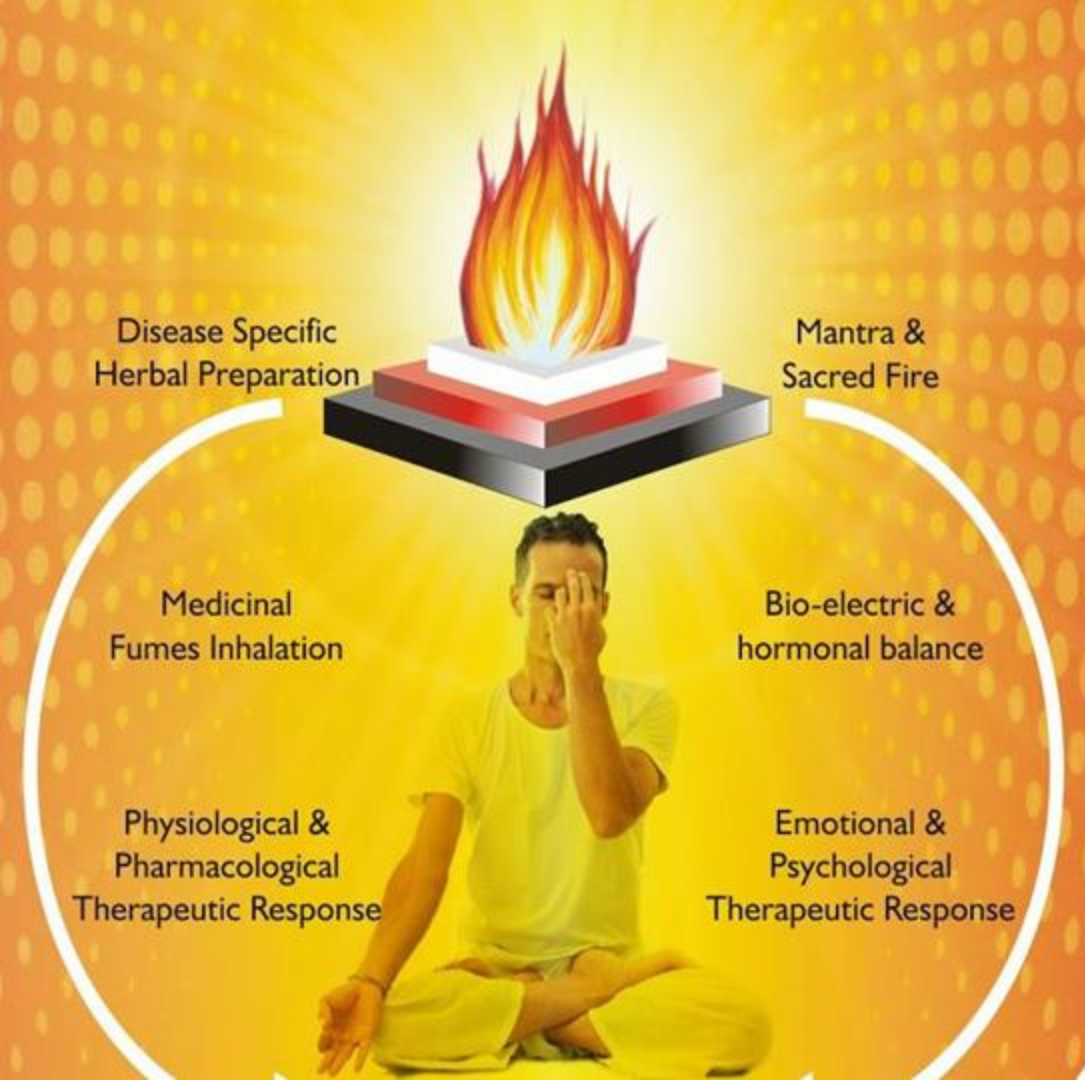




Yagya Therapy

- A comprehensive
therapeutic
approach

Dev Sanskriti University





Today we will discuss



Yagya Therapy

- ❖ Introduction
- ❖ Evidence
- ❖ Mechanism
- ❖ How to perform

Yagya and its importance





Gayatri and Yagna

the building blocks of human culture and civilization.



