



ISSN: 2456-0057

IJPNPE 2018; 3(1): 2132-2135

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www.journalofsports.com

Received: 05-11-2017

Accepted: 18-12-2017

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Therapeutic effects of *Yusha Kalpana*: A critical review

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Abstract

According to Ayurveda the term health does not stand for the freedom from diseases only, but a person is called as healthy when his body, mind, sense organs and the soul are in a perfect state of equilibrium. Health and diseases occur due to proper and improper food respectively. The role of dietary regimen in the form of *Pathya kalpana* for prevention of diseases is one of the peculiarities of Ayurveda. Different *Acharyas* have mentioned various *Pathya Kalpana* like *Manda*, *Peya*, *Vilepi*, *Yusha* etc. *Yusha* (soup) being one of them, indicated as a wholesome diet for a healthy or a person under Ayurvedic medication or during and after purification procedures. *Yusha* is prepared by taking one part of grain other than paddy preferably legumes and cooked in eighteen parts of water. Since ancient time *Yusha* has been suggested as *pathya* for both healthy and diseased person. However this unique concept is not in regular practice, that's why diseases could not be managed properly.

Keywords: *Pathya Kalpana*, therapeutic effect, *Yusha*

Introduction

The aim of Ayurveda is to promote and preserve health, strength and longevity of the healthy person and to cure the diseases. In present scenario diet is major factor to influence health or diseases. The wholesome diet in diseased person is worth hundred times than medicines and no medication can do well to a patient who does not observe a strict regimen for diet. It is possible to make a person disease free with intake of proper diet only. No medicine is equivalent to food, hence it is considered as *Mahabhaishaja* by *Acharaya Kashyapa*. It reflects the siddhant of "*Pathye sati gadartsya kimaushdhnishevanaih*" of *Acharya Lolimbraj*. Food articles are classified into twelve subdivisions, like a set of cereals, legumes etc ^[1]. *Krittanna varga* is one among them. It is a group consisting of food preparations such as *Manda*, *Peya*, *Vilepi*, *Saktu*, *Odana*, *Yavagu*, *Yusha*, *Saktu*, *Raga Shadava*, etc. *Yusha*, a variety of *krittanna varga* is indicated as a wholesome diet for a healthy or diseased person under Ayurvedic medications or during and after purifactory procedures.

Definition of *Yusha*

According to *Acharya Kashyapa*, *Yusha* means liquefaction and metabolization. The cooked *Yusha* liquefies the diet what we take.

According to Monnier William dictionary, *Yusha* means soup, broth, the water in which pulses of various kinds are boiled.

Preparation of *Yusha*

- *Acharya Shrangdhar* described the *Yusha* recipe as one pala of dravya (like Kulatha, mudga) mixed with half karsha of shunthi and pippali churna and boiled in one prastha or 16 times of water ^[2]
- According to *Kaidev Nighantu* and *Bhavprakasha*, *Yusha* is prepared by cooking one part of *Shimbidhanya* in 18 parts of water. It is liquid in consistency ^[3].

***Yusha* and *Yavagu* ^[4]**

A food substance cooked with many articles like legume or pulses (except rice) along with liquids is called *Yusha*, and cooked with rice is *Yavagu*.

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General Properties of Yusha ^[5]

The Yusha are beneficial in suppressing different diseases. They enhance taste perception, act as appetizer, aphrodisiac, improve voice, complexion, strength, helps in proper digestion and metabolism; mainly it brings satisfaction, nourishment and pleasure. *Yusha* balances *Tridoshas*: by normalizing *Vata* due to its unctuous and hot nature, *Pitta* due to being unctuous and astringent, and *Kapha* due to being warm and being treated with other drugs.

Classification of Yusha

- On the basis of the taste, all types of *Yusha* are classified into two types ^[6]:
 1. *Kashaya-Madhura* (astringent and sweet)
 2. *Kashaya-Amla* (astringent and sour)
- On the basis of addition of oleaginous substances, *Yusha* can be classified into three types ^[7]:
 1. *Krta*- (acted upon or mixed with sufficient quantity of oleaginous substance) used for diseases of *Pitta*
 2. *Akrta*- (neither acted upon nor mixed with sufficient quantity of oleaginous substance) used for diseases of *Kapha*.
 3. *Akrta-Krta*- (not acted or acted upon i.e. mixed with little quantity of oleaginous substance) used for diseases of *Vata*.
- On the basis of the *virya* (potency) of the drug added in it, it is of three types ^[8]:
 1. *Sheeta virya* Drug - *brinhana*
 2. *Ushna virya* Drug - *karshana*
 3. Mixed *virya* Drug - *pachana*
- As per classification of doshas, these *Yushas* are 75 in number. This number is based upon their action of expulsion or alleviation of *dosha* ^[9]
- On the basis of *rasa* (taste), *Yusha* are 50 in number ^[9]
- On the basis of ingredient added, *Yusha* are 25 in number, as mentioned below ^[10]:
 - 1) *Mudga yusha*
 - 2) *Dadima yusha*
 - 3) *Kulatha yusha*
 - 4) *Phala yusha*
 - 5) *Valka yusha*
 - 6) *Rasna yusha*
 - 7) *Mulaka yusha*
 - 8) *Guda-Kambalika yusha*
 - 9) *Vastuka shaka yusha*
 - 10) *Virasika yusha*
 - 11) *Citraka yusha*
 - 12) *Dhanya yusha*
 - 13) *Pushpa yusha*
 - 14) *Pallva yusha*
 - 15) *Masura yusha*
 - 16) *Punarnava yusha*
 - 17) *Trikatu yusha*
 - 18) *Amalaki yusha*
 - 19) *Panca kola Yuktha sangrahi yusha*
 - 20) *Panca kola yukta dipan yusha*
 - 21) *Patra yusha*
 - 22) *Maha yusha*
 - 23) *Changeri yusha*
 - 24) *Atibala yusha*
 - 25) *Lasuna yusha*

