



## Sacred Flames of Healing: Yagya Therapy in the Holistic Treatment of Cancer, Diabetes and Heart Diseases

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**ABSTRACT:** Owing to unhealthy lifestyles and rising pollution, the number of cancer, diabetes, and heart disease sufferers is increasing every day. Uncomfortable and time-consuming treatment causes both physical and psychological stress. A comprehensive treatment approach should also take care of psychological health. A mentally positive and peaceful patient recovers fast. There is a need to integrate some rejuvenating therapies with contemporary treatment methods. In this context, 'yagya' is a marvelous option to consider. When Yagya is performed with 'disease-specific' medicinal herbs, it turns into a divine therapy for struggling patients. This study aims to investigate the effectiveness of Yagya therapy as 'supportive care' for cancer, diabetes, and heart patients during their treatment. This study includes the treatment of nine patients in the age group of 28 to 78 years. The patients were treated for a minimum of three days to two years. Three types of disease-specific, Yagya samagris were used for the treatment. The samagris were a mixture of herbs rich in specific compounds that healed the patients. Cancer patients were treated with samagri "Divya Karkateshti". Similarly, diabetics and heart patients were treated with "Divya madhuishti" and "Divya hridayeshti" respectively. The patients felt the benefits of Yagya therapy beyond the cure of their ailment. Some of them expressed willingness to attend Yagya beyond their treatment duration. This study shows that Yagya is a form of therapy that needs to be integrated with contemporary treatment methods to speed up the pace of recovery. However, Yagya therapy as a sole choice of treatment needs to be further investigated. More case studies are needed on Yagya therapy based on the treatment of several other ailments.

**Keywords:** Yagya, cancer, diabetes, heart, therapy, herbs.

### INTRODUCTION

Yagya therapy is a rejuvenating approach to healing with scientific proof that it is therapeutic for the body and mind. Its incineration process releases chemicals with medicinal properties into the air because the Yagya samagri used is a mixture of dried medicinal herbs. These chemicals purify the ambient air by purging pathogens and toxins. Herbs such as haldi, kachnar, tulsi, lodh pathani, gudmar, giloy, arjun used in Yagya samagri are anti-inflammatory and anti-oxidant in nature (Tripathi *et al.*, 2020; Tomar *et al.*, 2018; Kumar *et al.*, 2010; Nakai & Tsuruta 2021). Similarly, sharpunkha, neem, giloy, tulsi are blood purifiers that remove toxins from the body (Dalwadi *et al.*, 2014; Gupta *et al.*, 2021; Maji & Modak 2021). Many other medicinal herbs with different health effects are also present in the hawan samagri. Individuals inhaling these herbal fumes are found to be healthier (Bhardwaj *et al.*, 2013; Nivethitha *et al.*, 2016). Yagya is for the holistic healing of every living being as fumes released are rich in antioxidants, cure respiratory problems and improve the oxygen absorption capacity of the lungs (Pandya, 2011; Brahmavarchas, 2016). They reduce internal stress and improve resistance to infections and diseases. The rhythmic mantra chants and the aroma of sacred herbs create a calming ambiance. Yagya with ailment-specific

samagri is a potent form of supportive care that helps in managing the disease to a significant extent. Yagya therapy is an efficient form of palliative care that not only improves the quality of life but also cares for the person as a whole, not just their disease. It brings psychological, social, and spiritual relief as well (Mishra *et al.*, 2018). This study sheds light on the therapeutic significance of Yagya through the case studies of patients suffering from cancer, diabetes, and heart ailments. Conventional medical interventions have their limitations in treatment. Long-term use of medicines results in detrimental side effects, and they do not address the issue of developing mental and physical stress during the progression of the therapy. Yagya therapy presents a solution to fill this gap found in conventional treatment. This is not only inexpensive but also much needed for an integrative approach for treatment. This research paper seeks to bring the scientific rationale and mechanisms of Yagya by way of case studies of cancer, diabetes and heart patients. Yoga therapy is very effective in changes in body circulations in human beings and heat regulatory disturbance in outer parts (Lodhi *et al.*, 2021). Yoga is a physical and mental discipline that originated in Indian culture over 2,000 years ago and is reported to improve muscle fitness and

body composition (Khosravi *et al.*, 2015) and reduction in blood sugar and blood pressure (Soni *et al.*, 2013).

