



## Yagya Therapy: An Innovative Approach to Alleviate Aggravated Vata-borne Musculoskeletal Conditions

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**ABSTRACT:** This research paper investigated the therapeutic potential of the ancient Indian practice of Yagya for the health conditions of sciatica, slipped discs and joint pain. In the Ayurvedic system of medicine, these health issues are linked to the imbalance of "Vata", which governs body movement. Offering medicinal herbs such as samagri in the holy fire of yagya can help to restore the balance of tri-doshas in the body. This paper explored the use of yagya therapy for these conditions along with the available evidences. The samagri "Divya Vateshti" was used during the yagya therapy treatment. This is a mixture of medicinal plants like Nirgundi, Rasna, Nagarmotha, Gudbach, Giloy, etc. that are specific to balancing Vata dosha and are anti-nociceptive, analgesic and nerve tonic. Thirteen patients in the age group of 27–87 years suffering from joint pain, a slipped disk, cervical spondylosis, lumbar spondylosis, muscular cramps, and sciatica pain have been observed for the therapeutic effect of yagya. The therapy duration varied from 20 days to 2 years. All the patients reported to have positive impacts of yagya on their mental and physical health. Their pain was diminished and their movement was restored with ease. Although, more research is needed, Yagya therapy is a promising way to manage the pain caused by vata aggravation.

**Keywords:** Yagya, sciatica, slipped disk, spondylosis, therapy.

### INTRODUCTION

Ayurveda classifies sciatica, slipped disc, cervical spondylosis, and lumbar spondylosis as diseases caused by the aggravation of "Vata". The Vata dosha reaches each part of the body through blood circulation done by the heart. It helps to eliminate waste from the body through the digestive and urinary tracts. Humans are becoming more at risk for metabolic disorders because of insufficient dietary habits and a lack of physical activity. These ailments could cause functional impairment (Soni, 2023). Sciatica pain is a result of sciatic nerve root pathology. When nerve roots are irritated or compressed, there is pain, reflex changes, muscle weakness, tingling, or a burning sensation. Most people develop sciatica during the fourth decade of life. Sciatica occurs in people when they are regularly subjected to physically awkward positions. Analgesic drugs are used to manage the symptoms of sciatica (Davis *et al.*, 2023). Likewise, a slipped disc occurs when there is a tear in the spinal disc, which acts as a cushion between the vertebrae of the backbone. They are responsible for the movement and flexibility of the body. The center of the spinal disc bulges out of the tear and presses the nerve endings, which leads to pain and numbness in the related part of the body. Age-related wear and tear, or improper lifting of weight, and injury are among the causes involved in slipped disc. Treatment

may involve surgery, depending on the extent of the injury. Otherwise, analgesic drugs, physiotherapy, and lifestyle changes are prescribed for relief (Dydyk *et al.*, 2023). Spondylosis is an age-related wear and tear of the spine. Degeneration of the joints, discs, and other structures in the vertebral column occurs, resulting in pain and stiffness in the local area. Cervical and lumbar spondylosis both fall into this category. The general treatment includes analgesics, avoidance of weight lifting, physical therapy, or surgery if necessary (Kuo and Tadi 2023). Thus, because these health conditions are not curable and often involve the ingestion of oral drugs for pain suppression, a restricted lifestyle, or even surgery, there is room for an alternative form of therapy such as Yagya. The present study investigated the efficiency of Yagya therapy for the treatment of different vata-associated diseases, such as sciatica, slipped discs, spondylosis, joint pain, and muscular cramps.

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

In this study, the effect of Yagya therapy was observed on 13 patients in the age group of 27–87 years. These patients were diagnosed with joint pain, slipped disk, cervical spondylosis, lumbar spondylosis, muscular cramps, and sciatica pain. The patients consented to the use of their data for research and publication without revealing their identities. Information about the patients' age, sex, ailment diagnosis, and previous therapy was

taken, and demography has been recorded (Table 2). In Yagya therapy, patients were prescribed to undergo medicated Yagya twice a day. Thereafter, they were asked to practice pranayama for at least 30 minutes and other yoga exercises. Patients were treated with an electronic energizer probe (20 minutes to improve blood circulation), electrical acupressure and electrical vibration, depending on the demand of their case-specific therapy. In this study, the parameters used to check for improvement in the quality of life of the patients were intensity of pain, quality of sleep, appetite, constipation, mobility, alertness in the body, psychological well-being, and overall physical health.

