



KOSHATAKYADI YAVAGU: A REVIEW

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ABSTRACT

Pathya Kalpana is explained in detail in Ayurveda and a lot of emphasis is given for it. Yavagu is one Pathya kalpana and Rice is the main ingredient in Yavagu that is rich in carbohydrate and has digestive property. Koshatakyadi yavagu is explained in classics in the context of Visha chikitsa and is indicated in Visha Vegantara condition. It is prepared by boiling 1 part of rice by adding 6 times of herbal decoction containing nineteen ingredients having vishahara property. It should be taken with honey or ghee to achieve better result. This yavagu delay the visha vega from entering the successive kala and saves the life of the person.

Key words: Yavagu, Visha Vega, Koshatakyadi Yavagu, Visha

INTRODUCTION

Pathya Kalpana is a basic and most important kalpana in Ayurveda. The preparations made by various Samskara (methods of processing) make the diet more fruitful in terms of health. Yavagu is a Pathya kalpana with Rice as the main ingredient. Yavagu is rich in carbohydrate and has digestive property with high nutritive value; make it the appropriate food article for patients as well as healthy persons, who have Mandagni (low digestive capacity). In Ayurveda literature 3 types of Yavagu are described¹.

- Kalka Siddha Yavagu (Gruel prepared with paste of medicines)
- Kwatha Siddha Yavagu (Gruel prepared in decoction of medicines)
- Mamsarasiddha Yavagu (Gruel prepared in meat soup)

In Charaka samhita twenty eight types of Yavagu altering the decoction of drugs specified for individual disease are described². Koshatakyadi yavagu is explained in classics in the

context of visha chikitsa and is indicated in visha vegantara condition.

Concept of Visha Vega and Vegantara³

Visha Vega (Impulse of the poison)

The poison is found to attack successively in seven kalas. The interval of time during which a deadly poison leaves one kala to succeeding kala is called as visha vega, it gives rise respectively to seven stages and finally invades the ojas. Because of this Susruta and Vagbhata describe seven impulses of poison, but Charaka considered death as the eight impulse of poison. In animals the impulse of the poison are four and in bird's impulses of poison are three.

Visha Vegantara

The interval that takes place while poison driven by vayu crosses one kala to other is known as vegantara (the intervening stage).

Table: 1 Visha vega samanya lakshanas (According to Charaka)⁴

Vegas	Signs and symptoms
1 st	Trishna (Thirst), Moha (Mental confusion), Danta harsha (Sensitiveness of teeth), Praseka (Excessive salivation), Vamathu (Vomiting), Klama (Exhaustion)
2 nd	Rakta pradushti (Vitiation of blood), Vaivarnya (Discolouration), Bhrama (Giddiness), Vepathu (Trembling), Murcha (Fainting), Jrumbha (Yawning), Chimichimayana (Irritation), Tama pravesha (Sensation of feeling of dark)
3 rd	Mamsa dhatu gets affected which give rise to Mandala (Circular patches), Kandu (Itching), Swayathu (Swelling), Kota (Urticaria)
4 th	Daha (Burning sensation), Chardi (Vomiting), Anga shula (Body ache), Murcha (Fainting) arise due to vitiation of Vatadi dosha
5 th	Neeladhinam thamasacha darshana (One seems the object as blue and vision becomes dark)
6 th	Hikka (Hiccup)
7 th	Skanda bhanga (Shoulder falls down)
8 th	Mrutyu (Death)

Koshatakyadi Yavagu⁵⁻⁷

Table: 2 Ingredients (According to Sushruta Samhita)

