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## A Literary Review on Effect of Yava (Barley) in Santarpan Janya Vyadhiyan

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### Key words

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### Abstract

In today's Era due to life style changes like secondary life, disturbance in food and sleep habitats, intake of junk and fast-food people are suffering from many santarpan janya vyadhiyan like obesity, impotency, diabetes and many more. Many treatments plan has been described in Ayurveda to treat above diseases with the Three-fold management viz; changes in aahar vihar pattern and Aushadh. For improvisation in our life style, we need to add super food called millets in our daily food routine. According to Vedas and Upanishads food is Brahman, the divine reality and a properly selected diet is the essence of disease prevention or cure and Foundation of healthy life. It plays a critical importance in management of many diseases sometime even good medicine or unable to cure certain disease without proper aahar vihar because according to Ayurveda text Aarogyam bhojanadinam, Santarpan janya vyadhiyan comes under these categories. According to Ayurveda text Yava (Hordeum vulgare) has tremendous incredible performance in both as pathya (whole some diet) and aushadh (Medicinal) preparations. Due to its guru aptarpan, rukah gun and lekhan karma, especially in santarpan janya diseases. So Yava can be used as proper diet in the management of santarpan janya vyadhiyan.

### 1. Introduction

*Santarpan janya vyadhiyan* are explained by Acharya Charak ji in *Charak Samhita Sutra*

*sthan* "Santarpaniyaadhyaya" [1]. These are the group of diseases which are held due to excessive but bed nourishment which is due to changes in

food habit, sleep pattern and other lifestyle changes i.e., diabetes mellites, obesity, diabetic carbuncles, heaviness in body and many more. As per Acharya Charaka These are caused mainly due to *Khaph dosha* along with other *dosha- dushya sammurchhana*<sup>[2]</sup>. According to “*Samanya-Vishesh siddhanta*”<sup>[3]</sup> *Aptarpana* is one of the best treatments for *Santarpanjanya vyadhiyan*. Quality foods are play one of the most important roles in lifestyle modification. *Yava* or Barley (*Hordeum vulgare*) is one of the most ancient cereals and best *pathya* in *Santarpanjanya vyadhiyan* as per Ayurveda<sup>[4]</sup>. *All of the samhitas have explanations of patya for a variety of diseases. Most of the Ayurvedic canonical books provide detailed sections on diet and daily intake. From ancient times, people have consumed and used Yava (Hordeum vulgare) for both nutritional and therapeutic reasons. Shali (rice), Mudga (green gramme), Saindhava Lavana (moderate amounts of a specific salt), Amalaki (Emblica officinalis; Indian gooseberry), Yava (Hordium vulgare),*

*Antariksha Jala (Clean water), Paya (milk), Sarpi (ghee), Jangala Mamsa (meat from desert regions), and Madhu (a sort of fruit) (honey)*<sup>[5]</sup>. So “*Yava (Hordeum vulgare)*” is clearly mentioned as one of *Nitya Sevaniya dravya* and also best *Aptarpaniya dravya* in Ayurvedic text books. Also, *Yava (Hordeum vulgare)* has described in various *Samhita* and *Nighantu* under *Dhanya varga*. Maximum infect almost all *Santarpanjanya vyadhiyan* can managed by proper following by *aahar -Vihar* at initialstage. The dietary management aims to prevent diabetic microangiopathy by avoiding sustained hyperglycemia. By controlling blood lipids, keeping to a healthy weight, avoiding hyperinsulinemia, and other measures, the prevalence of atherosclerosis may be lowered. Even due to amazing properties of millets 2023 is declared as millets year and India is largest producer and second largest exporter of millets in the world.