**Table 1: Divya Vateshti (Hawan Samagri) Ingredients per 100 g contains coarse powders.**

Ingredients	Weight	Health effect
Nirgundi Panchang	13.02 g	Anti-nociceptive, anti-inflammatory, hepato-protective, anti-oxidant, Muscle relaxant, analgesic (Devi, 2021).
Rasna Leaves	13.02 g	Balances “Vata” dosha, nerve tonic, useful in arthritis, and sciatica treatment. Acts as antipyretic, analgesic. works for dyspepsia also (Garg and Manisha (2020).
Ashwagandha Roots	4.87 g	Promote formation of dendrites. Useful in neurodegenerative diseases (Singh <i>et al.</i> , 2011).
Punarnava Roots	7.30 g	Relief from joint pains and inflammation works as a blood purifier, immunity booster, and improves functioning (Bhowmik <i>et al.</i> , 2012).
Bala Panchang	4.87 g	Improves muscle strength and nerve functions (Mikawlawng <i>et al.</i> , 2017).
Nagarmotha Roots	9.68 g	Nuro-protective, immuno-modulatory, anti-inflammatory (Sharma <i>et al.</i> , 2020).
Ajwain ( <i>Boerhavia diffusa</i> ) ( <i>Sida cordifolia</i> ) ( <i>Cyperus scariosus</i> ) ( <i>Trachyspermum ammi</i> ) ( <i>Ricinus communis</i> ) ( <i>Acorus calamus</i> ) ( <i>Cassia</i> Seeds)	4.87 g	Treats gastro-intestinal problems, bronchial problems and anti-inflammatory (Zarshenas <i>et al.</i> , 2014).
Arand Seed	8.95 g	Used to cure chronic backache, sciatica and rheumatism (Rajeshkumar <i>et al.</i> , 2013).
Gudbach Root	7.00 g	Useful in cervical and sciatica nerve pain (Weisz <i>et al.</i> , 2010; Bennett and Xie 1988).
(Amaltas fistula) ( <i>Nyctanthes arbor-tristis</i> ) ( <i>Boswellia serrata</i> ) ( <i>Cinnamomum camphora</i> ) Fruit	4.87 g	Improve the functioning of central nervous system (CNS) (Bhakta <i>et al.</i> , 2001).
Parijat Panchang	4.87 g	Pacifies Vata dosha (Jha, 2021).
Salaiguggul gum	9.68 g	Anti-inflammatory, analgesic medicine, useful in the treatment of slipped disk, backache, back injury, and coccyx pain (Rout <i>et al.</i> , 2012).
Kapur Wood	2.00 g	Analgesic, antispasmodic, stimulant, brings relief to breathing (Alam <i>et al.</i> , 2019).
Giloy Stem	5.00 g	Reduces joint and muscle pain (Jayswal, 2021).

All patients were treated with Yagya therapy at the “Vedic Arogya Centre,” Mira Road, Thane, Maharashtra. Vata rog-specific samagri “Divya Vateshti” was prescribed for yagya. Samagri was prepared by “Divya Pharmacy” Patanjali. The treatment duration varied between 20 days and 2 years, depending on the severity of the illness in different patients. The patients were asked to inhale medicated fumes coming out of the Yagya. The therapeutic contents of Yagya samagri (100 g coarse powders) and their health effects are given in Table 1.

## RESULTS

This study is based on feedback about the effect of Yagya therapy on patients suffering from aggravated vata-borne musculoskeletal conditions. The patients were taking 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 were found to improve in the patients taking Yagya therapy. All of them reported improvements in their metabolism and quality of life (QOL). All patients reported significant improvements in mental and physical alertness in the beginning. Their immunity levels 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 months to a few years 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 Patients after treatment with Yagya therapy

The patients in the age group of 27 to 87 years were treated with Yagya therapy for 3–20 days at the minimum. All of them reported improvements in their metabolism and quality of life (QOL). Their problems of constipation and weight loss were resolved. The details of assessment, demography and follow-up of yagya therapy of these patients are given in [Table 2](#).