Sl. No	Ingredients	Botanical name	Family name	Rasa	Guna	Veerya	Vipaka
1	Koshataki	<i>Luffa acutangula</i>	Curcubitaceae	Tikta	Laghu Ruksha Tikshna	Ushna	Katu
2	Agnika (Ajamoda)	<i>Apium graveolens</i>	Apiaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu
3	Pata	<i>Cyclea peltata</i>	Menispermaceae	Tikta	Laghu Tikshna	Ushna	Katu
4	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Lavana varjitha pancha rasa	Laghu Ruksha	Ushna	Madhura
5	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Tikta Kashaya	Guru Snigdha	Ushna	Madhura
6	Shirisha	<i>Albizia lebeck</i>	Mimosoidaceae	Kashaya Tikta Madhura	Laghu Ruksha Tikshna	Ushna	Katu
7	Kinihi (Apamarga)	<i>Achyranthes aspera</i>	Amaranthaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu
8	Shelu	<i>Cordia dichotoma</i>	Boraginaceae	Madhura Kashaya	Snigdha Pichila Guru	Sheeta	Madhura
9	Haridra	<i>Curcuma longa</i>	Zingiberaceae	Tikta Katu	Laghu Ruksha	Ushna	Katu
10	Daruharidra	<i>Berberis aristata</i>	Berberidaceae	Tikta Kashaya	Laghu Ruksha	Ushna	Katu
11	Punarnava	<i>Boerhavia diffusa</i>	Nyctaginaceae	Madhura Tikta Kashaya	Laghu Ruksha	Ushna	Katu
12	Harenu (Nirgundi Beeja)	<i>Vitex nigundo</i>	Verbinaceae	Katu Tikta	Laghu Ruksha	Ushna	Katu
13	Sunthi	<i>Zingiber officinale</i>	Zingiberaceae	Katu	Guru Ruksha Tikshna	Ushna	Madhura
14	Maricha	<i>Piper nigrum</i>	Piperaceae	Katu	Laghu Tikshna	Ushna	Katu
15	Pippali	<i>Piper longum</i>	Piperaceae	Katu	Laghu Snigdha	Ushna	Madhura
16	Sariva	<i>Hemidesmus indicus</i>	Asclepidaceae	Madhura Tikta	Guru Snigdha	Sheeta	Madhura
17	Uthpala	<i>Nymphaea alba</i>	Nymphaceae	Madhura Kashaya Tikta	Laghu Snigdha Picchila	Sheeta	Madhura
18	Sooryavalli	Patola sadrishya patra					
19	Giryahva	Sweta syanda					

Table: 3 Analysis of drugs in Koshatakyadi Yavagu

Sl. no	Drugs	Doshaghna	Karma
1	Koshathaki	Kaphapitta shamaka	Vamaka, Dipana, Kushtaghna, Shotahara
2	Ajamoda	Kaphavatahara	Deepana, Hrudy, Vrushya, Balya, Vidahi
3	Pata	Kaphavatahara	Vishaghna, Grahi, Balya, Shulaghna, Kandughna
4	Haritaki	Tridosahara	Anulomana, Prajasthapana, Hridya, Chakshushya
5	Guduchi	Tridosahara	Medya, Rasayana, Deepana, Grahi, Kandughna, Jwarahara, Daha prashamana
6	Shirisha	Tridosahara	Vishaghna, Vedanasthapaka, Vrana ropana
7	Apamarga	Kaphavatahara	Deepana, Pachana, Kandughna, Soolaghna, Krimighna
8	Selu	Kaphapittahara	Vishagna, Keshya, Kushtaghna, Vranaghna
9	Haridra	Kaphavatahara	Lekhana, Vishaghna, Varnya, Krimighna, Kandughna, Vranaghna
10	Daruharidra	Kaphapittahara	Chedhana, Kushtaghna, Netrya, Vranaghna
11	Punarnava	Kaphavatahara	Shothahara, Vayasthapana, Dipana, Vishaghna
12	Harenu	Kaphavatahara	Chakshushya, Keshya, Krimighna, Vrana ropana, Vishaghna
13	Sunthi	Kaphavatahara	Arshoghna, Deepaniya, Shula prashamana, Trishna nigrha, Bhedhaniya
14	Maricha	Kaphavatahara	Kushtaghna, Dipaniya, Krimighna, Kasaghna, Pramathi, Shula prashamana
15	Pippali	Kaphavatahara	Deepaniya, Kanthya, Shula prashamana, Triptighna, Vrushya, Rasayana
16	Sariva	Tridosahara	Jwaraghna, Daha prashamana, Sthanya shodhana, Grahi, Kandughna, Kasaghna, Swasaghna
17	Uthpala	Tridosahara	Medhya, Grahi, Muta virechaniya, Trushnaghna, Jwaraghna

Method of preparation

All the ingredients are taken in equal quantity. They are pounded separately into a coarse powder and mixed homogenously. Then decoction is prepared with 16 parts of water following the general method of Kwatha preparation, it is boiled over moderate flame in an open vessel till it reduces to 1/8th part. Later after reduction, it is filtered.

Then yavagu is prepared with 1 part of rice and 6 parts of the above decoction on moderate fire in an open vessel till the rice is cooked and a little amount of water is left in the final recipe.

Quality and dose ⁸

Kashyapa samhita has described the standard quality of Yavagu. A quality Yavagu should possess normal semisolid texture and should not be excessive concentrated or dilute. It should be prescribed in warm and fresh condition and not after cooling. The rice grains should remain intact after the preparation as it can be separated from each other and the ultimate quality is its pleasant and palatable appearance.

The dose is prescribed as per digestive ability of the individual i.e., of daily routine diet.

