

Yoga and Yajya are Complementary to Each Other – A Review

Anuj Kumari¹ Dr. Monika Rani² & Dr. Ajay pal³

1. Ph.D. scholar Department of Yoga, Central University of Haryana
2. Assistant Professor Department of Yoga, Maharaja Agrasen Himalayan Garhwal University
Pauri, Garhwal, Uttarakhand.
3. Assistant Professor Department of Yoga, Central University of Haryana.
Email – ajaypal@cuh.ac.in

Received: 10.07.2023 Revised: 25.07.2023

Abstract

Ancient Indian literature mentions the beneficial effects of Yajya on human physiological, psychological, and spiritual well-being, as well as the environment. The goal of this article is to look into how Yajya affects the outcomes of Yogic practice in humans. Yajya is one of the strategies that can be used to awaken the full potential of the human. Yajya is essentially a therapeutic procedure: Heal the environment, and the environment will heal the living ones. Different studies revealed that the smoke produced by burning the ghee and sugar mixture destroys the bacteria that cause several ailments. By using the right wood and havan-samagri, Yajya can also be a potent treatment for a wide range of physical (bodily), mental, and psychosomatic problems and act as a catalyst to Yogic practices.

Key words: Yajya, Yoga, Healing, Environment, Health, Human.

Introduction

Environmental pollution directly affects all living and nonliving things, It is regarded as the most harmful contaminant in our environment, and until it is eliminated at the source, it is difficult for humans to maintain healthspan and longevity through Yoga or other therapies. Although the government is investing billions of rupees to address these issues, outcomes are not being realized very successfully. To effectively, permanently, and unconventionally address the issue of air pollution, the appropriate experiments are required to ascertain whether Vedic science "Yajya" genuinely contributed to the decrease of air pollution as mentioned in ancient texts. The mango wood was discovered to have nearly negligible CO emission after burning numerous different types of wood, which is why its Samidhas were utilized for the experiment. Havan is a ritual that has been

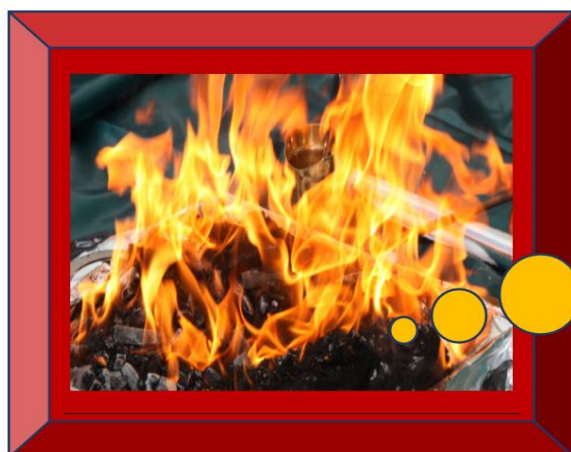
practiced for centuries to purify the environment and the air.

The Yajya is a ritual, which has significant scientific value and positive consequences. The havan samagri sacrificed in Yajyagni sublimates and expands in open space, powered by the sonic power of the mantras, and numerous benefits in terms of environmental purification, calming herbal effects, and psychological betterment. Certain sweets and fresh grains have favorable impacts on the quality of the environment and human health (4). To enhance benefits or to avoid any side effects during performing Yogic practices, one should be in a clean, calm, pollution-free, and tranquil environment.

Yajya technique provides enhanced benefits by combining four forms of therapy into one. Mantra chanting, aushadha (medicines) employed in the form of wood fire,

havansamgri (fire oblations), the act of

upahara means dedicating, or offering.



1. Mantra chanting,
2. Havansamgri
3. Aushadha (medicines) in the form of wood fire,
4. Upahara means dedicating, or offering.

Yajya/Agnihotra is performed twice, precisely at sunrise and sunset, and is followed by proper cleansing, bathing, and dressing in clean surroundings.

Required materials:

Pyramid-shaped copper pot, dried sticks which are free from insect and worm infestation like Mango, Palash, Bilva, Pipal, Bargad, Gular, Chandan, Deodar, Agar, dried cow dung cakes, camphor.

Havan samagri: unpolished unbroken rice, cow ghee, *Medicinal herbs* like Agar, Gugal, Nagarmotha, Jatamansi, Launga, Dalchini etc.

Odoriferous substances: Saffron, Agar, chandan, ilaychi, jayphal.

Health constituents: Cereals such as wheat, rice, barley, til, fruits, sugar, dried grapes, honey, clarified cow ghee (10,11,12).

1. Effect of Yajna on the Environment

The industrialization units, fast urbanization, ozone layer depletion, deforestation, air and water pollution, radioactive wastes, etc. have disrupted and destabilized the cycles of life that are normally in harmony between people, animals, and plants. Because of the ecological imbalance brought on by these criminal activities of the human, not only human life is

in danger, but also the existence of all species on our planet. Experimental research demonstrates that the prevalence of diseases is less in areas where Yajya is commonly practiced, Because it provides a pure, healthy environment, and a healthy, nourishing, and healing environment will heal the living and non-living things (1). It revitalizes the skin, purifies the blood, regenerates brain cells, and blood, and hinders the development of harmful bacteria. Yajya is essentially a therapeutic procedure to restore the atmosphere. It has been observed by researchers that Yajya is bacteriostatic in nature, which eradicates bacteria and micro-organisms, the root causes of illness and diseases. Additionally, Yajya ash cleans and filters the water, making it suitable for drinking (2, 5). Yajya results in the purification of the atmosphere through the electrically charged constituent particles of the compounds fumigated.

