



Yagyopathy as a Traditional Therapeutic Modality: Patient Consultations at Dev Sanskriti Vishwavidyalaya

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Abstract. Yagya Therapy (Yagyopathy™) represents an ancient Indian practice that integrates spiritual, environmental, and physiological elements into a holistic therapeutic framework. This study describes the method and application of Yagyopathy for the management of various diseases, based on about one and a half decade of practice at the Department of Ayurveda and Holistic Health, Dev Sanskriti Vishwavidyalaya (DSVV), Haridwar. Yagyopathy utilizes herbal formulations (*havan samagri*) transformed into medicinal fumes through ritual fire offerings. These are inhaled during deep breathing and mantra chanting, enabling efficient pulmonary drug delivery while simultaneously offering psychological and spiritual benefits. Scriptural references, particularly from the Vedas, support the daily performance of Yagya for mental, environmental, and physical purification. At Department of Ayurveda and Holistic Health, Dev Sanskriti Vishwavidyalaya, patients are prescribed a home-based Yagya protocol that includes disease-specific herbal formulations, lifestyle modifications, and other Ayurvedic interventions. Observational insights and follow-up data, including clinical, pathological, and patient-reported outcomes, indicate therapeutic potential across a range of diseases—such as respiratory, metabolic, psychological, and autoimmune conditions. Case studies and large-scale usage data further demonstrate the growing application and acceptance of Yagyopathy both within India and internationally. With its emphasis on the synergy between body, mind, and environment, Yagya Therapy offers a promising complementary modality in contemporary integrative healthcare.

Keywords. Yagyopathy, Yagya Therapy, Complementary Medicine, Pulmonary Drug Delivery, Herbal Fumigation, Holistic Health, Havan Samagri

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Introduction

The present article describes the method and application of Yagya Therapy (Yagyopathy™) for the management of various diseases [1, 2], with a primary focus on the work carried out over one and a half decades at the Department of Ayurveda and Holistic Health, Dev Sanskriti Vishwavidyalaya (DSVV), Haridwar.

Yagya as a Therapeutic Procedure

According to Ayurveda, a healthy human body is understood to maintain a relatively stable equilibrium (congenial homeostasis) of *Dosha* (psycho-biological rhythms—Vata, Pitta, and Kapha), *Dhatu* (body tissues and their nourishing elements), and *Mala* (excreta) [3, 4]. Acharya Sushruta defines health as a balance of Dosha, *Agni* (digestion and metabolism), *Dhatu*, *Malakriya* (excretory function), and the well-being of the soul, senses, and mind [3, 4]. Any imbalance in this system leads to disease, and the aim of therapy is to restore this balance [4, 5]. Treatment involves purification of the biological system by eliminating vitiated elements from the body, thereby supporting both disease prevention and health promotion [3–8].

Pulmonary Drug Administration of Herbal Medicines

Yagya is an ancient Indian therapeutic procedure [1, 2, 9–23], intended to promote holistic well-being. In the Yagya process, a coarse herbal mixture (*havan samagri*)—composed of dry plant-based medicines and selected nutritious and aromatic substances—undergoes transformation into vapor, sublimation, or decomposition through gradual heating. These phytochemicals, along with volatile compounds and gases released during the controlled combustion of the Yagya fire, disperse into the surrounding air [14]. Vapors of essential oils and other therapeutic constituents generated in this process impart medicinal benefits [11, 14].

Additionally, participants (patients) engage in rhythmic deep breathing (*pranayama*) and chant specific Vedic hymns throughout the

Yagya. This results in regular oral and nasal inhalation of medicinal fumes, enhancing the pulmonary administration of phytochemicals. Thus, Yagya emerges as a promising non-conventional method for the pulmonary delivery of herbal medicines [1, 2, 9–23].

Oral administration of multiple herbs is often limited by first-pass metabolism [22]. In contrast, nasal drug delivery allows direct absorption into systemic circulation, bypassing hepatic metabolism and even the blood–brain barrier, facilitating the transport of medicinal agents directly into the brain [22, 24].

The pulmonary drug delivery process during Yagya parallels that of *Nasya*—a common purificatory procedure in Ayurveda’s Panchakarma therapy—wherein herbal medicines are administered nasally as oils, powders, or vapors [6, 7]. *Nasya* primarily affects the *Urdhvajatrugata Pradesha* (supra-clavicular region) [25, 26]. As per Acharya Vagbhatta, the nose is an effective route for delivering medicinal effects to the cranial cavity [25]. Acharya Charaka explains that *Nasya* drugs act via the *Shringataka Marma*—a vital center where the nerves of the nose, ears, eyes, and tongue converge. The absorbed medicine spreads through the head region, acts on respiratory, shoulder, and neck conditions, and eliminates vitiated Doshas from the head area [25]. The formulation reaches the channels of the eyes, ears, nose, and throat, and facilitates detoxification [25, 26].

