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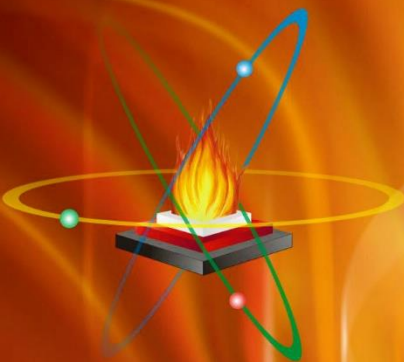
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Research Article**A Case Study of the Effect of Yagya on the Level of Stress and Anxiety**Nilachal¹ and Piyush Trivedi²¹Founder, Holistic Living Health Services (OPC) Pvt. Ltd., G.S.Nagar, Doranda, Ranchi²Head, Department of Scientific Spirituality, Dev Sanskriti Vishwavidyalaya, Haridwar*Corresponding author: Piyush Trivedi; Email: piyush.trivedi@dsvv.ac.in<https://doi.org/10.36018/ijyr.v2i2.44>

Abstract. The fundamental principle of human life, nature or the universe is to give or to serve others. This whole mechanism of sharing is the core takeaway of the process of Yagya – an ancient rite of fire oblations. Yagya therapy is an ancient Indian healing system which conforms to holistic health management. Modern research on this ancient knowledge nugget, “Yagya” is providing positive markers as a therapeutic approach in conditions of mental disorders and also in inducing more stable state of mind. The present study evaluated effect of Yagya on the mental health. A study was conducted on 4 subjects for 30 days and levels of stress and anxiety were evaluated. Biofeedback Galvanic Skin Response (GSR) and Sinha’s Comprehensive

Anxiety Test (SCAT) were used for measuring stress and anxiety levels respectively. The result showed improvement in both the conditions of the participants. Their stress ($p=0.11$; Student’s two tail test) and anxiety ($p=0.08$; Student’s two tail test) levels showed trend of reduction with 30 days of treatment. This study indicated the utility of Yagya in daily life for combating mental conditions of stress and anxiety.

Keywords - Yagya Therapy, holistic healing, Yagya, Stress, Anxiety

Introduction

Stress and anxiety are the one of the major problems due to prevailing life-style and work-style. World Health Organization declared that stress akin to a 'World Wide Epidemic'. Almost every developed country of the world is undergoing the problem of stress. According to a special report of Everyday Health, almost one-third of the people surveyed in USA visited a doctor for stress-related problems. Similar is the case with India. According to a survey conducted by Cigna TTK Health Insurance in the year 2018, 89 percent of India's population is suffering from stress and most of them don't feel comfortable talking to medical professionals (1).

On the other hand, anxiety disorders are also disturbing our mental health. Feeling of worry, excessive nervousness, fear and apprehension are prevailing all around. These emotions disturb the natural processing of the working of the emotions. In the United States, around 40 million are affected by anxiety disorders. In India, current prevalence of anxiety disorders was 3.6% (2) and this is increasing with a great pace.

Patients suffering from stress-related healthcare afflictions usually take recourse to mainstream drug treatment. But mainstream drugs have their own limitations and after effects. It is the need of the hour to explore more. There is a need for alternative therapies. People can use traditional Indian and alternative approaches to combat it. In such a scenario, Yagya therapy can be a better remedy for stress and anxiety-related disorders.

In India, during Vedic age, Yagya was the general mode of treatment of various physical and mental disorders. Aranyakas and Gurukuls used to serve the purpose of hospitals at that time. Moreover, use of medicinal-smoke is also mentioned in Ayurveda as Dhoomnasya and in Vedas as Yagya (3). Therefore, in modern time also, Yagya therapy can be also used for physical and mental problems. The present case study aimed to evaluate its effect on mental health specifically in the level of stress and anxiety.

Methods

Participants

A sample of 4 volunteer students of age group 18 to 22 were selected with the method of accidental sampling method to participate in the research. Two

male students and two female students of undergraduate program of Dev Sanskriti Vishwavidyalaya were selected. They had no past experience of Yagya therapy.

Procedure of Yagya

As described in the book "Sankshipt Gayatri Hawan Vidhi" (4,5) by Pt. Shriram Sharma Acharya, Yagya was performed. This study was conducted in a small hut shaped room, which was made of clay and bricks surrounded by four walls and two windows for ventilation. Also, the four walls were coated with cow dung along with the Yagya Kunda (fire pit). The four participants were made to sit on the four sides of the Kunda. Yagya was performed in the morning during the time of sunrise with herbal powder (common havan samagri) available from Shantikunj herbal Pharmacy, Haridwar and special havan samagri for mental health (obtained from Department of Ayurveda and Holistic health, Dev Sanskriti Vishwavidyalaya). Dried Cow dung patties of indigenous breed were used as samidha (firewood) and the fire pit used was made of clay and bricks. The mantras used were Surya Gayatri mantra and Chandra Gayatri mantra, 12 oblations of both the mantras. This total process took nearly 30 minutes to complete.