## MATERIALS AND METHODS

Total nine patients having complications of cancer, diabetes and heart diseases were observed under the treatment of Yagya therapy. The treatment detail of three patients each in cancer, diabetes and heart diseases was included and evaluated during the present study. The information about age, sex, disease history, demographic details and follow up of Yagya therapy was gathered and presented. All the patients consented to the use of their data for research and publication purposes without revealing their identities. Yagya was performed twice daily, in the morning and evening, followed by

yogasananas at the Vedic center only. The parameters observed to check the quality of life of the patients were weight loss, level of fatigue, loss of appetite, constipation, metabolism, difficulty eating, sleeping trouble, body pain, breathing difficulty, etc.

All the patients were treated with “Yagya therapy” at “Vedic Arogya Centre” Mira Road, Mumbai, Maharashtra. The patients were prescribed to sit in the Yagya with ailment-specific hawan samagris. Cancer patients were treated with samagri “Divya Karkateshti”. Similarly, diabetics and heart patients were treated with “Divya madhuishti” and “Divya hridayeshti” respectively.

**Table 1: Ingredients of “Divya Karkateshti (100 g)” (Hawan Samagri) for Cancer Patients**

Ingredients	Weight	Health Effects
Haldi Rhizome	9.0 g	Curcumin: anti-cancer, antiinflammatory antioxidant (Tripathi <i>et al.</i> , 2020)
Kachnar Bark	8.9 g	Methanolic extract: analgesic, anti-microbial, anti-inflammatory, antioxidant. Delays the growth of cancer cells (Tomar <i>et al.</i> , 2018)
Tulsi desi Leaf ( <i>Curcuma longa</i> ) ( <i>Bauhinia variegata</i> ) ( <i>Ocimum sanctum</i> )	8.9 g	Eugenol: anti-microbial, anti-inflammatory, analgesic, anticancer (Kumar <i>et al.</i> , 2010)
Apamarga Panchang	8.9 g	(Kshara (alkali)) regulates production of digestive juices in stomach (Pal <i>et al.</i> , 2023).
Lodh Pathani Bark	8.9 g	Analgesic, Anti-inflammatory, anti-cancer anti-oxidant (Shahmeer <i>et al.</i> , 2020)
Kachur ( <i>Achyranthes aspera</i> ) ( <i>Symplocos racemosa</i> ) ( <i>Curcuma zedoaria</i> ) Root	8.9 g	Balances Tridoshas and heals body internally (Chauhan <i>et al.</i> , 2023)
Sharpunkha Panchang	8.9 g	Blood purifier, removes toxins from body (Dalwadi <i>et al.</i> , 2014)
Giloy Stem	8.9 g	Anti-oxidants rich analgesic and antipyretic (Gupta <i>et al.</i> , 2021)
Neem ( <i>Azadirachta indica</i> ) leaf ( <i>Tephrosia purpurea</i> ) ( <i>Tinospora codifolia</i> )	8.9 g	Azadirachtin and nimbolide: antipyretic, antitumor (Maji & Modak 2021)
Dronpushpi Panchang	8.9 g	Analgesic, antiinflammatory, improves immunity and digestion (Hiremath <i>et al.</i> , 2022)
Neel Patra ( <i>Indigofera tinctoria</i> ) Leaf	8.9 g	Relieves constipation and improves liver functioning (Mishra & Gomare 2020)
Kapur ( <i>Leucas cephalotes</i> ) ( <i>Cinnamomum camphora</i> ) Wood	2 g	Antiinflammatory and anti-microbial (Chen <i>et al.</i> , 2013).

