

Yajniya Chikitsa or Yajñyopathy :

Non-Invasive Natural Healing System of Vedic Medical Sciences

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Abstract

Yajñīya Chikitsā or *Yajñyopathy* can be regarded as the highest kind of treatment for any ailment. Atharvaveda (3/11) says that even for a patient on death-bed there is a hope of recovery and living full life of 100 years through *Yajñīya Chikitsā* .During the process of *Yajñīya Chikitsā* or *Havan* the potencies of Āyurvedic therapeutic drugs/herbs are enhanced through the medium of Sacred Fire and are directly inhaled by the patient in the subtlest form. The nanoparticles thus inhaled during the fumigation process reach the blood-stream for rejuvenation in the lungs where blood gets purified/oxygenated. Yajñ Therapy presents a multi-model approach for the treatment of various diseases, and it has been indicated as an effective therapeutic procedure in respect of various types of diseases like diabetes, cancer, arthritis, skin problems, cardiac disorders, renal disorders, epilepsy, paralysis, thyroid disorders, depression etc. As a part of Vedic Yajñīya System our great Rishis had recommended performance of ‘*Bheṣajya Yajñās*’ between the transition period of *Ritus* (Seasons) to avoid plagues and epidemics, thus for countering Pandemics like Covid-19; performing *Agnihotra* and using *Yajñyopathy* are recommended as a practice to be followed in day-to-day life in a family for preventive care and building up of immunity.

Full paper

Yajñīya Chikitsā or *Yajñyopathy* can be regarded as the highest kind of treatment for any ailment, where all other *pathies* have failed. Atharvaveda (3/11) says that even for a patient on death-bed there is a hope of recovery and living full life of 100 years through *Yajñīya Chikitsā* or *Yajñyopathy*. There are most appropriate references in Rigveda (10 /163) and Atharvaveda (2/ 33 and 9/ 8) for healthy recovery of patient from all types of diseases, through *Yajñyopathy*. There are many Hymns in Rigveda and Atharvaveda for curing of certain diseases, which for want of space are not mentioned here. Additionally Saṃhitās like Carak-Saṃhitā, Sushrut-Saṃhitā also recommend this as an Āyurvedic Treatment.

The words “Homa Therapy” does not convey the same meaning of Yajñyopathy as it has been limited so far to couple of *Havans* like “*Vyāhruti* “ and “*Tryambakam Homa*” with oblations of cow-ghee only. Whereas *Yajñyopathy* or *Yajñīya Chikitsā* is a recommended therapy mentioned in Āyurveda where Āyurvedic medicinal herbs, powders, drugs and essences are used in *Havan*, along with other *Havan Samugri* and Cow-Ghee with chanting of appropriate mantras from Rigveda, Atharvaveda, Purāṇas, Āyurvedic texts and even *Shabri* Mantras. During the process of Yajñ or Havan the potencies of Āyurvedic therapeutic drugs/herbs are enhanced and potentised manifold through the medium of Sacred Fire (Agni) and are directly inhaled by the patient in the subtlest form. The nanoparticles thus inhaled during the fumigation process reach the blood-stream for purification /rejuvenation in the lungs where blood gets purified/oxygenated. Thus pulmonary administration of Āyurvedic medicines/drugs in the subtlest form helps recovery and rejuvenation through respiratory system, circulatory system and other body systems.

The treatment of *Yajñyopathy* also helps in balancing *Chakras* and improving psychosomatic conditions of the patient, thus healing the patient as a whole-being.

1. Yajñyopathy

(i) It is one of the recommended treatments by Department of Ayurveda and Holistic Health of Dev Sanskriti Vishwa Vidyalaya, Gayatrikunj, Shantikunj, Hardwar. In the Review Article published by them in “ *Ayurveda Evam Samagra Swsthya Shodhmala* 2019; 1 (1): 2 “ it is concluded that ‘*Yajna Therapy*’ (*Yajñyopathy*) presents a multi-model approach for the treatment of various diseases, which include positive restructuring of the psyche of the participants by the chanting of Vedic Mantras and meditating on the meaning of mantras. Exposure to medicinal fumes of multiple herbs, as well as their efficient pulmonary administration, purification of indoor environment, proximity of bright light and heat of the fire etc., work in healing the patients. Encouraging results were observed with regard to the management of various diseases through *Yajñyopathy* and it has been indicated as an effective therapeutic procedure in respect of various types of diseases like diabetes, cancer, arthritis, skin problems, cardiac disorders, renal disorders, epilepsy, paralysis thyroid disorders, depression etc. ; for which about 30 disease-specific *Havan Samugri* were prescribed. The patients were advised to follow standard protocols for *Yajñyopathy* treatments at their homes and report the recorded results to the Department on the basis of which the Review Article was prepared. The Article reports encouraging results of the treatment for many diseases and disorders as mentioned above.

