e-ISSN: 2456-4435
January- March 2019 | Vol. 03rd | Issue:1st

International Journal of Research in Indian Medicine

The properties and effect of *Yava* [Barley]-A literary review article

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Abstract:

Ayurveda have a unique concept regarding disease specific dietary measures. *Acharya Kashyap* has quoted that there is no medicine like food. Only a balanced diet can cure numerous disorders, even good medicines are unable to cure certain diseases without balanced diet, that's why food is said to be most important medicine. According to *Acharya Charaka* yava is the mentioned as a specific diet in *prameha*. Barley contains more dietary fibers that too the soluble fiber beta *glucon*. When this soluble fiber is taken with a meal increases the viscosity of meal bolus once it has reached the small intestine, where the absorption of nutrients occurs. This high viscosity delays the absorption. Due to delay in the absorption there will be no sudden fluctuations of blood sugar.

Keywords- *Prameha,Yava,* food, hypoglycemic, fibres diet.

Introduction:

Ayurveda is not only a system of medicine but is a comprehensive science of life. The main aim of Ayurveda to maintain the health of the healthy person and to cure the diseases of the diseased person[1].Yava (*Hordeum vulgare Linn.*), commonly known as barley, belongs to family Poaceae. There is detailed description of Yava in *veda, araṇyaka, ypanishaḍa, grihya sutra* and *shatapata brahmaṇa*. It is considered as the most ancient cereal in *Atharva* Veda and also elaborated its feature as '*dirgashuko dhanya vishesha'.* There is detailed description of yava in various ayurvedic samhitas and nigantus. It is kept under *shukadhanya varga* in *charak samhita, sushurta samhita and astanga hridaya. Acharya Vagabhata* was the first to give the concept of *Vichitra pratyarabdha*

drayva and given yava as an example of this.

Aims & Objectives:

1. To study literary review of *Yava* from various *bruhtriya, laghitriya* and other *Samhitas.*
2. To study the properties and effect of *yava* according to *Ayurveda* and Modern science.

Synonyms:

Medhya, Sitsuta, Divya, Dhanyaraja, Pavitradhanya, Akshta, Tikshna

Vernacular Names:

Sanskrit- Yava; Marathi- Cevad, Java, Satu, Hindi- Jau; Bengali- Jau, Jav; Gujrati- Cheno, Jau; Telugu- Barlibiyam, Dhanyabhedam, Pachchayava, Yava, Malayalam- Javegambu; Punjabi- Javo, Jawa, Nai; Tamil- Barliyarisi, Barliyarishi.

Botanical name - *Hordeum vulgare*

Ayurvedic Properties: [2–3]

The *rasapanchaka of yava* is as follows-

Rasa*- Madhura, Tikta, Kashaya*

Guna*- Ruksha, Pichhala, Mṛidu, Anabhiṣyandi, Sara*

Virya*- Sheeta*

Vipaka*- Katu*

Doṣaghnata*- Kaphapittahara, Vatakara*

Mala prabhava*- Bahupuriṣakara, Mutra dosha hara*

Karma*- Lekhana, Medovatahara, Medha vardhaka, Vṛiṣya, Balya, Sthairyakṛta, Varṇya, Swarya, Agni/agnidipana, Kasa-swas-pinasa har, Kaṇṭha rogahara, Tṛiṣa hara, Twaka roga hara, Vraṇepathyam and Urusthambahara*

Nutritional evaluation of *Yava* [4]:

- 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]

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*.