(Source: <https://www.patanjaliayurved.net/product/herbal-home-care/hawan-samagri/divya-karkateshti-hawan-samagri/3549>)

**Table 2: Ingredients of “Divya madhuishti (100g)” (Hawan Samagri) for Diabetic Patients.**

Ingredients	Weight	Health Effects
Gudmar Panchang	40 g	Regulates blood sugar, anti-oxidant, anti-inflammatory (Saneja <i>et al.</i> , 2010)
Giloy Stem	5.27 g	Anti-oxidants rich analgesic and antipyretic (Gupta <i>et al.</i> , 2021)
Indrayan ( <i>Gymnema sylvestre</i> ) ( <i>Tinospora cordifolia</i> ) ( <i>Citrullus colocynthis</i> ) ( <i>Swertia chirata</i> ) ( <i>Asparagus racemosus</i> ) Fruit	5.27 g	Anti-diabetic, anti-inflammatory, anti-oxidant, anti-carcinogenic (Bhasin <i>et al.</i> , 2020)
Chirayita Panchang	5.27 g	Anti-diabetic (Dey <i>et al.</i> , 2020)
Shatavar Root	5.27 g	Anti-diabetic. Enhances insulin secretion and action (Guo <i>et al.</i> , 2023)
Ashwagandha ( <i>Withania somnifera</i> ) ( <i>Azadirachta indica</i> ) ( <i>Cinnamomum zeylanicum</i> ) Root	5.27 g	anti-inflammatory, improves energy levels and mitochondrial health (Singh <i>et al.</i> , 2011)
Neem leaf	5.27 g	Azadirachtin and nimbolide – antipyretic, antitumor (Maji & Modak 2021)
Dalchini Bark	5.27 g	Controls Cholesterol and LDL-Cholesterol in the body (Parihar <i>et al.</i> , 2023).
Baheda ( <i>Terminalia bellirica</i> ) ( <i>Andrographis paniculata</i> ) ( <i>Nigella sativa</i> ) and Wrightia Fruit	5.27 g	analgesic, antioxidant, hepatoprotective, antibacterial, anticancer and immunomodulatory (Gupta <i>et al.</i> , 2017)
Kalmegh	5.27 g	anti-cancer, antitumor, hypoglycemic, immunomodulatory and hypotensive activities (Chauhan <i>et al.</i> , 2019)
Kali jeeri Seed	5.27 g	Anti-phlegmatic, anti-asthmatic. Also used for fever, ulcer and skin diseases (Paydar <i>et al.</i> , 2013)
Kutaja antidysenterica ( <i>Cinnamomum camphora</i> ) Bark	5.30g	Anti-diabetic drug (Divya <i>et al.</i> , 2021)
Kapur Wood	2 g	Antiinflammatory and anti-microbial (Chen <i>et al.</i> , 2013).

(Source: <https://www.patanjaliayurved.net/product/herbal-home-care/hawan-samagri/divya-madhuishti-hawan-samagri/3558>)

**Table 3: Ingredients of “Divya hridayeshti (100g)” (Hawan Samagri) for Heart Patients.**

Ingredients	Weight	Health Effects
Arjun Bark	50 g	Anti-oxidant cardiovascular properties. It regulates blood pressure and controls cholesterol level (Verma <i>et al.</i> , 2013)
Dalchini Bark	15 g	Controls Cholesterol and LDL-Cholesterol in the body (Parihar <i>et al.</i> , 2023).
Nirgundi ( <i>Terminalia arjuna</i> ) ( <i>Cinnamomum zeylanicum</i> ) ( <i>Vitex negundo</i> ) Panchang	6 g	Anti-tumor, anti-oxidant, antimicrobial, antiinflammatory (Devi, 2021)
Rasna Leaf	6 g	Muscle relaxant, anti-toxin (Shrivastava & Shankar 2012)
Punarnava Root	6 g	analgesic, anti-inflammatory, diuretic, hepatoprotective, immunomodulator and nephroprotective, antiulcer and antihistaminic (Kumar, 2018)
Chitrak Root bark ( <i>Pluchea lanceolata</i> ) ( <i>Boerhaavia diffusa</i> ) ( <i>Plumbago zeylanica</i> )	6 g	Prevents cholesterol and LDL accumulation in blood vessels and liver (Sharma & Kaushik 2014)
Nagarmotha Root	5 g	Regulates blood pressure (Nafees <i>et al.</i> , 2020)
Guggul Gum	4 g	Reduces chest pain, and protects heart during low blood supply (Tomar <i>et al.</i> , 2018)
Kapur Wood	2 g	Acts as a tonic for heart (Chen <i>et al.</i> , 2013).

