

Yagyapathy: A Holistic Approach for Treatment of Severe Disease by Indian System of Medicine

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Abstract: *Yagyapathy is an Indian system of medicine is being used to cure a number of physiological and pathological disorders in human beings since ages. The disorder includes a range of acute to chronic illness of all age group in both the genders. The recommended process of Yagyapathy is known to have no adverse effect on the human beings and environment, rather used as environmental purification system in Hinduism family. Yagyapathy is a complete poly-herbal burning process to treat the different disease in Ayurveda. This system has been widely accepted by the regulatory agencies across the globe including WHO and other health education system etc. The aerosol generated through Yagyapathy contains the volatile poly-phenols, alkaloids, terpins, saponins, oil fragrance etc. which stimulate to the circulatory system respiratory system and subsequently cause a significant effect on the activity of different blood cells and plasma growth functions. Such, alterations in the hematological and biochemical parameters of blood leads to enhance the working capacity of most of the vital organs of our body e.g. liver, spleen, pancreas, lungs, and brain etc. In our human volunteer's studies, we observed the significant improvement in overall health in bronchial allergy/ asthmatic/ cardiothoracic patient. Along, with the symptomatic relief, the cellular changes in their blood profile were also significant.*

Keywords: *Yagyapathy, Herbal Medicine, Respiratory System, Biomolecules.*

I. Introduction

Herbal preparation (Ayurvedic preparation) have been used since the dawn of civilization to maintain health and treat diseases. Herbal medicines are popular remedies for the treatment of different diseases by vast majority of world population. According WHO 65-80% of world population rely on the traditional medicines to treat the range of common to severe disease. To date, many plants have been claimed to pose beneficial health effects such as antioxidants, antimicrobial, therapeutic, aromatic aesthetic properties [1]. Pharmacological survey carried out by Karandikar et.al [2], above 60 years of age revealed that about 40% are user of herbal drugs. In China, where the traditional medicines are widely used and trusted in related to cultural practices. Indian Council of Medicinal Research (ICMR) has published several monographs on the subject and form a scientific advisory group for traditional medicines. In 1994, Dietary Supplement Health & Education Act (DSHEA) which specially empowered the public to make informed choice about herbal product use based on accessible balanced scientifically valid information.

In India, a survey of poly herbal preparation which may be Ayurvedic / Unani / Siddha etc. available in market as a hepato protective agent [3], for cardiovascular disorder, antidiabetic agent, anti-inflammatory, for anti-laxative, anti-contraceptive cream, for urinary calculi etc. [4]. A Liv 52 is a poly herbal formulation and prevent lipid peroxidation in liver damage [5, 6]. There are several poly herbal formulations available in the market to cure the diabetes and its syndromic condition as well as bronchial allergy, asthma and related respiratory problems in human beings [7-11]. Though the number of allopathic remedies are available to manage the hyper immune response, sporadic allergy, asthma and many other respiratory and cardiothoracic disorder. But these management are transitional and leads to several side effects and become inactive after a while. The other limitations of these management system are the resistance of the host body to them and impairment of major vital organs such as liver, pancreas, spleen, kidney etc.

The Indian system of medicine using poly herbal preparation and other nature paths means are quite significantly used to permanently cure the acute and chronic disorder. In general, a preparation is that the Yagyapathy is a common spiritual process in Indian mythology to call and impress the god/goodness and to eliminate all the bad substances which are supposed to cause the disease in human beings individually or in social community. But it is not only the spiritual prayer, it is a complete treatment process to cure the acute as well as chronic disease. Yagyapathy totally depends on the burning of natural products of botanical flora & fauna of different medicinal plants and minerals. In India, Yagyapathy is an ancient treatment process to cure the chronic and acute problems related to the physiological/pathological problems in human beings. But, the Yagyapathy could not popularize in the community at large, due to lack of scientific evidences generated in the analytical laboratories and proved by the modern scientist. The present investigation is a scientific data analysis for the Yagyapathy exposure induced alterations in the hematological and biochemical parameters of human

volunteer's enrolled in the study and further the association of these changes in the symptoms of the disease. Presently a scientific observational data on different physiological and hematological parameter of human being have been collected and found that it is more effective and economical treatment process to cure some chronic problems in our community.

