



REVIEW ARTICLE

**THERAPEUTIC APPLICATIONS OF VARIOUS YUSHA KALPANA: A CRITICAL REVIEW**

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**ABSTRACT**

The body and diseases are the results of foods that we consume and hence is the saying “You are what you eat”. Health and disease start from proper and improper food. It is said that with mere appropriate diet, a person can be free from diseases. Thus, no medicine is equivalent to food. *Kritanna varga* is a group of processed food articles amongst twelve divisions of food substances which constitutes various food preparations such as *Manda, Peya, Vilepi, Yavagu, Yusha, Rotika, Raga, Shadava etc.* *Yusha* (soup) being one among them is widely discussed in every literatures of *Ayurveda* and in almost diseases as therapeutic diet. *Yusha* is prepared by taking one part of grain other than paddy preferably legumes and cooked in eighteen parts of water. *Yusha* as a diet suggested for both healthy and diseased. But it seen that it is of less in use. Here is a try to throw light on *Yusha* and its wide use that can be taken into practicality.

**Key words** - Diet, *Kritanna, Yusha, Soup, Therapeutic effect.*

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**INTRODUCTION:**

It is said by our *Acharyas*, intake of proper and improper food is the cause for health and ill health<sup>(1)</sup>. Even hundreds of medicines cannot cure a disease in absence of wholesome regimen. It is possible to make a person disease free with just a proper diet. Food articles are classified into twelve subdivisions like a set of cereals, legumes, etc. *Kritanna varga* is one among them<sup>(2)</sup>. It is a group consisting of food preparations such as *Manda, Peya, Vilepi, Saktu, Odana, Yavagu, Yusha, Saktu, Veshavara, Rasala, Raga Shadava*, etc. When we look into the word meaning of *Yusha*, it signifies liquidation and metabolisation. In this way, the cooked *Yusha* liquefies the diet what we take i.e., it is a process of liquidation and cooking of grains<sup>(3)</sup>. The food article used for preparing *Yusha* is legumes or pulses according to most of the Ayurvedic texts, but *Acharya Kashyapa* says it is prepared with food articles except paddy<sup>(4)</sup>. This food preparation can be correlated to soup or broth or the water in which pulse of

various kinds has been boiled. *Yusha* is prepared by cooking one part of grain in eighteen parts of water<sup>(5)</sup>. The general properties of *Yusha* are that it is beneficial in many disorders, enhances taste perception, appetizer, nourishes all tissues, improves voice, complexion, strength, helps in proper digestion and metabolism, mainly there will be proper nourishment both mentally and physically giving a sense of comfort<sup>(6)</sup>. *Yusha* influences *Tridoshas* (*Vata, Pitta, Kapha* are the three bodily humours) by normalising *Vata* with its unctuous and thermogenic nature, *Pitta* with its unctuous and astringency, *Kapha* with its warmthness and processing qualities<sup>(7)</sup>. *Yusha* has many classifications. It is classified as *Krita* and *Akrita* based on supplements added, *Kashaya-Amla, Kashaya-Madhura* based on taste, *Vata Pitta Kapha* based on action on *Doshas*<sup>(8)</sup>. There are numerous kinds of *Yusha* in *Ayurveda*, only that which are feasible are enlisted here and tried to split them up according to the body systems for easy understanding.

**Table 1: Yushas beneficial in GIT**

<b>Name of the Yusha</b>	<b>Ingredients</b>	<b>Therapeutic effect</b>
<i>Mudga Yusha</i> <sup>(9)</sup>	Green gram	Stimulates digestive fire
<i>Aadhaki Yusha</i> <sup>(10)</sup>	Pigeon pea	Fever, Worms
<i>Masura Yusha</i> <sup>(11)</sup>	Lentil	Diarrhoea
<i>Dadima/ Grinjanaka Yusha</i> <sup>(12)</sup>	Pomegranate/ Small onion	Diarrhoea

