

INTER RELATION OF OBESITY WRT HORDEUM VULGARE IN DIETARY
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ABSTRACT

Ayurveda is a science of how to lead a healthy life; and it all begins with the intake of good, nutritious and a wholesome diet. Diet has been described as one of the **traya upasthambhas**^[1] or three pillars of life, which explain the importance Ayurveda places on food.

3 pillars mentioned are –

- AHAAR
- NIDRA
- BRAMCHARYA

Ahaar being on first place deserves more attention as well as each type of food has been categorized and explained in great detail which makes Ayurveda a unique system of medicine. Among the many kinds of cereals and pulses explained in Ayurveda, the use of barley or **yava**, is done as a food item worthy of daily intake owing to its immense health benefits. Barley falls in category of shooka dhanya & Ranked fourth among the most cultivated cereals.

INTRODUCTION

Acharya Kashyap has quoted that there is no medicine like food. He stated ---

AAROGYAM BHOJNADHEENAM !! (Kasyapa Samhita Khilasthanam)^[2]

Which means - **Health depends on food**. Only a well-balanced diet can cure numerous diseases, sometimes even good medicines are unable to cure certain diseases without balanced diet, that's why food is said to be most important medicine. Barley (*Hordeum vulgare* L.) also called Jowar is a rabi cereal crop grown in summer or winter. Although a temperate crop, it also grows well in tropical countries. It is sensitive to frost but tolerant of drought. It is a short duration crop, maturing in about 90 to 100 days. It grows well in sandy loam soils with good drainage. Ayurveda has mentioned barley as Yavam, is mentioned in **Shooka dhanyas**.^[3] It is explained as dry, cold, heavy and sweet, it is a good laxative, generates

feces and Vata dosha in intestines is an aphrodisiac and increases stability as it clarifies the channels because of its specific action. It pacifies diseases of the urinary tract, corrects fat metabolism, maintains pitta and Kapha dosha. It reduces rhinitis, asthma, cough, pain in thighs, diseases of throat and skin.

Susrutacharya^[4] has mentioned Yava as astringent, sweet and pungent post digestion, cold in potency, pacifies Pitta and Kapha, good for wounds always like tila or sesame seeds, increases flatus and feces, improving digestion, mitigates fat and Vata dosha and purifies blood and Pitta. (Su.Su. 46/41)

Acharya Charaka^[5] has mentioned Yava as **nityasevaniya dravya**, meant for daily intake, which underlines the importance of barley in disease prevention and health management. Charakacharya has also mentioned Yava as the best among **purishajanaka**, or food which generates feces.

Health benefits of Barley

Barley is a whole grain, low in calories, rich in fiber, vitamins, and minerals. Due to its immense health benefits, it is hailed as the new counterpart of Quinoa. Barley is rich in Vitamin B such as thiamin, riboflavin, niacin, vitamin B6, folate and pantothenic acid.

- Barley helps in detoxification because of the presence of beta-glucans
- As it acts as a diuretic, it is commonly used as a natural remedy in cases of urinary tract infection
- Rich in phytochemicals like phenolic acid, flavonoids, and folates, barley exhibits anti-oxidant, anti-proliferative and cholesterol-lowering properties
- Reduces blood pressure
- Barley is rich in phosphorus, calcium, and copper which is good for healthy bones
- Good dietary option for Diabetics as it has a lower glycemic index and provides greater satiety
- Barley is rich in selenium which helps in maintaining good skin.

Today there is increasing public awareness of the importance of diet for the maintenance and promotion of health. A properly selected diet and diet plan plays a critical importance in the management of any disease. Yava is a cereal using since ancient period. It not only provides nutrition but also having many medicinal properties too.

Yava for weight loss

Barley is great for balancing weight. It is light to digest and ruksha (drying) which makes it great in ailments where we see excess kleda (moisture). Excess kleda (moisture) is seen in diabetes, obesity, high cholesterol and most kapha disease. According to Ayurveda we see loose dhatus (bodily tissue) in obesity. This is called “**dhātu shaitilya**” and barley has the quality to stabilise the dhatus (bodily tissues). Varieties of Yava --

- Anuyava (small sized barley) is inferior in qualities to that of Yava.
- Venuyava (seeds of bamboo) is non-unctuous and hot in potency.

According to Charaka CS. Su 27/19,⁶ Yava (barley) is

Ruksha – dry

Sheeta – cold

Aguru – not heavy to digest

Svadu– sweet

Sakashaya– slightly astringent

Balya– strength promoting

Bahuvata shakrut – produces stool (laxative)

CONCLUSION

Due to its following properties it is suited best for weight loss –

- Ruksha (dry)
- Laghu (light).

Yava increases Vata but the same time it clears the srotas (channels) and increases bala (strength). It is widely known for its **scarping action (Lekana Karma)** and hence indicated in Obesity to remove extra fat. Barley is the best diet in obese patients. It instantly nourishes the body. Traditionally used in the treatment of obesity, diabetes, urinary tract infections, respiratory disorders, digestive problems etc. for example the following preparation has yava as a drug used for weight loss.

Kolakulathadi Choornam - Used for dry powder massage (Udvaartana) to reduce fat.

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