Recommendations in the Vedas

The Vedas—for example, Yajurveda 18.1 to 18.23—recommend the daily performance of *havan* in the morning and evening to promote spiritual refinement, mental peace, purification of the mind and environment, and even for the treatment of various diseases [17, 27].

Purification of Indoor Environment

Recent studies have demonstrated that Yagya can significantly purify the indoor environment. Saxena (2006) [28], in collaboration with the Central Pollution Control Board (Delhi), studied the impact of Yagya on air microflora, bacteria, and pathogens. Her experi-

ments revealed a substantial reduction in microbial load and airborne pathogens even 2–3 days after the Yagya. This purifying effect likely contributes to the creation of a healthier environment within the patient's home.

Effect of Chanting of Mantras

The Vedic hymns (*Mantras*) chanted during Yagya are profound spiritual invocations offered to the Divine for the well-being of both the individual and the universe. Participants are encouraged to meditate on the meaning of these mantras as they chant, creating a continuous process of meditation and contemplation. This mental discipline supports the positive restructuring of the psyche [17, 29, 30]. In particular, chanting the *Gayatri Mantra* has shown beneficial effects in enhancing attention, concentration, and improving various physical and psychological conditions [17, 29–34].

Effect of Sitting near the Yagya Fire

During the Yagya, the participant is required to sit in proximity to the sacred fire for a specific duration. This exposure to bright light and heat has its own therapeutic benefits—such as alleviation of depressive symptoms through photic stimulation [35, 36] and the induction of sweating (*swedan*) due to heat. According to Ayurveda, *swedan* (sudation) helps relieve stiffness (*stambhaghna*), induces perspiration (*sweda-karak*), and reduces the feeling of heaviness (*gauravaghna*) [37].

Thus, Yagya Therapy (Yagyopathy) offers a multi-modal therapeutic approach for the management of various health conditions.

Procedure of Yagyopathy and Associated Therapeutic Recommendations

For patients visiting the Outpatient Section of the Department of Ayurveda and Holistic Health (DAHH), Dev Sanskriti Vishwavidyalaya, Haridwar, an integrated therapeutic approach is recommended. This includes Yagya Therapy (using an appropriate herbal formulation), along

with other Ayurvedic interventions such as decoction of medicinal herbs, dietary restrictions, and lifestyle modifications. These treatments are prescribed with the understanding that the patient will follow them at home.

During the initial consultation, the physician provides both clinical and motivational guidance. The aim is to instill confidence in the patient that their condition can improve and to encourage them to take personal responsibility for recovery by diligently adhering to the prescribed regimen.

Yagya Therapy with Disease-Specific *Havan Samagri* (Herbal Mixture)

Patients are advised to follow the standard protocol of Yagya at home, as detailed in earlier publications [19, 23, 38, 39]. Briefly, the procedure involves [19, 38, 39]:

- Performing *Shatkarma* for internal and external purification (*Pavitrikaran*, *Achaman*, *Shikhavandan*, *Nyasa*—i.e., spiritual practices for purification), followed by *Prithvi Pujan* (prayers to Mother Earth), *Chandan-dharan* (application of sandalwood paste or red powder on the forehead), and *Guru-avahan* (invocation of the spiritual guide).
- Offering 24 oblations of the herbal mixture (*havan samagri*) into the Yagya fire, accompanied by chanting of the *Gayatri Mantra*. Depending on the disease, either the *Chandra Gayatri Mantra*—*Om Bhoor Bhuvah Swah, Ksheer Putraaya Vidmahe, Amrit Tatvaaya Dheemahi, Tannah Chandrah Prachodayaat*—to promote peace and mental tranquility; or the *Surya Gayatri Mantra*—*Om Bhoor Bhuvah Swah, Bhaaskaraay Vidmahe, Diwaakaraay Dheemahi, Tannah Sooryah Prachodayaat*—to enhance strength and vitality, may be used [16, 19, 23].
- Concluding with 30 minutes of *Pranayama* and deep breathing, while seated in the environment infused with medicinal fumes generated during the Yagya.

Patients are advised to use a copper pot (*Yagya kund*) to generate the fire, mango wood as the fuel, ghee (clarified butter made from indigenous cow's milk), and the specific herbal preparation (*havan samagri*) prescribed by the DAHH.

For several years, the DAHH has been formulating and prescribing various herbal preparations tailored for specific diseases. These formulations are based on classical references [19], supported by Ayurvedic pharmacology, modern scientific review, and scriptural guidance. The ingredients are metal-free, taxonomically verified [40–42], non-toxic, and therapeutically relevant.

