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LITERARY REVIEW OF YAVA (BARLEY) PLAY IMPORTANT ROLE IN PATHYA (DIET)

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ABSTRACT

According to Upanishadas, food is Brahman, the Divine reality. The physical body itself is born of and lives by food. Right diet is the essence of disease prevention and the foundation of a healthy and happy life. A properly selected diet and diet plan plays a critical importance in the management of any disease. Only a well-balanced diet can cure numerous diseases, sometimes even good medicines are unable to cure certain diseases without balanced diet, that's why food is said to be most important medicine. Today there is increasing public awareness of the importance of diet for the maintenance and promotion of health. An Ayurvedic text entails the uses of Yava in religious ceremony, dietary and medicinal preparations. Yava is used for lekhana karma. The present paper deals with literary review of Yava.

KEYWORDS: Yava, Barley, Word count: 1560.

INTRODUCTION

Yava is famous shukadhanya used in Indian systems of medicines viz Ayurveda and used in different medicinal preparations as well as in dietary form for many santarpanajanya roga like Prameha, kushtha and medoroga etc for lekhana karma.

Yava is a cereal using since ancient period. It not only provides nutrition but also having many medicinal properties too. Barley is one of the oldest grain crops. It is cultivated extensively in all countries of the world. It is consumed as a staple food by small groups of the population in some countries. The greatest use of barley, however, is for the preparation of malt, which is used for brewing and in the preparation of malt extract for incorporation in infant and invalid foods. There is detailed description of Yava in Veda, Aranyak, Upanishada, Grihya sutra, shatpath Brahman and also in various Ayurvedic Samhitas and Nighantus.

This paper reviews the Botanical names, Varnacular names, Ayurvedic pharmacodynamics, Nutritional evaluation, Chemical composition, Traditional medicinal uses in different countries and various pathya kalpanas of Yava.

Material

Botanical name - Hordeum vulgare.

Vernacular names

English name – Barley

Bengali name –Job

Gujrati, Hindi, Marathi name – Jau

Kannada name – Jave, godhi

Kashmiri name – wushku

Malyalam name – Yavam

Oriya name – Jaba dhana

Tamil name – Barli arisi

Telugu Name – Barli biyyam

Sanskrit name – Yava.[1]

Ayurvedic pharmacodynamics

Rukshaha sheeto guruhu swaduhu bahuvata shakrut yavaha
Sthairyakrut sakashayashcha balyaha shleshmavirunat.[2]
Charak. Sutrasthan. 27/18
Rukshaha sheeto guruhu swaduhu saro vidvatakrut yavaha
Vrishyaha sthairyakaro mutramedaha pittakaphan jayet
Pinas swas kasa urusthambha kanth twak amayaman
Gunaihi nyuntara dneya yavat anuyavat vayaha
Ushnaha sara venuyavaha kashaya vatapittalaha.[3]

a) Guna of Yava

1. Rasa – Madhura, Tikta, Kashaya

2. Guna – Ruksha, pichhala, Mridu, Anabhishyandi, Sara

3. Virya – Sheeta

4. Vipaka – Katu

5. Doshaghnata – Kaphapittahara, Mutra dosha hara

6. Karma – Lekhana, Medovatahara, Medha vardhaka, vrishya, Balya, Sthairyakrta, Varnya, Swarya, Agnidipana, Kasa-swas-pinasa har, Kantha roghahara, Trisa hara, Twaka roga hara, Vranepathyam and Urusthambhahara.

b) Nutritional evaluation of Yava: Raw barley Nutritional value per 100 gm

Energy – 335kcal
Carbohydrates – 69.4 cal.
Sugars – 0.8 gm
Dietary fiber- 3.9 gm
Fat – 1.3 gm
Protein – 11.5gm
Thiamine (vitamin B1) – 0.20 mg
Riboflavin (vitamin B2) – 0.20mg
Niacin (vitamin B3) – 4.7mg
Vitamin B6 – 0.3 mg (23%)
Calcium –0.03 mg
Iron –3.7mg
Phosphorus –0.23 mg

Carotene-10mg

Moisture – 12.5 gm.[4]

c) Chemical composition

Seeds- Cyanogenic glycoside characterized as 2- β-D- glucopyranasyloxy – methyl – (2R) – butyronitrile, ubiquinones, proanthocyanidins, glycosides of hordatines A & B, procyanidin B3, trimer of procyanidin C2, prodelphinidin, chrysoeriol, hordeumin, pangamic acid, protein, carbohydrates, calcium, phosphorus, iron.

Leaves- Arabinogalacto (4 - 0 – methyglucurono) – xylan , cyanogenic glucoside, 6'' – sinapolysaponarin, 6''-feruloylsaponarin and 4' – glucosyl – 6'' – sinapolysaponarin, 2''- 0-glycosylisovitexin.

