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HORDEUM VULGARE (YAVA): A REVIEW

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ABSTRACT

Hordeum vulgare having a place in the family Poaceae is a medication understood since ages. It is viewed as the ruler of herbs. Yava isn't just a powerful medication but on the other hand is utilized as a food in numerous part of the world. *Hordeum vulgare* is an endemic medicative plant of the Poaceae and significant for its content the antecedent of the numerous pharmacologically dynamic steroids. Ayurveda people routinely use this drug by many aspects. Present paper elaborates use of Yava by Vaidyas and tribal people.

Keywords: Yava, Saktu, *Hordeum vulgare*, Kapha, Pitta, Streeroga

INTRODUCTION

Yava (*Hordeum vulgare* Linn.), commonly known as barley, belongs to family Poaceae. Yava is famous shukadhanya (cereal) used in Indian systems of medicines viz., Ayurveda and used in different medicinal preparations as well as in dietary form for many santarpanajanyaroga like prameha (diabetes), kustha (leprosy) and medoroga (obesity) etc. for lekhanakarma.. Its origin is considered in Middle East, Domestication occurred in Mesopotamia some 10,000 years ago. It spread to ancient Egypt, Ethiopia and ancient Greece at an early date. Wheat replaced barley as the staple food in classical times. Yava in Veda and Purana- There is detailed description of Yava in veda, aranyaka, ypanishada, grihya sutra and shatapatabrahmana. It is considered as the most ancient cereal in Atharva Veda and also elaborated its feature as 'dirgashukodhanyavishesha'. Various puranaenrols the yava in religious ceremony/rituals, gramaranya (rural as well as wild), food material. It is used [1]. 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 agnipurana.

Yava in Ayurvedic text -There is detailed description of yava in various ayurvedic samhitas and nigantus. It is kept under shukadhanya varga in charak samhita, sushurta samhita and astangahridaya. Acharya Vagabhata was the first to give the concept of Vichitra pratyarabdha dravya and given yava as an example of this.

Sanskrit names:

Yava, Medhya, Shakti, Sitaśūka, Divya, Hayesta, Turanāpriya, Aksata, Kancuki, Pavitradhānya, Rajadhanya, Tikснаśūka.

Regional names: Jou, Jo (Hindi).

Description:

An annual, erect, stout, tufted herb, 34 ft. high, re-sembling wheat in habit. Leaves few, linear-lanceolate; ligule short, membranous; spikes terminal, linear-oblong, compressed, 2-2.5 in. long, densely flowered. Spikelets is sessile, arranged in three or two sides of a flattened rachis; all fertile (6-rowed type) or lateral ones barren and occasionally rudimentary (12-rowed type). Glumes 2 small, narrow, short-awned, enclosing three spikelets; lemma lanceolate, five-ribbed, tapering into a long straight or recurved awn; palea a little smaller than lemma with margins inflexed; lodicules 2; stamens 3; stigma 2. Fruit a caryopsis, elliptic, C. 3/8 in. long, short pointed, grooved on the inner face,

smooth, free or adherent to palea or both to lemma and palea.

Flowering and fruiting time- Farming seasons.

Distribution

Plant is grown in the plains as well as in hilly regions of the Himalayas up to an altitude of 14,000 ft. It is a common cereal crop under extensive agro-practices in country, especially plains. It gives produce of Barley which is widely used as food, cattle feed and for malting, brewing and pearling.

Kinds and varieties:

There are numerous cultivated types of barley undertaken for crop production in country generally as rabi crop (sown in October-November and harvested by the end of March or beginning of April), and sometimes in early January, depending on area, land, climate rains and cultivated practices.

Chemical composition:

In general, the chemical profile of typical barleys and malts follow: starch 61.05-53.06, protein insol. 4.74-6.06, protein sol. 2.53-4.01, reducing sugars 0.96-3.40, sucrose 1.09-8.40, fat 2.51-1.99, fiber 4.99-5.71 and ash 2.82- 2.65 percent dry matter of two rowed barley (values pertaining to barleys and malts respectively) [2].

Pharmacodynamics [3]:

Rasa: Kaṣaya, madhura

Guna: Ruksa, laghu

Virya: Sheeta

Vipaka: Madhura

Doshakarma: Kaphapittahara

Properties and action:

Karma: Lekhana, Balya, Varnya, Kanthya, Medohara, Kasahara, Kanthya, Agnivardhana, Abhinandan, Chardinigrahana.

Roga: Prameha, Vranavikara, Kanthavikara, Kasa, Shwasa, Pliharoga, Pratishtaya, Pinasa, Urustambha, Varna, Medorogasthoulya, Kṣhatakṣhina, Kustha.

Therapeutic uses:

The drug Yava is useful in various diseases such as obesity, prameha, diabetes, anemia, cough, asthmacoryza, colic, urustambha, eye diseases-timira, erysepalas, vomiting, excess thirst, ulcers, dysuria, hyperacidity and rheumatism [4]. Yavaksāra is recommended in various diseases and used in indigenous medicine for treatment of certain ailments [5] e.g. udararoga, mutrakrucchra, visha, amadosha, ashmari, kaphavatavikara, Amavata. Yava or barley is one of the oldest of cultivated cereals and extensively used as food and cattle feed and for malting brewing and pearling, Barley is utilized in various purposes and it enters in several products (malt extracts, infant foods, candies, bakery, malted milk concentrates breakfast

cereals and other products) of food and pharmaceutical preparations other than alcoholic manufacture.

Parts used: Fruit, whole plant.

Dose: Decoction 50-100 ml.

Formulation: Yavakshara, Yyoshadisaktu.

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