



Efficacy of Yagya Therapy in Paralysis Treatment: Some Case Studies

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ABSTRACT: Paralysis is a symptom of some major ailment in the body that may take days or months to recover. The available treatments are not only expensive; they may have numerous side effects. Yagya therapy, on the other hand presents an efficient alternative or supportive therapy for paralysis treatment. The basic composition of yagya samgri contains different medicinal herbs that are reported to have several remedial effects. A paralysis specific yagya samgri namely “Divya Medheshti” that consists a mixture of paralysis-specific medicinal herbs like *Bacopa monnieri*, *Convolvulus pluricaulis*, *Acorus calamus*, *Lavandula stoechas*, *Celastrus paniculatus*, *Withania somnifera*, *Inula racemose*, *Achyranthes aspera*, *Nardostachys jatamansi*, *Cinnamomum camphora* and kapur wood is used in the present study to evaluate its effect on 14 patients of in the age group of 19–75 years. The patients were continued with yagya and pranayama for a duration of 10 days to 11 months. The patients have experienced satisfactory to complete relief after the yagya treatment. Therefore, yagya therapy is an affordable form of treatment for paralysis that helps in the restoration of lost muscle control and provides much-needed hope and a positive attitude.

Keywords: Case studies, medicinal herbs, paralysis, treatment, yagya therapy.

INTRODUCTION

Paralysis, in itself, is not a disease but a symptom of a health condition. It is the temporary or permanent loss of voluntary muscle movement in a body part or region. Damage to the central nervous system (CNS), leading to the loss of activity in related muscles, is the leading cause of paralysis. Every year, approximately 1.9 % of the world's population suffers from paralysis. Stroke, brain and spinal injuries, and microbial infection are some common factors that can inhibit the functioning of CNS and can cause conditions of paralysis. The available traditional therapies for paralysis are based on treating symptoms only and patients are not able to recover completely. They do not provide a curative solution to restore the lost functioning of the related muscles or quality of life (Ding *et al.*, 2022). Secondary complications, such as neuropathic pain, are controlled by medication, but they cause cognitive issues, drowsiness, etc. Moreover, this treatment process is expensive, and not everyone can afford them. It creates a stressful situation for the person who is already going through the trauma of paralysis. In contrary, the life energy produced during Yagya is beyond the electromagnetic spectrum. It has healing properties and the potential to cure “tough to cure” diseases such as heart diseases, skin problems, paralysis, etc. Mantra chanting during the process of Yagya further improves

the level of life energy. Parts of ailment-specific medicinal plants used as oblation with other healthy materials produce therapeutic yagya fumes (Puchalski, 2009). The heat energy generated, in combination with medicinal fumes, brings desired biological, physiochemical, and spiritual changes. Generally used materials during yagya are dried wood of mango, papal, etc. (Samadhi), odoriferous substances like Chandan, saffron, etc., medicinal plants like Brahmi, tulsi, guggul, etc., and other materials such as sugar, honey, milk, ghee, etc. The release of therapeutic compounds such as eugenol and terpinol enhances the curative and soothing properties of yagya. The ghee helps in the rapid incineration of the material in the form of oblation and wood. Ghee fumes improve immunity and eliminate toxins from the body. Thus, produced yagya fumes have antimicrobial activities and remove microbes from the surrounding air (Nautiyal *et al.*, 2007). Based on such properties of yagya, present study was formulated to study its efficacy in the treatment of paralysis through different case studies and to provide an affordable alternative therapy for paralysis patients. Yoga therapy is one which 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. The findings suggest that

middle age women with overweight may benefit from yoga practice to improve the muscle fitness and body composition (Khosravi *et al.*, 2015). The study revealed that the selected blood sugar and blood pressure were significantly reduced due to the influence of yogic practices and naturopathy treatments in diabetic patients (Soni *et al.*, 2013).

MATERIALS AND METHODS

This study was performed at “Vedic Arogya Kendra”, Mira Road, Mumbai, Maharashtra. The patients were

prescribed to perform yagya with Yagya samagri “Divya Medheshti”, prepared by Patanjali Ayurved, Haridwar, Uttarakhand. The samagri is a mixture of medicinal herbs that have a medicinal effect on a paralytic body part. It acts for holistic healing and strengthening of the body from within. The composition of different contents (100 g contains coarse powders) of the therapeutic yagya samagri, with their health effects are given in Table 1.

