

## Yava saktu (Hordeum vulgare-roasted Powder) with Takra (buttermilk) as Pathya in Madhumeha- A Review

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### ABSTRACT

Madhumeha is one of the disease syndrome caused by the abnormality involving Medodhatu (*Meda Pradoshaja Vikara*) which can be correlated to Diabetes Mellitus. Over 425 million people across the globe were living with Diabetes Mellitus by 2017. The escalating cost of medicines and adverse effect of drugs have raised the need for control and management of this disease syndrome with drugless approach through proper diet and life style. Diet has undoubted therapeutic effect and medicine alone cannot bring success in treatment. As Madhumeha (Diabetes mellitus type 2) is one among the life style diseases, introducing a new diet will be very effective. Yava (*Hordeum vulgare*) included as *Nitya Sevaniya Ahara* along with Takra (buttermilk) is said to have hypoglycemic effect. Hence in this review study the comprehensive literary search has been made with special reference to Yava (*Hordeum vulgare*) and Takra (buttermilk) along with relevant research evidences in order to establish the hypoglycemic effect of their combination as diet.

**Keywords:** Yava saktu, *Hordeum vulgare*, Takra, buttermilk, Pathya, Madhumeha.

### INTRODUCTION

Among the three sub pillars (Trayopasthambha) <sup>[1]</sup> of human health, Aharahas been given prime importance followed by Nidra and Brahmacharya. As Sharira is the outcome of Ahara, any error or deformity in it can be effectively managed by appropriate modifications in Ahara. Madhumeha being a chronic disease regarded as Yapya, definitely need a palliative care through diet, to control it and to improve quality of life. Yava has been discussed as one among the *Nitya Sevaniya Dravya*, a *Shuka dhanya* <sup>[2]</sup> and one of the specific diet explained in Prameha

(Diabetes). Takra too has a great importance in the field of Ayurveda as diet and as well as a medicine. A different preparation of Yava Saktu with Takra is recommended as Pathya in Prameha in Bhavaprakasha Nihghantu. Yava and Takra are also recommended Pathya in Prameha in various other classical texts.

Literary Review on Yava

Sanskrit name: Yava

Botanical Name: *Hordeum vulgare* Linn.

Family: Poaceae

**Synonyms**

- Medhya
- Sitsuta

- Divya
- Dhanyaraja
- Pavitradhanya
- Akshata
- Tikshna [3]

### Properties

- Rasa: Kashaya, Madhura
- Guna: Rukshna, Laghu
- Virya: Sheeta
- Vipaka: Katu
- Doshakarma: Kaphapittahara [4]

	Charak	Sushruta	Vagbhata
Rasa	Kashaya, Madhura	Kashaya, Madhura	Kashaya, Madhura
Guna	Ruksha,guru	Ruksha,Guru,Pichhila	Ruksha,Guru,Sara
Veerya	Sheeta	Sheeta	Sheeta
Vipaka	Katu	Katu	Katu
Doshaghnata	Kaphapittashamaka	Kaphapittashamaka	Kaphapittashamaka
Rogaghnata	,Medoroga	Rakthapitta, TrishnaVrana, Medoroga.	Pinasa, Shwasa, Kasa,Urustarnbha,

### ➤ Yava description in vedas

There is detailed description of Yava in Veda, Aranyaka, Grihya Sutraand Shatapata Brahmana. It is considered as the most ancient cereal in Atharva Veda and also elaborated its feature as 'Dirgashuko Dhanya Vishesha'. Various purana enroll Yava in religious ceremony rituals, Gramaranya (rural as well as wild), food material. It is used. There is a description of Yava as diet as well as in some medicinal formulation and for care of plants; in the decaying of fruits, trees should be served with water mixed with various cereals, sesame seed and Yava, in Agni Purana. [5]

### ➤ Yava: Nutritional Composition [6]

Energy	1,474 kJ (352 kcal)
Carbohydrates	77.7 g
Sugars	0.8 g
Dietary fibre	15.6 g
Fat	1.2 g
Protein	9.9 g
Thiamine (vit. B1)	0.2 mg (17%)
Riboflavin (vit. B2)	0.1 mg (8%)
Niacin (vit. B3)	4.6 mg (31%)
Vitamin B6	0.3 mg (23%)
Calcium	29.0 mg (3%)
Iron	2.5 mg (19%)
Phosphorus	221 mg (32%)
Zinc	2.1 mg

### ➤ Yava in Prameha

- The different preparations of Yava like Yava, odana, Vatya (Yava manda), Yava, Saktu (flour of Yava.), Apooa (like chapatti, poori), Dhana (fried Yava) [7] are mentioned in classics.
- The patient suffering from Kaphaja Madhumeha should take eatables prepared of Yava mixed with honey.
- Yava soaked in the decoction of Triphala and kept overnight mixed with

honey. It is a Tarpana (refreshing) diet. [7]