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"**. Dr. L. Matela Anatoninhowska observed the chemical reaction which takes place during the burning of all the havan samigri during the process of HAVAN is as----



Figure 1: Havan/Yajya kund



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

Absolute combustion of the material in the havan samigri results in carbon dioxide being converted into oxygen. It is impossible to overstate the importance of oxygen liberation and the reduction of CO₂ produced in Yajya

from the aforementioned perspective. it can be stated that the performance of Yajya leads to the purification of air, water, and soil which is beneficial for all living as well as non-living things in the surrounding (4,6).

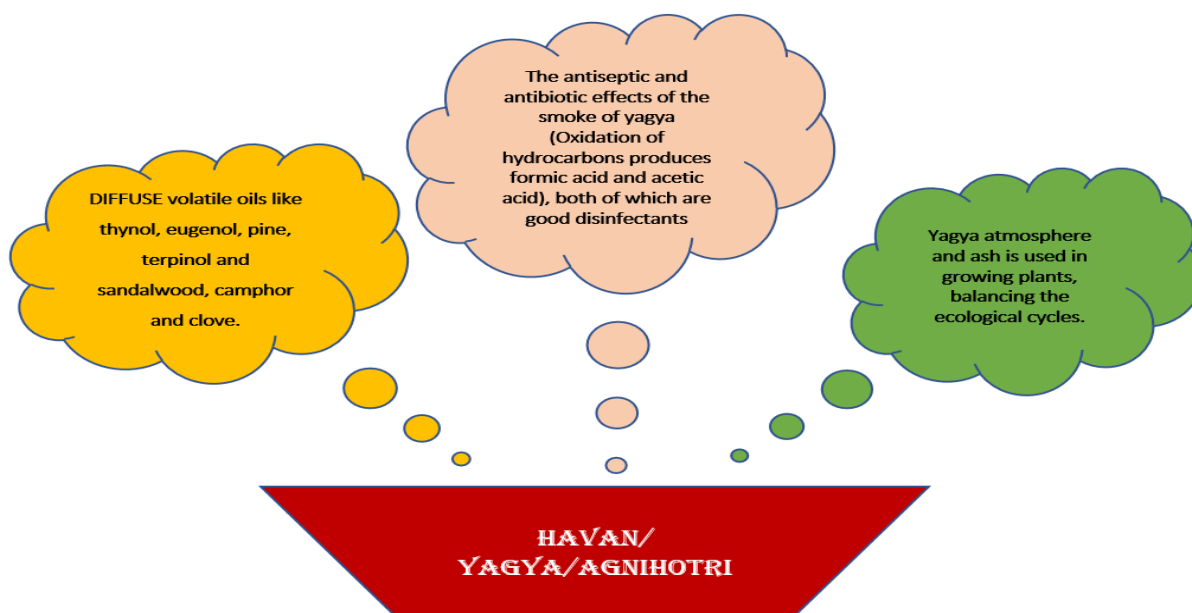
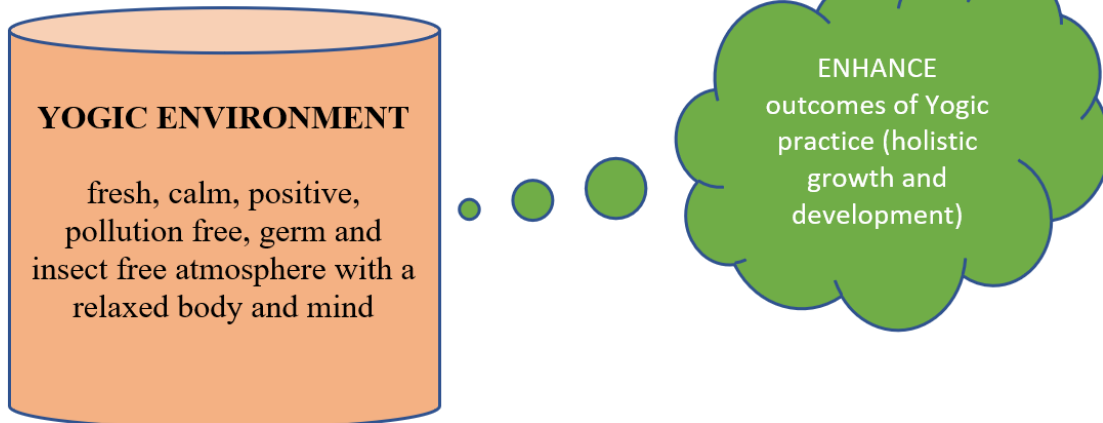


Figure 2: Havan/Yajya/Agnihotri function

Gayatri Mantra recitation creates vibrations that are pleasant to both human and all other plant and animal life (3). As the oblations are delivered, these vibrations also cause certain energy waves to travel throughout the surrounding atmosphere.