Table 1: Divya Medheshti (Hawan Samagri) Ingredients used in Yagya therapy.

Ingredients	Weight	Health effect
Brahmi Leaf/Vine	10.89 g	Treats cognitive disorders and epilepsy (Thorat <i>et al.</i> , 2018)
Shankhpushpi Panchang	10.89 g	Strengthens nervous system and cures cognitive disorders (Sharma <i>et al.</i> , 2022)
<i>Bacopa monnieri</i> , <i>Convolvulus pluricaulis</i> , Gudbach Root	10.89 g	Supports nervous system and improves cognitive functioning (Sharma <i>et al.</i> , 2020)
Ustukhuddus Flower	10.89 g	Cure paralysis and dementia (Nasir <i>et al.</i> , 2020).
Malkangni Seed (<i>Acorus calamus</i>) (<i>Lavandula stoechas</i>) (<i>Celastrus paniculatus</i>)	10.89 g	Cures nervous system related problems. Boosts memory and eyesight. Relives joint crepitation, stiffness and pain (Kalam <i>et al.</i> , 2019).
Ashwagandha Root	10.89 g	Neuroprotective herb (Singh <i>et al.</i> , 2017).
Pushkarmool Root	10.89 g	Neuroprotective properties (Rehman <i>et al.</i> , 2019).
Apamarga (<i>Withania somnifera</i>) (<i>Inula racemosa</i>) (<i>Achyranthes aspera</i>) (<i>Nardostachys jatamansi</i>) (<i>Cinnamomum camphora</i>) Panchang	10.89 g	Anti-depressant activity. Treats anemia and blood disorders (Singh <i>et al.</i> , 2019).
Jatamansi Root	10.88 g	Anti-depressant. Strengthens nervous system (Thakur <i>et al.</i> , 2021).
Kapoor Wood	2.00 g	Brings relief to breathing. Analgesic, antispasmodic, stimulant (Alam <i>et al.</i> , 2020).

(Source: <https://www.patanjaliayurved.net/product/herbal-home-care/hawan-samagri/divya-medheshti-hawan-samagri/3550>)

This study involves the paralysis patients suffered from the loss of mobility in different body parts. The patients were asked to exercise pranayama for at least 30 minutes while sitting in Yagya. Yagya was performed twice daily, in the morning and evening, followed by yogasanas at the Vedic center only. During Yagya therapy, the vital indicators of well-being observed in patients were ease of breathing, risk of pneumonia and blood clot formation, persisting weakness in the affected body part, coughing difficulty, and difficulty in the movement of joints. All the patients consented to the use of their data for research and publication purposes without revealing their identities.

RESULTS

This study shows that yagya helps paralysis patients recover with ease. Total 14 patients (male and female seven each) were evaluated during the present study. Six

patients were in the age of between 51-60, whereas, three in 31-40, two 61-70 and one in each 11-20 and 71-80. The patients mentioned have undergone yagya therapy for 10 days to 11 months. Patients recognized the miraculous therapeutic effect of Yagya therapy in their feedback. The patients experienced ease of breathing and coughing difficulty were gone within a few initial days of the therapy. The cognitive issues like difficulty in speaking, blurred vision, loss of memory, etc. were got resolved. As the therapy progressed, they reported enhanced motility and strength in the affected body parts. Patients were observed doing joint movements easily in comparison to the condition before therapy. The patients with the risk of developing blood clots or pneumonia were cured completely. During the treatment, the patients experienced positivity, and the negative thoughts were dispelled from their minds. They experienced sound sleep and mental relief. Some of them

willingly continued with therapeutic yagya beyond the prescribed duration of treatment. The details of information collected from patients about the disease, demography, follow-up and about therapy have been presented in Table 2.