- Prameha patient should take food prepared from old Sali, Shastika, Yava, Godhuma, Kodrava or Uddalaka etc. along with Yusa of Canaka, Adhaki, Kulattha and Mudga. [8]
- Persons habitually taking roasted Yava, dry corn-flour, Mudga and Amalaka do not suffer from Madhumeha, Svitra, Kricchra mutrata and Kaphaja Kustha. [7]
- Foods and drinks should be prepared from either Yava or Godhuma which have been soaked in the decoction of indicated drugs in Madhumeha Chikitsa. [9]
- Yava is soaked in the decoction of Vara (Triphala) for the night and dried in the day. Saktu (paste of flour) prepared from this Yava should be consumed along with Sidhu and added with honey. [10]

### ➤ Mode of Action

Yava (*Hordeum vulgare*) is having Medohara property and it is told as one among the best diet in Madhumeha by all the acharyas and also Takra (buttermilk) which is having Tridosahara in nature. Both the drugs have the properties which are opposite to the predominant Doshas, which are responsible for the production of the Vyadhi. So it counter acts with the Doshas and brings aggravated Doshas to the normalcy and there by controls the disease.

Also in the previous research study it is proved that Yava has the property to reduce the blood glucose level. The glycemic effects of barley have focused on one of two major aspects: (1)  $\beta$ -glucan as a viscous fiber, and (2) starch composition ratio of amylose to amylopectin. All the researchers concluded that the lowered glycemic response following a meal containing  $\beta$ -glucan is related to delay and/or decreased absorption of glucose due to increased viscosity in the gut.

### Takra:

Takra is a Drava Dravya among Ahara mentioned to be consumed after food. It is also useful in many of the gastro intestinal

diseases as Ahara, Anupana or Sahapana. Kashaya Rasa, UshnaVirya, Vikasithwa and RukshaGuna of Takra will attribute for its Medohara and Mehahara Guna. [11]

### ► Types of Takra based on water content and method of preparation [12]

- Ghola: churned curd without adding water and without removal of fat.
- Mathita: churned curd without adding water but devoid of fat.
- Takra (buttermilk): churned curd by adding one fourth of water to it.
- Udashvita: churned cured by adding half part of water to it.
- Chachika: devoid of fat by churning and then added with more of water.

### Properties of Takra (buttermilk)

	Charak	Sushruta	AshtangSangraha	AshtangHridya	Bhava Prakash
Rasa	Kashaya Amla	MadhuraAmla	Kashaya Amla	Amla Kashaya	Kashaya Madhura
Anurasa	-	Kashaya	-	-	-
Virya	Ushana	Ushana	-	-	Ushana
Vipak	Madhura	Madhura	-	-	Madhura
Guna	Deepana, Grahi, Laghu	Laghu			-
		Agnidepan			-
		Vatakaphanashak			-

### Takra: Nutritional Composition: [13-15]

SN	Contents	Quantity	% Value
1	Calories	--	100
2	Total Fat	2.2 gm	4%
3	Saturated Fat	1 gm	8%
4	Cholesterol	10mg	4%
5	Sodium	260mg	10%
6	Total Carbohydrates	10g	4%
7	Protein	8g	15%
8	Vitamin A	130.00IU	2%
9	Vitamin C	5.00mg	4%
10	Calcium	--	30%
11	Thiamin	--	6%
12	Zinc	--	8%
13	Riboflavin	--	20%
14	Vitamin B-6	--	4%
15	Folate	--	4%
16	Vitamin B-12	--	10%
17	Phosphorus	--	20%
18	Magnesium	--	8%
19	Potassium	370 mg	--
20	Calcium	284 mg	--
21	Protein	16.55g	33.1%
22	Iron	0.25mg	1.4%

### Takra in prameha

- The administration of Haritaki with Takra (buttermilk) is a fruitful recipe. [16]
- Kushta, Gokshura, Pippali, Maricha, Sunthi, Vasa, Vacha, Ela, Hingu mixed

with Takra (buttermilk), Dadhi Manda and the juice of sour type of Badara. [17]

- Yava previously eaten by cows and collected from their dung or Yava alone should be given to the patients along with Gomutra or with Takra (buttermilk) for those suffering from Madhumeha. [18]

### CONCLUSION

Prameha is Yapya Vyadhi which needs Ahara as a tool to maintain good quality of life. Yava being ancient, scientifically evidence based staple food grain and Takra being unmatched Anupana are surely the best combination in a dietary drink for diabetics. Yava yukta Takra not only act as Pathya but also as a therapeutic measure in Prameha. This dietary formulation is recommended in various Ayurvedic texts in the context of Prameha. The literary review done in the current article throws a light and unravels the benefits of this diet in Prameha.

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