Gayatri
Means Righteous wisdom,
Knowledge , Sadbudhhi



Yagya
Means Righteous actions
Satkarma





Literally speaking.....

Yagna means - selfless sacrifice for noble purposes. The philosophy of *Yagna* teaches a way of living in the society in harmony, a living style to promote and protect higher humane values in the society - which is indeed the basis of the ideal human culture.

A variety of such *Yagnas* are described in the *Shastras*, e.g.

- The *seva Yagna* - Selfless service of the society
- The *Gnana Yagna*, is the service of people by enlightening them with knowledge and education.
- The *Prana Yagna* - the service of saving the lives of people from suffering and agonies.

Philosophy of Yagya



Dev Poojan – Imbibing Good qualities

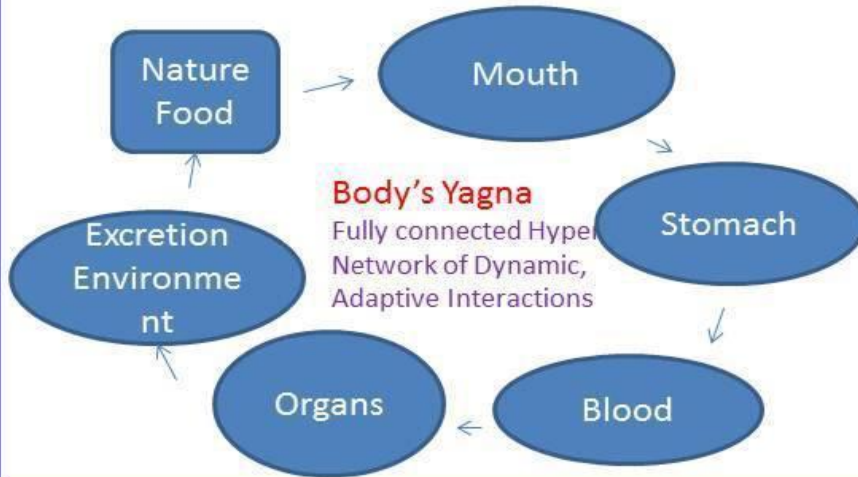
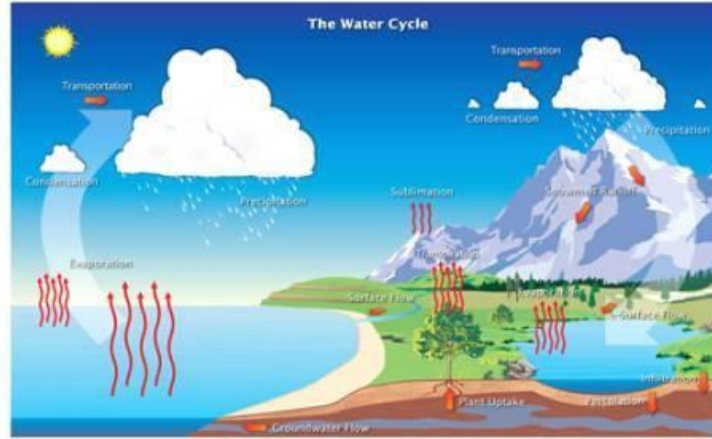
Sangatikaran – Unity for good motives

Daan – Using our resources for the Needy (Money, Time, Knowledge, special skills)



Philosophy of Yagya

Nature follows Yagna.
nobody keeps
anything to themselves



All Indian scripture describes importance of Yagya



Veda, Upanishad

Brahmana, Aranyak

Ramayan

Mahabharat (Geeta)

Purana

Sikh, and other religions



Different applications of Yagya

Generation of Subtle energy, God realization, salvation, etc

Spiritual purposes- तीर्थों की स्थापना, पापों का प्रायश्चित

Material purposes- लौकिक कमाना (पुत्र प्राप्ति, सुख -संसाधन प्राप्ति, शत्रुनाश...)

