Agnimandya* is a condition characterized by poor digestive strength. It can be present in apparently healthy person, in case of disease and sometimes after treatment or some therapy.

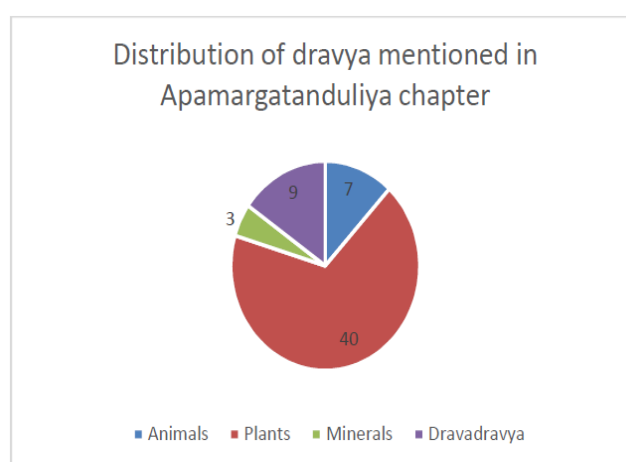
In *Ayurveda*, the cause of most diseases, especially abdominal diseases, is attributed to diminished fire, “*Rogasarvepi Mandagni Sutramudrani Tu*”. With the help of *Peyadi*, the digestive fire can be restored. Many diseases occur due to indigestion due to diminished fire and pain is also produced by indigestion. Therefore, first of all, *Shoolghani Yavagu* has been described, because for the management of pain acute treatment is necessary.

### 5.5 Indication of different *Yavagu* in different types of diseases

In addition to the 28 *Yavagu* of the *Apamargtanduliya* chapter, indication of other *Yavagu* is also mentioned in different stages of diseases in *Chikitsa Sthana*. For example, the

*Pachaniya Yavaguis* mentioned in *Jwara*, *Atisara* etc. the contents are somewhat different as per the disease condition but the concept or basic *Dravya* are the same. Additionally, different formulations are given in different varieties of same disease. For example, in *Atisar* 2 conditions are mentioned in Samhita and accordingly two types of *Yavagu* are mentioned. *Laghupanchmula Siddha* in *Vatajatisara* and *Utpala*, *Hiber*, *Nagar* and *Prashanparni Siddha* *Yavagu* is mentioned in *Raktj Atisara*.

Pie chart: Contain no. of plants, animal products, minerals and *Dravadravya* mentioned under the context of *Yavagu* in *Apamargatanduliya* chapter.



**5.6 Use in present era:** Now a day's no one is following old regimen given by *Ayurveda Acharya*. Usually by the name of *Yavagu* other preparations are considered. On the basis of amount of liquid and contents different names are popular like *Moong Dal*, *Khichdi*, *Daliya*, etc. These are also having same property.

Finally, we can say that *Yavagu* can be used in healthy persons and is useful in curing the disease of the sick person and after purification therapy also. In all these conditions it balances the diminished digestive fire. It should be prepared in the right manner for desirable results.

## 6. CONCLUSION

*Yavagu* preparation mentioned in this particular chapter includes dietetic formulations for different conditions in different diseases. It has various medicinal properties based on the ingredients. It corrects *Agnimandya* in diseases and in the management of post *Samshodhana* consequences.

**सारांश:** परिचय: आयुर्वेद का प्राथमिक उद्देश्य स्वास्थ्य की रक्षा करना है। चरक संहिता में आहार के महत्व पर विभिन्न स्तरों पर विचार किया गया है। भेषज चतुष्क एवं अन्नपान चतुष्क वे अंशलेख हैं जहां औषधिय और खाद्य सामग्री के गुणों को विस्तार से समझाया गया है। यवागू कल्पनाओं का भी पञ्चकर्म उपचार के बाद भेषज चतुष्क के अपामार्गतण्डुलीय अध्याय में उल्लेख किया गया है और आहार कल्पनाओं के अन्तर्गत यवागू का वर्णन स्वस्थ आहार निर्माण में शामिल किया गया है। यवागू की छत्रछाया में पेया, विलेपी आदि जैसे विभिन्न आहार योगों की गणना की जाती है। इन योगों का नामकरण प्रक्रिया और तैयारी विधि में प्रयुक्त सामग्री की मात्रा के अनुसार होता है। यवागू कल्पनाओं का मुख्य घटक तण्डुल (चावल) है। इसमें लघु (हल्का), उष्ण (गर्म), ग्राही, अग्निदीपन (पाचकाग्नि का प्रज्वलन) और ज्वर (बुखार), अतिसार (दस्त), आदि जैसे कई रोगों में लाभकारी हैं। संसर्जन कर्म के द्वारा अग्निमांश (पाचकाग्नि में कमी) को ठीक किया जाता है, इसलिए इसका भी वर्णन आया है। आयुर्वेदिक साहित्य में यवागू का रोगी के स्वस्थ और रोगग्रस्त स्थितियों में बहुत महत्व है।

**सामग्री और कार्यप्रणाली:** साहित्य की खोज के पश्चात् बोधन कर, शास्त्रीय पाठ से व्याख्या मुख्य रूप से चरक संहिता की गई थी।

**विमर्श और निष्कर्ष :** इस विशेष अध्याय में वर्णित यवागू तैयारी में विभिन्न रोगों में विभिन्न स्थितियों के लिए आहार संबंधी सूत्र शामिल हैं।

**संकेत-शब्द:** आहार, रोग, पेया, संशोधन, यवागू।

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