(Source: <https://www.patanjaliayurved.net/product/herbal-home-care/hawan-samagri/divya-hridayeshti-hawan-samagri/3548>)

All samagris were prepared by “Divya pharmacy” Patanjali. Patients were asked to inhale medicated fumes of Yagya and perform pranayama at least for 30 minutes in the medicated fumes of Yagya two times daily. Patients were treated for a few days to months of Yagya

therapy, depending on the severity of the illness. In addition to yagya, patients were prescribed exercise, acupressure and medicated steam therapy also as required by the severity of ailment they have been suffering with. The composition of different contents

(100 g contains coarse powders) of all the therapeutic Yagya samagris, with their health effects are given in Tables 1-3.

## RESULTS

This study is based on feedback about the effect of Yagya therapy on patients. The patients had been on either allopathic or naturopathic treatment before starting the Yagya therapy at the “Vedic Arogya Centre”. The responses of patients were recorded in follow-up forms containing the “assessment parameters”. The parameters observed to check the quality of life (QOL) of the patients found improved in the patients taking Yagya therapy. All patients were reported significant improvements in mental and physical alertness in the beginning. Their immunity levels got improved, and they felt energized. The quality of life (QOL) indicators were much better than those of other patients not on Yagya therapy. Although, patients were treated for a few days to months of Yagya therapy, depending on the severity of the illness, a few of them continued even longer with their own choices and liking for Yagya.

### *Evaluation of Cancer patients after treatment with Yagya therapy*

Cancer patients (24 to 54 years’ age group) were treated with Yagya therapy for 3–15 days at least. The patients reported improvements in their metabolism and quality of life. Their problems of constipation and weight loss

were resolved. Patient 1, diagnosed with throat cancer, had a major complaint of difficulty eating and swallowing food because of the size of his tumor. He had no relief from treatment with naturopathy, which he started earlier. He was on Yagya therapy only during the entire treatment. He reported a reduction in the size of his throat tumor. He reported no other significant health issues, even after 11 years. Patient 2 was diagnosed with cancer in the cheek. The patient 2 had to go for surgery, but with Yagya therapy, his mental and physical stress remained manageable. Most other patients taking only conventional treatments are observed to have deteriorating health with the progression of cancer therapy. Yagya provided supportive care and helped with a fast recovery. Patient 3 was diagnosed with a tumor in both the ovaries. She had undergone surgery for the removal of the tumors. She took treatment with Yagya therapy, as the chances of its reappearance were high. Even after surgery, she was suffering from stomach pain and symptoms that deteriorated her 'quality of life'. The stomach pain, constipation, and weakness remained even after surgical removal of the ovarian tumor in patient 3 were found relieved with the Yagya therapy. On finalization of her treatment with Yagya, she reported total healing of her mind and body. The details of assessment, demography and follow up of Yagya therapy, of cancer patients are given in Table 4.

**Table 4: Assessment, demographic details and follow up of Yagya therapy by cancer patients.**

Assessment parameters		Patient 1	Patient 2	Patient 3
1.	Cancer type	Throat cancer	Cancer in cheek	Ovarian tumor
2.	Age of patient	54 years	50 years	28 years
3.	Gender	Male	Male	Female
4.	Residence state	Maharashtra	Maharashtra	Maharashtra
5.	Duration of Yagya therapy taken	11 days	15 days	3 days
6.	Number of times Yagya performed per day	2	2	2
7.	Pranayam performed per day	30 minutes atleast	30 minutes daily	30 minutes
8.	Previous therapy	Naturopathy	Allopathy, surgery	Surgery and allopathic medicines

### *Evaluation of Diabetic patients after treatment with Yagya therapy*

Three elderly diabetic patients of age group 74 – 76 years treated with Yagya therapy reported that their blood glucose level was completely under control with Yagya therapy. They felt energized, the quality of their sleep improved, and the issue of fatigue was resolved. These patients were treated with Yagya therapy for 7 days to 9 months. “Divya madhuishti” samagri was prescribed for Yagya therapy of these patients. Patient 1 was a 76-year-old male suffering from COPD (chronic obstructive pulmonary disease) and ischemic heart disease, along with diabetes. He was undergoing allopathic treatment before Yagya therapy. He reported significant improvement just after 7 days of Yagya therapy.

