

# Effect of Large-Scale Performed Vedic Homa Therapy on AQI

**Rohit Rastogi**

 <https://orcid.org/0000-0002-6402-7638>

*Dayalbagh Educational Institute, India & ABES Engineering College, India*

**Devendra Kumar Chaturvedi**

 <https://orcid.org/0000-0002-4837-2570>

*Dayalbagh Educational Institute, India*

**Mamta Saxena**

*Independent Researcher, India*

**Sheelu Sagar**

*Amity University, Noida, India*

**Neeti Tandon**

*Vikram University, Ujjain, India*

**T. Rajeshwari**

*Gayatri Chetna Kendra, Kolkata, India*

## INTRODUCTION

### Scientific Experiments and Analysis of Yajna Therapy

#### Air Purification

Dr. Mamta Saxena, Dir. Gen. in ministry of Statistics and Program Implementation conducted her experiments in joint collaboration with CPCB (Central Pollution Control Board, Delhi, India) The Study was done to check the effect of Yajna on pollutant gases like SO<sub>2</sub> and NO<sub>2</sub>. (Pl. refer Fig. 1); (Rastogi, et al., 2021).

There are many other benefits are also there. When we give oblations (ahutis) with havishyanna (rice); it creates the cloud formation for pure rain that helps in harvest to get more crops. Fragrant medicinal herbs used for oblations helps in cleansing the thought patterns. Sweetened things used as oblations helps us to enhance our health, keeps us free from ailments. So we have to understand the purpose of Yajna and offer oblations accordingly. The cow ghee (clarified butter) is considered the best as it increases the level of Oxygen in the environment and helps to keep all beings healthy (Rastogi, et al., 2020a; Rastogi, et al., 2020b).

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Figure 1. Critical face of Air Pollution at Delhi, India



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National Botanical Research Institute at Lucknow has found through research that when Aahuti (oblations) are given by medicinal herbs; as prescribed in the scriptures found that along with firewood of mango tree, (1 kg. of firewood with half kg Hawan Samagri) reduces the bacteria up to 94% in the hall where Yajna activity has been done. The site maintained the atmospheric environment even after 24 hours. On doing Yajna, research was established repeatedly that the area was maintained with pollution free environment. This report was published in Ethno Pharmacology Research paper in December, 2007.

It was also mentioned that not only human beings, but Yajna and Mantra also work as anti- bacterial in all crops and vegetation, reducing the chemicalised fertilizers in larger extent. In all the above conditions, it is observed that our ancient procedure of Yajna is based on scientific background and also useful for the whole society. By doing daily Yajna at home one can prevent many pandemic infections. With less cost, and a maximum time of 10 minutes one can do this and by uplifting oneself with the society for an optimal health and environment.

Instructions for Yajna-Therapy are as below;

- As per the state of disease, mix 10% Clarified butter of Cow and give 21, 51 or 108 oblations of Gayatri Mantra, daily at dawn and dusk along with Cow-dung stick and Peepal Samidha.
- Keep open the doors and windows while doing Yajna.
- After Yajna, on peaceful and cool fire, as per the nature of disease, one fourth Guggal and Clarified butter along with specified herbal mixture is placed and lightly burnt on fire and subject has to perform the selected Asan and Pranayam in the vaporized atmosphere as per state n symptoms of diseases.
- It is always well said in Indian Scriptures that “if one wants to get rid of all diseases, one should go for Yajna Therapy every day” as it’s a preventive medicinal treatment to purify the environment and make the environment bacteria free.

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