II. Materials and Methods

For Yagyapathy, the poly herbal material (flora & fauna) collected from Holistic Health Management Center Gyatrikunj, Shanitikunj Haridwar to prepare the Yagya samagri. The prepare material is burnt on mango wood coal and keep it in patient room in the absence of patient for about 15-20 minutes under the prescribed guidance of naturopathy physician during the months of August –September. After about 1hr when the smoke is completely remove from the patient room, the bronchial asthma/sinusitis/immunological and allergical problem patient/control were shifted for about 24hr. The physiological related vital parameter e.g., BP (systolic/diastolic), Pulse Rate, SpO₂, etc. were measured at fixed time intervals before and after the treatment process. Further hematological parameters for e.g. Haemoglobin (Hb%), Total Leucocyte Count(TLC, White Blood Corpuscles), Eosinophil Counts, Red Blood Corpuscles (RBC), Platelet Counts, hematocrite value (Ht%) Mean corpuscular Volume (MCV), Mean Corpuscular haemoglobin (MCH), Mean corpuscular haemoglobin concentration (MCHC) etc. were carried out by using auto-cell counter, model Sysmex XP-100/A-1 273, Transacia co. The hemato-biochemical parameters for Blood Urea Nitrogen (BUN), Serum Creatinine, Alanine Transaminase (ALT), Aspartate Transaminase (AST) were also carried out by using Erbacam. EM-360 Analyser, Transacia Co.

III. Results and Discussion

A significant alteration in vital parameters was seen in most of the persons and different blood parameters were found to be brought down to basal level in comparable to the normal controls. During the course of Yagyapathy treatment the observed value of TLC, Eosinophil counts of bronchial allergic persons were found increase in number (Table 1) in both male and female. But after one week (7 days) treatment these value decreased whereas after 3 week (21 days) of treatment process a significant changes were found (Table 2&3). Similarly, the platelets counts, Ht%, RBC value were found increased significantly after 3 weak (21 days) of treatment (Table 3). The physiological parameters SPO₂, pulse rate etc. were also found normal after 3 week (21 days) of treatment of process.

Table 1: Effect of Yagyapathy on different blood parameters of treated persons before treatment

Name of Parameters	Normal/Control age:50-60 of 3 male persons	Treated Asthmatic Person						
		Patient sex/age (in yrs.)						
		F/62	M/65	F/73	M/64	M/55	F/67	F/51
Hb (gm%)	14.9±0.15	8.4±0.15	11.5±0.09	10.6±0.15	9.5±0.08	11.8±0.10	9.8±0.05	10.2±0.05
TLC(WBC) x10 ³ mm ⁻³	6.9±1.50	12.2±2.5	11.2±2.80	11.8±3.50	10.4±3.50	9.8±3.40	10.9±2.55	9.95±4.25
Eosinophil %	3±0.25	9±0.15	9±0.20	10±0.35	9±0.25	11±0.30	15±0.20	9±0.15
Ht%(PCV)	46.44±0.51	31.4	38	37.5	33.5	39	32.6	34.5
RBCx10 ⁶ mm ⁻³	5.15±0.15	3.55±0.25	3.85±0.35	3.82±0.15	3.65±0.17	3.98±0.25	3.43±0.35	3.80±0.15
MCV(cµm ⁻¹)	90.17±0.15	88.45±1.50	98.70±0.25	98.16±0.36	91.78±0.45	99.98±0.5	93.29±0.15	89.47±0.25
MCH(p g)	28.93±0.26	23.66±0.18	29.87±0.15	27.74±0.25	26.20±0.35	29.04±0.5	28.57±0.25	26.84±0.35
MCHC (%)	32.08±0.15	26.75±0.25	30.26±0.35	28.26±0.30	28.35±0.15	30.25±0.5	30.62±0.35	30.00±0.20
BUN(mg 100ml ⁻¹)	10.87±0.70	10.50±0.86	9.10±0.51	10.35±0.76	9.24±0.45	9.12±0.45	9.80±0.65	9.95±0.55
Creatinine(mg 100ml ⁻¹)	0.85±0.10	0.85±0.12	0.70±0.15	0.75±0.15	0.81±0.03	0.72±0.09	0.64±0.13	0.67±0.07
AST(IU)	23.0±3.50	24.0±1.15	26.0±1.10	24.0±1.5	21.5±1.25	22.0±1.45	25.5±1.00	26.5±1.5
ALT(IU)	29.0±2.15	31.0±1.55	35.0±1.75	36.0±0.90	43.5±1.75	48.6±2.15	37.0±2.45	37.0±1.95