Pharmacological properties⁹

Commonly, Yavagu possesses Grahi (digestive and absorbable), Balya (strengthen the body), Tarpani (nutritious) and Vatanashini (pacify the vitiated vata) properties.

Indications

Yavagu may be prescribed as antipyretic, antidiarrhetic, anticolicky, antihelminthic and antitoxic. Koshatakyadi yavagu is mainly indicated in Visha Vegantara condition.

Anupana

- Grtha
- Makshika

Shelf life

24 hours

DISCUSSION

Koshatakyadi yavagu is explained in classics in visha vegantara condition and is commonly practised also. It contains the medicated decoction and rice. Starch molecules in the rice which are the source of calories in diets, when heated in an aqueous or moist environment, swell and rupture and thus permits greater enzymatic digestion by the activity of enzymes like amylases. Resistant starch acts like soluble fibre in the gastrointestinal tract, thus providing the health benefits. Resistant starch has a low glycaemic index because of the slow release of glucose¹⁰. Increasing resistant starch content in the diet has the potential to provide several significant health benefits and add value to rice. Application of heat during cooking increases the digestibility of carbohydrates also¹¹.

In Koshatakyadi yavagu the medicated decoction contains nineteen herbal drugs out of which eight drugs have deepana property (Koshathaki, Ajamoda, Guduchi, Apamarga, Punarnava, Sunthi, Maricha and Pippali, that help in easy digestion. In this yavagu preparation most of the drugs have katu tikta rasa, laghu ruksha guna, ushna veerya, katu vipaka,

vatakapha shamaka property. In Koshatakyadi yavagu ingredients such as Koshathaki, Patha, Shirisha, Selu, Haridra, Daruharidra, Punarnava, Maricha, Sariva and Harenu have vishaghna property. Shirisha is the agra aushadha in visha also. These drugs help to reduce the toxic effects produced by the visha. Main signs and symptoms produced in visha condition are kandu sophia and shula. Patha, Guduchi, Apamarga, Haridra, Daruharidra and Sariva have kandughna property, helps to reduce itching due to visha. Koshataki, Haritaki, Shirisha, Haridra, Daruharidra, Punarnava, Sunthi and Maricha have saphaghna action that helps to reduce the swelling due to visha. Ajamoda, Pata, Apamarga, Punarnava, Sunthi and Pippali have shulaghna action that helps to reduce pain due to visha. Punarnava has mutrala action that aids in elimination of visha through urine. Ajamoda, Haritaki, Guduchi, Sunthi, Pippali, Uthpala have hrudya action that helps in protection of hrudaya from the effect of visha. Pippali has the properties like anti-allergic, Anti pyretic, Analgesic, and Anti-inflammatory. Pippali also enhances bioavailability of other drugs. The yavagu also contains Haritaki that brings Anuloma gati of Vayu, which is a prime mode of action for the breakage of samprapti of Shotha and Vedana. The anupana for koshatakyadi yavagu are ghrita and kshoudra. Ghrita has vishaghna property. There is no medicine better than ghee in all kinds of poison and all stages of poisoning especially it is best when anila is powerful¹². Ghrita is best in all snehas and has vayahsthapana property. It reduces visha due to its madhura rasa, soumya, mridu and sheeta veerya properties. It imbibes the properties of other substance without altering its property (samskarasya anuvartana)¹³. Madhu has hrudya, chakshushya property. It pacifies the visha due to its sookshma marganusari (enter small srotas) and yogavahi property. Madhu (honey) is most refined glucose (fructose & sucrose), in a liquid form. In addition to its carbohydrates & vitamin content, honey is recommended as kaphahara and because it is collected from numerous plants, it is said to contain certain unique essence of those plants¹⁴. Because of penetrating action, poison weakens the heart. Ghee and Honey help in protection of heart in such condition by creating a sleshma avarana in the heart¹⁵. So the combined action of all drugs in the Koshatakyadi Yavagu along with proper anupana helps in removal of visha in vegantara condition

CONCLUSION

The poison is found to attack successively in seven kalas. The interval of time during which a deadly poison leaves one kala to succeeding kala is called as visha vega, that gives rise to seven stages and finally invades the ojas. The interval that takes place, while poison driven by vayu crosses from one kala to another is known as visha vegantara. Koshatakyadi yavagu is a herbal preparation explained in visha vegantara condition. It also works as the media for various drugs by utilizing drug decoctions in place of water and honey and ghee as adjuvant. This yavagu retards the visha vega produced by the poison and minimises the effect of poison. It protects the heart- the seat of ojas by reducing the theekshnata (hot potency) of the visha.

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