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Koshatakyadi Yavagu: A Review

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Abstract: In Ayurveda, Pathya Kalpana is well described and given a lot of attention. Rice is the primary component of Yavagu, a Pathya kalpana that is high in carbohydrates and has digestive qualities. In the classics, koshatakyadi yavagu is described in relation to Visha chikitsa and is recommended for Visha Vegantara. It is made by boiling one part rice with six times as much herbal infusion of twenty one components. Possessing the property of vishahara. To have the best effect, take it with ghee or honey. This yavagu saves the person's life by delaying the visha vega from entering the subsequent kala.

Keywords: Koshatakyadi Yavagu, Visha, Visha Vega, Yavagu

1. Introduction

Pathya Kalpana is a vital concept in Ayurveda that underscores the importance of diet in maintaining health and preventing illnesses. Different preparation methods (Samskara) enhance the nutritional value and effectiveness of these diets.

Yavagu, a prime example, is a rice-based gruel known for its high carbohydrate content and ease of digestion. It's ideal for individuals with low digestive capacity (Mandagni), debility (Dourbalya), providing substantial nutritional benefits for both patients and healthy individuals.

In ayurveda, early treatment of poisoning involves vamana and virechana shodhan processes. Yavagu is used in samsarjana krama after shodhana process as a part of diet regimen. Vamana and Virechana procedures cause Mandagni and Dourbalya. Yavagu acts as Balya, Tarpana and Agnideepaka.

The *Charaka Samhita* mentions twenty-eight varieties of *Yavagu*, each tailored with specific medicinal decoctions to treat different ailments.

In texts like Sushruta Samhita, Ashtanga Sangraha and Ashtang Hridya Koshatakyadi Yavagu is specifically mentioned for its effectiveness in poison treatment.

Visha vega ke samanya lakshana (According to Acharya Sushrut) [1]

	the stripe of th			
vegas	Samanya lakshana			
1 st	Jivha: shyav varna & stabdhtata (dark color & rigid of tounge) murchit (unconscious), shwas roga (respiratory			
	disease)			
2 nd	Vepathu(trembling), saado (relaxation), daaha (burning sensation), kanth rooja (pain in throat), vishama			
	amashyapraprti (attainment of poison in stomach), Hridaya Vedana (pain in heart)			
$3^{\rm rd}$	Talusosha (palatine atrophy), amashya tivrashool (severe stomach pain), durvarnam harite shune lochne (eyes			
	discoloration & turn into green discolouration with inflammation)			
4 th	Pakvashya – amashya toda (Pricking pain in stomach & duodenum), hikka (hiccough), kasa (cough), antrakujanama			
	(gurglings in the intestine) and siraschatigauravam (heaviness in head)			
5 th	Kapha presek (Dribbling of cough), vaivarnya (discolouration), parvabheda (rupturing of joint), sarva dosha			
	prakopascha (exaggerated of all dosha)			
6 th	Pragyapranashasch (destruction of intelligence & life), atisaar (diarrhoea)			
7 th	Skandh-pristh-kati bhang (shoulder- back-pelvic falls down), sannirodashch (death due to asphyxia)			

Koshatakyadi Yavagu Ingredients (According to different acharyas)

Sr.no	Ingredients	Sushruta Samhita ^[2]	Ashtanga Hridaya [3]	Ashtanga sangraha ^[4]
1.	Koshataki	✓	✓	✓
2.	Agnika	✓	✓	✓
3.	Patha	✓	✓	✓
4.	Suryavalli	✓	✓	✓
5.	Amrita	✓	✓	✓
6.	Abhaya	✓	✓	✓
7.	Shelu	✓	✓	✓
8.	Shirisha	✓	✓	✓
9.	Kinihi	✓	✓	✓
10.	Haridra	✓	✓	✓

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11.	Daruharidra	✓	✓	✓
12.	Girivyaha	✓	×	×
13.	Chodrasavhya	×	✓	√
14.	Shweta Punarnava	✓	✓	√
15.	Rakta Punarnava	✓	✓	✓
16.	Harenu	✓	×	×
17.	Sunthi	✓	✓	✓
18.	Maricha	✓	✓	✓
19.	Pippali	✓	✓	✓
20.	Brihati	×	✓	✓
21.	Kantkari	×	✓	✓
22.	Shweta Sariva	✓	✓	✓
23.	Krishana sariva	✓	✓	✓
24.	Bala	✓	✓	√
25.	Atibala	×	×	✓