Detailed information of Patients, Treatment and final results of therapy

Patient – 1: Patient 1 was a 40-year-old male with a history of tobacco chewing and occasional alcohol use. He complained of a sudden onset of right-sided paralysis on December 17, 2016. The patient started facing problems with speaking as well. He started yagya therapy while continuing with allopathic medication and physiotherapy. He continued with yagya therapy for 4 months and 6 days. The patient reported significant mental and physical relaxation because of Yagya therapy. His duration and quality of sleep improved. On completion of the treatment, he was feeling healthy, and started mobility in the paralyzed body parts.

Patient – 2: Patient 2 was a 66-year-old male suffering from right-hand side paralysis. He was facing problems with speaking as well. Earlier, he took allopathic treatment. Later on, he started treatment through Yagya therapy. On continuous yagya therapy for 10 days, he reported a and able to walk without much support.

Patient – 3: A 60 years old male with paralysis, started treatment through Yagya therapy. He had already gone through allopathic treatment for 8 days. He experienced no improvement in his condition. Within the few days of starting yagya therapy he stopped medication. He reported that he was able to walk and do his daily activity without any help just after 15 days of attending Yagya. Therefore, yagya therapy, pranayama and regular exercise worked for him miraculously.

Patient – 4: A 35 years old female suffering from left side of the body paralysis. She visited “Vedic Arogya

Kendra, and had no other therapy. Starting with the yagya therapy, she started getting peaceful, sound sleep, mental peace, improved capacity of speech and physical activities. She continued with yagya therapy for three months. At last she was able to walk without support.

Patient – 5: This patient is a 40 years old female that had been suffering from a kind of brain problem earlier. For that she had gone through surgery before visiting “Vedic Arogya Kendra” for her treatment of paralysis. During 4 months of treatment she reported relief in her earlier symptoms of weakness, pain and depression. Her sleep also improved, and she was able to do all her personal activities on the completion of treatment through Yagya therapy.

Patient – 6: The 60 years old female patient suffered with paralysis because of a nervous system-related problem. Earlier, she was not even able to sit properly. She had undergone Yagya therapy for 3 to 4 months. She reported having recovered completely. Once she completed yagya therapy, she was able to sit, walk, and do household activities too.

Patient – 7: This 52 years old female patient suffered from left side of body paralysis and was not able to move and speak at all. She visited “Vedic Arogya Kendra” on wheel chair. Within the 2 months of taking yagya therapy and exercise she started walking. After four months of continuous yagya therapy she was able to speak and do household works also.

Patient – 8: Patient 8 is a female of 57 years in age and had suffered with paralysis three times. Every time, she opted for Yagya therapy only. She started her treatment with yagya therapy at the “Vedic Arogya centre”. Every time, she recovered with the treatment of yagya therapy alone.

Table 2: Assessment, demographic details and follow up of Yagya therapy by patients.

Patients	Paralysis affected Body Part	Age (Years)	Gender	Therapy Duration	Other Therapy taken
Patient 1	Right side paralysis (stroke)	40	Male	4 months, 6 days	Allopathy, Physiotherapy
Patient 2	Right side paralysis	66	Male	10 days	Allopathy
Patient 3	Paralysis	60	Male	31 days	Allopathy
Patient 4	Left side paralysis	35	Female	3 months	None
Patient 5	Left side paralysis	40	Female	3 months, 5 days	Allopathy, Naturopathy
Patient 6	Paralysis (nervous system malfunctioning)	60	Female	3 to 4 months	-
Patient 7	Right side paralysis	52	Female	4 months, 18 days	Naturopathy
Patient 8	Paralysis and slip disk	57	Female	1 month	Yagya therapy only
Patient 9	Brain hemorrhage and paralysis	19	Female	2 months	Allopathy
Patient 10	One side of the body paralyzed	55	Male	11 months	Allopathy
Patient 11	Paralysis	42	Female	3 months	Yagya therapy only
Patient 12	Left side paralysis	52	Male	5 months	Yagya therapy only
Patient 13	Paralysis	75	Male	1 month	Yagya therapy only
Patient 14	Right side paralysis	64	Male	1 month 10 days	Naturopathy

Patient – 9: Patient 9 is a 19 years old female suffered with brain hemorrhage and paralysis. Earlier she started allopathic treatment but later she opted for Yagya therapy for two months. She not only recovered from paralysis but experienced mental relief and focused mind also.

