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Review Article

A REVIEW ON YUSHA IN KAIYADEVA NIGHANTU

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ABSTRACT

Ayurveda, the science of life, lays down all the preventative principles that are important in sustaining health. Ayurveda has described about the three pillars of life. They are ahara (diet), nidra (sleep), and brahmacharya (celibacy). Ahara (diet) is one of the most significant among them. It is noted that an individual can be disease free just by having a healthy diet. As a result, no medicine is equivalent to food. Kritanna varga is a group of processed food that comprises numerous food preparations such as manda (rice water), peya (thin gruel of rice), vilepi (thick gruel of rice), yavagu (gruels), yusha (soup of vegetables or pulses), ragah (sweet sour sauce), shadavah (confectionery), and so on. Yusha (soup of vegetables or pulses) is one of them, and it is well mentioned in Ayurvedic literatures and even in most of the conditions as a therapeutic diet. In Kaiyadeva nighantu- A treatise of ayurveda 22 yushas are mentioned in kritanna varga. Generally, yusha is prepared with one part of dhanya (rice) and eighteen parts of water. If saindhava lavana, sunthi (*Zingiber officinale*), pippali (*Piper longum*) etc. katu dravya's (pungent substance) are taken and sneha (unctuousness) is added then it is called as krita (seasoned) yusha. Without katu dravyas (pungent substance) and sneha (unctuousness) it is akrita (unseasoned) yusha. Krita yusha is guru (heavy) due to sneha and akrita yusha is laghu (light). In all the yusha's mentioned in treatise, mudga yusha is said to be best.

Keywords: Yusha, Ahara, Ayurveda, Kaiyadeva nighantu, kritanna varga.

INTRODUCTION

Despite significant advances in science and technology, mankind continues to face several health issues, primarily as a result of improper food and lifestyle habits. Ayurveda, the science of life, lays down all the preventative principles that are important in sustaining health. Ayurveda has described about the three pillars of life. They are ahara (diet), nidra (sleep), and brahmacharya (celibacy) ¹.

Ahara (diet) is one of the most significant among them. It clearly highlights that the ideal food should be consumed in order to maintain and prolong good health. This perfectly measured and

cooked meal is known as pathya (dietary regimen) ². And pathya (dietary regimen) is regarded to be the ultimate medicine. It is noted that an individual can be disease free just by having a healthy diet. As a result, no medicine is equivalent to food. Kritanna varga is a group of processed food goods that comprise numerous food preparations such as manda (rice water), peya (thin gruel of rice), vilepi (thick gruel of rice), yavagu (gruels), yusha (soup of vegetables or pulses), ragah (sweet sour sauce), shadavah (confectionery) and so on ³. Yusha (soup of vegetables or pulses) is one of them, and it is well mentioned in Ayurvedic literatures and even in most of the conditions as a therapeutic diet. In Kaiyadeva nighantu- A treatise of ayurveda 22 yushas are mentioned in kritanna varga.

Table 1: Enlisting Yusha mentioned in Kaiyadeva nighantu ⁴

YUSHA	INGREDIENTS	INDICATIONS
Mudga yusha	Mudga (<i>Vigna radiata</i>), Jala (water), Dadima (<i>Punica granatum</i>), Sanidhava (rock salt), Shunti (<i>Zingiber officinale</i>), Dhanyaka (<i>Coriandrum sativum</i>), Pippali (<i>Piper longum</i>), Jeeraka (<i>Cuminum cyminum</i>)	Pittakapha vikara shamana (Pacifies pitta and vata disorders)
Masuradi yusha	Masura (red lentils), Mudga (<i>Vigna radiata</i>), Godhuma (<i>Triticum aestivum</i>), Kulattha (<i>Macrotyloma uniflorum</i>), Lavana (salt)	Vatanashaka (cures vata)
Mrudvika yusha	Panchalavana (5 types of salts), Mrudvika (dry grapes), dadima (<i>Punica granatum</i>)	Ruchikara, Agnideepana (increase digestive factors), Hrudyā (cardio tonic), Vatarogashamana (Pacifies vata disorders)
Shukha dhanya yusha	Sushka dhanyaka (<i>Coriandrum sativum</i>), Patola (<i>Trichosanthes dioica</i>), Nimba (<i>Azadirachta indica</i>)	Kaphamedha nashaka (cures kapha and fat), Pittagna (Pacifies pitta), Krimi (worms or microorganisms), Dipanam (metabolism enhancing), Hrudyā (cardio tonic), Kushta (leprosy), Jvarah nashana (pacifies fever)