			s drvaya mentioned in koshatakyadi Yavagu
S. No	Dravya	Chemical Constituents	Pharmacological Action
1.	Koshataki [5]	 Water Soluble Ash 3.77%, 	 Antimicrobial Effects
		 Sulphated Ash 8.05%, 	 Antiparasitic Effect
		 Chloroform 1.23%, 	Anticancer Effect
		 Ethyl Acetate 1.02%, 	 Antioxidant Effect
		• Ethanol 5.43%	Hypoglycemic Effect
		Anthroquinone,	Hepato- Cardio- And Nephro-Protective Effects
		• Sterols,	Gastroprotective Effect
		Glycosides,	Immunomodulatory Effect
		 Carbohydrates 	,
2.	Agnika ^[6]	Naphthoquinones Flavonoids,	Antimicrobial Activity
	Agiiika	Alkaloids,	Anti-Inflammatory Activity
		• Glycosides,	Antioxidant Activity
		• Saponins,	Hair Growth Promoter And Regulation
		• Steroids,	Antidiabetic Activity
		• Tannins,	Antiobesity
		• Triterpenoids,	Antihyperlipidemic Activity
		Coumarins, Carbohydrates,	Hepatoprotective Activity
		Phenolic Compounds,	Nephroprotective Activity
		Fixed Oils,	Antifertility Activity
		F . 4 1P	Anticetunity Activity Anticancer And Cytotoxic Activity
3.	D (1 [7]		
3.	Patha ^[7]		Anti-Fertility
		Pareirubrines A & BMenismine	Anti-Ulcerous Anti-Ulcerous
			Anti-Inflammatory
		Pareirine	Antidiabetic Activity
		Hayatinine	Hepatoprotective Activity
			Antileukemic Activity
			Anti-Tumor Activity
	F01	a !! a! !!	Anti- Dengue Activity
4.	Suryavalli ^[8]	Cardiac Glycosides,	Anthelminthic Activity
		Carotenoids,	Anti-Bacterial Activity
		• Flavonoids,	Anti-Microbial Activity
		• Saponin,	Anti-Helminthic Activity
		Cyanogenic	Liver Protective Activity
		Glycosides,	Antioxidant Property
		• Triterpenes,	Antifungal Property
		• Sugars,	 Neuroprotective Activity
_	F01	• Tannins	
5.	Amrita [9]	Alkaloids,	Anti-Diabetic Activity
		Glycosides,	 Immunomodulatory Activity
		• Steroids,	 Anti-Cancer Activity
		 Flavonoids, 	 Hepatoprotective Activity
		• Phenols,	 Cardioprotective Activity
		• Tannins,	 Antioxidant Activity
		• Terpenoids,	 Anti-Arthritic Activity
		 Polysaccharides, 	 Anti-Stress Activity
		Essential Oils	Neurodegenerative Activity
6.	Abhaya ^[10]	Hydrolysable Tannins	Antibacterial
	·	Phenolic Carboxylic Acid	 Antifungal Activities
		Gallotannins	Anti Hyperglycemic Effect
		Ellagitannin	Antioxidant Activity
		• Chebulanin,	Immunomodulatory Activity