Mass consciousness purification - वातावरण

Environment balance - पर्यावरण, प्रकृति संतुलन, वर्षा, प्राणशक्ति की अभिवृद्धि

Health - स्वास्थ्य, रोग मुक्ति, बलवर्धक

Yagya Therapy





What is Yagya Therapy



- ❑ Yagya Therapy is a Vedic Therapeutic system
- ❑ Param Pujya Gurudev revived it and termed it as Yagyopathy
- ❑ In Yagyopathy, herbs are vaporised in Yagya fire for pulmonary inhalation, which gives therapeutic advantage.
- ❑ However, this is a broad definition. Yagya Therapy involved many important components which provide healthy state – are discussed later in this presentation

Oral Medicine:
Produce effects only after they have been digested and absorbed into the system.
May also upset digestion seriously.

Intravenous Medicines:
The same is more or less true when medicines are directly injected into the blood.
Produce results quicker, but their adverse side effects are often more pronounced.



Inhalation is best way to administer medicine

Inhalation – the best way to administer medicine

In a *Yagya*, medicines and herbs are vaporized by offering them into the sacrificial fire, and they enter the human body in a gaseous form through the nose, lungs and the pores of the skin. This might be proved to be easiest, least taxing, least risky and most effective method of administering a medicine so as to reach every single cell of the body.



Yagya Therapy in Atharvaveda

For long healthy life and cure of diseases (3/11/1-8)

For worm infections (1/8; 5/29/4; 5/29/6,7,8,9)

For fever (1/12/2,3; 5/22/1,2; 5/22/10/13)

For mania (6/111/2)

For goiter (6/83/1-4; 7/78/4)



यज्ञ चिकित्सा

सप्रेद्धो अग्निजिह्वाभिरुदेतु हृदयादधि – अथर्ववेद

जो हवन करते हैं उनके हृदय में परमात्मा का तेज प्रकाशित होता है।

ऋग्वेद 3/10/3 –

के अनुसार यज्ञ अग्नि में दी गयी औषधीय हमें शक्ति एवं बल प्रदान कराती हैं।

अथर्ववेद 3/11/1-8

में कहा गया है की यज्ञ से दीर्घआयुष्य प्राप्ति एवं रोगों से मुक्ति होती है।



Yagya as therapy in Ayurveda

In Ayurvedic texts (such as Bhaishajya Ratnavali, Yog-ratnakar), the inhalation of specific herbal medicinal-smoke (Dhoomapana) - for ailments - fever, pregnancy, poisonous animals' bites, etc. and for diseases - mania, epilepsy, worm infections, syphilis, etc.

The inhalation of medicinal-smoke of a specific herbal-powder combination of neem leaves (*Melia azadirachta*-Linn.), bach (*Acorus calamus*-Linn.), kooth (*Saussurea lappa*-C.B.C.), harad (*Terminalia chebula*-Retz.), saraso (*Brassica campestris*-Linn.) and googal (*Commiphora mukul*-Engl.), destroys extreme fever in patients.



Revival of Yagya Therapy



Yagya Therapy was lost in Madhyakaal (middle era), which is revived systematically by research efforts started in Brahmavarchas Sodh Sansthan

- During the Vedic times, Yagya therapy was widely used for health benefits, health improvement and for treatment of ailments and diseases.
- It had manifested into a **very highly sophisticated therapeutic system.**
- ***Gurukuls* and *Aaranyaks***, which also served as hospitals during the vedic times, used Yagya as the primary mode of therapy.



