

REVIEW ARTICLE

Effects of Yagya on Environment Purification and Human Health :A Review

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ABSTRACT

Yagya is basically a healing process. "Heal the atmosphere and the healed atmosphere will heal you ."Different experiment showed that , the smoke produced by burning the mixture of ghee and sugar kills the germs of certain diseases. the foul odours are automatically neutralized by various volatile oils get diffused in the surrounding atmosphere along with steam and smoke. Yagya could also be used as a powerful remedy against varieties of physical (bodily) and psychiatric diseases and psychosomatic disorders by proper selection of wood and havan-samagri.

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INTRODUCTION

Atmospheric pollution is considered to be most dangerous pollutant of our ecosystem as it has direct influence over all living and nonliving things and its control by isolation and then cleaning becomes beyond man's effort unless the pollutants are controlled at the source itself. The Government is spending billions of Rupees to tackle such problems but not very effectively positive results are being seen. So an effective, long lasting and non-conventional solution for this air pollution problem, the Vedic Science of 'Yagya' was chosen for the necessary experimentation to see if it actually helped in the reduction of air pollution as mentioned in the ancient books. By burning several types of wood and as per digital analog records of Co emission, the mango wood was found with almost near zero CO emission and that's why its Samidhas were used for the experiment. Havan is an ancient ritual which is performed to purify the atmosphere and the environment. This is only the physical process or ritual of *Yagya*, which has scientific importance and beneficial effects. The *havan samagri* sacrificed in *yagyagni* sublimates and expands in open space energized by the sonic power of the *mantras* and enshowers multiple benefits in terms of purification of environment, soothing medicinal effects of the herbs and psychological strengthening. Some special huti of dry fruits, homemade sweets and/or fresh grains also cause positive effects of vigorous health [4].

DIFFERENT ASPECTS OF YAGYA

Purification of Environment by Yagya:

The huge industrial complexes, rapid urbanization, deforestation, air and water pollution, ozone-depletion, radioactive wastes etc., have disturbed and destabilized the natural harmony of human, animal and plant life cycles. The ecological imbalance caused by these criminal acts of the so called civilized man has resulted in a disastrous threat, not only to the human survival but, also to life as a whole on our planet. Experimental studies show that the incidences of physical ailments, sickness and/or diseases become less in the houses where the yagya or agnihotra is regularly performed because it creates a pure, hygienic, nutritional and healing atmosphere. It renews the brain cells, revitalizes the skin, purifies the blood and prevents growth of pathogenic bacteria. Yagya is basically a healing process. "Heal the atmosphere and the healed atmosphere will heal you"[1]. The medicinal fumes emanating from the process of Yagya have been observed by researchers in the field of microbiology to be clearly bacteriostatic in nature, which eradicate bacteria and micro-organisms, the root causes of illness and diseases. This must be the reason why the incidence of physical ailments, sickness and diseases becomes less in the households where yagya is regularly performed. Purification of environment through the

constituent electrically charged particles of the substances fumigated in yagya is an obvious byproduct of this process. According to Dr. Hafkine, the smoke produced by burning the mixture of ghee and sugar kills the germs of certain diseases; inhaling it from some distance induces secretion from certain glands related to the windpipe that fill our heart and mind with relaxation. "Burning sugar and its smoke has a significant effect in purifying the atmosphere. It kills the germs of T.B., measles, smallpox and cow-pox" remarks Prof. Tilward. A Russian Scientist named Dr. Shirowich mentions that "if cows ghee is put into the fire, its smoke will lessen the effect of atomic radiation to a great extent". He also related this process to yagya. Particularly effective results with respect to the elimination or reduction in radiation were achieved through yagyas fire and ash. These observations are made by Dr. L. Matela Anatoninowska of Poland after using P.S.I. techniques. Even without going into detailed chemical bacteriology, it appears highly probable that performing yagya leads to the purification of air in view of the following .

The chemical reaction which takes place during the burning of all the havan samigri during the process of HAVAN is as---



Carbon dioxide +water+112,000 cal--- formaldehyde + oxygen

So, to large extent carbon dioxide is converted into oxygen by havan. While performing the ritual of HAVAN it has to be kept in mind that there should absolute combustion of the material in the havan samigri to tap the maximum benefit of the havan.

Removal of Foul Odours:

As already stated, under steam volatilization, the various volatile oils get diffused in the surrounding atmosphere along with steam and smoke. Since these oils have distinctly good smells, the foul odours are automatically neutralized. This aroma can be effortlessly smelt in the surroundings when yagya is performed. It is due to the diffusion of substances like thynol, eugenol, piene, terpinol and oils of sandalwood, camphor and clove.

Removal of Bacteria:

As stated under products of combustion, the partial oxidation of hydrocarbons and decomposition of complex organic substances produce formaldehyde, which is a powerful antiseptic. It is also interesting to note that the germicidal action of formaldehyde is effective only in the presence of water vapour, which is also produced in large quantities in yagya. The use of formaldehyde sprays for disinfecting of walls, ceilings etc., is common and such an effect is automatically produced when yagya is performed. The oxidation of hydrocarbons produces formic acid and acetic acid, both of which are good disinfectants. Use of formic acid for preservation of fruits and that of acetic acid in preserving vinegar is a common practice. The antiseptic and antibiotic effects of the smoke of yagya have also been examined by conducting laboratory experiments on rabbits and mice and it has been established that smoke emitted in yagya is a powerful antibiotic. Yagya ash is also found to purify and cleanse the water, making it fit for drinking [2].