Supya yusha	Dhal (pulse), Mulika (<i>Raphanus sativus</i>)	Meda (reduce meda dhatu), Galagrahah (choking sensation in throat), Kasa (cough), Arucih (tastelessness), Pratisyayah (cold), Jvarah nashana (pacifies fever)
Kulattha pancha yusha	Kulattha (<i>Macrotyloma uniflorum</i>), Masha (black gram), Nishpava (<i>Dolichos lablab</i>), Mudga (<i>Vigna radiata</i>), Adaki	Sarvajvarahara (useful in all kinds of fever), Dipanam (metabolism enhancing), Pacanam (enhancing digestion), Laghu (light), Shelshmagna (pacifies kapha), Ruchikara (useful in anorexia), Angamardha (generalized body ache), Kshayah nashaka (cures emaciation)
Aranyamudga yusha	Aranya mudga (<i>Vigna radiata</i>)	Pittagna (pacifies pitta), mutra kricha (painful voiding of urine), Santapah (burning sensation), Jvarah (fever), Raktapitagna (pacifies bleeding disorder), Vrishya (increase potency) Brumhanam (restorative measures)
Kulattha yusha	Kulattha (<i>Macrotyloma uniflorum</i>)	Agnivardhaka (increase metabolic factors), Vatanulomaka (proper functioning of vayu), Gulmah (a type of lump), Arsas (piles), Prameha, Medha (fat), Ashmari, Shwasa (asthma), Kasa (cough), Tuni (bladder pain radiating towards anus to penis) pratituni (bladder pain radiating towards penis to anus)
Adaki yusha	Adaka	Shwasa (asthma), Kasa (cough), Jvara (fever), Pinasa, Raktavikara (disease of blood), Krimiroga (worms)
Chanaka yusha	Chanaka	Kasa (cough), Shwasa (asthma), Pratisyayah (cold), Raktapitah (bleeding tendency)
Masura yusha	Masura (red lentils)	Pramehahara, Grahi (absorptive), Dathuvardhaka (nourish seven dhatus)
Masha yusha	Masha (black gram)	Shukravardhaka (increase semen), Bahumalah (increase production waste products),
Nishpava yusha	Nishpava (<i>Dolichos lablab</i>)	Dristi nashaka (harmful for vision), stany vardhak (increase breast size),
Panchamusti yusha	Yava (<i>Hordeum vulgare</i>), kola, kulattha (<i>Macrotyloma uniflorum</i>), mudga (<i>Vigna radiata</i>), mulaka (radish), Shunthi (<i>Zingiber officinale</i>)	Shula (pain), gulma (a type of lump), kasa (cough), shwasa (asthma), Kshayah (cures emaciation), jvara (fever)
Navangha yusha	Mudga (<i>Vigna radiata</i>), kola, kana (<i>Pepper longum</i>), vishwa (<i>Zingiber officinale</i>), dhatri (<i>Emblica officinalis</i>), mulaka (radish), shunthi (<i>Zingiber officinale</i>), kulattha (<i>Macrotyloma uniflorum</i>), tandulodaka (rice water)	Kapha pitta hara (useful in kapha and pitta)
Dadima amalaka yusha	Dadima (<i>Punica granatum</i>), amalaka (<i>Emblica officinalis</i>)	Hridya (cardiotonic), laghu (light), Prana agni janana, dipana (increase digestive fire), murccanam hara (useful in fainting), madahara (helpful in intoxication),
Mudga amalaka yusha	Mudga (<i>Vigna radiata</i>), amalaka (<i>Emblica officinalis</i>)	Mala bhedaka, pitta kaphahara (Pacifies pitta and kapha)
Khala yusha	Kappitha (<i>Feronia limonia</i>), bilva (<i>Aegle marmelos</i>), changeri (<i>Oxalis corniculata</i>), maricha (<i>Piper nigrum</i>), jeeraka (<i>Cuminum cyminum</i>), chitraka (<i>Plumbago zeylanica</i>)	Hridya (cardio tonic), chardi (vomiting), vata- kaphahara (Pacifies pitta and kapha)
Kambalika yusha	Dadhi (curd), amala lavana sneha (sour and salty unctuousness), tila (<i>Sesamum indicum</i>), masha (black gram)	Hridya (cardio tonic), chardi (vomiting), vata- kaphahara (pacifies pitta and kapha)
Dadima yusha	Amala dadima (sour <i>Punica granatum</i>)	Balakaraka (gives strength), aganidipaka (increase metabolic factors), kapha- vata hara (Pacifies kapha and vata)
Dadhi yusha	Dadhi (curd)	Kaphakara (increase kapha), balavardhaka (increase strength), snigdha (unctuousness), vatahara (pacifies vata) and guru (heavy)
Takra yusha	Takra (buttermilk)	Pittakara (increase pitta), visham and rakta pradushana (vitiate toxins and blood)