The revival of Yagya Therapy at BSS and DSVV



PhDs and Research publications

>30 herbal formulation of herbal mixtures for all diseases

Available to patients at
Department of Ayurveda and
Holistic Health at DSVV



Available herbal formulations for different diseases

Mental health	Insomnia, OCD, Depression, Mental-retardation, Mental-illness, Epilepsy, (Schizophrenia), Depression
Reproductive conditions	Dysmenorrhea, For pregnant women, Impotency, infertility
General	Fever, Air-purifying (anti-Viral), obesity
Diseases and Organ-specific	Cancer, Diabetes, Thyroid, High Blood Pressure, Asthma, Tuberculosis, Kidney diseases, Liver diseases, H.I.V., Skin diseases, Eye Diseases, Neurological diseases, Paralysis, Piles, arthritis

Yagya Therapy – how it acts



What are the causes of diseases



Health is prime most need of everyone

Science indicates two reasons for unhealthy state

- 1) External factors
- 2) Internal factors

Both factors causes imbalance in the physical, mental and emotional well-being causing diseases



External factors



Pollution in air, water and food

Due to Chemicals, pesticides,
radiation, plastics, etc

Contribute to various diseases

T.B., Cancer, Skin diseases, lung
diseases, etc



Internal factors

Negative thoughts and emotions

Individually and collectively

Contributes to mental and emotional diseases

Depression, Stress, Hormone and immune dependent diseases





Internal factors

Negative emotions
Negative thoughts



Negative impact on Pituitary gland
Release of negative hormones



External factors

Physiological changes



Diseases

Yagya is the Need of Time



Healthy Family



Individual's physical,
mental & Spiritual
upliftment



Healthy Society



Healthy Environment



Healthy Economy

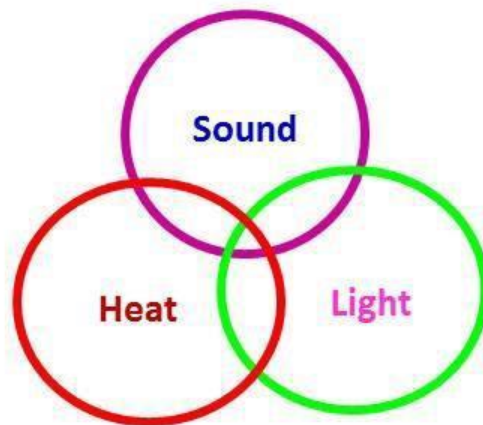
Need of the time is a therapeutic system which can act on physical, mental, emotional and social level

Indian Rishis developed Yagya Therapy which could act on all the levels simultaneously



Science of Yagya

Science has shown 3 basic types of Energy



Yagya also generates these 3 types of energy!



Yagya Therapy treats diseases in 3 ways

- Breathing of herbal vapors treat disease and bring healthy state
- Yagya Therapy heals negative thoughts and emotions treat disease and bring healthy state
- Improves prana shakti (life-force vital energy) treat disease and bring healthy state



Breathing of herbal vapors treat disease and bring healthy state



Herbal vapors generated from specially designed herbal mixtures for different disease conditions enters into blood circulation very fast through lung. Fire potentiates and transform the herbal-phytoconstituents into very fine herbal vapors and hence they are delivered deep into diseased organ through blood circulation.

Improves prana shakti (life-force vital energy) treatment of disease and bring healthy state



Life is dependent on Prana. During disease Prana goes down. Sun is the main source of Prana. Hence to connect and charge patient's prana Yagya Therapy is performed during sunrise and sunset because all procedure and components of Yagya Therapy are woven such a way that patient get connected with Sun energy.