Removal of Insects:

There are non-bacterial parasites like flies, ringworm, dice fleas etc., which are normally difficult to deal with since bacteriocides which can be used against them are also harmful to other living organisms. Such insects are generally immune to ordinary reagents. However they either get killed or are driven away when they come in contact with volatile oils like camphor, which are diffused in the environment during the performance of yagya.

Effects on Plants and Vegetation:

The disinfection of air is not only useful to animal life but it also helps plant life. The aromatic substances, which get diffused in the air through yagya offer protection to plant life against harmful organisms. This ensures a healthy plant growth. Yagya atmosphere and ash can be used as adjuvants in the natural farming methods also known as the yagya farming methods. It is a holistic concept of growing plants in pure and healthy atmosphere and balancing the ecological cycles by performing yagya in the middle of the farm and using the yagya-ash as a fertilizer. Several experiments have been conducted in the East European countries on the use of yagya ash in soil treatment. These, too, have shown positive effects and potential applications in Agriculture[3].

Role of CO₂ Generated in Yagya:

The wood and fossil burning in atmosphere is always controversial because of the generation of carbon monoxide and carbon dioxide and a consequent increase in the green house effect. On this basis it can be argued that yagya also produces CO and CO₂. It should be noted here that the way in which the samidhs are burnt in yagya is a process of slow combustion. It is not comparable to the burning of coal in the factories or household fire or running of steam engines etc, where oxygen is sucked in large quantities and CO₂ is emitted likewise. In the slow combustion process that takes place in yagya, a small quantity of O₂ is utilized and CO₂ is emitted in a quantity that poses no threat to the environment. In fact whatever

CO₂ is generated is readily absorbed by the surrounding plant life and vegetation and thus the CO₂ cycle is strengthened [4]. Another important fact to be noted is that CO₂ produced in yagya is not free CO₂. It is mixed with the vapours of other aromatic oils and antiseptic products. It acts as a vehicle in transporting such products to the surroundings. The use of CO₂ as a cerebral stimulant to assist patients suffering from lack of ventilation is a common practice in the medical field. Its use in controlling and curing many mental disorders is also known to medical science. Small amounts of CO₂ inhaled by the persons performing yagya act as a stimulant for inhaling more and more aromatic fumes which helps in curing mental disorders.

yagya to be used in Epilepsy-Prevention

yagya seems to be designed by the ancient scholars to fight with the diseases of the brain. The components of yagya are having a number of volatile oils that volatilize due to high temperature of fire. The vapours of these oils enter into the central nervous system through nasal route. The routine of performing yagya might keep the threshold value of the therapeutic components in the body and help in preventing epilepsy. The scientific studies conducted on various components of yagya clearly demonstrates that yagya was designed for multifaceted action to clean the environment as well as to cleanse the body of the toxins responsible for causing diseases related to brain. yagya fumes are not only used for the disinfection of air but also it can be environmentally oppressed for the physical, mental, intellectual and spiritual development based on nanotechnology of yagya.

Yagya-Based Therapy for Total Health

Yagya (agni-Yagya) is not only an excellent process of environmental purification, but it could also be used as a powerful remedy against varieties of physical (bodily) and psychiatric diseases and psychosomatic disorders by proper selection of wood and *havan-samagri*. Appropriate selection of *mantras* and mode and timings of *Yagya* etc promise outstanding applications for total health. He had named this *Yagya*-based universal therapy for total health as "*yagyopathy*". He also inspired and engaged medical doctors and talents from different disciplines of biological, physicochemical and psychological sciences in this path-breaking research.

RESULT

A group of scientists led by Dr. Manoj Garg, Director, Environmental and Technical Consultants and the Uttar Pradesh pollution control board conducted experiments during the *Ashwamedha Yagna* at Gorakhpur, U.P. These experiments were set up at about 20 meters east from the *Yagnashala*. The samples of 100 ml each of water and air collected from the surroundings were analysed using high volume envirotech APM-45 and other sensitive instruments. A summary of their results (Akhand Jyoti) is presented below:

In Air Samples (unit mg per average sample)

| Instant | Level of Sulphur dioxide | Level of Nitrous Oxide |
|--------------|--------------------------|------------------------|
| Before Yagna | 3.36 | 1.16 |
| During Yagna | 2.82 | 1.14 |
| After Yagna | 0.80 | 1.02 |

Bacteria Count in Average Water Samples

| | |
|--------------|------|
| Before Yagna | 4500 |
| During Yagna | 2470 |
| After Yagna | 1250 |

Minerals in the Ash (Bhasm) of Yagna

| | |
|-------------|----------------|
| Phosphorous | 4076 mg per kg |
| Potassium | 3407 mg per kg |
| Calcium | 7822 mg per kg |
| Magnesium | 6424 mg per kg |
| Nitrogen | 32 mg per kg |
| Quispar | 2% W/W |

These results without any doubt support the claims made about the role of *Yagna* in control of air pollution. The Deputy Director, Agriculture had submitted a technical report based on such results, confirming the use of *Yagna's* ash as an effective fertiliser.

CONCLUSION

Experimentally it proved, when the *Yagya (Agnihotra)* is regularly performed, it creates a pure, nutritional and medicinal atmosphere in our surroundings and the incidence of physical ailments,

sickness and negativity are reduced in the houses. It renews the brain cells, revitalizes the skin, purifies blood and prevents growth of pathogenic organisms. It is proved experimentally that Houses having cow-dung coated floors, are less affected from atomic radiation, If cow's ghee is put into *Yagya*, its smoke lessen the effect of atomic radiation in surrounding to a great extent. *yagya* ash purifies and cleanses the water making it fit for drinking.

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