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		Neochebulinic Acid,Chebulagic Acid	Radiation ProtectionCardio Protective Effect
		Chebulinic Acid	Anti-Aging Activities
7.	Shelu [11]	Allantoin,	Antioxidant Activity
		B-Sitosterol	Anti-Inflammatory Activity
		 Pyrrolizidine Alkaloids, 	Wound Healing Activity
		• Coumarins,	Analgesic Activity
		• Flavonoids,	 Antimicrobial Activity
		Saponins,Terpenes And Sterols	 Antiulcerative Colitis
			Antidiabetic
8.	Shirisha [12]	• Saponin,	Antimicrobial
		Alkaloids,	Anti-Arthritis Activity
		Glycosides,Flavonoids	Antidiabetic Activity
		FlavonoidsTannins	Anti-Inflammatory Activity
9	Kinihi [13]	Carbohydrate,	Hypoglycaemic
<i>)</i>	Kinini	• Proteins,	Hypolipidemic Activity
		• Phenols	Anti-Inflammatory
		• Enzymes	Antioxidant Activity
			Anti Asthmatic
			 Antileprotic
			 Wound Healing Activity
			 Anti-Dandruff Activity
10.	Haridra ^[14]	Essential Oils	 Wound Healing Activity
		 Polysaccharides 	 Anti-Inflammatory Activity
		 Curcuminoids 	 Anti-Oxidant Activity
			 Anti-Bacterial Activity
			 Anti-Viral Activity
			 Anti-Diabetic Activity
			 Anti-Cancer Activity
			Anti-Coagulant Activity
11.	Daruharidra [15]	Alkaloid	 Hepatoprotective
		Berbamine,	 Antidiabetic
		Berberine,	Anticancer
		Oxycanthine,Epiberberine,	 Antimalarial
		Epiberberine,Palmatine,	Antimicrobial
		Dehydrocaroline	Anti-Inflammatory
10	[16]	· ·	Antioxidant
12.	Koyala ^[16]	• Tannins,	Antimicrobial Effect Antimicrobial Effect
		Phlobatannin, Carbohydrates,Saponins,	AntiparasiticInsecticidal Effects
		Triterpenoids,	Antiinflammatory
		• Phenols,	Antipyretic
		• Flavanoids,	Analgesic Effects
		 Flavonol Glycosides, 	Anticancer Effect
		• Proteins	 Antioxidant Effects
			Antidiabetic Effect
13.	Chodrasavhya [17]	 Flavonoids, 	 Hepatoprotective
		• Isoflavonoids,	Antioxidant
		• Tannins,	
		• Stigmasterol,	
		Vitamin K,Vitamin C	
		Vitamin CProteins	
14.	Shweta Punarnava [18]	Flavonoids,	Anti Diabetic Activity
17.	Silweta Fullatilava	Alkaloids,	Anti Oxidant Activity Anti Oxidant Activity
		• Steroids,	Anticancer Effect
		• Triterpenoids,	Analgesic Activity
		• Lipids,	 Hepatoprotective Activity
		• Lignins,	Antiviral Activity
		 Carbohydrates, 	 Antifungal Activity
		• Proteins,	 Antifibrinolytic Activity
1.5	- 1 F103	Glycoproteins	A STRUCTURE OF THE STRU
15.	Rakta Punarnava [19]	• Flavonoids,	Anti Diabetic Activity Anti Oridant Activity
		• Alkaloids,	Anti Oxidant Activity Antiograph Effort
		Steroids,Triterpenoids,	Anticancer EffectAnalgesic Activity
		Triterpenoids,Lipids,	Analgesic Activity Hepatoprotective Activity
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Giycoproteins			 Proteins, 	Antifibrinolytic Activity
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Iridoids Iridoids Insecticidal Activity Antificrational Effect	16.	Harenu [20]	 Flavonoids 	Anti-Tumor Activity
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• Terpenoids, • Flavonoids, • Flavonoids, • Saponins, • Anti-Cancerous Activity • Anti-Hepatocarcinogenic Effect • Phenolic Compounds, • Tannins, • Anti-Diabetes Activity • Lignin, • Lignin, • Inulin • Cardiac Glycosides • Anti-HIV-1 Activity • Diuretic Activity • Diuretic Activity • Steroids, • Anti-Inflammatory Activity • Anti-Arthritic Activity • Diuretic Activity • Anti-Arthritic Activity • Diuretic Activity • Anti-Inflammatory Activity • Anti-Arthritic Activity • Anti-Cancerous Activity				
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• Tannins, • Lignin, • Inulin • Cardiac Glycosides 23. Krishana Sariva [27] • Alkaloids, • Steroids, • Terpenoids, • Flavonoids, • Anti-Diabetes Activity • Anti-Cataractous Activity • Antivenom Activity • Diuretic Activity • Anti-Inflammatory Activity • Anti-Arthritic Activity • Anti-Arthritic Activity				
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• Cardiac Glycosides • Anti-HIV-1 Activity • Diuretic Activity 23. Krishana Sariva [27] • Alkaloids, • Steroids, • Terpenoids, • Terpenoids, • Flavonoids, • Anti-Arthritic Activity • Anti-Cancerous Activity				
23. Krishana Sariva [27] • Diuretic Activity • Anti-Inflammatory Activity • Steroids, • Antioxidant Activity • Terpenoids, • Terpenoids, • Flavonoids, • Anti-Cancerous Activity				
23. Krishana Sariva [27]			Cardiac Glycosides	
 Steroids, Terpenoids, Flavonoids, Antioxidant Activity Anti-Arthritic Activity Anti-Cancerous Activity 		[0.5]		
 Terpenoids, Flavonoids, Anti-Arthritic Activity Anti-Cancerous Activity 	23.	Krishana Sariva [27]		
Flavonoids, Anti-Cancerous Activity				
			 Flavonoids, 	
			 Saponins, 	Anti-Hepatocarcinogenic Effect