### Disease description in the classics:

**Table No.1:** Nidan of Santarpanyajanya vyadhiya (causes of Santarpanyajanya vyadhiya)<sup>[6]</sup>

<i>Snigdha</i>	Oily food
<i>Madhura</i>	sweet in test and texture
<i>Guru</i>	heavy in digestion
<i>Picchhil</i>	slimy in texture
<i>Navanna</i>	new cultivated grains (within 1 year)
<i>Navamadya</i>	newly formed alcohol
<i>Aanupmamsa</i>	Meat of water animals
<i>Diwaswapna</i>	Sleeping after sunrise
<i>Sayyasukha</i>	Person who is a couch potato
<i>Sukheratah</i>	A person who never worried about anything
<i>Gaudikanna</i>	Dishes made by jaggery
<i>Gaurasa</i>	Dishes made by milk and milk products
<i>Paushtikatimatra</i>	Excessive Nutrition
<i>Chestadweshi</i>	Goof-off Person

Besides this if the patient takes the unauthorized food for him, it seriously does harm to him. Excessive intake of food is inviting many diseases like: -

S.N.	Excess intake	Related diseases
1	Carbohydrate	Hyperglycemia, Coronary artery diseases, Obesity
2	Fat	Coronary artery diseases, hypertension, hyperlipidemias, atherosclerosis etc
3	Proteins	Weight gain. Excess calories from excess protein may be stored as body fat. Intestinal irritation, Dehydration. Seizures. ... Increase in liver enzymes. Nutritional deficiencies. Risk of heart disease. Kidney problems
4	Vitamins	Hypervitaminosis A, Toxicity i.e. mitochondrial
5	Water	Polyuria, Heaviness in the body etc

**Table No.2:** Diseases comes under *Santarpan Janya Vyadhiyan*<sup>[7]</sup>

<i>Prameha</i>	anomalies of the urinary secretion
<i>Pidika</i>	Pimples
<i>Kotha</i>	Pruritus
<i>Kandu</i>	Wheals
<i>Pandu</i>	Anemia
<i>Jwara</i>	Fevers
<i>Kushtha</i>	Dermatosis
<i>Aampradoshaj vicar</i>	chyme-disorders
<i>Mutrakrichchha</i>	Dysuria
<i>Aarocchak</i>	anorexia
<i>Tandra</i>	torpor
<i>Klaibyam</i>	Impotency
<i>Aatisthaulya</i>	Obesity
<i>Aalasya</i>	indolence

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<i>Gurugatrata</i>	sleepiness, and other similar disorders.
<i>Indriya-Srotasam lepo</i>	Coting of <i>Kapha</i> or <i>Aama</i> in the channels of the sensory organs
<i>Budhdhi moha</i>	delusion of intellect
<i>Pramilak</i>	Contentive consideration
<i>Shof</i>	Edema
<i>Vividhashcha anye</i>	And other similar disease

