

Role of Yavagu Kalpana in Panchakarma: A Conceptual Review

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Abstract—Yavagu is a light, semisolid dietary preparation described in Ayurveda and prepared by cooking rice with a comparatively larger quantity of water. It holds an important place in Panchakarma, particularly in *Samsarjana Krama*, the graduated dietary regimen administered after purification therapies such as *Vamana* and *Virechana*. Following *Shodhana*, digestive strength (*Agni*) becomes temporarily diminished; therefore, a light, warm, easily digestible, and nourishing diet is advised to restore normal digestion gradually. Depending on its consistency and method of preparation, Yavagu can provide hydration, energy, and gentle nourishment without placing excessive strain on the gastrointestinal system. It may also be prepared with suitable medicinal substances according to the patient's constitution, disease, digestive capacity, and stage of recovery. Thus, Yavagu Kalpana serves as an important link between purification and the restoration of a normal diet. Its rational use may help improve appetite, support digestive recovery, maintain strength, and reduce complications caused by inappropriate post-Panchakarma dietary practices. This review highlights the concept, preparation, properties, therapeutic relevance, and clinical importance of Yavagu in Panchakarma care.

Index Terms—Yavagu Kalpana, Panchakarma, Samsarjana Krama, Shodhana, Agni, Pathya Ahara, Ayurveda.

I. INTRODUCTION

Ayurveda emphasizes the maintenance of *Agni* (digestive and metabolic capacity) as an essential requirement for health.¹ Panchakarma procedures eliminate aggravated *Doshas* through therapeutic purification; however, after major *Shodhana* therapies such as *Vamana* and *Virechana*, the patient's digestive

strength may become temporarily reduced.² Therefore, a carefully planned post-procedure dietary regimen known as *Samsarjana Krama* is advised to restore *Agni* gradually and enable a safe return to a normal diet.³

Yavagu Kalpana is an important dietary preparation described under Ayurvedic dietetics and pharmaceutical preparations. It is generally prepared by cooking rice with a larger quantity of water until a soft, semisolid consistency is obtained.⁴ Its lightness, warmth, moisture content and digestibility make it suitable for individuals with diminished digestive capacity. The properties of Yavagu may be modified by incorporating appropriate medicinal substances according to the patient's *Prakriti*, disease condition, *Dosha* involvement and strength of *Agni*.⁵

In Panchakarma practice, Yavagu and related preparations such as *Manda*, *Peya* and *Vilepi* form part of the sequential dietary progression following purification therapy. This graduated approach is intended to rekindle digestive strength without imposing an excessive digestive burden. Proper administration may support hydration, appetite, nourishment and recovery, while inappropriate or premature consumption of heavy food can interfere with the benefits of purification. Thus, Yavagu Kalpana represents an important therapeutic dietary measure that connects Panchakarma purification with the restoration of normal digestion and strength.

Aim

To review the concept, preparation, properties and therapeutic importance of *Yavagu Kalpana* in Panchakarma, particularly its role in restoring *Agni* during *Samsarjana Krama*.

II. METHODOLOGY

A conceptual review was conducted using classical Ayurvedic texts, including the *Charaka Samhita*, *Ashtanga Hridaya* and *Sharangadhara Samhita*, along with relevant textbooks and published literature. Information concerning the preparation, properties and application of Yavagu in Panchakarma was collected and critically analyzed.

III. DETAILED REVIEW OF YAVAGU KALPANA IN PANCHAKARMA

Concept of Yavagu

Yavagu is a soft rice-gruel preparation described in Ayurvedic dietetics. It is made by cooking rice in a comparatively large quantity of water until the grains become completely soft and the preparation attains a fluid-to-semisolid consistency. It contains both the cooked grain and liquid portion.

Yavagu belongs to the group of light dietary preparations used when ordinary solid food cannot be digested comfortably. It is considered both a food and a therapeutic dietary formulation. Its action can be modified by changing the consistency, type of grain, amount of water and medicinal ingredients added during preparation.

Importance of Yavagu in Ayurveda

Ayurveda considers appropriate food an essential part of treatment. The patient's diet should correspond to digestive capacity, physical strength, disease, Dosha predominance, age, season and stage of treatment. Even a beneficial food may produce discomfort when given in excessive quantity or at an unsuitable time. Yavagu is useful because it offers nourishment in a simple and easily consumable form. Its fluid content supports hydration, while the cooked rice provides carbohydrates and energy. It is particularly relevant during illness, convalescence and the period following Panchakarma procedures.