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		 Phenolic Compounds, Tannins, Lignin, Inulin Cardiac Glycosides 	 Anti-Angiogenic Activity Anti-Diabetes Activity Anti-Cataractous Activity Antivenom Activity Anti-HIV-1 Activity Diuretic Activity
24.	Bala ^[28]	 Alkaloids, Ecdysteroids, Flavonoids Ephedrine, β Phenethylamine, Vasicinone, β-Sitosterol, Malvalic Acid, Stigmasterol 	 Antimicrobial Activity Anti-Inflammatory Analgesic Activity Anti-Ulcer Activity Anti-Diabetic Activity Nephroprotective Activity Anti-Stress Adaptogenic Activity Cardiovascular Activity Antimelanogenesis Anti-Parkinson's Disease Antioxidant Activity

Ras panchak of Ingredients in koshatakyadi Yavagu [29]

1.Koshataki (Luffa acutangular)TiktaLaghu Ruksha TikshnaUshnaKatu2.Agnika (Plumago zeylanica)katu TiktaLaghu Ruksha TikshnaUshnaKatu3.Patha (Cissampelos pareira)TiktaLaghu TikshnaUshnaKatu4.Suryavalli (Gynandropsis gynanndra)katuTikshnaUshnaKatu5.Amrita (Tinospora cordifolia)Tikta KashayaGuru SnigdhaUshnaMadhura6.Abhaya (Terminalia chebula)Panchras lavanrahitaLaghu RukshaUshnaMadhura7.Shelu (Cordia dichotoma)MadhuraSnigdha Pichila GurusheetaMadhura8.Shirisha (Albizia lebbeck)Kashaya Tikta MadhuraLaghu Ruksha TikshnaUshnaKatu9.Kinihi (Achyranthes aspera)Katu TiktaLaghu RukshaUshnaKatu10.Haridra (Curcuma longa)Tikta KatuLaghu RukshaUshnaKatu11.Chordrsavhaya (Phaseolus trilobus)MadhuraLaghu RukshaUshnaKatu12.Daruharidra (Berberis aristata)Tikta KashayaLaghu RukshaUshnaKatu13.Koyala (Clitoria ternatea)Tikta KashayaLaghu RukshaUshnaKatu14.Shweta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu15.Rakta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu16.Harenu (Vitex negundo)KatuLaghu RukshaUshn		Tus panemak of ingreatenes in Roshatary and Tuyugu				
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3.Patha (Cissampelos pareira)TiktaLaghu TikshnaUshnaKatu4.Suryavalli (Gynandropsis gynanndra)katuTikshnaUshnaKatu5.Amrita (Tinospora cordifolia)Tikta KashayaGuru SnigdhaUshnaMadhura6.Abhaya (Terminalia chebula)Panchras lavanrahitaLaghu RukshaUshnaMadhura7.Shelu (Cordia dichotoma)MadhuraSnigdha Pichila GurusheetaMadhura8.Shirisha (Albizia lebbeck)Kashaya Tikta MadhuraLaghu Ruksha TikshnaUshnaKatu9.Kinihi (Achyranthes aspera)Katu TiktaLaghu Ruksha TikshnaUshnaKatu10.Haridra (Curcuma longa)Tikta KatuLaghu RukshaUshnaKatu11.Chordrsavhaya (Phaseolus trilobus)MadhuraLaghu RukshaUshnaKatu12.Daruharidra (Berberis aristata)Tikta KashayaLaghu RukshaUshnaKatu13.Koyala (Clitoria ternatea)Tikta KashayaLaghu RukshaUshnaKatu14.Shweta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu15.Rakta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu16.Harenu (Vitex negundo)Katu TiktaLaghu RukshaUshnaKatu17.Sunthi (Zingiber offinale)KatuGuru Ruksha TikshnaUshnaMadhura18.Maricha (Piper longum)KatuLaghu Ruksha Tikshna	1.	Koshataki (Luffa acutangular)	Tikta	Laghu Ruksha Tikshna	Ushna	Katu
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5.Amrita (Tinospora cordifolia)Tikta KashayaGuru SnigdhaUshnaMadhura6.Abhaya (Terminalia chebula)Panchras lavanrahitaLaghu RukshaUshnaMadhura7.Shelu (Cordia dichotoma)MadhuraSnigdha Pichila GurusheetaMadhura8.Shirisha (Albizia lebbeck)Kashaya Tikta MadhuraLaghu Ruksha TikshnaUshnaKatu9.Kinihi (Achyranthes aspera)Katu TiktaLaghu Ruksha TikshnaUshnaKatu10.Haridra (Curcuma longa)Tikta KatuLaghu RukshaUshnaKatu11.Chordrsavhaya (Phaseolus trilobus)MadhuraLaghu RukshaUshnaKatu12.Daruharidra (Berberis aristata)Tikta KashayaLaghu RukshaUshnaKatu13.Koyala (Clitoria ternatea)Tikta KashayaLaghu RukshaUshnaKatu14.Shweta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu15.Rakta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu16.Harenu (Vitex negundo)Katu TiktaLaghu RukshaUshnaKatu17.Sunthi (Zingiber offinale)KatuGuru Ruksha TikshnaUshnaKatu18.Maricha (Piper nigrum)KatuLaghu TikshnaUshnaKatu19.Pippali (Piper longum)KatuLaghu Ruksha TikshnaUshnaKatu20.Brihati (Solanum xanthocarpum)KatuLaghu Ruksha Tikshna <td< td=""><td>3.