There are numerous kinds of *Yusha* mentioned in Ayurveda,

here we enlisted them on the basis of their effects on different srotas (channels or systems) and dosha in the body:

Uses of Different Yusha***Yusha* helpful in *Pranavaha Srotodushti***

Name of the <i>Yusha</i>	Ingredients	Useful in
<i>Kulatha Yusha</i> ^[11]	<i>Kulatha, Urad, Sema, Mudga</i>	<i>Shwasa, Kasa</i>
<i>Atmagupta Yusha</i> ^[12]	<i>Atmagupta</i>	<i>Vataja Kasa</i>
<i>Kantkari Yusha</i> ^[13]	<i>Kantkari, Mustard, Amla</i>	<i>All type of Kasa</i>
<i>Vartakaadi Yusha</i> ^[14]	<i>Vartaka, Vyosha, Kulatha, Aadhaki, Mudga</i>	<i>Kaphaja Pratihaya</i>
<i>Canaka Yusha</i> ^[15]	<i>Canaka (Bengal gram)</i>	<i>Shwasa, Kasa, Pratihaya</i>
<i>Kshara Yusha</i> ^[16]	<i>Neem, Mudga, Pippali, Shunthi, Maricha</i>	<i>Hikka</i>
<i>Rasnadi Yusha</i> ^[17]	<i>Rasna, Mudga Hrsva panchamula (roots of five herbs), Chitraka</i>	<i>Hikka</i>
<i>Panchamushtika Yusha</i> ^[18]	<i>Yava, Kola, Kulatha, Mudga,</i>	<i>Shwasa, Kasa, Pratihaya</i>

Yusha* helpful in *Annavaha Srotodushti

Name of the <i>Yusha</i>	Ingredients	Useful in
<i>Dhanya Yusha</i> ^[19]	<i>Dhanya, Til tail</i>	<i>Mandagni</i>
<i>Dadima Yusha</i> ^[20]	<i>Dadima, Ghrit</i>	<i>Atisara</i>
<i>Phala Yusha</i> ^[21]	<i>Kapitha, Bilva, Dadima, Badar</i>	<i>Jirna Atisara</i>
<i>Kola Kulathadi Yusha</i> ^[22]	<i>Kola, Kultha, Dhanya, Bilva</i>	<i>Vataja Chardi</i>
<i>Mudga Yusha</i> ^[23]	<i>Mudga Dadima, Pippali, Jeerak</i>	<i>Mandagni</i>
<i>Pushpa Yusha</i> ^[24]	<i>Sana, Shalmali, Dhataki, Padmasaugandhi</i>	<i>Udar-roga and Daha</i>
<i>Aadhki Yusha</i> ^[25]	<i>Aadhki</i>	<i>Krimi roga</i>
<i>Chitraka Yusha</i> ^[26]	<i>Chitrakamula</i>	<i>Grahini roga, Pliharoga, Arsha</i>

Yusha* helpful in *Rasavaha Srotodushti

Name of the <i>Yusha</i>	Ingredients	Useful in
<i>Mudga Yusha</i> ^[23]	<i>Mudga</i>	<i>Hridroga</i>
<i>Shukadhanya Yusha</i> ^[27]	<i>Shukadhanya, Neem</i>	<i>Hridroga</i>
<i>Chitraka Yusha</i> ^[26]	<i>Leaves of Chitraka</i>	<i>Hridroga</i>

Yusha* helpful in *Raktavaha Srotodushti

Name of the <i>Yusha</i>	Ingredients	Useful in
<i>Pushpa Yusha</i> ^[24]	<i>Sana, Shalmali, Dhataki, Padma Saugandhi</i>	<i>Raktapitta</i>
<i>Shaka Yusha</i> ^[28]	<i>Shigru</i>	<i>Raktapitta</i>
<i>Canaka Yusha</i> ^[15]	<i>Chanaka</i>	<i>Raktapitta</i>