**Patient 1** had complaints of chronic joint pain, myopia (difficulty of not being able to see distant things) and sugar. She was not able to see without glasses. Her eyesight before Yagya therapy was as: RE = +1.25 \* 10, LE = +1.00 \* 180. She did not go for any other treatment except Yagya therapy. The patient reported that her eyes were back to normal vision, and she got significant relief in joint pain during the two years of Yagya therapy.

**Patient 2** was having complaints of joint pain, slipped disk and cervical spondylosis. He was on allopathic treatment earlier but could not continue because of his low financial conditions.

He went for Yagya therapy and continued till there was complete relief. Spondylosis was cured in just three days of Yagya therapy. Since then, the patient continued with the therapy, till date. He further reported that the joint pain also vanished in the due course of the treatment with Yagya.

**Patient 3** was suffering from severe back, knee and toe pain. The pain was so severe that she was not able to walk even. She had been on allopathic medicines but she found temporary relief only. She started Yagya therapy, and yoga classes thereafter. She got rid of the pain completely within 25 days of regular yagya and yoga exercises. She had no problem while walking around, which developed a faith in the patient for Yagya and she attended therapy even after recovery.

**Patient 4** was having vertigo, pain in the shoulders, knees and back. Earlier, she was on allopathic treatment, but not satisfied with that because of the difficulty in sleeping, and negative thoughts. Yagya therapy transformed her life by getting relief from vertigo and body pain and improving quality of sleep. She was filled with positivity because of her treatment with Yagya.

**Patient 5** had severe pain in the back because of a slipped disk. She was on allopathic treatment but found no relief. Her pain was not diminished even after taking painkillers. She had a belief in Yagya and went for Yagya therapy. After continuous treatment for 20 days, she recovered from her slipped disk pain. Earlier she used to walk with the help of a walker, but now she can walk on her own feet.

**Patient 6** was diagnosed with cervical spondylosis pain. She was not on any other prior therapy. She continued with Yagya therapy for 15 days. She got relief from her pain with regular Yagya and yoga practices.

**Patient 7** was having severe pain because of the slipped disk problem. He was not able to walk even. He did not go for surgery as prescribed during his allopathic treatment because of her low financial conditions. Yagya therapy was the option he could rely on. He visited the “Vedik Arogya Centre” and got therapy from Yagya over there. He continued for 1 month along with yoga and got relief in due course of his therapy.

**Patient 8** was diagnosed with a slipped disk. She was asked to get the surgery. She was bothered by the pain. At the same time, she got to know about Yagya therapy and its benefits. She continued with pranayama during yagya and regular yoga. Within one month she recovered without taking any additional medicine. She became fully active and back to her routine life with Yagya.

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

Assessment parameters	Diagnosis	Age of patient	Gender	Residence state	Duration of Yagya therapy taken	Number of times Yagya performed per day	Pranayama performed per day	Previous therapy
1. <b>Patient 1</b>	Joint pain, Myopia, Diabetes	55 years	Female	Maharashtra	2 years	2	30 minutes atleast	Allopathy
2. <b>Patient 2</b>	Joint pain, Slipped disk, 'Cervical spondylosis'	59 years	Male	Maharashtra	3 days, and then continued for 15 years	2	30 minutes atleast	Allopathy
3. <b>Patient 3</b>	Joint pain in knees, back pain	55 years	Female	Maharashtra	20 - 25 days	2	30 minutes atleast	Allopathy
4. <b>Patient 4</b>	Pain in shoulders, knees and back. Vertigo	48 years	Female	Maharashtra	1 month	2	30 minutes atleast	Allopathy
5. <b>Patient 5</b>	Slipped disk	67 years	Female	Maharashtra	20 days	2	30 minutes atleast	Allopathy
6. <b>Patient 6</b>	Cervical spondylosis	40 years	Female	Maharashtra	8 months	2	30 minutes atleast	None
7. <b>Patient 7</b>	Slipped disk	65 years	Male	Maharashtra	1 month	2	30 minutes atleast	Allopathy
8. <b>Patient 8</b>	Slipped disk	56 years	Female	Maharashtra	1 month	2	30 minutes atleast	Allopathy
9. <b>Patient 9</b>	Sciatica pain	27 years	Female	Maharashtra	2 months	2	30 minutes atleast	Allopathy
10. <b>Patient 10</b>	Lumbar spondylosis	60 years	Male	Maharashtra	9 days	2	30 minutes atleast	Allopathy
11. <b>Patient 11</b>	Back pain, muscular cramps	87 years	Male	Maharashtra	1 month	2	30 minutes atleast	Homeopathy
12. <b>Patient 12</b>	Sciatica, diabetes	66 years	Female	Maharashtra	2 months	2	30 minutes atleast	Allopathy