- 1) *Prameha*- According to Ayurveda there are 20 types of anomalies of the urinary secretion called *prameha*. Obesity, pre-diabetes, type 2 diabetes, and metabolic syndrome are all included in this group of diseases.
- 2) *Pidika* – These comprises lumps packed with pus that hurt and are linked beneath the skin. When bacteria invade and inflame one or more of your hair follicles, a painful pus-filled lump will grow beneath your skin.
- 3) *Kotha* - As your skin starts to itch, you could find the want to scratch irresistible. Pruritus is another term for it. Dry skin is a typical source of itching, especially among the elderly since skin naturally becomes drier as we get older.
- 4) *Kandu* - A raised, itchy (pruritic) area of skin. They might be lighter or redder than the surrounding skin. Several configurations are possible, and their tops may be either flat or rounded. Reddish coloration is characteristic for wheals. They fluctuate in size and form and often disappear. They vary in size and shape, but they always stand out from the rest of the skin thanks to their smooth, raised appearance. Wheals, as everyone who has had them knows, can be incredibly, frustratingly irritating.
- 5) *Pandu* - It is said that in Ayurveda, the term "Pandu" refers to a light yellowish white. A lack of Ras dhatu causes the pallor characteristic of the condition known as panduroga (anaemia). The body's Ras dhatu is one of the seven dhatus (Saptadhatu) listed.
- 6) *Jwara* - According to Ayurvedic canon, *Jwara* is the worst of all illnesses, affecting not only the physical body but also the psyche and the senses. One of the hallmarks of this ailment is a rise in internal temperature, either of the body or the mind (mental disturbance).
- 7) *Kushtha* - The Ayurvedic word for skin illnesses is *Kushtha*, from the root *Kushu*, which means "it comes out from the inner portion to the outside part and kills the organs," thus the name. According to Ayurveda, there are 18 different kinds of *Kushtha*.
- 8) *Aampradoshaj vicar* – *Aam* is the condition that develops when the body of a living entity fails to fully finish its metabolic transformations. In Sanskrit, "*Ama*" refers to anything that has not been fully digested. It is crucial to the growth of pathological research.
- 9) *Mutrakrichchha* – *Basti* and *mutra marga* are susceptible to the sickness known as *mutrakrichchhra* (urinary passage). *Mutrakrichchhra*, *Mutraghata*, *Prameha*, and *Ashmari* were all illnesses related to the urinary channels (*mutravaha srotas*).
- 10) *Aarocchak* – A condition of the Lack of desire to eat principal meals is called *Arochaka* due indigestion. It held due lack of digestive fire.
- 11) *Tandra* – due to lack of enthusiasm feeling of drowsiness.
- 12) *Klaibyam* – Male sexual dysfunctions, known in Ayurveda as *Klaibya*, have been discussed at length. Impotence, or "*Klaibya*" in *vajikarna*, is

defined as the incapacity to engage in sexual activity on behalf of a male.

- 13) *Aatisthaulya* – according to ayurveda *Aatisthaulya* not measured by only BMI. Its described as excessive deposition or over nutrition of *Medo* and *Mamsa dhatu*, excessive movement of buttock, hip and breast, feeling of Anhedonia.
- 14) *Aalasya* – due to Anhedonia patient can feel of laziness.
- 15) *Gurugatrata* – due to excessive deposition of *Aam* and *Kapha* feeling of heaviness in body.
- 16) *Indriya-Srotasam lepo* - feeling of smeared and covered of all sensory organs and microchannels due to *aam* and *Kaph*.
- 17) *Budhdhi moha* – due to smeared of sensory organs patient can feel delusion of intellect.
- 18) *Pramilak* – patient continuously thinks about non sense things.
- 19) *Shof* – clogged micro channels blocked the movement of nutrition in the body, causing Edema in the body.

It can be managed by controlling of over and excessive calories but at the same time patient shouldn't feel hungry because exaggeration of digestive fire can increase more complications. So, we have to suggest our patient to take the diet which can fulfill his Stomach but at the same time not or less increase extra calories. In that case we have to choose our food very carefully because of as we know and in Ayurvedic text it is mention that “*Jaisa anna waisa man*” to say that the things we eat make up not just our bodies but also our illnesses.

The foods are taken in various forms like<sup>8</sup> –

**Table No 2:** Classification of food

<b>Bheda</b>	<b>Bhedaka Karana</b>
1. Artha Bheda	1. Aharatva
2. Yoni Bheda	2. Sthavara, Jangama
3. Prabhava Bheda	3. Hita, Ahita
4. Upayoga Bheda	4. Pana, Asana, Bhakhya, Lehya
5. svada (Taste) Bhed	5. Shad Rasa
6. Guna Bheda	6. According to 20 Guna
7. Dravya-Samyoga-Karan bahulyat Bhed	7. Aparisankheya

So, To put it simply, eating is the most important aspect of our existence. As we develop, our bodies have specific nutrient needs, including carbs, lipids, proteins, vitamins, minerals, and vital amino acids.