Yusha* helpful in *Medovaha Srotodushti

Name of the <i>Yusha</i>	Ingredients	Useful in
<i>Masura Yusha</i> ^[29]	<i>Masoor</i>	<i>Prameha</i>
<i>Shukadhanya Yusha</i> ^[27]	<i>Shukadhanya, Nimba</i>	<i>Kustha</i>

Yusha* helpful in *Shukravaha Srotodushti

Name of the <i>Yusha</i>	Ingredients	Useful in
<i>Masha Yusha</i> ^[30]	<i>Masha</i>	<i>Klaivya</i>
<i>Aranyamudga Yusha</i> ^[32]	<i>Vanyamudga</i>	<i>Mutrakrichha</i>

Yusha helpful in Artavaha Srotodushti

Name of the Yusha	Ingredients	Useful in
<i>Pallava Yusha</i> ^[33]	Leaves of <i>nyagrodha</i> , <i>udumber</i> , <i>aswattha</i> , <i>plaksa</i> , <i>palasa</i>	<i>Garbhachyavan</i>
<i>Pushpa Yusha</i> ^[24]	<i>Sana</i> , <i>Salmali</i> , <i>Dhataki</i> , <i>Padma</i> , <i>Saugandhika</i> , <i>Kovidara</i> , <i>Karbudara</i>	<i>Asrigdara</i>

Yusha helpful in Stanyavaha Srotodushti

Name of the Yusha	Ingredients	Useful in
<i>Nishpava Yusha</i> ^[34]	<i>Nishpava</i>	<i>Stanyakshaya</i>

Yusha helpful in Mutravaha Srotodushti

Name of the Yusha	Ingredients	Useful in
<i>Kulatha Yusha</i> ^[11]	<i>Kulatha</i>	<i>Ashmari</i> , <i>Meha</i>
<i>Aranyamudga Yusha</i> ^[32]	<i>Vanyamudga</i>	<i>Mutrakriccha</i>
<i>Mudga Yusha</i> ^[23]	<i>Mudga</i>	<i>Mutrakriccha</i>
<i>Pushpa Yusha</i> ^[24]	<i>Sana</i> , <i>Salmali</i> , <i>Dhataki</i> , <i>Padma</i> , <i>Saugandhika</i> , <i>Kovidara</i> , <i>Karbudara</i>	<i>Mutrakriccha</i>

Yusha helpful in Purishvaha Srotodushti

Name of the Yusha	Ingredients	Useful in
<i>Phala Yusha</i> ^[21]	<i>Kapittha</i> , <i>Bilva</i> , <i>Badara</i> , <i>Dadima</i>	<i>Jirna</i> , <i>Atisara</i>
<i>Valka Yusha</i> ^[35]	<i>Dadima</i> , <i>Amrata</i> , <i>Jambu</i> and <i>Chirabilva</i> with <i>dadhi-manda</i>	<i>Atisara</i>

Yusha to pacify Vata Dosha

- *Yusha* of *punarnava*, *rasna*, *changeri* and *bala* with curd and *tail* ^[36]
- *Lasuna Yusha* ^[37]
- *Patra Yusha* ^[38]
- *Masooradi Yusha* ^[39]
- *Kambalika Yusha* ^[31]
- *Kulatha Yusha* ^[12]

Yusha to pacify Pitta Dosha

- *Pushpa Yusha* ^[24]
- *Pallava Yusha* ^[33]
- *Dhanya Yusha* ^[19]

Yusha to pacify Kapha Dosha

- *Mudga Yusha* ^[23]
- *Moolaka Yusha* ^[40]
- *Kulatha Yusha* ^[11]

Yusha Used In Purification Therapies**For Snehana therapy**

- *Yusha* is one among 24 kinds of oleation methods described by *Acharya Charaka*⁴¹, egs. *Tila Kambalika*, *Kulatha Yusha*.

In Vamana

- *Snigdha*, *amla*, *lavana* and *hridhya yusha* are advised in hyper-emesis complications.

For Virechana

- *Trivrita* and *sudha* can be used in the form of *yusha* for purgation therapy.

Medicated Enema

Yusha with less salt is indicated in the conditions of *Udavarta* during their treatment through medicated enema ^[42].

For Sansarjan krama

After the body is purified by *vamana* and *virechana* procedures, the patient should be provided with the food like *peya*, *vilepi*, *akrita - krita yusha* and *akrita - krita mansa rasa* to improve the digestive fire, viz. *Yusha* of husk free *mudga*. *Dadima Yusha*, *Dhatri Yusha*.

Conclusion

Ayurveda gives more importance to digestive power of individual. It is believed that only the wholesome and properly digested food can provide proper nutrition. In present scenario different Dietary recommendations could be beneficial for healthy as well as diseased person. *Yusha* is considered as one of the apt diet of different dietary recommendations. *Yusha* are very light in digestion and also enhance *agni* (digestive power) to digest other foods. Though they are having wide range of beneficial effects, but very less in use now a days. Therefore it is needed to revive the concept of therapeutic effects of *Yusha kalpana* in today's context, for proper management of diseases.

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