Yogic practice should be performed in a fresh, calm, quiet, pollution-free, germ and insect-free atmosphere with a relaxed body and mind as mentioned in the ancient Yogic text to enhance the benefits of Yogic practice. Yoga practitioners should be full of enthusiasm, courage, patience, and determination to achieve the goals of practicing Yoga.

2. Effect of environment on Yogic practice



3. Effect of Yogic practice on human health.

न तस्य रोगो न जरा न मृत्युः प्राप्तस्य योगाग्निमयं

शरीरम् ॥

श्वेताश्वतरोपनिषद् १२ ॥

YOGI BECOME POSSESSED OF A BODY MADE OF THE FIRE OF YOGA, AND HE WILL NOT BE TOUCHED BY DISEASES, OLD AGE, OR DEATH.

Yoga is a complete practice that incorporates dietary, lifestyle, behavioral, as well as psychiatric therapy to promote wellness. The Yogic intervention aims to re-establish the equilibrium of the entire systems of the body and its simultaneous operation at the levels of the body, mind, and spirit. But Yoga practitioner requires a suitable pollution-free, positive atmosphere to perform Yoga and to achieve its goal. This is possible by performing Havan /Yajya to purify and make the atmosphere suitable for practicing Yoga.

Conclusion

Dr. Hafkine mentioned, "Burning a mixture of ghee and sugar releases smoke that destroys some disease-causing germs and causes some glands near the windpipe to secrete chemicals that are uplifting to the heart and mind". Yoga practitioner requires a suitable pollution-free positive atmosphere to perform Yoga and achieve its goal. This is possible by performing Havan /Yajya to purify and make the atmosphere suitable for Yoga. Heat and sound are the two fundamental energy systems in the physical universe. These two energies, notably the heat from the fire of the Yagna and

the sound of the Gayatri and other Mantras, are united during Yagna to produce the intended effects on the body, mind, and soul. As various volatile oils, steam, and smoke are spread into the surrounding air, they automatically neutralize the bad odours and the surrounding will enhance the impact of Yogic practices on the Human body, mind and spirit. Hence, Havan acts as a catalyst for Yogic practices.

May the desire be erased from the mind, the sin of atrocities, Feelings should be pure, of male and female through Yajya.

Yajya is such a mode, through which a person dedicates his inner feelings to the whole universe. This is the program in which we kindle the Yajya fire through the sacrifices. Through the sacrifices invoked with mantras in that Pradeep Agni, the grants received from the world are returned manifold. As the fire of the Yajya is lit outside. Similarly, the fire inside our body also ignites and purifies our feelings. Just as Yajna makes the external environment pure and sattvic, similarly Yoga creates divinity in a person by purifying his thoughts, character and feelings. Thus it can be said that Yoga and Yajya complement each other.

References

4. Madhukar P.Giak-wad (1995). Agnihotra : The Message of Time'. (Presented in the National Symposium on Unification of Modern and Ancient Sciences..
5. Madhukar P. Gaikwad. (1995). Agnihotra: The Message of Time (Presented in the National Symposium on Unification of Modern and Ancient Sciences, held in Andheri, Mumbai on April 30, 1995).
6. Personal Communication with Dr. Vasant Rao Paranjape (www.theromoline.com)
7. Does Yagna Add to the Prevalent Pollution?' --- Article published in the proceedings of Ashwamedha Yagna weheld in Montreal, Canada (26 to 28 July, 1996).
8. S.I Ali and Sohail Ayub " Plastic Waste Management-I Journal of Indian association for Environmental Management, (2000) 27 (2).
9. Sohail Ayub, Baig K. "Monitoring the influence of outdoor vehicular pollutants concentration on indoor air quality of the houses located close to urban roadway/highways" European International
10. "The Integrated Science of Yajya" Compiled By Dr. Rajani R, Joshi Indian Institute of Technology, Bombay 2001

11. Akhand Jyoti, "The Devine Light, Jan-Feb, 2003", Akhand Jyoti Sansthan, Mathura.
12. Dr. Satya Prakash Agnihotra – "A Study From The Chemical Stand Point", (1937): Sarva Deshik Arya Pratinidhi Sabha, Delhi.
13. Pandya P. Applied Science of Yajya for Health and Environment. Revised ed. Haridwar: Shri Vedmate Gayatri Trust; 2011.
14. Purushottama R. Agnihotra Principles and Practice. Maharashtra, India: Vishwa Foundation; 2018. Available from: [http:// www.vishwafoundation.com/wp-content/uploads/2018/02/ Agnihotra-e-book.pdf](http://www.vishwafoundation.com/wp-content/uploads/2018/02/Agnihotra-e-book.pdf).
15. Limaye VG. Agnihotra (The Everyday Homa) and production of brassinosteroids: A scientific validation. Int J Mod Eng Res 2019;08:41-51