



HOMA / YAJNA AS DAIVAVYAPASRAYA CHIKITSA AND ITS MODERN ASPECTS

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ABSTRACT *Ayurveda* is not merely a science of therapeutics based on herbal, animal and mineral resources of medicament but deals with philosophy of life and living being. For treatment *charak* classified the treatment principle in, 1. *daivavyapasraya chikitsa*, 2. *yuktivyapasraya chikitsa*, 3. *sattavajaya chikitsa*. In *daivavyapasraya chikitsa*, *daiva* comes in relation to karma which is done in *purvajanma*. *Daivavyapasraya* is the spiritual therapy related to blessings and influence of god and consist of *mantra*, *ausadhi*, *mani dharan*, *mangal*, *bali*, *upahar*, *homa*, *niyama*, *prayachitta*, *upavasa*, *swastaayana*, *pranipata* and *yatragamana*. The term *homa* is a Sanskrit word which refers to any rituals in which making offerings into a consecrated fire is the primary action. The word '*homa*' is interchangeable with the word '*YAJNA*'. It is a ritual to perform to please the *DEVA* (God) or to attain certain wishes. It is a process of purifying the air-soil-water by combustion of various medicinal substances.

KEYWORDS : Daivavyapasraya, homa, yajna.

INTRODUCTION:

Long ago, when human being struggled with a strange world of ignorance, where there was no true science perhaps, in those days of gloominess, there was no true knowledge either. According to the primitive man, illness was due to the vagaries of supernatural forces like Gods, Demon etc. surrounded by elemental forces of nature where there was no modern scientific instruments which have enabled man to probe deep into the mysteries of nature. To overcome this type of mysteries people had practiced *mantra*, *japa*, *homa* etc. which is mentioned in *veda*.

Ayurveda is not only a science of medicine but also it is an art of living, i.e. a philosophy of life. It had passed through the stages of specialization and knowledge flowing from different specialized fields of medicine and allied science generalized simplified and principle enunciated. It is mentioned that "A physician should be particularly attached to the *atharvaveda* for it as it deals with the treatment of diseases by advising *daana*, *homa*, *mantra*, *japa*, *nyasmas* etc".

According to *Ayurveda*, treatment principle can be classified as follows¹ -

1. *DAIVAVYAPASRAYA CHIKITSA* (spiritual therapy)
2. *YUKTIVYAPASRAYA CHIKITSA* (rational therapy)
3. *SATTWAVAJAYA CHIKITSA* (psychotherapy)

There are certain challenging disorders even in modern science, which they refer as idiopathic origin. Their cause, mode of onset, symptoms, severity and management are entirely different from other disorder. In *ayurvedic* science such entities are attributed to *daivika shakti*, *poorvajanmakrita karma*, *adhibala vyadhis*, *grahadosa* etc. To pacify this entities *ayurveda* mention *Daivavyapasraya chikitsa*. The term *daivavyapasraya* consist of two words, *DAIVA* + *VYAPASRAYA*. *Daiva* relates to all the unknown circumstances i.e. those can not be explained by the existing human knowledge. *Vyapasraya* literally means taking refuge or recourse. Thus it is related to spiritual therapies, which have empirical power to eradicate diseases caused by unknown circumstances.

Daivavyapasraya contain- *mantra*, *ausadhi* and *mani dharan*, *mangala*, *bali*, *upahara*, *homa*, *niyama*, *prayachitta*, *upavaasa*, *swastyana*, *pranipata*, *yatragamana*².

AIM & OBJECTIVES:

1. A literary study was carried out to evaluate the concept of *homa/ yajna chikitsa*.
2. Scientific analysis of *homa/ yajna/ havan*.

METHODOLOGY:

Manual and electronic search was done on *charak samhita*, *susruta samhita* and *astanga hridaya*.

A humble effort has been made to give probable scientific explanation on *homa/ yajna chikitsa*.

DISCUSSION:

The term *homa* (also known as *homam* or *havan*) is a Sanskrit word which refers to any rituals in which making offerings into a consecrated fire is the primary action. The word '*homa*' is interchangeable with the word '*YAJNA*'.

Yajna means 'worship' ,prayer,praise,offering,sacrifice (Monier-William).It is a ritual to perform to please the *DEVA*(God) or to attain certain wishes.

Yajna also means humbly serving the saint and associating them with the aim of helping in their sacred mission.from the social standpoint we can say respecting our elders,friendship with those of cadre(a small group of people chosen and trained for a particular purposes)and selflessly serving those of the lower starta of society too is *yajna*.

