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EFFECT OF YAGYA (A VEDIC PROCESS) ON PSYCHOSOMATIC HEALTH

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Abstract: Yagya, is a Vedic process of herbal sacrifices in holy fire aimed at the finest utilization of the subtle properties of sacrificed matter with the help of the thermal energy of fire and the sound energy of the mantras also named Homam, Havana and Agnihotra. Yagya means - selfless sacrifice for noble purposes like Sacrificing ego, selfishness and adopting rational thinking, humane compassion and dedicated creativity for the welfare of all. But in this modern era of science and technology everybody is busy in improving comfort levels to make life happier using modern ways and latest technologies, which in turn causes stress and pollution to pose the major challenges for well-being as a whole and hampers the psychosomatic health too. The stress and strain of modern life, degradation of social norms and all-pervasive fall in moral values are contributing to an alarming increase in psychosomatic diseases. Psychosomatic disorders are believed to be physical diseases that have a mental component derived from the stress and strain of everyday living. Here Yagya might offer a solution to this serious problem as well. As, in performing Yagya, two energies, namely, the heat from Yagya fire and the sound of the Gayatri and other Mantras, are combined to achieve the desired physical, psychological and spiritual benefits. A lot of research has been done at bhranvarchas laboratory at Haridwar and many other places in and outside India to prove the effects of Yagya on body. So, it appears to be a God-send gift of the ancient Indian sciences for achieving good psychosomatic health.

Keywords: Yagya, Homam, Mantras, psychosomatic health.

Introduction: Today in this modern era of science and technology people are adopting very sedentary life style taking the advantage of precious gifts of modern science. They have forgotten about our traditional values, culture and conduct that our grandparent's generation used to do and are busy in adding comforts to their lives to feel happy and satisfied. But in this race of getting blissful and comfortable life they are unintentionally and unknowingly drowning themselves into the sea of stress, tension, anxiety. In fact apart from stress and tension, more and more unknown diseases, untold anxiety and fear is being caused by the highly polluted environment and ecological imbalance. All these factors are giving rise to a lot of problems in maintaining good health and actually leading to a lot of psychosomatic disorders and hampering psychosomatic health too. This has raised alarm bells for rethinking and changing the life style

and mode of healthy management. All what is needed is healthy lifestyle modifications and adapting a little bit of traditional values. Here Yagya a Vedicspiritual experiment of sacrificing and sublimating the *Havana sámagri* (herbal preparations) in the fire accompanied by the chanting of *Vedicmantras* play a role to maintain psychosomatic health to great extent.

Disease Review: Psychosomatic means mind (psyche) and body (soma). A psychosomatic disorder is a disease which involves both mind and body. These are some of the physical diseases thought to be madeworse by mental factors such as stress and anxiety. To an extent, most diseases are psychosomatic - involving both mind and body. Like the rash of psoriasis may not bother some people very much. However, the rash covering the same parts of the body in someone else may make them feel depressed and more ill. So, the term psychosomatic disorder is

mainly used to mean ... "a physical disease that is thought to be caused, or made worse, by mental factors". For example, psoriasis, eczema, stomach ulcers, high blood pressure, irritable bowel syndrome, heart diseases and many other^[1]. Prevalence of such diseases is increasing many folds today due to increasing stress and anxiety in young generation. Psychosomatic medicine is an interdisciplinary branch which explores the relationships among social, psychological, and behavioral factors on bodily processes and quality of life in humans and animals^[2].

Yagya: Yagya and Gayatri mantra constitute the foundation of Vedic culture where Gayatri mantra imparts wisdom and pure intelligence, Yagya inspires corresponding creativity and actions^[3]. The word yagna is derived from the Sanskrit verb *yaj*, which has a three-fold meaning: worship of deities (*devapujana*), unity (*saḍgatikarana*) and charity (*dāna*). The philosophy of Yagya teaches a way of living in the society in harmony and a lifestyle which promotes and protects higher human values in the society, which is indeed the basis of an ideal human culture^[4]. *Yagya* is a scientific method aimed at the finest utilization of the subtle properties of sacrificed matter with the help of the thermal energy of fire and the sonic vibrations of the *mantras*. In this process, herbal and plant medicinal sacrifices are made in the fire with specific type of wood in especially designed *YagyaKunda*. Slow combustion, sublimation, and most prominently, the transformation into vapor phase of the sacrificed herbal medicinal plants and nutritious substances takes place in the *Yagya*-fire. Apart from the sublime impact and great spiritual effects mentioned in Vedic literature, inhalation therapy and purification of environment adds value to the therapeutic application of *Yagyas*^[5]. 2nd aspect of Yagya is mantra chanting along with it. Mantra means sacred utterance or a syllable, word, phonemes or a group of words believed to have psychological and spiritual power^[6]. Mantras, defined as the tools for liberation from ignorance, illusion, infirmities and sorrows, can transform the course of life and convert agonies into joys, work on the yantra of our physical

body and also on our energy-body, mind and the inner-self^[7].

Discussion

As Ayurveda deals with a disease in three ways i.e. *devvyapashrya*, *yuktivyapashrya* and *satvavjya Chikitsa*^[8]. *Mantra*, *homa* are included in *devvyapashrayaChikitsa* which is indicated in many somatic and psychic disorders in classics^[9]. Recent researches being conducted on Yagya and its effects on psychosomatic health have yield positive results. It is being scientifically proved by Dr. Selvamurthy (Sr. Scientist) who studied the effect of agnihotra (Yagya) on the human mind and body. It was observed that while performing Yagya, heart rate showed a declining trend, body temperature was raised, GSR remained significantly higher, ECG showed DC shift in base, EEG showed constant changes, power in Alpha band increased, while there was a tendency of suppression in delta power. One more experimental study says; as the atmosphere, Prana and mind are interlinked, the individuals naturally experience relaxation, peace of the mind, loss of worries and stress in the yagna atmosphere. This increase in the level of Prana (vital energy) in the atmosphere when a yagna is performed—was also recorded with the help of Kirlian photographs of human hands before and after yagna in the experiments conducted by Dr. Matthias Ferbinger of Germany. So, it has been concluded that agnihotra atmosphere has distinct beneficial effects on mind and body leading to mental tranquility^[10-11].

Conclusion: The possibilities of curing psychosomatic diseases by *yagya* are even more encouraging. As diagnosis and treatment of these diseases especially psychic related diseases is still a big challenge in modern system of medicines too. There are certain flaws in diagnostic aids and treatment of diseases like Neurosis, Psychosis, Schizophrenia, Depression, Tension, Mania, Hysteria, etc. so, seeing the above mentioned therapeutic effects of Yagya, the possibilities of curing psychosomatic health by Yagya becomes more promising and might lead to the development of an alternative therapy –*YAGYOPATHY* like allopathy and homeopathy etc.

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