

**ISSN**INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

ISSN No. : 2584-2757

Volume : 03

Issue : 01



Publisher

**ROGANIDAN VIKRUTIVIGYAN PG ASSOCIATION
FOR PATHOLOGY AND RADIOLOGICAL DIAGNOSIS**

Reg. No. : MAHA-703/16(NAG)

Year of Establishment – 2016

DOI : 10.5281/zenodo.17372092

Impact Factor : 1.013

INTERNATIONAL JOURNAL OF DIAGNOSTICS AND RESEARCH

The Role Of Yava, Krishna Tila And Chanchu (African Jute) As Pathya Ahaar To Improve Mental Health w.s.r To Bhavprakasha Nighantu

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Article Info: Published on : 15/10/2025

**Cite this article as: - Dr. Ashwini Makadi (2025) ; The Role Of Yava, Krishna Tila And Chanchu (African Jute) As Pathya Ahaar
To Improve Mental Health w.s.r To Bhavprakasha Nighantu; Inter .J. Dignostics and Research 3 (1) 164-169 ,**

DOI : 10.5281/zenodo.17372092

Abstract

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community. It has intrinsic and instrumental value and is a basic human right. In the present era, individuals are overloaded with stress, tension, anxiety, and lack of sleep, which adversely affect the memory of most individuals. It is very common even in children. Promotion and prevention efforts aim to improve mental health by addressing individual, social and structural determinants of mental health. In Ayurveda, the term “Pathya Āhāra” refers to wholesome or suitable diet that promotes health, aids in the prevention and management of disease, and maintains balance of the doṣas (Vāta, Pitta, Kapha), agni (digestive fire), and dhātus (tissues). Pathya āhāra is the type of food and diet regimen that is conducive to health and suitable according to one’s constitution (prakṛti), disease condition, season (ṛtu), digestive capacity (agni), and dosha state. Ayurveda plays a role in mental health by taking a holistic approach that balances the mind, body, and spirit through a combination of therapies like diet, yoga, meditation, and herbal treatments. It focuses on restoring balance to the doshas. The present article aimed to focus on the role of Yava , Krishna tila and chanchu as pathya Ahara to improve mental health by highlighting it’s medical as well as nutraceutical properties and to develop interest of researches regarding it’s various therapeutic aspects . More than 1 billion people worldwide are currently living with one or more mental health disorders.

Anxiety and depressive disorders are the most common globally. Mental health disorders are the second leading cause of long- term disability (in terms of loss of healthy life years) globally. Pathya Āhāra is essential for mental health because it nourishes the mind through the body. It enhances Sattva, maintains Agni, supports Ojas, and keeps Rajas and Tamas in check — thereby ensuring emotional balance, clarity, and mental well-being, hence the study was done .In the study it was observed that Yava, Krishna tila , chanchu, has the potential to improve the mind, stabilize emotions, sharpen intellect, and restore psychological balance .

Keywords – Yava, Krishna tila , chanchu, mental health.

Introduction :

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community. It has intrinsic and instrumental value and is a basic human right. Globally, nearly 1 in 7 people (1.1 billion) lived with a mental disorder in 2021, with anxiety and depression being the most common. In the United States, about 1 in 5 adults experiences a mental illness in a given year, and 1 in 5 young people also have a mental health disorder.^[1] Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. Many mental health conditions can be effectively treated at relatively low cost, yet health systems remain significantly under-resourced and treatment gaps are wide all over the world. Ayurveda treats mental disorders holistically by focusing on restoring the balance of the mind, body, and spirit. Its methods address the root causes of imbalances rather than just the symptoms through personalized diet, herbs, lifestyle adjustments, and therapeutic treatments. The Ayurvedic approach, known as *Manas Roga Chikitsa*, can be used to manage conditions such as anxiety, stress, and depression. Ayurvedic perspective on mental disorders.^[2] Ayurveda is based on the concept that health is a state of equilibrium of the three vital forces or *doshas*: *Vata*, *Pitta*, and *Kapha*. Mental health is also defined by the balance of three mental qualities or *gunas*: *Sattva* represents clarity, balance, and purity. An abundance of *Sattva* is