In addition to the disease-specific *havan samagri*, patients are also prescribed a general-purpose, immunity-boosting herbal blend, formulated as described in [16, 19]. These two types are mixed in a 3:1 ratio (30 gm disease-specific + 10 gm general-purpose), and blended with 30 gm cow ghee. The resulting mixture is offered into the fire in 24 oblations, while chanting the prescribed mantra.

Ghee is added because, in Ayurveda, it is known to enhance the digestive fire (*agni*), nourish *ojas* (the subtle essence of body tissues), support memory and the nervous system, and pacify Vata and Pitta doshas [43]. Due to its *yogavahi guna* (carrier quality), it can absorb the medicinal properties of herbs without losing its own, and deliver them deep into bodily tissues via its lipophilic nature [43, 44]. Modern research also supports the use of lipid-based carriers, such as nanoparticles, to enhance nasal drug delivery [12, 24].

Yagya is to be performed twice daily, at sunrise and sunset. One complete therapeutic cycle is considered to last for 40 days.

Advice to Perform *Pranayama* and Deep Breathing

Patients are instructed to practice *Pranayama* and deep breathing for approximately 30 minutes daily, while seated in the medicinal environment created by the Yagya fumes. This likely increases the inhalation of therapeutic phytochemicals and enhances overall benefit. Additionally, *Pranayama* itself is

known for its broad range of physiological advantages. For instance, *Anulom Vilom Pranayama* improves ventilation and oxygenation of the paranasal sinuses [45]; alternate nostril breathing significantly activates the parasympathetic nervous system [46]; and slow yogic breathing positively influences cardiovascular and autonomic functions [47]. Furthermore, it contributes to improved lung function, mental relaxation, and concentration [48].

Drinking Decoction of Herbal Mixture

Patients are advised to prepare a decoction from the disease-specific herbal mixture. Typically, 10–15 gm of the mixture (as per physician's advice) is added to 4.5 cups of water (approximately 100 ml per cup), soaked overnight, and boiled the next morning until 1.5 cups (150 ml) remain. This decoction is then divided into two portions and consumed on an empty stomach, twice daily.

Dietary Advice and Restrictions

Dietary recommendations and restrictions are individualized based on the nature of the disease and the patient's condition. These may include the avoidance of incompatible foods, regulation of meal times, and adherence to a *satvik* diet conducive to healing and internal balance.

Yagyopathy Practiced at the Department of Ayurveda and Holistic Health

For several years, the Department of Ayurveda and Holistic Health (DAHH), Dev Sanskriti Vishwavidyalaya, Haridwar, has been engaged in the practice of Yagyopathy. The department prepares specific herbal formulations (*havan samagri*) for a wide variety of diseases, including those related to the digestive system (e.g., cholera, dysentery), fevers (e.g., malaria, viral infections), respiratory conditions (e.g., cough, cold, asthma, tuberculosis), metabolic disorders (e.g., diabetes, obesity), joint disorders, insomnia, and various psychological ailments [16, 19].