Internal factors

Negative emotions
Negative thoughts



Negative impact on Pituitary gland
Release of negative hormones

External factors

Physiological changes



Diseases

Prana
Life energy

+ve
emotions

Herbal
smoke

Yagya Therapy – Evidences





Dev Sanskriti Vishwavidyalaya

Interdisciplinary Journal of Yagya Research

A Peer reviewed Open Access Journal



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Peer Reviewed Research Journal

VOLUME 2 | ISSUE 1



Glimpse of some Yagya Therapy PhD dissertations at DSVV

Pulmonary tuberculosis patients (n=15) [ex-vivo sputum 75% bacterial growth reduction]

Vata disorders patients (n=20) [Significantly reduced pain, swelling, stiffness, restlessness, insomnia, dryness, numbness, weakness & fatigue]

HIV+/AIDS patients (n=40) [Significant reduction in Inferiority & insecurity feeling]

Participants' mental health [Reduced in anxiety & depression; increased emotional stability (n=100)]



Alternative and Complementary Therapies, Vol. 10, No. 2 | Articles

Yagyopathic Herbal Treatment of Pulmonary Tuberculosis Symptoms: A Clinical Trial

Meenakshi Raghuvanshi, Pranav Pandya, Rajani R. Joshi

Published Online: 5 Jul 2004 | <https://doi.org/10.1089/107628004773933352>



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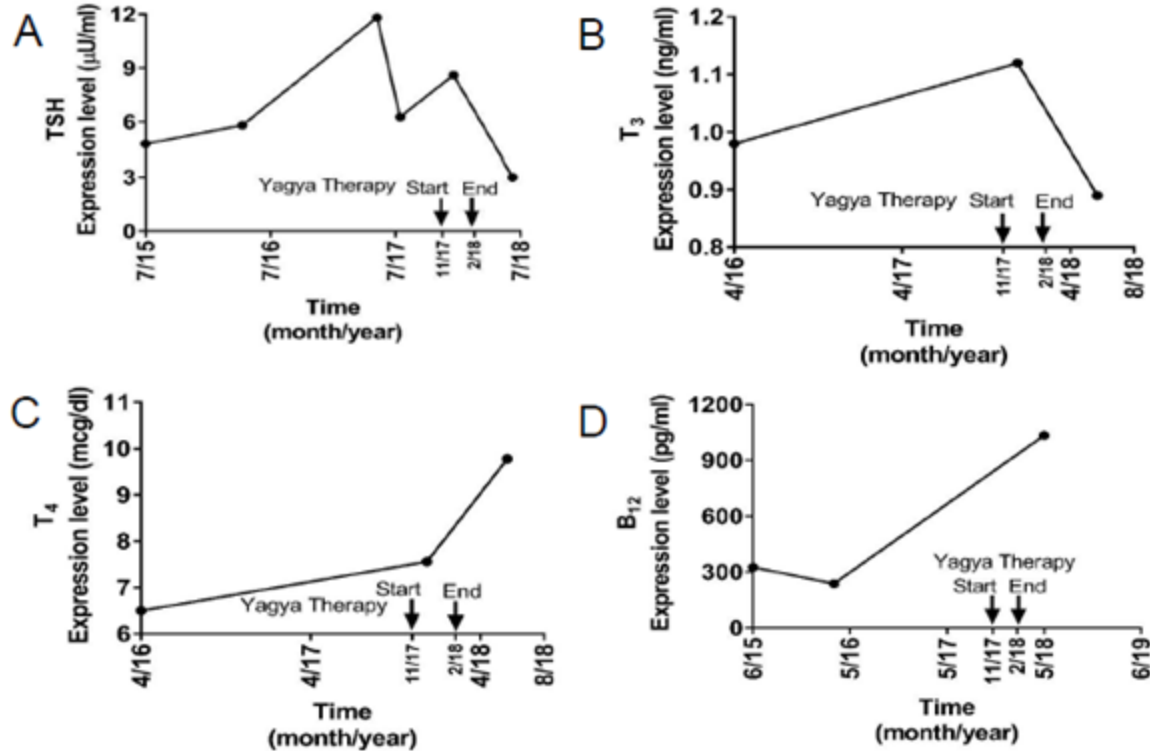
Journal of Biological Systems | VOL. 14, NO. 03

 No A

***YAGYOPATHY* VERSUS ORAL AND IV DRUG ADMINISTRATION: EVALUATION FOR PULMONARY TUBERCULOSIS USING COMPARTMENT MODELING**

RAJANI R. JOSHI, MEENAKSHI RAGHUVANSHI and PRANAV PANDYA

Doi: <https://doi.org/10.1142/S0218339006001891>



**Yagya Therapy
decreased
TSH level to
normal range
in subclinical
hypothyroid
patient in just
3 months**

Figure 1. Expression level of different parameters before and Yagya therapy in patient with sub-clinical hypothyroidism. A) Expression level of the A) TSH, B) T_3 , C) T_4 , D) B_{12} before and after Yagya Therapy. Patient was on allopathy regime throughout the time.