Classical Method of Preparation

Yavagu is generally prepared using:

- One part rice
- Six parts water

The rice is cleaned and washed before being added to water. It is then cooked over mild heat until the grains become soft and the preparation develops a semisolid

consistency. The final product contains a prominent liquid portion along with well-cooked rice particles.

The exact quantity of water may require adjustment depending on the variety and age of the rice, heating method and desired consistency. Excessive boiling should be avoided because it may make the preparation too thick. Insufficient cooking may leave hard grains that are difficult to digest.

Qualities of Properly Prepared Yavagu

A properly prepared Yavagu should have the following characteristics:

- Rice grains should be completely cooked and soft.
- The liquid and solid portions should be properly combined.
- The preparation should be neither excessively watery nor very thick.
- It should be smooth and easy to swallow.
- It should be freshly prepared and served warm.
- It should possess a pleasant natural taste and smell.
- It should not contain burnt, uncooked or hardened particles.

IV. TYPES OF YAVAGU

Plain Yavagu

Plain Yavagu is prepared using only rice and water. It is suitable when a simple, light and mildly nourishing diet is required. It may be used during recovery when the digestive system is not ready for complex food.

Medicated Yavagu

Medicated Yavagu is prepared by incorporating selected herbal substances. A herbal decoction may replace ordinary water, or an appropriate medicinal powder may be added during or after cooking.

The selection of ingredients depends on:

- The patient's disease
- Dosha predominance
- Digestive capacity
- Bowel condition
- Appetite
- Physical strength
- Associated symptoms

Medicated Yavagu allows diet and medicine to be administered together. Nevertheless, it should be prescribed by a qualified practitioner because

unsuitable herbs may alter digestion or interact with the treatment.

Difference Between Rice-Based Dietary Preparations
The rice preparations used in Ayurvedic dietary management mainly differ in the proportion of liquid and solid matter.

Preparation	General consistency	Main characteristic
Manda	Very thin liquid	Primarily the strained liquid of cooked rice
Peya	Thin gruel	Contains a small amount of soft rice particles
Yavagu	Fluid to semisolid	Contains considerable liquid with softened rice
Vilepi	Thick semisolid	Contains more solid rice and less free liquid
Odana	Solid cooked rice	Comparable to an ordinary cooked rice meal

These preparations represent progressively increasing nutritional density and digestive demand. The appropriate preparation is selected according to the patient's digestive capacity.

Panchakarma and Digestive Strength

Panchakarma includes preparatory, purification and post-procedure stages. Vamana and Virechana are major purification procedures intended to eliminate aggravated Doshas. Although purification may be therapeutically beneficial, the procedures can temporarily reduce appetite, strength and digestive capacity.

Heavy food given immediately after purification may not be digested properly. This may produce heaviness, nausea, abdominal distension, irregular bowel movements or the formation of incompletely digested material. Therefore, the digestive system is gradually reintroduced to food through a planned dietary sequence.

Role of Yavagu After Panchakarma

Yavagu can serve as an intermediate recovery diet after the patient has tolerated thinner liquid preparations. It provides more substance than rice water or thin gruel but places less digestive demand than an ordinary solid meal.

Its important functions during recovery include:

- Providing fluid after the purification procedure
- Supplying readily available carbohydrate energy
- Supporting gradual recovery of appetite
- Avoiding the sudden introduction of heavy food
- Maintaining strength during dietary progression
- Preparing the digestive system for thicker food
- Acting as a suitable carrier for selected medicinal substances

Yavagu should be given only when the previous meal has been digested and natural hunger has appeared.

Yavagu in Samsarjana Krama

Samsarjana Krama is a graduated post-purification dietary regimen designed to restore digestive capacity. It generally begins with very light rice preparations and progresses toward thicker, more nourishing food. The broad progression includes:

1. Thin rice liquid
2. Thin rice gruel
3. Thick rice preparation
4. Unseasoned pulse soup
5. Seasoned pulse soup
6. Appropriate nourishing soup
7. Normal diet

Yavagu may be used within this recovery process according to the patient's tolerance and clinical requirements. It should not automatically replace the classical sequence prescribed by the physician.

The duration of the graduated diet depends on:

- Degree of purification
- Strength of the patient
- Condition of Agni
- Nature of the disease
- Appearance of hunger
- Digestion of the previous meal
- Presence of post-procedure symptoms

Signs of Proper Digestion

Before giving the next meal or advancing to a thicker preparation, the following features should be assessed:

- Natural hunger

- Feeling of lightness
- Clear belching without the taste of the previous meal
- Absence of nausea
- Absence of abdominal heaviness
- Normal passage of flatus
- Comfortable bowel movement
- Enthusiasm and alertness

If these features are absent, the next dietary stage should be delayed or modified.

