



Mantra and Homa Therapy: Computational Analysis of Different Aspects to Benefit Mankind With Healthcare 4.0 and Industry

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ABSTRACT

The anxiety, depression, and stress, along with diabetes, obesity, lack of vital power, and many other threats to human health, are the issues which humans have to face in 21st century due to modern bad lifestyles. Many medicines and scientific experiments to find the solution in new ways through pharma industries are being sought. The present manuscript not only deals the scientific aspects on these all afore said issues, but also scientifically analyzes the experiments of energy levels and Chakra energy of subjects, which were measured through pre and post of this Indian ritual. The visualizations have been measured through Kirlian energy aura meter, which quantifies the complex bio energy, energy disbalances, and Chakra energy of the individual. It is also a blend of science and spirituality, and establishes strongly the fact that in the future, all global, physical, mental, and social problems will have a single solution; and that is Yajna and Mantra propounded by Indian Rishis.

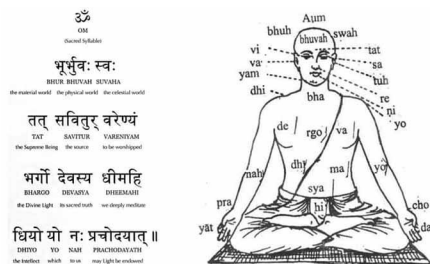
KEYWORDS:

Anxiety, Depression, Mantra, Mental Fitness, Stress, Yajna

INTRODUCTION

Let's see the scientific part of the syllables of Gayatri mantra, and its significant activation on 24 glands of a person who chants the mantra. The hormonal secretions are controlled and balanced, thus balancing the emotions, and helping the person to reverse back his physical and mental health, brings revolution in thought patterns in both alpha and beta levels, giving rise to his personality upliftment (Pl. refer Fig. 1).

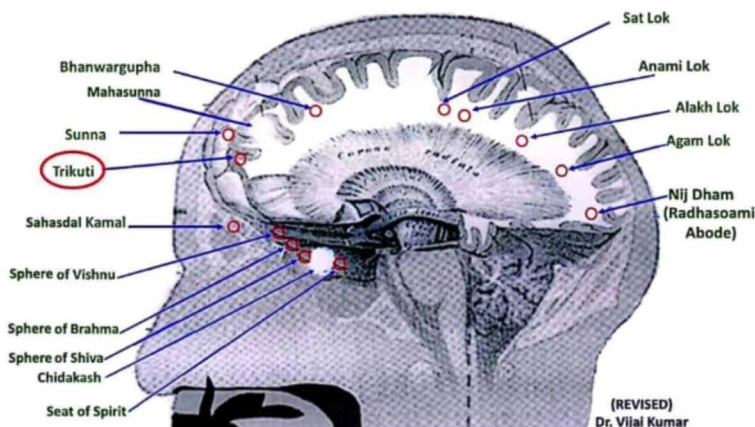
Figure 1. The Syllables of Gayatri Mantra and Their effects on the Human Body parts (Saxena, M. et al., 2018)



There are many neuro studies done on the effects of Gayatri Mantra. Its vibrations, frequencies on our system and also its effects on other patients have been medically proven.

It has been visualized that the effects of Gayatri Chanting are on nerves and its functions along with it works with both parts of your brain and then through whole system. The Meditation practitioners also teach this, how to take universal energy, through Gayatri Mantra and activate all glands individually with mantras to energize oneself (Pl. refer Fig. 2) (Ghosh et al., 2015); (Apte et al., 2016).

Figure 2. Brain Regions during Meditation. (Saxena, M. et al., 2018)



Yajna Meaning, Fuctioning and Symbolic Intrepretations

Ms. T. Rajeshwari, an active Yajnapathy researcher has depicted that humans and deities are connected with Yajna. Every human is born with some traits, holds him in the form of faith, which is an inseparable aspect of human personality. It is embodied by birth as our psych. Our psych consists of consciousness (chitta), brain (buddhi), mind (Mana) and id (ahankara). Id is the primitive and instinctual part of mind that contains aggressive drive and hidden memories as Karma. Thus the nature of faith defines the quality of our life (Gupta et al., 2012).

Yajna means sacrifice, usually in the sense of ritual fire, worship ceremony in which negative Karmas can be consumed by giving oblations (ahutis) with clarified butter or certain medicinal herbs, along with Vedic mantras (chanting of mystic sound syllables repeatedly) and offering oblations with swaha (surrendering to supreme). Vibrations produced by mantras during Yajna penetrate the energy sphere at the subtle and cosmic level. The chanting of Vedic mantras are latently contain the

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