Patient – 10: This male patient was 55 years old when he suffered from hemiplegia. He went for allopathic treatment earlier and returned with many oral medicines. He was very disappointed with the pace of recovery. Then he got to know about yagya therapy at the “Vedic arogya centre” and started treatment there. After 11 months of treatment, he was completely cured. And even after 20 years, he never had paralysis again.

Patient – 11: This 42 years old female patient started yagya therapy for her paralysis treatment immediately. She did pranayama in the medicated fumes of yagya and performed exercise thereafter. She experienced recovery in a short time of 3 months. And even after several years of therapy, she is completely healthy.

Patient – 12: This 52 years old male patient suffered from chronic cough cold, constipation with paralysis. He took the treatment with yagya therapy only. As the yagya therapy progressed, he started walking without support, cured from constipation, cough and cold as well. He continued with the treatment for 5 months and his disappointment also ended. He got positive attitude towards life because of yagya therapy.

Patient – 13: This 75 years old male patient started paralysis treatment with yagya therapy only. He continued with treatment for one month. And within this duration only, he was totally recovered from paralysis.

Patient – 14: This 64 years old male patient was suffering from left side body paralysis. Earlier he started naturopathy treatment. Later he came for yagya therapy. While attending the yagya therapy, he regained his mental balance, memory and strength in his left body parts.

DISCUSSION

Paralysis is a complex medical condition that impacts individuals physically, emotionally, and financially. While yagya helps paralysis patients recover with ease, some of them willingly continued with therapeutic yagya beyond the prescribed duration of treatment. The collective effect of the yagya fumes of these herbs improves the health of a paralytic person in a holistic manner. The therapy also believed to relieve secondary symptoms like neuropathic pain. Besides, there was a significant improvement in pain, stress, and depression-related issues. Besides, there was a significant improvement in pain, stress, and depression-related issues. The improvement in the quality of sleep and metabolism was also reported by all the patients. The patients reported feeling positive from within and the yagya naturally rejuvenated their bodies. This may be because of the composition of Divya Medheshti samagri used for the therapy which is a mixture of paralysis-specific medicinal herbs like Brahmi, Shankhpushpi,

Gudbach root, etc. These herbs work to cure cognitive disorders like blurred vision, loss of memory, and difficulty speaking (Thorat *et al.*, 2018; Sharma *et al.*, 20022). Ustakhuddus flower is rich in paralysis-curing properties (Nasir *et al.*, 2020). The samagri contains herbs such as Jatamansi roots, Malkangni seeds, which cure nervous system (Kalam *et al.*, 2019; Thakur *et al.*, 2021). Ashwagandha and Pushkarmool are naturally neuroprotective. These herbs are helpful in healing the condition of paralysis (Singh *et al.*, 2017; Rehman *et al.*, 2019) and cure not only paralytic body parts but are also antidepressants, analgesics, antispasmodics, and stimulants. In this study, many patients reported that they had been cured of paralysis with Yagya therapy alone while in some yagya therapy acted as supportive care that helped them to make a speedy recovery from paralysis. Yagya therapy, being based on herbal medicines, works for the restoration of lost muscle control and is affordable too. Yagya also helps patients and their families to maintain a positive attitude during the entire span of treatment.

CONCLUSIONS

Based on the observation and results of the present study it was concluded that Yagya therapy with paralysis-specific Yagya samagri namely “Divya Medheshti” consists of a mixture of paralysis-specific medicinal herbs has the potential to improve paralytic patients from satisfactory to significant level when this treatment has been taken along with yoga exercises like pranayama. Therefore, Yagya therapy is an affordable form of treatment for paralysis that helps in the restoration of lost muscle control and provides much-needed hope and a positive attitude.

FUTURE SCOPE OF STUDY

Keeping in view the efficient results of Yagya therapy on the recovery of patients suffering from paralysis, it is important to further explore the therapeutic potential of Yagya therapy for other ailments. There is a scope to integrate Yagya therapy with conventional treatment methods to provide comprehensive care and speedy recovery.

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