DISCUSSION

Yusha- in kritanna varga of Kaiyadeva nighantu- A treatise of ayurveda can be correlated to soup. General method of preparation of yusha is one part of dhanya (rice) is taken with eighteen parts of water. If saindhava lavana (rock salt), sunthi (*Zingiber officinale*), pippali (*Piper longum*), etc. katu dravya's (pungent substance) are taken and sneha (unctuousness) is added then it is called as krita (seasoned) Yusha. Without katu dravyas (pungent substance) and sneha (unctuousness) it is akrita (unseasoned) Yusha. Krita (seasoned) yusha is guru (heavy) due to sneha and akrita (unseasoned) yusha is laghu (light) ⁵. Yusha can be consumed by healthy or diseased person.

In kritanna varga 10 yushas are mentioned with single ingredient which can be easily prepared in day-to-day life. They are

aranyamudga (*Vigna radiata*) yusha, kulattha (*Macrotyloma uniflorum*) yusha, adaka yusha, chanaka yusha, masura yusha, masha yusha, nishpava yusha, dadima yusha, dadhi (curd) yusha, takra (buttermilk) yusha. With two ingredients three yusha's are mentioned which are supya (pulse and *Raphanus sativus*) yusha, dadima (*Punica granatum* and *Emblica officinalis*) yusha, mudga (*Vigna radiata*) amalaka (*Emblica officinalis*) yusha.

In all the above mentioned Yusha's "mudga Yusha" is considered as best because it is hridya (good for heart), aganidipaka (increase digestive fire), shita virya (cold in potency), and useful in raktapitta (bleeding disorders), trishna (thirst disorder), daha (burning sensation), jvara (fever), vrana (injury), and uradhawa jatrugat vikaras ⁶. Mudga yusha can be given in almost all the disease conditions. Different type of yusha's is mentioned in various diseases which makes healing more effective⁷.

CONCLUSION

In Kaiyadeva nighantu- A treatise of ayurveda 22 yusha's are mentioned for various illness. It depends on physician's yukti (logical thinking) to prescribe different yusha in different health conditions. Mudga yusha is considered as best among all the yusha's and can be given in various diseases and healthy person also. Dadima (pomegranate) yusha and dadhi (curd) Yusha is balakaraka (increase immunity). So yusha is healthy diet which everyone should include in everyday diet.

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