(ii) Yoga-Maharshi Shri Ramdeo Baba and his Patanjali Yogapeeth are also recommending *Yajñiya Chikitsā* for treatment of various diseases. In the experiments that have been carried out, wonderful results have been observed particularly in cases of Mirgi or Epilepsy, Thyroid Problems, Asthma, Diabetes, High BP, and even Brain Tumours and Cancer. For *Havan* it is recommended to use Copper *Havan Kund*, *Amra Samidha* (Dry Mango wood sticks)or Dry Cow Dung Samidhas/ Patties, Guggul, Cow Ghee and Disease-Specific *Havan Samugri*. They have launched Yajña Chikitsā Products like *Medha Eshti* (for brain and memory), *Madhu Eshti* (Diabetes), *Pitta Eshti* (Acidity), *Vata Eshti*, *Cough Eshti*, even *Prarabdh Eshti* etc. After *Havan* process, Maharshi recommends to do *Loma Viloma Praṇāyāma* for some time in the Medicated Atmosphere. Since Yajñiya Chikitsā works at a micro level (*Ati-Suksham*), he calls it as ‘ Nano Medication’.

Lot of Research Studies/ Clinical Studies have to be undertaken and carried out to rejuvenate or promote *Yajñiya Chikitsā* as medical treatment based on Ayurveda.

2. Bheshajya Yajñās for Epidemics, Plagues etc.

As a part of Yajñiya System, our great Rishis had recommended performance of *Bheshajya Yajñās* between the transition period of *Ritus* (Seasons) to avoid plagues and epidemics. Shri Vasant in his book, “ *Homa-Therapy Our Last Chance*’ describes “*Bheshajya Yajña*” as, Medicinal Yajñās:

“Medicinal Yajnas- It is stated in Ayurveda, the “Vedic Science of Life” that at the junction of two seasons there is a likelihood of epidemic and hence medicinal *Homas* should be performed for the sake of community. By performing such Homas, the disease in the area is reduced. It is both Prevention and Cure. You can change a whole area, a whole community by doing a certain mantra and offering in *Homa* fire, oil from sandalwood, clarified butter and some certain musk ”

3. Agnihotra for Countering Covid-19

Thus for countering pandemics like Covid-19 performing *Agnihotra* and using Yajñopathy are recommended as practices to be followed in day to day life in a family for preventive care and building immunity. Vedic sciences have a proven tool/methodology for dealing with pollution problems and with plagues and epidemics of all types particularly as a Preventive Care and that is *Agnihotra* and Yajñopathy as a part of day to day life. Astrality of a field or Area as also of the individuals can be improved with purification of Atmosphere. ‘Heal the Atmosphere and healed Atmosphere will heal you’ is the fundamental principle of healing by Vedic Sciences’. In September 1944, Param Sadguru Shri Gajanan Maharaj took a sacred vow of, Rejuvenation of Vedas” as a Guru Dakshina to Lord Parshuram who had given him the initiation. Shri S.K. Kulkarni in his book, “*Rejuvenation of Vedas*” says that the Vedas talk about two things: oneness of mind and heart.; oneness of Self soul and Universal soul. The second part of Vedas is that they speak about Yajñas and particularly, ‘*Agnihotra*’ the Supreme Yajñā. In short Vedas regard *Agnihotra* as an instrument to bring about health, peace, prosperity, better social life and spiritual upliftment.

(3.1) **Research on Agnihotra:** The Research Work done so far on the *Agnihotra* and its *ash* indicates very good results for purification of Air, Water, Soil and Atmosphere in general . It also indicates beneficial effects on general health and hygiene of plants, animals and human beings. I am giving here the reference of one very important research stud related to pathogenic bacteria, genotoxic substances and liberation of volatile compounds having potent pharmacological actions.