<i>Kola kulathadi Yusha</i> <sup>(13)</sup>	Jujube Horse gram, Coriander Barley, Dashamula (roots of ten trees), Oxalis corniculata	Vomiting
<i>Kulathapancha Yusha</i> <sup>(14)</sup>	Horse gram, Black gram, Cow pea, Green gram, Pigeon pea	All kinds of fever, Good for digestion, Taste enhancer
<i>Kshara Yusha</i> <sup>(16)</sup>	Citron , Leaves of Neem, Trichosanthes dioica, Green gram, Dry ginger, Long pepper, Black pepper, Alkali	Hiccups, Dyspnea
<i>Rasnadi Yusha</i> <sup>(17)</sup>	Pluchea lanceolata, Hrsva panchamula(root of five herbs), Green gram, Plumbago zeylanica	Hiccups
<i>Phala Yusha</i> <sup>(18)</sup>	Wood apple, Bael, Jujube, Pomegranate, Mango	Chronic diarrhea
<i>Pushpa Yusha</i> <sup>(19)</sup>	Flowers of silk cotton tree, Bauhinia variegata,	<i>Udara</i> (diseases related to abdomen)

	Sacred lotus, Woodfordia fruticosa	
<i>Valka Yusha</i> <sup>(20)</sup>	Bark of Pomegranate, Spondias mangifera, Rose apple tree, Pongamia glabra	Diarrhoea
<i>Dhanya Yusha</i> <sup>(21)</sup>	Barley, Green gram, Black gram, Rice, Sesame, Jujube, Bala, Baer , Any two oily substance (oil/ghee), Curds Pomegranate	Diarrhoea, Dryness of mouth

**Table 2: Yushas helpful in Respiratory System:**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Kulatha Yusha</i> <sup>(22)</sup>	Horse gram	Respiratory disorders
<i>KulathaMulaka Yusha</i> <sup>(23)</sup>	Horse gram, Radish	Pthisis
<i>Chanaka Yusha</i> <sup>(24)</sup>	Bengal gram	Rhinitis, cough
<i>Atmagupta Yusha</i> <sup>(25)</sup>	Mucuna prurita Black gram	Cough due to <i>Vata</i>
<i>Brihuatyadi Yusha</i> <sup>(26)</sup>	Solanum indicum, Malabar nut, Dry ginger	Cough due to <i>Pitta</i>

<i>Panchamushtika Yusha</i> <sup>(27)</sup>	Barley, Jujube, Horse gram, Green gram, Indian goose berry dry ginger	Cough, cough with depleting tissues
<i>Kantakari Yusha</i> <sup>(28)</sup>	Solanum surattense, Green gram, Mustard, Indian goose berry, Pomegranate	All types of cough
<i>Vataghna aushadha siddha Yusha</i> <sup>(29)</sup>	Herbs pacifying <i>Vata</i>	<i>Ksayaja kasa</i> <i>Vataja Kasa</i> (types of Respiratory disorders)
<i>Vartakaadi Yusha</i> <sup>(30)</sup>	Brinjal, Horse gram, Dry ginger, Long pepper, Black pepper, Pigeon pea, Green gram	Rhinitis due to <i>Kapha</i>

**Table 3: Yushas helpful in Circulatory System**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Mudga Yusha</i> <sup>(9)</sup>	Green gram	Good for heart
<i>Shukhadhanya Yusha</i> <sup>(31)</sup>	Any Cereal, Neem	Good for heart
<i>Chanaka Yusha</i> <sup>(24)</sup>	Bengal gram	Heart diseases

<i>Chitraka Yusha</i> <sup>(15)</sup>	Twigs, roots leaves of Plumbago zeylanica	Cardiovascular diseases
<i>Dadhimanda/Takra siddha Yusha</i> <sup>(32)</sup>	Supernatant of curds/Buttermilk	Cardiovascular diseases
<i>Shaka Yusha</i> <sup>(33)</sup>	Teak	Hemorrhagic disorders

**Table 4: Yushas helpful in Nervous System**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Maha Yusha</i> <sup>(34)</sup>	Radish with its leaves, Dry ginger, Long pepper, Black pepper	Insomnia
<i>Dadhimanda/Takra siddha Yusha</i> <sup>(32)</sup>	Supernatant of Curds/Buttermilk	Disorders of head region, half headache
<i>Patoladi Yusha</i> <sup>(35)</sup>	Trichosanthes dioica, Pomegranate, Indian gooseberry, Pepper in large quantity	Intoxication
<i>Vyosha Yusha</i> <sup>(36)</sup>	Pomegranate, Indian gooseberry Garcinia pedunculata, Dry ginger, Long pepper,	Intoxication with <i>Kapha</i> derangement

