



THERAPEUTIC AND MEDICINAL USES OF YAVA: A REVIEW

Ayurveda

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ABSTRACT

Yav is a main food grain well known to the present era since *Vedic kala*. It is considered as the most ancient cereal in *Atharvaveda*.¹ An Ayurvedic text entails the uses of *Yav* in religious ceremony, dietary and medicinal preparations. There is detailed description of *Yav* in various *samhita* and *nigantu* under *dhanya varga*. It is mainly indicated as a *pathya* diet in many disorders. Here in this review *Yav* references from important Ayurvedic texts and the compilation of diseases in which *Yav* is used as *pathya* is described.

Ayurveda is the very foundation storage of the ancient medical science of India. The therapeutic in Ayurveda based entirely on the herbal drugs. According to *Charaka*, 'the drug is 'an agent' which a physician employs as an instrument in restoring the equilibrium of the body tissues'. History of any drug gives insight into its, morphology, properties and therapeutic or dietary utility as conceived by various authors at different stages of the history. In this review article an effort has been made to explore all properties of *Yava* and mode of action.

KEYWORDS

Atharvaveda

INTRODUCTION

Yav- *Yav* is main food grain well known to the present era since *Vedic Kalan*. It is considered as the most ancient cereal in *Atharvaveda*^[7]. An *Ayurvedic* text entails the uses of *Yav* in religious ceremony, dietary and medicinal preparations. There is detailed description of *Yav* in various *samhita* and *nigantu* under *Danya Varga*. It is mainly indicated as a *pathya* diet in many disorders. Here in this review *Yav* references from *Ayurvedic* texts and the compilation of diseases, like *Jwara* (Fever), *Raktapitta*, *Premeha* (diabetes), *Sosha* (Tuberculosis), *Kshatshina* (Phthisis), *Svayathu* (Edema), *Udara Roga*, *Arsha* (Piles), *Kustha*, *Mahakustha*, *Hikka Swasa-Kasa* (Respiratory Treat), *Atisara* (Diarrhoea), *Chardi*, (Vomiting), *Visarpa* (Erysepeles), etc. in which *Yav* is used as *Pathya* is described.^[40]

Pharmacognostical Studies:

Taxonomical Description of *Yav*:-

Common Name - *Yava* Local Name - *Jau*, Latin Name - *Hordeum vulgare* Linn, Kingdom - Plantae, Division - *Mangoliophyta*, Class - *Magnoliopsida*, Order - *Poales*, Family - *Poaceae*, Genus - *Hordeum* Species - *H. Vulgare* Linn.

Distribution Habitat:²

It is distributed throughout tropical India, Asia – Europe and America. In India, Assam, Madhya Pradesh, Meghalaya, Punjab, Uttarpradesh, Bihar, Rajasthan, Haryana, Jammu, Karnataka, Tamil Nadu, Gujarat, Maharashtra etc. It is a fairly common plant of grassland areas, meadows as well as semi-arid regions, sometimes on rather salty soil.

Propagation:²

Seed – sow in situ in early spring or early autumn and only just cover the seed. Make sure the soil surface does not dry out in the weather is dry – germination takes place within 2 weeks.

Cultivation:²

Succeeds in most soils and in climates ranging from subarctic to subtropical. Easily grown in light soils Prefers a calcareous soil. Best grown in a sunny position.

Yav first came under cultivation about 12,000 years ago . It is widely cultivated in Temperate areas of the world for its edible seed, there are many named varieties. It succeeds further north than most other cereal crops (it succeeds in Norway at latitude 70° N, and at higher altitudes (it is a staple crop in Tibet). The *Coeleste* group contains the hull-less barleys. Although lower yielding than the type, these hull-less seeds are much easier to harvest making them a much easier crop to grow on a small scale

Morphology:³

Root— Fibrous, 0.5 to 1 cm thick; cylindrical, glabrous, greyish-brown.

Stem — Cylindrical, 0.4 to 0.6 cm thick; hollow, slightly flattened, smooth; internode long, shining yellow; node short, bearing sheath; fracture, fibrous.

Leaf — Linear-lanceolate, 15 to 25 cm long, upper one dose to the spike; sheath smooth, striate; yellowish-grey. Inflorescence — Spike, terminal, linear-oblong, compressed spikelet sessile, 6 to 8 cm long, 6-rowed type; dark cream.

Fruit — A caryopsis, elliptic, oblong, ovoid and tapering at both ends; smooth, about 1 cm long and 0.2 to 0.3 cm wide; dorsally compressed and flattened on the sides with a shallow longitudinal furrow; 3 to 5 ridged having shallow depression between them; grains tightly enclosed and adhering to the lemma and palea; a long awn present on the palea; pale greenishyellow; taste, sweetish acid.

Drug Collection and storage method³

The grain should be thoroughly dried before storage. The store rooms, storage-pits or bins should be moisture proof as barley is hygroscopic and should be fumigated to keep away the stored grain pests. Identity, purity and strength for dried dry.

Total ash :-

- Not more than 2% Acid-insoluble Ash
- Not more than 15% Protein
- Not more than 34% Carbohydrates
- Not more than 10% For fresh dry Foreign matter
- Nil

Steroles, Tannin, Flavonoids, Amino Acids, Glycosids, Phenols, Saponin, Alkaloids, Acetone, Benzene, Ethyl Acetate.

Ras Panchk⁴

Rasa - *Madhura*, *Tikta*, *Kashaya*
Guna - *Ruksha*, *Pichhala*, *Mridu*, *Anabhisyanthi*, *Sara* *Virya* - *Sheeta*
Vipaka - *Katu*
Karma - *Lekhana*, *Medovatahara*, *Medha* *Vardhaka*, *Vrisya*, *Balya*, *Sthairyakarta*, *Swarya*, *Agni-dipana*, *Kasa* - *swas* - *pinasa* *har*; *Kantha* *rogaharra*, *Trisa* *hora*, *Twaka* *roga* *hora*, *Vranepathyam* and *Urushthambahara*.

Dose - 10 – 20 gm. Of the drug in powder form 40 ml. of the drug in powder liquid form

Toxicity Studies:²

yav is likely safe for most people when taken by mouth appropriately. *Yav* flour can sometimes cause asthma.

Substitute & Adultrants²

Roasted *Yav* was a good substitute for roasted malt and the common

adulterates are, dust, pebble, stone, straw, weed seeds, damaged grain, weevilled grain, insect, hair and excreta of rodent in *Yav*.

CONCLUSION

Yav (*Hordeum vulgare* Linn.) belongs to Poaceae (grasses) family. It is considered to have *Kashaya rasa*, *Madhura rasa*, *Katu vipaka*, *Sheeta veerya*, pacifies kapha and *pitta*. It is in possession of *Mrudu*, *Guru*, *Ruksh*, *Picchila guna*. *Yav* has properties like- *Lekhana*, useful for wounds like *Tila*(Sesamum), *Medhya*, *Agnivardhak*, *Swarya*, *Balakar*, *BahuvataMalakar*, *Varnyasthairyakar*⁵. It is also known to decrease *Meda*, *Trishna* and does *raktaprasadan*⁶. This article concludes that herb has great pharmaceutical applications. And it requires further clinical evaluation of same.

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