Recording of SCAT & GSR

Firstly, a questionnaire of Sinha's Comprehensive Anxiety Test (SCAT) in Hindi was filled with proper instructions as per the manual and data was recorded. Sinha's Comprehensive Anxiety Test (SCAT) by A. K. P. Sinha and L. N. K. Sinha is a test available both in Hindi and as well as in English. This test is published by Agra National Psychological Corporation. It covers five levels of anxiety. The test contains 90 items of manifest anxiety. It is 15 to 20 minutes' test. Student's "t" test was calculated to find out the result.

Both initial (before Yagya) and final (after Yagya) recordings of signal of GS were taken one day before and on the 30th day in the evening (around 6.30 pm) of the Yagya therapy. Participants were made to wear GSR electrodes on the middle finger and index finger of the left hand as per the instructions of the manual of the biofeedback. They lay on the chair comfortably with closed eyes. They were normalized for a few minutes (about 2-3minutes) and then the recordings were taken. GSR signal pattern for emotional changes was measured through the biofeedback machine



(Medicaid-2006; SAS Nagar Mohali-160055, India). Recording of basal value and then after 2-3 min actual value were measured for consecutively 5 times with a gap of 1-2 minutes and average is calculated and recorded for each participant.

Evaluation of SCAT result and GSR patterns with Yagya Therapy

Recordings of the SCAT and GSR were recorded manually before and after starting the therapy. In the morning, during sunrise, process of Yagya was performed by sitting on the four sides of the Yagya Kunda (fire pit). During Agni sthapan, Indian cow’s ghee was used. The ghee was also used for mixing with the special havan samagri and common havan samagri. The fire offerings were made with Surya Gayatri mantra and Chandra Gayatri mantra (12 times each). The mantras were chanted by the participants. During the fire offerings, the windows were closed. After Visarjan(farewell to universal deities), yogic breathing (6) is practised for five minutes and then the windows and door were opened after relaxation.

Results

Effect of Yagya Therapy on anxiety level

In the study, participants took Yagya Therapy with special herbs for mental health for 30 days. The anxiety level of the participants were measured using Sinha’s Comprehensive Anxiety Test. The study indicated that during 30 days of treatment, there was trend of reduction in the level of anxiety (p=0.0842; 95% confidence interval -3.62 to 32.62; t = 2.5467; df = 3; n=4). The mean difference of pre readings (Mean+SD; 27.75±17.35) and post readings (13.25±9.22) was 14.50±5.694 indicating reduction in the anxiety level (Table 1).

Participants	Before Yagya Therapy	After Yagya Therapy
1	25	18
2	53	23
3	18	2
4	15	10

Table 1: Change in the anxiety level before and after 30 days of Yagya Therapy measured using Sinha’s Comprehensive Anxiety Test questionnaire.

Effect of Yagya Therapy on stress level

In the study, participants took Yagya Therapy with special herbs for mental health for 30 days. The

anxiety level of the participants were measured using Sinha’s Comprehensive Anxiety Test. The study indicated that during 30 days of treatment, there was trend of reduction in the level of anxiety (p=0.1054; 95% confidence interval 29.44 to 181.94; t = 2.2960; df = 3; n=4). The mean difference of pre readings (Mean+SD; 27.75±17.35) and post readings (13.25±9.22) was 76.25±33.210 indicating reduction in the anxiety level (Table 2).

Participants	GSR value before Yagya Therapy			GSR value after Yagya Therapy		
	Basal value	Actual Value	Difference (actual-basal)	Basal value	Actual Value	Difference (actual-basal)
1	173	253	80	173	250	77
2	173	343	170	171	208	37
3	173	430	257	175	300	125
4	173	509	336	177	476	299

Table 2. Change in the Galvenic Skin response (stress) level before and after 30 days of Yagya Therapy.

Discussion

Yagya Therapy is a very effective ancient therapy and holistic approach. This therapy provides therapeutic advantage to any all kinds of disease whether somatic or psychic or somatopsychic or psychosomatic (7-9).

Previously studies have shown that Yagya therapy helped in mental diseases and conditions. A study by Kumar et al (2019) shown that the oblation with Gayatri mantra reduces the level of stress (10). Our study also showed the similar results. In our study, the subjects showed decrease in the anxiety level after 30 days of Yagya therapy (Table 1). The deep inhalation and positive affirmation during each step of the Yagya might have helped the subjects to enhance mental health. There were no complain and side-effects observed during the 30 days of Yagya Therapy in participants. The duration of therapy was almost 30 minutes in each session. The Galvanic Skin Response also showed trend of reduction after the Yagya



Therapy (Table 2) indicating beneficiary effect of Yagya Therapy on the patients.

Our study indicated a reduction in stress and anxiety (Table 1,2). The herbs we used are traditionally known for mental and stress reduction. Some of the herbs included are Brahmi, shankhpushpi, jatamansi, vach, etc (11-12). Also, it is a well-known fact that the substances, when taken in their vapor or gaseous form through the nostrils, have much greater efficacy. Besides it can help many participants with same quantity of substance. The sublimated vital elements and herbal medicines inhaled has a direct healing effect (13,14). Yagya therapy, therefore, with mantra and specific herbs can act as a holistic approach to fight stress and anxiety.

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