***Pathya Kalpana* of *Yava*:**

1. *Yava Koladi Yavagu: Yava, Kol, Kulatha, Mulak, Curd, Ghee, Taila: Useful in Aptanaka.* *(Su. Chi. 5/18, Mahavata Vyadhi)*
1. *Kwath sidhh Yavagu: Amalaki, Pimpli Kwath, Yava, Ghee,Tail: Useful in Kanthya Roga. Ch.Su.2/31*
2. *Yavadi Manda: Tandul, Mudga, Yava, Laja, Dipaniya medicine :Useful in Kapha-Pitta Shamak, Kanthya, Raktaprasadak. Ka. Sa. Si. Bhojana Kalpa 73,74*
3. *Panchmushtik Yush: Badar, Kulitha, Mulaka, Mudga, Yava.: Useful in Tridoshagna, Gulma, Kasa, Shula, Shwas, Jwara, Yogratanakara Jwara*
4. *Shadang Yush: Kulith, Yava, Badar, Mudga, Shunth,*
5. *Dhanyak.: Useful in Kshaya, Nighantu Ratnakar Part 2 Kshaya*
6. *Saptmushtik Yush: Kulith, Yava,Kol, Mudga,Mulak,Sunth,Dhanyak: Useful in Kaphavatshamak, Sannipata Jwara, Aamvata, Kanthvishodhaka, Sh. Sa. Mad. 2/164*

Uses of *Yava*:

Mantha (flour of different types of corn mixed with water), *kashaya* (decoction), barely powder, *linctus* prepared of *yava* and other light-eatables; *Yavaudana* (cooked *yava*) without adding any unctuous articles, *vatya* (*yava*-porridge) *saktu* (roasted corn flour) and *apupa* (pan-cakes) mixed with the meat-soup of gallinaceous and pecker birds and animals inhabiting arid land.[5]*Yava* should be one of the principle ingredients of food for the patient suffering from *prameha*. The patient suffering from *kaphaja prameha* should take eatables prepared of *yava* mixed with honey. *Yava* soaked in the decoction of *triphala* and kept overnight should be mixed with honey. It is a refreshing (*tarpana*) diet. It should be taken by the patient suffering from *prameha* regularly to overcome the disease.[6] Various eatables prepared from the *yava* or bamboo seed or wheat previously eaten by asses, horses, cows, swans and deer and collected from their dung should be given to the patient suffering from prameha.[16]Persons habitually taking roasted yava, dry corn-flour, mudga (*Phaseolus aureus* Linn.) and *amalaka* (*Emblica officinalis*) do not suffer from prameha, svitra (leucoderma), *kricchramutrata* (Dysuria) and *kaphaja kustha*.[7] *Prameha* patient should take food prepared from old Sali (*Oryza sativa* Linn.), *swastika* (A variety of rice), yava, godhuma (*Triticum sativum*), *kodrava* (*Paspalum scrobiculatum*) or *uddalaka* (*Paspalum scrobiculatum*) etc. along with *yusa* of canaka (*Cicer arietinum*), *adhaki* (*Cajanus indicus*), *kulattha* (*Dolichos biflorus)* and *mudga* (*Phaseolus aureus* Linn.).[8]

Discussion:

According to *Acharya Charaka yava* is the mentioned as a specific diet in *prameha*. Yava (*Hordeum vulgare Linn.*), commonly known as barley, belongs to family *Poaceae*. There is detailed description of Yava in *veda, araṇyaka, ypanishaḍa, grihya sutra* and *shatapata brahmaṇa*.

Yava having *Madhura, Tikta, Kashaya rasa. Yava have Ruksha, Pichhala, Mṛidu, Anabhiṣyandi, Sara in Guna.Virya- Sheeta, Vipaka- Katu, Doṣaghnata- Kaphapittahara, Vatakara,Mala prabhava- Bahupurişakara, Mutra dosha hara, Karma- Lekhana, Medovatahara, Medha vardhaka, Vṛişya, Balya, Sthairyakṛta, Varṇya, Swarya, Agni/agnidipana, Kasa- swas-pinasa har, Kanṭha rogahara, Tṛişa hara, Twaka roga hara, Vraṇepathyam and Urusthambahara*

CONCLUSION:

Ayurvedic pharmacodynamics of the Barley is indicative to prevent and cure many diseases. Also it has high nutritional value; it can be good substitute of carbohydrate, protein, fiber and minerals in diet. This cereal can play important role in diet as well as it is indicated as *Pathya* in many life style disorders like Diabetes, obesity, Hypertension, Ischemic Heart diseases. It is easily available, cheap and traditional value.

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Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2019; 3(1) : 1-4