Yagya Therapy improved quality of life in cancer patients

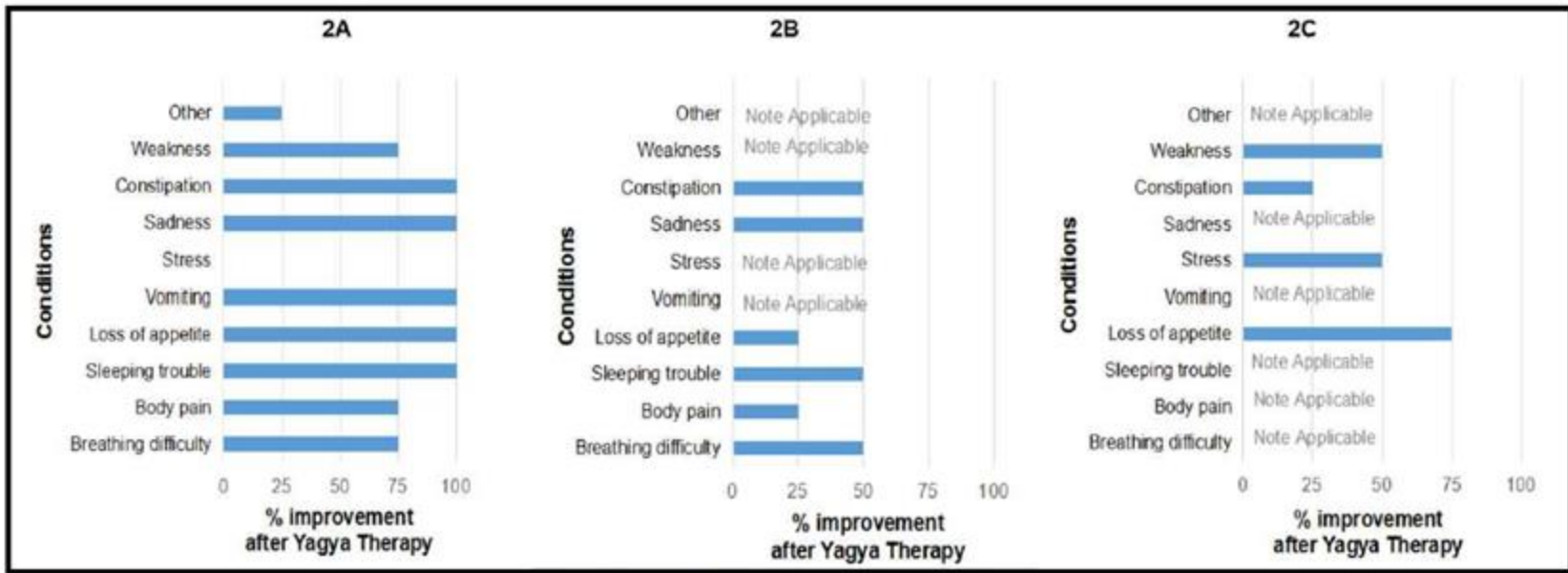


Figure 2. Quality of life of cancer patients taking Yagya Therapy as supportive care. Percentage improvement reported using 10-scale quality of life questionnaire by (2A) breast cancer patient, (2B) mouth cancer patient, (2C) chronic myeloid leukemia patient. Y axis is different conditions for which the assessment was made. X axis is the percentage (%) improvement patient reported on 10- scale questionnaire after taking Yagya Therapy as supportive care. A condition mentioned as 'other' in 2A was numbness and tingling feeling in the right and left toes and fingers of breast cancer patient, while for 2B and 2C no other condition was reported.