Signs of Improper Tolerance

Yavagu may not be digested properly when its quantity, consistency or timing is unsuitable. Possible signs include:

- Loss of appetite
- Abdominal heaviness
- Nausea or vomiting
- Excessive belching
- Abdominal distension
- Loose stools or constipation
- Lethargy
- Discomfort after eating

When these symptoms occur, further dietary progression should be stopped and the patient should be reassessed.

V. PRINCIPLES GOVERNING ADMINISTRATION

Matra—Quantity

The quantity should be based on appetite and digestive capacity. A small quantity is preferable during the initial recovery stage. Additional food should not be given merely because Yavagu is considered light.

Kala—Timing

Yavagu should be administered after the previous food has been digested and natural hunger has developed. Repeated intake at short intervals may overload weakened digestion.

Ushna—Temperature

It is generally served warm. Warm food is pleasant, promotes comfortable consumption and avoids the heaviness sometimes associated with cold or refrigerated preparations.

Samskara—Method of Processing

Thorough cooking makes the rice soft and alters its texture. The addition of herbs, salt, fat or spices

changes the overall qualities of the preparation. Such modifications should match the treatment stage.

Satmya—Suitability

The patient's habitual diet and tolerance must be considered. Rice type and additional ingredients should be changed when the patient has an allergy, intolerance or clinical restriction.

VI. FACTORS AFFECTING THE PROPERTIES OF YAVAGU

Type of Rice

Different rice varieties vary in starch content, texture, taste and digestibility. A variety traditionally used by the patient may be better tolerated than an unfamiliar one.

Age of Rice

Well-stored mature rice is generally preferred in light dietary preparations. Newly harvested rice may be comparatively heavier and more likely to produce a sticky preparation.

Quantity of Water

More water produces a thinner and lighter preparation, whereas less water creates a thicker and more nourishing product. The quantity should be adjusted according to digestive strength.

Cooking Time

Adequate cooking softens the grain and produces a uniform consistency. Undercooked rice is unsuitable for patients with weak digestion.

Added Ingredients

Oil, ghee, salt, spices, pulses and medicinal herbs change the digestibility and therapeutic character of Yavagu. Early in the recovery stage, the preparation is generally kept simple.

Nutritional Significance

Rice-based Yavagu provides carbohydrates, water and a small amount of protein. Its soft consistency makes it convenient for individuals experiencing weakness or reduced appetite. The preparation can supply quick dietary energy during the post-procedure period.

Plain Yavagu is not a complete diet because it contains limited protein, fat, fibre, vitamins and minerals. It should therefore be used for a short transitional period. As digestive strength improves, pulses, vegetables, suitable fats and other nourishing foods should be introduced gradually.

Potential Advantages

- Simple and economical preparation

- Ingredients are commonly available
- Consistency can be easily modified
- Easy to consume during weakness
- Provides food and fluid together
- Can be prepared as plain or medicated Yavagu
- Supports gradual dietary progression
- May improve patient compliance with post-Panchakarma restrictions

VII. LIMITATIONS

- It may not provide complete nutrition when used for a prolonged period.
- Preparation methods may differ among institutions.
- The exact consistency may not be standardized.
- Therapeutic effects depend on the ingredients added.
- It may not be appropriate for every metabolic or medical condition.
- Excessive reliance on Yavagu may delay the introduction of a balanced diet.
- Traditional therapeutic claims require further clinical evaluation.

VIII. PRECAUTIONS

Yavagu should be prepared under hygienic conditions and consumed fresh. Repeated reheating and prolonged storage should be avoided. Excessively spicy, oily, salty or sweet ingredients should not be added during the early recovery stage.

Individual assessment is particularly important in patients with:

- Diabetes mellitus
- Kidney disease
- Fluid or electrolyte restrictions
- Rice allergy or intolerance
- Swallowing difficulties
- Persistent vomiting
- Severe diarrhoea
- Malnutrition
- Metabolic disorders

These patients may require modification of the ingredients, quantity or consistency under professional supervision.