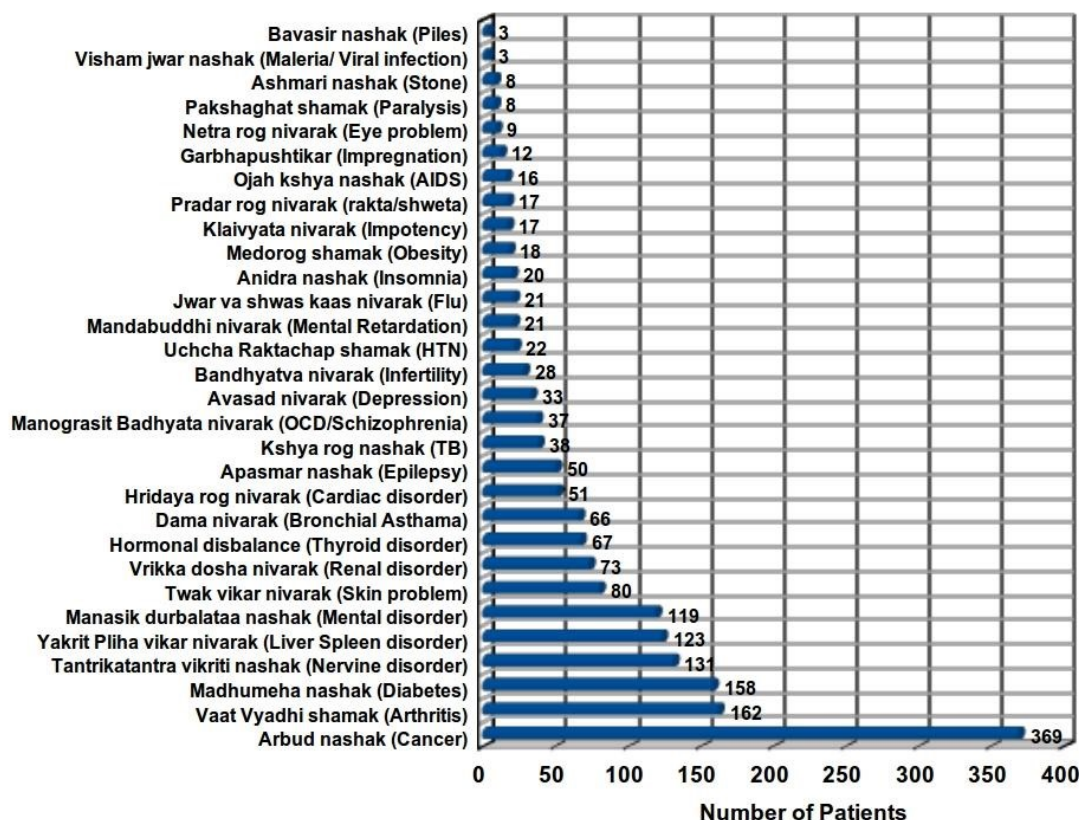


Figure 1: Number of patients for whom Yagyopathy consultancy was given, and one or more of the disease-specific havan samagri for 30 different diseases were prescribed, over five years from 2015 till 2019.

A large number of patients suffering from these conditions have either received Yagya Therapy at the Department or obtained the disease-specific *havan samagri* to perform the therapy at home. Pre- and post-treatment clinical, pathological, and biochemical investigations—as well as verbal and written testimonials—indicate promising outcomes, suggesting the therapeutic effectiveness of Yagyopathy.

Several case studies support this observation. Raghuvanshi et al. (2009) [14] explored the potential of Yagyopathy in the management of pulmonary tuberculosis [10–12, 14, 16]. Verma et al. (2018) [21] demonstrated its efficacy in treating

sub-clinical hypothyroidism (SCH). Mishra et al. (2018) [22] reported improvement in the quality of life of cancer patients when Yagya Therapy was used as supportive care. Batham et al. (2018) [20] and Mishra et al. (2019) [2] documented the positive impact of Yagyopathy in the management of epileptic seizures.

Figure 1 presents data on the number of patients for whom Yagyopathy consultancy was given, and one or more of the disease-specific havan samagri for 30 different diseases were prescribed, over five years from 2015 till 2019. Notably, over 350 patients received consultancy for the *havan samagri* for cancer, and more than 150 patients each for arthritis and diabetes.

| State | Number of Patients |
|------------------|--------------------|
| Uttar Pradesh | 351 |
| Uttarakhand | 263 |
| Gujarat | 139 |
| Madhya Pradesh | 114 |
| Bihar | 110 |
| Delhi | 88 |
| Rajasthan | 65 |
| Haryana | 50 |
| Maharashtra | 50 |
| Jharkhand | 47 |
| Chhattisgarh | 37 |
| West Bengal | 25 |
| Odisha | 21 |
| Andhra Pradesh | 18 |
| Punjab | 17 |
| Karnataka | 10 |
| Jammu & Kashmir | 6 |
| Assam | 4 |
| Himachal Pradesh | 4 |
| Tamilnadu | 1 |
| Meghalaya | 1 |
| Kerala | 1 |

Table 1: State-wise distribution of patients who took Yagyopathy consultancy for various diseases over the 3 years from 2017 to 2019

Table 1 shows the state-wise distribution of patients who received consultancy for Yagyopathy over the three years from 2017 to 2019. Patients from 22 states have taken Yagyopathy consultancy, including over 350 from Uttar Pradesh, more than 250 from Uttarakhand, and over 100 each from Gujarat, Madhya Pradesh, and Bihar.

In addition to national outreach, Yagyopathy has also reached an international audience. From 2017 to 2019, approximately 88 patients from 22 different countries took Yagyopathy consultancy. These countries include Argentina, Austria, Brazil, Canada, China, Denmark, Germany, Ireland, Italy, Japan, Kazakhstan, Latvia, Lithuania, Nepal, Russia, Slovakia, Switzerland, Ukraine, the United Arab Emirates, the United Kingdom, Uruguay, and the United States of America.

These details collectively illustrate the widespread and growing application of Yagyopathy as a traditional approach to the treatment of various diseases.

Conclusion

Yagya Therapy (Yagyopathy) offers a multi-modal therapeutic approach for the management of various diseases. Its unique integration of spiritual and physiological practices includes the chanting of Vedic hymns (*Mantras*)—which supports positive restructuring of the psyche through meditation and contemplation—as well as exposure to medicinal fumes derived from multiple herbs and their efficient pulmonary absorption.

Additional benefits of Yagyopathy include the purification of the indoor environment, the therapeutic effects of light and heat emitted by the Yagya fire, and the psychological grounding achieved through ritual participation.

The encouraging results observed in patients across a range of physical and psychological conditions demonstrate the potential of Yagya Therapy as an effective and holistic traditional therapeutic modality.

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