Initially, he was experiencing difficulty speaking and walking because of shortness of breath. But Yagya therapy made him able to go upstairs, up to the third floor of his building. Patient 2, a 76-year-old female, was

suffering from diabetes and hypertension. She reported a significant relief in diabetes within one year of the start of Yagya therapy. She relied on Yagya therapy for the treatment. Even after getting cured of diabetes and tension, she continued with Yagya therapy. Patient 3 was a 74-year-old female. Being diabetic, she had major complaints of lethargy. Before Yagya's therapy, she had been taking allopathic medication since last 16 years. She was taking 16 tablets to control her diabetes earlier, but with Yagya therapy, her medication has reduced significantly; that number has reduced to just 2 and a half. Her persistent ear pain was also cured with yagya. A detailed information on diabetes patients, their details of assessment, demography and follow up of Yagya therapy is presented in Table 5.

### *Evaluation of heart patients after treatment with Yagya therapy*

This study included three heart patients aged 61 to 78 years. Patients 1 and 3 had a complaint of heart attack.

Patient 2 was suffering from unstable angina. For heart patients, Yagya therapy was continued from 21 days to 3 months. Patients reported that symptoms like pain, nausea, indigestion, and heartburn diminished in the course of Yagya therapy. Patient 1 started his treatment with Yagya therapy soon and continued for 1 month. Patient 2 had major blockage in his heart chambers. He was on allopathic treatment, where he was prescribed immediate open-heart surgery. At the “Vedik Arogya Centre” he was treated with medicated steam, acupressure, and physiotherapy along with the Yagya therapy. At the finalization of his treatment, he was in significantly improved physical and mental health.

Patient 3, a 61 years old female, had a heart attack and she remained admitted to the hospital for 14 days. While she was on allopathic medicines, the doctors prescribed her an operation. The Yagya therapy improved her to the level that her medication got reduced. She took Yagya therapy treatment for three months and had such miraculous effect of Yagya therapy on her health that she delayed the surgery advised to her before Yagya therapy. The information on heart patients, their details of assessment, demography and follow up of Yagya therapy is presented in Table 6.

**Table 5: Assessment, demography and follow up details of Yagya therapy by diabetes patients.**

Assessment parameters		Patient 1	Patient 2	Patient 3
1.	Diseases	Diabetes Mellitus, Heart problem and COPD (Chronic Obstructive Pulmonary disease)	Diabetes Mellitus and Tension	Diabetes, lethargy
2.	Age of patient	76 years	76 years	74 years
3.	Gender	Male	Female	Female
4.	Residence state	Maharashtra	Maharashtra	Maharashtra
5.	Duration of Yagya therapy taken	7 days	2 years	9 months
6.	Number of times Yagya performed per day	2	2	2
7.	Pranayam performed per day	30 minutes atleast	30 minutes daily	30 minutes daily
8.	Previous therapy taken before Yagya therapy	Allopathy	None	Allopathy

**Table 6: Assessment, demography and follow up details of Yagya therapy by heart patients.**

Assessment parameters		Patient 1	Patient 2	Patient 3
1.	Diseases	Heart attack	Unstable Angina	Heart problem
2.	Age of patient	78 years	67 years	61 years
3.	Gender	Male	Male	Female
4.	Residence state	Gujrat	Maharashtra	Maharashtra
5.	Duration of Yagya therapy taken	1 month	21 days	3 months
6.	Number of times Yagya performed per day	2	2	2
7.	Pranayam performed per day	30 minutes daily	30 minutes daily	30 minutes daily
8.	Previous therapy	None	Allopathy	Allopathy