IX. SCOPE FOR RESEARCH

Further research may focus on:

- Standardization of the rice-to-water ratio
- Measurement of viscosity and consistency
- Nutritional analysis of different formulations
- Comparison of rice varieties
- Effect on appetite and digestive comfort
- Glycaemic response after consumption
- Hydration and electrolyte status
- Patient acceptability
- Comparison with other post-procedure diets
- Clinical evaluation during Samsarjana Krama

X. DISCUSSION

Yavagu Kalpana occupies an important position in Ayurvedic dietetics because it combines the functions of *Ahara* and *Aushadha*. A review of the *Charaka Samhita* identified numerous references to Yavagu as a regular or therapeutic diet, an adjuvant for medicines and a preparation associated with Panchakarma procedures.⁶ Its repeated description in different clinical contexts indicates that Yavagu is not merely rice gruel but a flexible dietary formulation whose properties can be modified according to the ingredients and method of preparation.

Yavagu is generally prepared by cooking rice with approximately six parts of water to obtain a semisolid product containing both liquid and softened rice grains.⁷ This consistency distinguishes it from thinner preparations such as *Manda* and *Peya* and from the thicker *Vilepi*. The large quantity of water and thorough cooking soften the rice grains and make the preparation easier to consume, particularly in patients with reduced appetite or digestive capacity.⁷

The importance of Yavagu in Panchakarma can be understood through the concept of *Agni*. Following major purification procedures, especially *Vamana* and *Virechana*, digestive strength is considered temporarily diminished. *Samsarjana Krama* is therefore prescribed as a graduated dietary programme to restore Agni by progressing from light liquid preparations to thicker and more nourishing food.⁸ Yavagu or its thinner and thicker variations may be selected within this progression according to the degree of purification, appetite, strength and digestive tolerance of the patient.

The gradual increase in food consistency represents a rational method of dietary rehabilitation. Administration of a heavy meal immediately after purification may exceed the patient's digestive capacity, whereas a warm and properly cooked rice preparation provides fluid and carbohydrate energy in a relatively simple form.⁷ The patient should advance to the next dietary stage only after the preceding meal has been properly digested and natural hunger has returned.⁸ Thus, the administration of Yavagu should be individualized instead of being based on a fixed schedule alone.

Yavagu also provides a suitable medium for medicinal substances. Herbs or herbal decoctions may be incorporated into the preparation according to the disease and therapeutic objective. *Panchakola Siddha Yavagu*, for example, contains digestive herbs such as *Pippali*, *Pippalimula*, *Chavya*, *Chitraka* and *Nagara*. This demonstrates how a simple dietary preparation may be converted into a medicated food intended to support digestion.

A randomized open clinical study involving 47 participants with *Agnimandya* compared Panchakola Siddha Yavagu with plain Yavagu. The medicated preparation produced greater improvement in the clinical assessment of impaired digestion than the control preparation.⁹ However, the small sample, open-label design, symptom-based outcomes and limited independent replication restrict the strength and generalizability of these findings. Consequently, this study provides preliminary support but does not establish definitive clinical efficacy.

From a nutritional perspective, rice-based Yavagu primarily supplies water and carbohydrates. Its soft texture may make it suitable as a short-term transitional food when ordinary meals are poorly tolerated. Nevertheless, plain Yavagu is not nutritionally complete because it provides limited quantities of protein, fat, fibre and several micronutrients. It should therefore be followed by the gradual introduction of a balanced diet as digestive capacity and clinical condition improve.

The therapeutic qualities of Yavagu cannot be considered uniform. They vary according to the rice variety, rice-to-water ratio, cooking duration, final consistency, temperature and medicinal ingredients. These variables also make comparison between clinical studies difficult. Standardization of raw materials, preparation procedures, serving quantity

and outcome measures is necessary before the effects of different Yavagu formulations can be evaluated reliably.

Yavagu should be prescribed according to the patient's *Agni*, *Prakriti*, disease, age, strength and treatment stage. Special modification may be necessary for patients with diabetes, renal impairment, swallowing disorders or fluid restrictions. Its use following Panchakarma should remain professionally supervised because the timing and duration of post-purification dietary progression depend on the degree of purification and the patient's recovery.

Overall, the available literature supports the traditional importance of Yavagu as a light, adaptable and potentially medicated dietary preparation. Its role in Panchakarma is most appropriately understood as part of a graded recovery diet rather than as an independent treatment. More rigorous clinical trials and nutritional studies are needed to establish its digestibility, metabolic effects, optimal preparation and clinical benefits.

XI. CONCLUSION

Yavagu Kalpana is an important Ayurvedic dietary preparation used to provide gentle nourishment when digestive capacity is reduced. Its fluid-to-semisolid consistency makes it suitable as a transitional food during recovery after Panchakarma. It may help maintain hydration and energy while supporting the gradual return to a normal diet. Its effectiveness depends on correct preparation, appropriate timing, suitable quantity and individualization according to the patient's digestive strength and clinical condition.

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