Whole plant- p- coumaroylagmatine, hordenine and its derivative, pyrrolidine, luteolin glycoside, flavones glycosides- orientoside and orientin, cynoglucosides-3- beta- D – glucopyranosyloxy- 2- methylpropene, 4 – beta – D – glucopyranosyloxy – 3- hydroxyl – 3-hydroxymethy- butyrobitrile.[5,6]

d) Traditional medicinal uses in different countries

Afghanistan: Flowers are taken orally by females for Contraception.[7]

Argentina: Decoction of the dried fruit is taken orally for Diarrhea and to treat respiratory and urinary tract infections.[8]

China: Decoction of the dried fruit is taken orally for diabetes.[9]

Egypt: The fruit is used Intra vaginally as a contraceptive before and after coitus. 53% of 1200 puerperal women Interviewed practiced this method, of whom 47% depended on Indigenous method and/or prolonged lactation.[10]

Iran: Flour is used as a food. A decoction of the dried seed is used externally as an emollient and applied on hemorrhoids and infected ulcers. A decoction of the dried seed is taken orally as a diuretic and antipyretic and used for hepatitis, diarrhea nephritis, bladder inflammation, gout. Decoction of the dried seed is applied to the nose to reduce inter nasal inflammation.[11]

Italy: Compresses of boiled seeds are used to soothe rheumatic and joint pains.[12]

Korea: Hot water extract of the dried entire plant is taken orally for beriberi, coughs, influenza, measles, syphilis, nephritis, Jaundice, dysentery, and ancylostomasis; for thrush in infants; and as a diuretic. Extract of the dried entire plant is used externally for prickly heat.[13]

United States: Infusion of the dried seed is taken orally for dysentery, diarrhea, and colic and for digestive and gastrointestinal disorders.[14]

Method

Various Pathya Kalpana of Yava

Sr. No.	Name of Pathya Kalpana	Contents	Useful in Diseases	Referances
1	Yava Koladi Yavagu	Yava, Kol, Kulatha, Mulak, Curd, Ghee, Tail	Aptanak	Sushrut chikitsa.5/18 Mahavatvyadhi
2	Yavakoladi yavagu	Yava, Kol, Kulatha, adjuvant Dravya-Saindhav	Vran	Ashatang.Hriday. Uttersthana.26/39 Sadyovran
3	Kwath sidha Yavagu	Amalaki, Pimpli Kwath, Yava, Ghee, Tail	Kanthya Roga	Charak.sutrasthana.2/31
4	Yavadi Manda	Tandul, Mudga, Yava, laja, Dipaniya medicine	Kapha-Pitta Shamak, Kanthya, Raktaprasadak	Kashyap Samhita. Siddhisthana. Bhojan Kalpa73,74
5	Panchmushtik Yush	Badar, Kulith, Mulak, Mudga, Yava	Tridoshagna, gulma,kasa,shula,Shwas,jwara	Yogratanakar. Jwar
6	Shadang Yush	Kulith, Yava, Badar, Mudga, Shunth, Dhanyak	kshay	Nighantu Ratnakar .bhag 2 kshay
7	Saptmushtik Yush	Kulith,Yava,Kol,Mudga,Mulak,Sunth,Dhanyak	Kaphavatshamak,sannipat Jwar, Aamvat, Kanthvishodhak	Sharangdhar .samhita.madhyamkhand a.2/164
8	Koladi Yush	Badar, Bilva, Tandul, Yava, Mudga, Masha, Til	Atisar	Ashtang.Hruday. Chikitsasthana 9/27 atisar
9	Dashmuladi Yush	Dashmul, Bala, Earandmul, Yava, Shatavari, Punarnava, kulith, Badar, Pashanbhed, Matsyakshya	Mutraghat	Ashtang.Hruday. Chikitsasthana.11/2-4 (Mutraghat)
10	Kultthadi Yush	Badar, Kulith, Dhanyak, Panchmul Yava		Vatjanya Chardi
11	Mashadi Khal	Mash, Yava, Badar, Curd, Dadim Swarasa, Tail, Ghee	Atisara	Sushrut.Uttarsthana.40/136
12	Yava Tarpan	Yava, Vartul, Mudga, Draksha, Dadim, Karjura	Madatyaya	Chakradatta
13	Narikeladi Yog	Narikel Jala, Yava, Sharkara	Trushna, Murcha. Bhrama	Nighantu ratanakr part 2 (Murchya)

DISSCUSSION / CONCLUSION

It is a time to reintroduce the barley again in main diet due to its Ayurvedic pharmacodynamics to prevent and cure many diseases. Also it has high nutritional value; it can be good substitute of carbohydrate, protein, fibre and minerals in diet. This cereal can play important role in diet as well as it is indicated as pathya in many diseases.

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