## DISCUSSION

This research paper explores the therapeutic potential of Yagya therapy for patients struggling with incurable diseases like cancer, diabetes, and heart problems. Yagya therapy is a significant approach that can make the lives of patients easier by integrating ancient Vedic wisdom into conventional treatment. The samagri used for Yagya is a mixture of herbs with medicinal properties. Besides this, these herbs provide relief from physical and mental stress. Our ancient scriptures have mentioned thousands of medicinal plants that can cure life-threatening health conditions with ease (Tripathi *et al.*, 2020; Tomar *et al.*, 2018; Kumar *et al.*, 2010; Nakai & Tsuruta, 2021). All the patients mentioned in the study experienced improvements in their quality of sleep and metabolism, *Balkrishna et al.*, *International Journal on Emerging Technologies* 15(1): 01-08(2024)

with reduced physical and mental stress. Cancer patients reported that their pain and weakness diminished during Yagya therapy. In this study, one of the cancer patient reported a reduction in tumor size. This might be because of the herbs used in the samagri ‘Divya Karkateshti’ and contain analgesic, antipyretic, antioxidant, and anti-inflammatory properties (Hiremath *et al.*, 2022; Tripathi *et al.*, 2020; Tomar *et al.*, 2018; Maji & Modak 2021). Moreover, the Yagya therapy of herbs neutralize free radicals and reducing the amount of ‘reactive oxygen species’ in the body and provide relief in physical and mental stress also (Nakai & Tsuruta 2021). The ingredients in Yagya therapy samagri of cancer patients are blood purifiers that remove toxins from the body (Dalwadi *et al.*, 2014; Gupta *et al.*, 2021; Maji & Modak



2021). A study conducted by Mishra *et al.* (2018) also conducted a study on treating cancer patients by Yagya therapy with disease specific herbs. After Yagya therapy, the treated patients get relief in their symptoms of pain, weakness, quality of sleep, constipation, loss of appetite and vomiting. The diabetic patients reported a came down in their glucose levels and their dependency on medicines was significantly reduced. Here also the ingredients of Yagya samagri of diabetic patients perhaps used in Yagya therapy played a significant role. A same study of Pal *et al.* (2020) also reported the reduction in blood glucose level in diabetic patients mentioned in their study. They also included medicinal plants like Kalmegh, Giloy and Kutaj with anti-diabetic properties in the Yagya samagri. Most of the herbs (Gudmar, Chirayita, giloy, Ashwagandha, Shatavar, Kalmegh, kali jiri, etc.) used in samagri 'Divya madhuishti' are rich in properties controlling blood glucose and promoting insulin production (Saneja *et al.*, 2010; Dey *et al.*, 2020; Guo *et al.*, 2023; Singh *et al.*, 2011; Chauhan *et al.*, 2019; Paydar *et al.*, 2013). Similarly, heart patients have also reported significant relief and health improvement after being treated with Yagya therapy. The ingredients like parts arjun, dalchini, rasna, nagarmotha, chitrak, guggul, etc. used in "Divya hridayeshi" samagri for the treatment of heart patients are known to control the level of blood cholesterol, regulate blood pressure, act as muscle relaxants, and provide relief from chest pain, sleeplessness, breathlessness, and fever (Parihar *et al.*, 2023; Nafees *et al.*, 2020; Sharma & Kaushik, 2014; Shrivastava *et al.*, 2020). Yagya therapy was also found effective in the treatment of patients suffering from paralysis (Balkrishna *et al.*, 2024). It is concluded from the present study that Yagya therapy is an efficient supportive care for management of the symptoms of Cancer, Diabetes and heart patients. It is important to further explore the therapeutic potential of Yagya therapy for other ailments. There is scope to integrate Yagya therapy with conventional treatment methods to provide comprehensive care and speedy recovery.

## CONCLUSIONS

This study shows that Yagya is a form of therapy that needs to be integrated with contemporary treatment methods to speed up the pace of recovery. However, Yagya therapy as a sole choice of treatment needs to be further investigated. More case studies are needed on Yagya therapy based on the treatment of several other ailments.

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