linked to positive mental health. *Rajas* represents activity and restlessness. An imbalance can lead to agitation, anxiety, and obsessive thoughts. *Tamas* represents inertia and lethargy. An excess can cause depression, dullness, and a lack of motivation. Mental disorders, or *Manasika Vikaras*, are believed to result from an imbalance in these *doshas and gunas*, often triggered by stress, unhealthy lifestyle choices, and unresolved emotions. A balanced diet is crucial for providing the body with the necessary nutrients to maintain proper physical and mental function. Adoption the *Pathya Ahara* and *Vihara* is important in maintaining the mental health. Ayurveda is of the view that the mind and body as interconnected. Diet, along with other lifestyle factors, is seen as a key determinant of both physical and mental health. In *Bhavprakash Nighantu* various drugs are mentioned under the heading *Medhya dravya acts by balancing the mansik trigunas*. This article highlight the role of *yava*, *Krishna tila* and *chinchu* as *pathya ahara* to improve the Mental health.^[3]

Material & Methods :

The literary method of research is adopted in present study. All the Ayurvedic literature pertaining to the research topic is explored. The References from Bhavprakash Nighantu , other Nighantus, *Laghutrayi* , *Bruhatrayi* and research articles on web were searched for the study.

Classification^[4, 5, 6] -

sr. no	Dravya	Latin name	Family	Varga
1	Yava	Hordeum vulgar	Gramineae	Dhanya
2	Krishna tila	Sesamum Indicum	Gramineae	Dhanya
3	Chinchu	Corchorus fascicularis	Malvaceae	Shaka

Morphology^[7,8]:**1) Yava (Barley) :**

Yava, or *Hordeum vulgare* (barley), is an annual plant with erect stems 50-100 cm tall, linear leaves, and a long spike inflorescence. Key morphological features include its flattened, 2-ranked spike, which has a brittle axis and awns, and its grains are the caryopsis type. The spike consists of sessile, perfect, and awned central spikelets and sessile, sterile lateral spikelets.

2) Krishana tila (Black Sesame) :

Krishna tila, or black sesame seed, has a flattened ovate shape, is typically black, and measures approximately (2.5) mm in length and (1.5) mm in width. Macroscopically, the seed has a smooth or reticulate surface with faint marginal and central lines, a slightly concave side, and a pleasant, oily taste. Microscopically, its structure includes a single-layered testa with palisade-like cells, a three-layered endosperm of polygonal parenchyma, and two cotyledons also composed of polygonal parenchyma cells, all containing fixed oils and aleurone grains.

3) Chanchu (African Jute) :

African jute morphology includes an erect herbaceous stem that can be purplish or reddish-brown, with alternate, serrated leaves. It has yellow flowers with five petals and sepals, and produces long, spindle-shaped pods containing numerous seeds. The plant's morphology is diverse, with variations in height (up to 4 meters), branching, and fruit characteristics between species like *Corchorus olitorius* and *Corchorus aestuans*.

Mode Of Action^[9]:**Yava (Barley) :**

It possesses *Madhura* and *kashaya rasa*, *katu vipaka* and sheet *veerya*. *Madhura* rasa and sheet *veerya* helps in providing nutrition to *Tarpaka kapha* and increase *Dhi* component of *Medha*. *Kashaya* rasa and *katu vipaka* helps to remove the *kleda* from *majja dhatu* and improves the *dhruti* and thus by reducing stress and anxiety help to improve the mental health.

Potential benefits for mental health

- 1) Antidepressant effects:** Barley contains nutrients and bioactive compounds that have been shown to have an antidepressant-like effect. Animal studies have observed that barley can improve symptoms of depression^[10].
- 2) Stress management:** Studies on young green barley leaf extract indicate that it has anti-stress properties. In mouse models, it prevented a decrease in hippocampal brain-derived neurotrophic factor (BDNF) caused by stress. BDNF is a protein that is crucial for brain health, and reduced levels are associated with depression.

- 3) **Mood regulation:** The effect of a barley-based broth known as "Talbinah" on mood has been studied. Because Talbinah is a good source of vitamins, minerals (like zinc and magnesium), and antioxidants, it may have a positive impact on mood.
- 4) **Gut-brain axis:** Barley is a good source of dietary fiber, which is known to influence the gut microbiome. The gut-brain axis recognizes the critical connection between gut health and mental well-being. By promoting a healthy gut, barley may help improve mental health outcomes.

