



Yava (Barley) – A Dietary Solution In Obesity

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Abstract

The modern era is slowly becoming synonymous with sedentary life style. This life style along with changed diet habits and environmental changes has rendered man to be a victim of many diseases like obesity. Obesity is defined as an excess of adipose tissue when greater quality of energy enter the body than are expended, the body weight increases. The good aspect about obesity is that it can be prevented and cured at personal level care.

Ayurveda has got three fold management of all diseases viz., Ahara (diet), Vihara (exercise) and Aushada (drug). Charaka states that we all are outputs of ahara so are the diseases. Therefore, ahara has got prime importance in prevention and treatment of all diseases. A properly selected diet and diet plan plays a critical importance in disease management of obesity. Presence of the trace elements and the important pharmacological actions of yava has now turned out to be an effective mean to avoid as well as to control the lipidaemic index.

The present paper aims at putting forward the importance of yava in obesity from Ayurvedic and contemporary perspective.

KEY WORDS:- Lifestyle, obesity, yava, habits, ahara.

Introduction:

Growth and development of individual as well as that of society is a natural continuous phenomenon and the industrialization, urbanization and now the globalization are the best indicators. However the same have been incriminated for increased incidence and prevalence of “non communicable” diseases which are considered today as “Life style diseases”. Since this transformation has resulted in total modification in living pattern of individuals. The electronic gadgets, computers, internet and the mobile phones have made the individuals almost immobile. In addition to all these fast and junk food culture is substantially contributing to increased prevalence of obesity, high cholesterol in blood, diabetes and hypertension. Taken together we call it “Metabolic Syndrome”[1] Since ayurveda is the way of life, it has described detailed management of such life style diseases with diet, life style and medicines.

Obesity has reached epidemic proportions in India in the 21st century with morbid obesity affecting 5 % of the country’s population.[2] India is following a trend of other developing countries that are steadily becoming more obese. Unhealthy, processed food has become much more accessible following India’s continued integration in global food markets. Indians are genetically susceptible to weight accumulation especially around the waist. Almost all Acharyas of Ayurveda considered dietetic, behavioral pattern and

psychological factors as causes of sthaulya.[3] For the first time, the hereditary components besides above mentioned factors were described by Acharya Charaka.[4] It is the diet which plays the major role in the causation of obesity.

The discrepancy between the energy input versus energy output but hereditary factors as mentioned by both Ayurvedic and modern medical sciences, also have got some role and this is evident from the fact that the obesity is often seen to be running in the family. Over nutrition in childhood may lead to development of obesity in adult years

Every disease follows a specific pathogenesis, known as samprapti. Review of samprapti of sthaulya reveals that sthaulya is a kapha predominant disease and principal dusya are meda and rasa dhatu.[5]

Yava (Barley) as a Diet in Sthaulya:

Bhav prakash nighantu has described yava in shukadhanya varga along with morphological characters and therapeutic uses. It is considered to be having lekhana property, so can be useful in obesity. It is also traditionally used as a dietary solution in obesity. Since yava is easily available and cost effective. [6] To prevent the obesity people can be use this cereal as daily food and will not gain weight.

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(Éa. à. in. xaNy vgR 27-28)

Nutritive value of Yava:

Nutritive value of yava as mentioned in A Manual of Laboratory Techniques, National Institute of Nutrition, Hyderabad, is as under – [7]

Carbohydrate	67.934	gm/100gm
Protein	5.162	gm/100 gm
Fat	3.542	gm/100 gm
Crude fiber	9.189	gm/ 100 gm
Total calorie	324.1	kcal/ 100 gm
Riboflavin	0.20	mg/ 100 gm

Pyridoxine	0.290384 mg/ 100 gm
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This proves that yava possess nutritive values which can play important role in major Indian diet, while checking obesity.

Mode of action:

The pharmacological action of any dravya depends upon its pancha mahabhautika sanghatana and ultimately ras panchaka. Most of Acharya considered yava as a Madhura, Kashaya rasa; Guru, Ruksha, Pichhala and Sara guna; Sheeta virya and Katu vipaka having mainly kapha pittahara and vata vardhaka action.[8]

The vayu is responsible for clarity among channels, shoshana of dosha and stimulation of agni, katu vipaka dravya are generally said be Lekhniya because of having vayu, agni and akash mahabhoot dominance. After the dhatvagni and bhutagni paka they reduce kapha and homologues dhatu.

Owing to these properties yava helps to stabalise the agni in kostha, clears the channels obstructed by meda, so that the user feels normal hunger as compared with voracious agni in medoroga. Acharya charaka has mentioned guru (aahar) and aptarpana chikitisa for sthaulya treatment.[9]

Modern literature reveals that beta glucan is responsible for antihypercholesterolenic activity and also helpful in reducing total lipid profile .The physiological effects are probably related to the gel forming properties of beta glucan which increase viscosity of intestinal chyme and increased viscosity disturbs micelle formation, which may inhibit cholesterol absorption, slow cholesterol transfer across the unstirred layer and increase bile acid excretion by inhibiting bile acid re-absorption (Colleoni Sirghie et al.2003)[10].

Pichhala guna is providing the gel forming activity of beta glucan and providing some sliminess in tract. Yava has guru guna means it will take much time for digestion and remain for long time in intestinal tract because of which person feel fullness for a long duration and it can be concluded that increased bile acid is excreted out due to its sara property.

Food habit and Life style modification and maintenance of reduced body weight:

Along with diet food habit and life style management is key to weight reduction and maintenance. Self monitoring with daily records of place and time of food intake should be practiced. One should not combine eating with other activities, such as reading or watching television. One must plan meals, snack, salads, and remain strict to that. Avoid excessive eating during parties. Try to avoid fast foods and opt for traditional foods. Regular physical exercise is necessary.

In the classics of Ayurveda the following charya's (conducts) have been mentioned with which a person will be able to be healthy and cure many of lifestyle disordered such like infertility.

- Dinacharya
- Ritucharya
- Rathricharya
- Thrayopasthambha palana
- Sadvritha
- Achara rasayana
- Ashtanga yoga

Conclusion:

1. Yava is a common dhanya and traditional staple food in India.
2. Yava is lekhana and thus can control obesity.
3. Yava can be a good supplier of protein, fibers and minerals in diet.
4. Yava has slowly gone off India menu and thus it is time to reintroduce yava in main diet.
5. Barley flakes can be prepared, so it can be easy to take in breakfast.

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