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Benefits of Yagya or Yagyopathy

- Increase Vitality In the Air and All forms of life
- increase Anti-oxidants
- Cleaning of Environment
- Purifies water
- Aroma therapy
- Reduction in Radiation
- Purifies Blood
- Helps in Diabetes, High blood pressure
- Relieves stress
- Removes Negative emotions like anger, jealousy, hatred etc.
- Biological - Removal of Pathogens
- Increases –ve ions
- Parjanya Varsha - Soil nourishment
- Subtle effect – removes animal instincts and awakens Divinity
- Yagyopathy – Inhale smoke of medicinal herbs to cure different diseases, especially mental diseases

- Make Pitrues happy



Yagya Therapy – how to do it



Components of Yagya Therapy





MATERIALS

Hawan Samagri

Common – carrier

Special - main drug

Ratio is 3:1

Ghee

Helps in herbs bioavailability

Proper quantity is important

30 grams for 40 grams of hawan samagri

Hawan Samagri Quantity	Number of persons
40 grams	1
60-80	2-8
100-120	10-12
10 grams per person	13-20



MATERIALS

Samidha

should be of mango wood stick or Indogenous cow dung

Karmakand

should follow sankshipt gayatri hawan vidhi

Therapy Yagya are not for Devaavahan But to get complete therapeutic effects in condictionns like phychological and emotional problems, emotions and DevAavahan /Prathana is important

Time

Best is sunrise and sunset time

MATERIALS



Kund

- Copper
- Avoid any other metal
- If have lorn one - make sure not to repaint
- Can make one with mitti if permanent space

Normal one cycle of Yagya Therapy is 40 days, but 6 months are recommended to see full effect of therapy



Fumigating Substances Used in Yagna:

Wood
Samidha

Havaishya
Havan samagri

Healthy
constituents

Sweet
substances

Medicinal
Herbs

Sandal-wood,
Agar and Tagar
wood, Deodar,
Mango, Dhak
or Palash,
Bilva, Pipal,
Bargad,
Shami, Gular

saffron, musk,
chandan,
illaychi,
jayphal,
javitri,
camphor

ghee, milk,
fruits, wheat,
rice, barley,
Sasami seeds,
kangu,
munga,
chana, arhar,
masur or peas

sugar, resin,
honey or
jaggery,
Dry fruits

Giloya, Brahmi,
Shankhpushpi,
Nagkesar,
Mulhati,
Red Chandan,
Baheda, Sonth
and Harad



PROCEDURE

- 45 minutes in the room, with 5 minutes of periodical break
- Be in the room for 45 minutes for sure
- Perform Pranakarshan Pranayam and anulom vilom
- Have feeling that absorbing Yagya Urja, Mantra Shakti and Aushadhiya Dhoomra and getting cure



PRECAUTIONS

- Offering should be in proper ignited fire
- Air circulation
 - Not too open
 - Not too close
 - Medium open
 - Normal air is very important
 - It is the diluent for proper medicinal-smoke formation



PRECAUTIONS

- Hawan Samagri
 - Keep air tight, cool dry place
 - Mix just before use
- Ghee
 - Should be mixed properly with hawan samagri
 - Purity of Ghee is important
 - No artificial color in the ghee



PRECAUTIONS

- Room size
 - Never do in very small room like 5 feet by 5 feet
- Do not force breath, Do normal pranayam
- Remember quantity of herbal-smoke is not important, it is the quality how it is produced
- Material use should be all natural not synthetic - like kapoor,
- Samidha should be organic and pure
- After fire is extinguished, put kund outside

Yagya Therapy herbs – how to get it



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To get herbs for patient,
please contact to
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Yagya Therapy Research questions?



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