**Patient 9** was suffering from sciatica pain. She was having a nerve blockage in her left leg. She had taken many different kinds of medicines, but there was no relief. Finally, she resorted to Yagya therapy. Two months of yagya therapy benefited her miraculously. Her pain was gone significantly. During Yagya therapy, she had left the medication, as her condition was improving.

**Patient 10** was suffering from severe back pain. He was diagnosed with Lumbar spondylosis. At “Vedik Arogya Centre” he was prescribed to inhale medicated fumes of yagya, perform pranayama, and a few exercises thereafter. He took therapy just for 9 days and was fully recovered. Earlier he was not able to even sit, but after therapy, he was able to do any kind of activity.

**Patient 11** was suffering from back pain, muscular cramps, and stomach pain. For five years, he had been on various allopathic, homeopathic treatments and massage. But there was temporary relief only. Then, he took 30 days of Yagya treatment on “Vedik Arogya Kendra”. In addition to yagya and pranayama, he was treated with instruments; an Electronic energizer probe (20 minutes to improve blood circulation), electrical acupressure, and electrical vibration.

He was given hot water steam spray to relieve pain. On completing his therapy, he was completely healthy and full of energy.

**Patient 12** was suffering from back pain because of sciatica. She had diabetes too. She used to get numbness in her legs because of back pain and was not able to stand up on her own. During the second month of her yagya therapy, she was able to stand up and sit back on her own. She continued with the therapy for two months. He was given hot water steam spray to relieve pain. On completing his therapy, he was completely healthy and full of energy.

## DISCUSSION

This research paper examined the possibility of yagya therapy to treat disorders such as spondylosis, sciatica, slipped discs, and joint pain caused by an intensified vata dosha in the body. All the patients reported a reduction in the intensity of pain throughout the therapy. Most of them experienced improved physical and mental alertness upon completion of the therapy. There was a significant improvement in their quality of life parameters like sleep quality, appetite, constipation, mobility, and overall physical health. This must be because of the herbs used in the samagri ‘Divya Vateshti’. The samagri contains herbs like Bala, Guggulu, Ashwagandha, and Nirgundi, which are used for the treatment of Vata diseases like spondylosis, sciatica, slipped disc, and joint pain. Bala is rich in properties that improve muscular strength and nerve functioning (Mikawlawng *et al.*, 2017). Nirgundi is a natural antinociceptive and analgesic (Devi, 2021). Ashwagandha heals neurodegenerative disorders, while Rasna pacifies the vata dosha and is a nerve tonic (Garg and Manisha 2020; Singh *et al.*, 2011). A study based on the treatment of osteoarthritis of knee joints reported a notable relief by including yagya as therapy for an

integrated approach to treatment (Mishra *et al.*, 2019). The significance of yagya therapy in the holistic treatment of cancer, diabetes and heart diseases and paralysis (Balkrishna *et al.* 2024) was investigated recently. The present investigation demonstrated that Yagya therapy is an efficient supportive treatment for the management of spondylosis, sciatica slipped disc, and joint pain symptoms. It is critical to investigate the curative value of Yagya therapy for a variety of ailments. There is scope to combine Yagya therapy with conventional treatments to provide comprehensive care and rapid recovery.

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