A comprehensive review on yava (Hordeum vulgare Linn.) – An extensively used nutraceutical

Cereals and millets constitute the most important group of food stuffs and the demand for these type food variants is increasing nowadays. Yava (Hordeum vulgare Linn.) is an important one among them and it is now the fourth most important cereal crop of the world after wheat, corn and rice.Yava is preferred not only for its nutritional importance but also for its nutraceutical properties. In ayurveda, foods and liquids are classified into separate groups and yava comes under the group sookadhaanyavarga among them. In the text books of aayurveda, it is recommended for daily use. This review aims to compile all the preferable data regarding yava with special reference to its nutraceutical property.