An interesting study of Shri Rahul Ravindran Nair, “*Agnihotra: A Prototype of South Asian Traditional Medical Knowledge*” published in Journal of Acupuncture and Meridian Studies (J. Acupunct. Meridian Stud.2017:10(2)-143-150) indicates as follows:

“In the light of all the above facts, Agnihotra Yajna can be considered as a complementary medicine that removes the energy blocks in the meridians/nadis. In conclusion the ultimate purpose of practicing Agnihotra Yajnya is to realize “Life” which means “ letting incessant flow of energy” through our body –mind system as any blockage in this flow would cause disharmony and chaos in the system, thus leading to poor health.”

(3.2) **The performance of Agnihotra :** The performance of *Agnihotra* at sunrise and sunset is a must as this Primary and Supreme Yajñā through its Resonance Effect captures many ethers, electricities and subtle energies at sunrise and broadcasts them in the atmosphere for its purification. Shri Vasant in his book gives the description of sunrise from Vedic texts as follows:

“At sunrise the many fires, electricities , ethers and more subtle energies emanating from the sun extend all the way to the Earth and produce a flood effect at those coordinates where the sun is said to rise .It is awesome. The flood enlivens and purifies everything in its path destroying what is impure in its wake. This torrent of life-sustaining energies causes all life to rejoice. At sunrise the music can be heard, The morning *Agnihotra* mantra is the essence of that music. It is quintessential sound of flood. At sunset the flood recedes.”

The Anthroposophic View expressed by Mathias Girke and George in their Article published in Goetheanum News, “ *Corona pandemic- Aspects and Perspectives.*” Says, “Prevention has thus inner and outer aspects. Internally it is about supportive perspectives and spiritual content which can provide strength about cultivating inner coherence. The control of infectious diseases leads outwardly to isolation: public events are cancelled, borders are closed, confinement to the house can have a particularly invasive effect on people as they are separated from the experience of Nature, Sunlight and the Starry Sky. To counter this, the inner spiritual light, the inner sun in the form of increased loving affection, interest in other person and the inner commitment in the form of lived values needs to be strengthened...our active self-movement and the relationship with the sun- our rhythmical system is connected with the sun and its course throughout the day. We therefore, have a

large number of circadian rhythms. Another crucial factor is the relationship with warmth. The cardiovascular system forms the central organ of our warmth...”

Agnihotra establishes connectivity between our biorhythm and the biorhythm of Circadian Cycle of sunrise and sunset and the subtle energies emanating from the sun are attracted even if you are confined to your house. Hence the importance of performing *Agnihotra* daily is recognised.

4. Tryambakam Homa / Yajñyopathy

In addition to performing *Agnihotra* daily, it is recommended to perform daily or from time to time *Tryambakam Homa* for about fifteen minutes. In fifteen minutes you are able to offer oblations with *Tryambakam Mantra* for about 108 times. The *Tryambakam (Mrutyunjaya) Mantra* is as follows:

Om! Tryambakam Yajāmahe! Sugandhim Pushtivardhanam /

Urvārukhmiv Bandhanāt Mrutyormukṣiya māmritā , Swāhā //

The oblations to be offered in the sacred fire will be that of pure Cow-ghee fortified with certain essential oils which have antiseptic, antifungal, antibacterial properties.

Therefore in preparation of *Havir Dravya* aromatic substances like Kesar, Kasturi; Ghee and Milk-like nutritious and strength –giving products, sweet things like jaggery, sugar, honey and medicinal herbs/plants like somalata, disease curing medicinal herbs/plants /substances be used. Dr. Kamal Narayan Arya, a Research Scientist of Āyurveda and Yajñyopathy, recommends the oblations of Cow-ghee fortified with the following essential oils/substances for dealing with Covid-19. These essential oils/substances have anti-fungal, antiseptic, antibacterial, antiviral, antimicrobial, antispasmodic properties to deal with pathogenic bacteria and viruses of any type, therefore, Dr. Arya calls it as “*Amrut Havi*”. The following are the ingredients of this *Havi*:

- i) **Amrut Dhara (Divya Dhara)**- This is a preparation of three ingredients i.e Crystalline essence of Ajwain (*Omum-Trychyspermumammi*), Pepper Mint (*Mentha spicata*), and Bhimseni Camphor. When all these three ingredients in crystal form are mixed together in a bottle automatically they get melted into a liquid form .It is anti-septic, anti-bacterial and head-ache and pain remover.
- ii) **Cardamom Oil (Elettaria cardamomum)**- Anti-spasmodic-muscular and respiratory spasms, muscle pulls and cramps, anti-bacterial, anti-mycotic, anti-viral, carminative activities. Used in asthma, whooping cough and as a overall health-booster.
- iii) **Clove Oil (Syzygium aromaticum)**- chemical constituents are iron, calcium ,potassium, phosphorous, vitamin A and C, minerals, compounds like eugenol, eugenol acetate etc. anaesthetic, antiseptic, antispasmodic, carminative and anti-inflammatory.
- iv) **Cinnamon Oil (Dalchini oil) (Cinnamomum zeylanicum)** - Number of compounds including cinnamaldehyde which reduces inflammation, anti-bacterial, carminative, anti-microbial, antifungal; suppresses the growth of microorganisms including bacteria and fungi-good for cough, cold ,constipation etc.
- v) **Malkangani Oil / Jyotishmati Oil (Celastrus paniculatus Willd)**-Helpful for concentration and memory-used in Divya Medha Vati. Steam inhalation for treating upper respiratory infections, cardiac tonic, diuretic in nature, low-BP, vigor and vitality .
- vi) **Almond Oil (Prunusdulci amygdalus)**- High in anti-oxidants, vitamin E, protects cells from harmful substances/free radicals, maintains blood-sugar control and heart-health, acitic,formic,linolenic and palmitic acids

10 ML. of each of the above six oils is to be added to half a kilo of pure Cow-ghee and this fortified cow-ghee is to be offered as oblations to the fire while chanting *Tryambakam Mantra*. Even if you light a lamp of this Goghrita in your house it will give good results but performing *Tryambakam Homa* for fifteen to twenty minutes will be better, because the vibrations of *Tryambakam Mantra* will have the resonance effect for creating a protective shield.

5. Āyurvedic Home Remedy

One more Home Remedy is preparation of a decoction (*Kāḍhā*) as a preventive measure for Covid-19. This decoction is made up of 7-10 fresh leaves of each of Adulsa (*Adhatoda vassica*), Parijat (*Nyctanthes arbor-tristis*), Tulsi (*Ocimum sanctum*), Bael (*Aegle marmelos*) and Lemon grass (*Cymbopogon citratus*) with addition of approx. two grams of each of Black pepper, Peepali (*Piper longum*), Star spice, Sunthi (dry ginger powder), Cinnamon powder. Boil all these ingredients into 1.5 to 2 litres of water to make it as a one litre of decoction (*Kāḍhā*) and keep it bottled. You can prepare a hot drink of this decoction by adding a table spoon of the preparation to one cup of tolerably hot water and take it with lemon and honey. You can sip this hot drink two-three times in a day. You can also add a table-spoon of this preparation to the vapourizer and inhale the vapours, whenever you have cough and cold or you are sneezing. Parijat has been found to be very useful in case of fever and joint pain in cases of Chicken Gunyea. This decoction will be helpful as a preventive measure as well as immunity builder when combined with *Agnihotra* and *Trambakam Homa*.

6. Conclusion

In conclusion it can be said that *Yajñyopathy* needs to be brought forward as a Natural Healing System of Ayurveda with scientific research studies for acceptance world-wide. In fact Āyurveda has a lot more to offer for the holistic health of humanity. As the limitations of modern science and in particular about allopathic medicine are surfacing, there is a world-wide trend of seeking the help from Indigenous Knowledge Base to resolve or mitigate the present day problems created by man-made pollution and reductionist methodology of allopathy for treating the health issues created by modern life-style. There are two fundamental concepts of Vedas and Vedic Sciences i.e. “*Yoga*” and “*Yajña*” for health, wellbeing and happiness of mankind. One has got recognition after thousands of years and the second one “*Yajña*” may get soon as Planet Earth is deteriorating faster and the health of its habitants is at stake. The sooner we recognize it and bring it into our lives, the better it would be.