**Table 2** Recommended Daily Allowances-

<b>Particulars</b>	<b>Amount</b>
Carbohydrate	50-70%
Fat	1gm/kg/day
Protein	20%
Vitamin A	750mcg
Beta carotene	3000mcg
Vitamin D	2.5mcg, 5mcg
Vitamin E	10mg
Vitamin K	45mcg
Vitamin C	40mcg
Vitamin B1 etc.	1-3mg

The stuff we eat ultimately becomes our bodies. So YAVA is chosen for treat *Santarpan janya vyadhies*. So, properties of *yava* which are mention in *vrihattraï samhitas* are mention in table no 3.

**Table No 3:** Properties Of Yava

<b>PROPERTIES</b>	<b>CHARAK</b>	<b>SUSHRUTA</b>	<b>VAGBHATA</b>
<i>Rasa</i>	<i>Kashaya, Madhura</i>	<i>Kashaya, Madhura</i>	<i>Kashaya, Madhura</i>
<i>Guna</i>	<i>Ruksha, Aguru</i>	<i>Ruksha, Guru, Pichhila</i>	<i>Ruksha, Guru, Sara</i>
<i>Virya</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>	<i>Katu</i>	<i>Katu</i>
<i>Doshaghanata</i>	<i>Kaphapittashamaka</i>	<i>Kaphapittashamaka</i>	<i>Kaphapittashamaka</i>

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Rogaghanata	thairyakara, Medoroga	Rakthapitt, TrishnaVrana, Medoroga	sa, Shwasa, Kasa, Urustarnbha,
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**Table No 4:** Nutritive Value Of Raw Yava (Barley) Per 100 G (3.5 Oz.)<sup>[9]</sup>

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

**2. Aim** To study effect of *Yava* in *saantarpan janya vyadhiyan*.

### 3. Objectives

- To Study the Severity of *saantarpan janya vyadhian*.
- To Study of importance of *YAVA* in *saantarpan janya vyadhiany*.

### 4. Method

Collection of data from Ayurveda text *Vedas*, *upnishads nighantus*, *samhitas*, e-paper about *saantarpan janya vyadhi*, its severity, *Yava* and its *properties*.

### 5. Discussion

The Covid pandemic has made all of us realize the importance of health and nutritional security. Food is not just nourishment infect it is something

that makes your life. Food is responsible for life of all beings. Diseases caused by Santarpana are identical to those reported in current literature, suggesting that the ancient Ayurvedic descriptions of these illnesses were accurate. The Ayurvedic therapy approaches used in these scenarios are similarly cutting-edge and effective from a scientific and practical standpoint. A technical research of some kind is required to get today's society on board with the idea stated above. So that Ayurvedic principles might take a solid hold on the modern world. The significance of food and its influence on our bodies is further highlighted by the information presented above. Doshas, Dhatus, and Agni may be brought back into harmony with the assistance of food when eaten in

the right way. Incorporating the right nutritional habits into your daily routine can help you feel your best on all levels. *YAVA* is one of coarse grain or millets. Millets have been an important food source in the past but over time they began to disappear from the food plate. Now it is the need of the hour to make them a food option for the future. Due to its nutritional value India celebrated the Year of Millets in 2018 to promote millets as a food that helps in providing nutrition to the remotest parts of India and the world. The world has embraced the initiatives taken by India from yoga to millets. On India's initiative the United Nations declared the year 2023 as the International Year of Millets. We need to treat it with utmost love and reverence and as we know *Santarpan janya vyadhi* are caused due to *santarpan* means extra and *vikrat* formation and collection of *dosha, dhatu, mala* and they become *aama*. Due *aama* formation the body channels are getting blocked (*srotorodh*) and next *dhatu* are deprived from nourishment. Due to *Aama* has *pichchhil pravritti, ruksha lekham karma* need for its digestion and *yava* has *Ruksha guna* and *lekhan karma*. So as *aacharya charak* says *Yava* is one of the best choices to prevent from or getting cured by *santarpanjanya vyadhi* in diet as well as medicinal properties both.

## 6. Result

*Yava* has significant properties to cure *santarpan janya vyadhi*.

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