Yajna are very sacred religious rites and also great philosophy of life. Fire itself is pure and purifies anything that it contacts. Fire makes the materials into the gaseous form so that when they are enter the atmosphere all the creatures inhale it and thus benefit both physically and mentally. In comparison to food air is more precious, this sacred potent air not only reaches few people but that a large number of people greatly benefit from it. Also *yajna* means offering one's mind, intellect, psyche, ego, 10 sense organ, 10 pranas and all our inner wealth to almighty. That is there should be total surrender.(*brihadaraanyaka upanisad* 3/1/3-60).

FUMIGATING SUBSTANCES USED IN YAJNAS:

In order to get an ideas of various chemical changes that take place during the performance of *yajnas*, it is essential to know the various substances used and offered in *yajna* fire.

Wood: sandal wood, borax wood, agar, tagara, palasha bilva etc are used. It should be dry and free from dust insects, worms etc.

Havansamagri: it is prepared by combination of odoriferous substances – saffron, musk, agaru, tagar, ghee, milk, lin seeds, rice, barley, gram, peas, honey, sugar, resin, dried coconut, dates etc.

Medicinal herbs: *guduchi, brahmi, shankhapuspi, nagkesara, yastimadhu, haritaki, amalakhi, bibhitaki* etc. these special herbs are used for treatment of endemic diseases and infectious diseases occur in a huge population.

Havan kunda: it is inverted pyramid shaped. The word pyramid means 'the fire in the middle'. The pyramid shaped is widely known to generate and store a special energy field, which possesses bacteriostatic properties. It allows multidirectional dissipation of energy.

CHEMICAL PROCESS IN YAGNAKARMA:

Vaporization of odorous substances; the temperature attained by the *kunda* varies between 250°C and 600°C while in the actual flames it can rise as high as 1200°C to 1300°C. In this point the volatile constituents vaporize and their gaseous forms get diffused. So, when cellulose and carbohydrates undergo combustion, steam is formed by the combination of hydrogen of decomposed organic molecules with the oxygen. This is how thymol, pinene, eugenol etc are dispersed and aroma of *yajna* can smelt at a considerable distance. Combustion of ghee and other fatty substance of vegetable origin help rapid combustion of cellulose and keeps the fire alight. The vaporized substances diffused in the atmosphere are subjected to photochemical reaction in sunlight. To some extent even carbon dioxide is reduced to formaldehyde.

Purification of environment: the effects of *yajna* help conserve the eco-system, purify the atmosphere, kill and destroy the many disease causing microbes. Experimental studies shows that the *yajna* creates a pure, hygienic, nutritional and healing atmosphere. According to researchers fumes emanating from *yajna kunda* is bacteriostatic. It kills the germs of T.B., measles, cowpox etc. it renews the brain cell, revitalizes the skin, purifies blood and prevents the growth of pathogenic cell.

Removal of foul odours: due to combustion of sandalwood, camphor, agar, tagar etc there is diffusion of substances like thymol, eugenol, terpinol which removes the foul smell of atmosphere.

Removal of bacteria: due to partial oxidation of hydrocarbon and decomposition of organic substance, produce formaldehyde, which is a powerful antiseptic. The germicidal action of formaldehyde is effective only in presence of water vapour, which is produced in *yajna*. Oxidation of hydrocarbon produces formic acid and acetic acid, which are disinfectants.

Removal of insects: parasites like flies, ring worm, fleas etc are killed or driven away when they come in contact with volatile oils like camphor etc which are diffused in *yajna*.

Role of CO₂ generated in yajna: *yajna* is so scientific that it balances the carbon dioxide and oxygen in the atmosphere. *Yajna* is a process of slow combustion where O₂ is used in a very small quantity and CO₂ emitted in a quantity that possess no threat to environment. again this CO₂ is not free. This is mixed with vapours of aromatic oil and antiseptic products. The use of CO₂ as a cerebral stimulant to assist patients suffering lack of ventilation and curing many mental diseases is a common practice in medical field.

The effects of *yajna* include the treatment of various infectious diseases and removal of atmospheric pollution. In performing *yajna*, the two energies namely the heat from the *yajna's* fire and the sound of chanting mantras are blended together to achieve the desired physical and spiritual benefits.

CONCLUSION:

According to researcher *homa* is much more beyond than spirituality. *yajna* therapy assumes great significance in today's world where we are facing threatening challenges of ever-new microbial infection, psychosomatic disorders and air-water-soil pollution.

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