Krishna Tila (Black Sesame) -

It possesses *Madhura rasa* and *madhura vipaka* which acts as *Balya* and *bruhana* which helps in stabilizing mind by improving the *dhruti* and the *Ushna veerya do Majja Agni vardhana* which helps in improving smirti. The mental health benefits of black sesame seeds are supported by their key nutrients, which can help regulate mood and reduce stress. Magnesium and calcium: Black sesame seeds are a concentrated source of these essential minerals. Magnesium is critical for regulating the nervous system, and a deficiency has been linked to increased anxiety and depressive symptoms. By increasing magnesium levels, these seeds can help promote relaxation and reduce stress.

Omega-3 fatty acids: These fatty acids are vital for brain health and have been shown to help lift mood. Black sesame seeds contain beneficial fats that support the nervous system and overall brain function.

Tryptophan: This amino acid, found in sesame seeds, is a precursor to serotonin,

neurotransmitter that helps regulate mood. A balanced level of serotonin is important for a positive mental outlook.

Antioxidants and B vitamins: Black sesame seeds contain potent antioxidants, such as sesamin and sesamolin, which fight oxidative stress that can damage brain cells. They are also rich in B vitamins that are essential for nervous system function and energy metabolism.

Chanchu (African Jute):

Chanchu helps in stabilizing the brain and support intellectual functions by nourishing *majja dhatu* with the help of its *Madhura rasa*, *Madhura vipaka* and *sheeta veerya*. In traditional African folk medicine, African jute is used to manage and treat convulsions.

The anti-seizure activity seen in some animal studies is attributed to the plant's phytochemical content, which includes flavonoids, saponins, and other polyphenolics.

GABAergic pathway: A study suggests a potential neurological pathway that could also be active in African jute, as many medicinal plants act on similar systems.

Antioxidant effects: African jute is rich in antioxidants like flavonoids and ascorbic acid (vitamin C). These antioxidants help reduce oxidative stress, which can trigger and exacerbate seizures.

Sr No	Dravya	Rasa	Guna	Virya	Vipak	Action
1	Yava	Madhur, Kashya	Guru, Ruksha, Sara, Mrudu	Sheeta	Katu	Increase Dhi, Anti-Depressant Property
2	Krishna Tila	Madhur, Tikta	Guru, Vikasi, Lekhan, Sara	Ushna	Madhur	Increase Smruti, Neuroprotective Effect
3	Chanchu	Madhur	Sukshma, Vikasi, Sara	Madhur	Sheeta	Increase Dhriti, Anti-Oxidant, Stress Reliving Property

Discussion :

Mental disorders or mental illnesses are conditions that affect our thinking, feeling, mood and behaviour. They may be occasional or long-lasting (chronic) they can affect our ability to communicate with others and the proper functioning of the nervous system. Mental illness may be due to an imbalance of natural biochemicals in our brain & body. Mental illnesses associated with changes in neurotransmitters e.g.- In patients with depression, the level of neurotransmitters serotonin and dopamine is decreased. *Ahara* itself is considered a medicine, with a proper diet being used to manage mental disorders. Adhering those specific dietary rules can enhance mental well-being. In this article the effect of *Yava*, *Krishna tila* and *chanchu* was studied. These are easily available and very effective in the treatment of mental disorders due to their nervine and brain tonic activities. It stimulates the secretion of neurotransmitters. This *dravyas* acts as *Medhya Rasayana* and act on the

Hypothalamus-pituitary adrenal axis (HPA axis) & normalize the secretion of neurotransmitters such as dopamine, serotonin, acetylcholine & they can improve the mental functioning. Modern Nutritional science also supports the role of diet in mental health. Omega-3 fatty acids present in *Krishna tila* improve neurotransmitter activity, brain cell communication, and reduce inflammation, which can help in reducing the depression and anxiety. These drugs also promote intellect (*Dhi*), retention (*Dhriti*), memory (*Smriti*).

Conclusion :

Yava, *Krishna tila*, *chanchu* act on the *Manovaha Srotas* by promoting the *stava guna* and maintaining the balance between all the three *mansik doshas*. The chemicals present in these *dravyas* like Phenolic acid, vit. B, Cynogenic Glycosides, Oleic acid, palmitic acid, Lignin helps in reducing stress and anxiety and enhances the mental health. Hence, there is a definite relationship between the *pathya ahar* like *yava*, *krishna*, *tila*, *chanchu* and mental health. The *satvik* diet helps in maintaining the soundness of mind whereas the *rajasik* and *tamasik* diet irritates and perverts the mind.

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Declaration :**Conflict of Interest : None****ISSN: 2584-2757****DOI : 10.5281/zenodo.17372092****Dr. Ashwini Makadi Inter. J.Digno. and Research**

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