</td><td>Patha (Cissampelos pareira)</td><td>Tikta</td><td>Laghu Tikshna</td><td>Ushna</td><td>Katu</td></td<>	3.	Patha (Cissampelos pareira)	Tikta	Laghu Tikshna	Ushna	Katu
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7.Shelu (Cordia dichotoma)MadhuraSnigdha Pichila GurusheetaMadhura8.Shirisha (Albizia lebbeck)Kashaya Tikta MadhuraLaghu Ruksha TikshnaUshnaKatu9.Kinihi (Achyranthes aspera)Katu TiktaLaghu Ruksha TikshnaUshnaKatu10.Haridra (Curcuma longa)Tikta KatuLaghu RukshaUshnaKatu11.Chordrsavhaya (Phaseolus trilobus)MadhuraLaghu RukshaUshnaKatu12.Daruharidra (Berberis aristata)Tikta KashayaLaghu RukshaUshnaKatu13.Koyala (Clitoria ternatea)Tikta KashayaLaghu RukshaUshnaKatu14.Shweta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu15.Rakta Punarnava (Boerhavia diffusa)Madhura Tikta KashayaLaghu RukshaUshnaKatu16.Harenu (Vitex negundo)Katu TiktaLaghu RukshaUshnaKatu17.Sunthi (Zingiber offinale)KatuGuru Ruksha TikshnaUshnaMadhura18.Maricha (Piper nigrum)KatuLaghu SnigdhaUshnaMadhura19.Pippali (Piper longum)KatuLaghu Ruksha TikshnaUshnaKatu20.Brihati (Solanum surattense)Katu TiktaLaghu Ruksha TikshnaUshnaKatu21.Kantkari (Solanum xanthocarpum)Tikta KatuLaghu Ruksha TikshnaUshnaKatu22.Shweta Sariva (Hemidesmus indicus)Madhura TiktaGuru Sn	5.	Amrita (Tinospora cordifolia)	Tikta Kashaya	Guru Snigdha	Ushna	Madhura
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	22.	Shweta Sariva (Hemidesmus indicus)	Madhura Tikta	Guru Snigdha	Ushna	Katu
24. Bala (Sida cordifolia) Madhura Laghu Snigdha sheeta Madhura	23.	Krishana sariva (Hemidesmus indicus)	Madhura Tikta	Guru Snigdha	Ushna	Katu
	24.	Bala (Sida cordifolia)	Madhura	Laghu Snigdha	sheeta	Madhura

2. Discussion

Koshatakyadi Yavagu is explained in classics books of ayurveda and is used as sarvvishaghan. In medicated decoction according to Acharya Shusruta it contains Twenty one herbal drugs, According to Acharya Vagbhatta it contains twenty two drugs and according Acharya Vridda Vagbhatta it contains twenty three drugs out of which most of the drugs having the superiority of Tikta Ras, having the laghu-ruksh Guna, Ushan Virya, and Katu in Vipaka. Drugs mentioned in koshatakyadi having the properties of vishghana which reduce the toxic effects of poisons.

3. Conclusion

The poison is found to attack successively in seven kalas. The interval of time during which a deadly poison leaves one kala to succeeding kala is called as visha vega, that gives rise to seven stages and finally invades the ojas. The interval that takes place, while poison driven by vayu crosses from one

kala to another is known as visha vegantara. Koshatakyadi yavagu is a herbal preparation explained in visha vegantara condition. It also works as the media for various drugs by utilizing drug decoctions in place of water and honey and ghee as adjuvant. This yavagu retards the visha vega produced by the poison and minimises the effect of poison. It protects the heart- the seat of ojas by reducing the theekshnata (hot potency) of the visha.

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