	Black pepper	
<i>Dadima amalakaYusha</i> <sup>(37)</sup>	Pomegranate, Indian gooseberry	Epilepsy, Hallucinations, Revokes life

**Table 5: Yushas beneficial in Reproductive System**

<b>Name of the Yusha</b>	<b>Ingredients</b>	<b>Therapeutic effect</b>
<i>Pallava Yusha</i> <sup>(38)</sup>	Leaves of Panchavalkala ( five barks with latex), Indian Jalap Sacred lotus, Pomegranate, Ghee	Miscarriages
<i>Pushpa Yusha</i> <sup>(19)</sup>	Silk cotton tree Bauhinia variegata, Sacred lotus, Woodfordia fruticosa	Uterine bleeding
<i>Vrshyamasha Yusha</i> <sup>(39)</sup>	Black gram , Ghee, Rice grown in 60 days	Aphrodisiac
<i>Mudgadi Yusha</i> <sup>(40)</sup>	Lentil, Green gram, Horse gram	Disorders related to Mammary glands
<i>Nishpava Yusha</i> <sup>(41)</sup>	Cow pea	Lactogenic

**Table 6: Yusha beneficial in Urinary System**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Kulatha Yusha</i> <sup>(22)</sup>	Horse gram	Calculus
<i>Shigrumulakalka Yusha</i> <sup>(42)</sup> <i>siddha</i>	Root of drumstick	Disintegration of Calculus

**Table 7: Yusha beneficial in Endocrine System**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Kulatta Yusha</i> <sup>(22)</sup>	Horsegram	Mehahara (Urinary tract disorders), Dyslipidemia
<i>Masura Yusha</i> <sup>(11)</sup>	Lentil	Mehahara (Urinary tract disorders),
<i>Shukadhanya Yusha</i> <sup>(31)</sup>	Any Cereal, Trichosanthes dioica, Neem	Dyslipidaemia
<i>Supya Yusha</i> <sup>(43)</sup>	Any legume, Radish	Dyslipidaemia

**Table 8: Yusha beneficial in Eye and ENT**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Mudga Yusha</i> <sup>(9)</sup>	Green gram	Disease of Head and Neck region, Good for Vision
<i>Supya Yusha</i> <sup>(43)</sup>	Any pulses, Radish	Galagraha (Throat disorder)
<i>Dadhimanda/ Takra Yusha</i> <sup>(32)</sup>	Supernatant of Curds/Buttermilk	Disorders of Ear And Eye



**Table 9: Yusha beneficial in Musculoskeletal Disorders:**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Kulatha Yusha</i> <sup>(22)</sup>	Horse gram	Tuni Pratituni ( type of Musculoskeletal disorders)
<i>Maha Yusha</i> <sup>(34)</sup>	Radish with its leaves, Dry ginger, Long pepper, Black pepper	Stiffness of the body
<i>Aadakyadi Yusha</i> <sup>(44)</sup>	Pigeon pea, Green gram, Lentil, Moth bean, Ghee	Gout
<i>Kulathapancha Yusha</i> <sup>(14)</sup>	Horse gram, Black gram, Flat bean, Green gram, Pigeon pea	Body ache, Lubricative
<i>Masura Yusha</i> <sup>(11)</sup>	Red Lentil	Stoutening

**Table 10: Yusha beneficial in Skin:**

Name of the Yusha	Ingredients	Therapeutic effect
<i>Chitraka Yusha</i> <sup>(15)</sup>	Twigs, roots leaves of Plumbago zeylanica	Skin disorders
<i>Shukadhanya Yusha</i> <sup>(31)</sup>	Any cereal, Neem	Skin disorders

<i>Kulathamudgadi Yusha</i> <sup>(45)</sup>	Horsegram /Green gram, Long pepper, Dry ginger, Pepper, Alkali of Barley	Swelling
<i>Mudgamasuradi Yusha</i> <sup>(46)</sup>	Green gram Lentil, Bengal gram, Pomegranate, Oxalis corniculata, Indian goose berry, Trichosanthes dioica	Visarpa ( a variety of skin disorder)
<i>Mudga Yusha</i> <sup>(9)</sup>	Greengram	Burning sensation
<i>Pushpa Yusha</i> <sup>(19)</sup>	Silk cotton tree, Bauhinia variegata, Sacred lotus, Woodfordia fruticosa	Burning sensation

### **Yusha as a pre or post therapeutic diet in Purifactory therapies:**

Oleation therapy: *Yusha* is one among twenty four kinds of oleation methods<sup>(47)</sup>. *Kulatha Yusha* is indicated in oleation therapy through ghee prepared with latex of common milk hedge in *Udara*<sup>(48)</sup>. A mix of dry ginger, long pepper, pepper or dry grapes and Indian goose berry, lubricative medicine prepared with curdis said to be instant lubricative<sup>(49)</sup>. In disorders of *Vata*, *Yusha* is suggested during complications of internal oleation therapy

Emesis therapy: *Yusha* is advised in hyper emesis complications arising out of emesis therapy<sup>(50)</sup>

Purgation therapy: *Mashayusha* is indicated in over purgation<sup>(51)</sup> and as a diet while taking purgative medicines like *Trivrutadi virechana yoga churna*, *Danti dravanti mula kwatha*<sup>(52)</sup>.

Medicated Enema: *Mandamlayusha* is indicated in the conditions of *Udara* and *Udavarta* during their treatment through medicated enema<sup>(53)</sup>.

Minor surgical procedures: *Yusha* is suggested during blood letting and cauterly therapies in *Udara* and *Udavarta*<sup>(53)</sup>.

In *Visha*: *Yusha* prepared with legumes like green gram, green pea is suggested in intoxication<sup>(54)</sup>.

In rejuvenation therapy: *Mudgayusha* is used in the process of purification of bitumen when using it for rejuvenation therapy<sup>(55)</sup>.

As an *Anupana*(adjuvant):*Yusha* is said to be taken as *Anupana* in *Tailapana*<sup>(56)</sup> and while taking *Chaturthamalaka Rasayana*, *Harithakyadi Rasayana*, *Gudardrakaprayoga*<sup>(57)</sup>.

#### **DISCUSSION:**

There are a large number of *Yushas* found in every classics and in almost all disorders. As therapeutic diet is being increasing its popularity now a days, *Yusha* is a one of the apt diet in the diseased individual. It is the preparation with large portion of water and with the ingredients specific to the disease condition, making it easily available to the system for its digestion and absorption as the *Agni*(digestive capacity) is impaired in the ill. Disease specific *Yushas* are suggested which makes the treatment much more effective. Being lighter in the form it is advised during oleation therapy, which is preparatory measure during purificatory regimen. After purificatory treatment unprocessed (*Akrita*) and processed (*Krita*) types of *Yusha* is

suggested as it is a liquid form of diet makes the person rehydrated. *Yusha* influences *Tridoshas*, normalises them making the path easy for the absorption of *Rasayanas* taken. Being liquidy it nourishes all the tissues and when taken with the medicines as an *Anupana*, helps in the availability of the active principles reaching to the targeted system. *Yusha* is advised as a diet in poisonous conditions as it pacifies the deranged *doshas*. Though having wide range of beneficial attributes, it seen of very much less in usage. *Yusha* as a diet can be taken even by a healthy individual. *Mudga Yusha*, *Maha Yusha*<sup>(58)</sup> *Mulaka Yusha*<sup>(59)</sup> are learnt to be beneficial in all diseases. Dravyas like green gram, pomegranate, Indian gooseberry, *Trichosanthes diocha*, radish were found to be widely used. Drugs used were mainly of having tastes of sweet, sour, astringent holds good for its major classification. It depends on intellect of a physician to decide the type of *Yusha* and its process one may require. Till date very less studies done on *Yusha Kalpana* which has to be cracked wide open.

#### **CONCLUSION:**

*Yusha* being easy to prepare, can be adopted easily as routine diet for long time. It said as *Pathyakalpana* prevents the progress of the disease if taken in *Sanchayavastha* (before onset of a disease) and the disease may manifest with the milder symptoms in

*Kupitavastha* (in progressive stage). *Yusha* is indicated as a diet therapy for a person under medication, during and after purificatory therapies, as an *Anupana*. The food we take should be incorporated with *Yushadi vyanjanas* (*Yusha* etc food preparations) will be more congenial and is advised for both healthy and diseased and it said as health promotive<sup>(60)</sup>. It becomes easy to cure disease if one follows proper diet regimen, therefore, food is termed as a *Mahabhaishajya* (great medicine)<sup>(61)</sup>

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