± = mean value of three readings

Table 2: Effect of Yagyapathy on different blood parameters of treated persons (after 7 days)

Name of Parameters	Normal/ Control age:50-60 of 3 male persons	Treated Asthmatic Person						
		Patient sex/age (in yrs.)						
		F/62	M/65	F/73	M/64	M/55	F/67	F/51
Hb(gm%)	14.95±0.10	8.5±0.05	11.6±0.06	10.8±0.10	9.9±0.05	11.7±0.05	9.9±0.10	10.2±0.10
TLC(WBC) x10 ³ mm ⁻³	7.1±0.15	9.85±0.05	9.16±0.10	9.92±0.05	8.85±0.15	8.95±0.18	8.95±0.05	7.90±0.10
Eosinophil %	2±0.10	4±0.25	6±0.15	5±0.15	6±0.20	8±0.18	7±0.25	6±0.15
Ht%(PCV)	46.50±0.40	31.6±0.15	38.4±0.20	38.0±0.10	34.5±0.15	39.4±0.12	33.0±0.09	35.5±0.10
RBCx10 ⁶ mm ⁻³	5.18±0.10	3.62±0.05	3.90±0.15	3.88±0.17	3.78±0.12	4.07±0.15	3.55±0.05	3.92±0.08
MCV(cµm ⁻¹)	93.14±0.30	87.29±0.5	98.46±0.35	97.93±0.27	91.26±0.17	96.80±0.15	92.95±0.10	90.56±0.35
MCH(pg)	29.80±0.15	23.48±0.9	29.74±0.08	27.69±0.11	26.19±0.15	28.74±0.09	27.88±0.17	26.02±0.18
MCHC (%)	32.55±0.22	26.90±0.5	30.20±0.17	30.41±0.18	28.69±0.19	29.70±0.15	30.00±0.18	28.73±0.17
BUN(mg 100ml ⁻¹)	10.50±0.70	10.30±0.8	9.14±0.47	10.05±0.36	9.94±0.75	9.29±0.76	9.91±0.23	9.25±0.55
Creatinine(mg 100ml ⁻¹)	0.82±0.10	0.81±0.11	0.74±0.15	0.76±0.05	0.84±0.03	0.68±0.09	0.69±0.03	0.61±0.02
AST(IU)	22.0±3.50	24.3±1.07	25.6±1.01	24.0±1.1	21.9±1.14	21.0±1.67	24.9±1.09	26.5±1.2
ALT(IU)	30.0±2.15	32.5±1.55	36.6±1.65	36.7±0.70	42.1±1.75	46.9±2.15	35.2±2.15	35.0±1.91

± = mean value of three readings

Table 3: Effect of Yagyapathy on different blood parameters of treated persons (after 21 days)

Name of Parameters	Normal/ Control age:50-60 of 3 male persons	Treated Asthmatic Person						
		Patient sex/age (in yrs.)						
		F/62	M/65	F/73	M/64	M/55	F/67	F/51
Hb (gm%)	15.2±0.15	9.05±0.15	12.2±0.25	11.2±0.12	11.05±0.12	12.45±0.18	10.65±0.15	10.62±0.12
TLC(WBC) x10 ³ mm ⁻³	6.95±0.15	8.65±0.05	8.85±0.15	8.15±0.10	7.90±0.20	8.55±0.10	7.6±0.05	8.15±0.10
Eosinophil %	4±0.08	3±0.20	3±0.25	2±0.15	4±0.11	4±0.05	2±0.15	3±0.15
Ht%(PCV)	47.55±0.04	33.55±0.05	38.5±0.10	39.05±0.15	36.10±0.20	40.05±0.15	35.5±0.10	36.5±0.15
RBCx10 ⁶ mm ⁻³	5.10±0.20	3.85±0.15	3.92±0.05	3.87±0.06	3.92±0.08	4.12±0.18	3.70±0.17	4.07±0.13
MCV(cµm ⁻¹)	93.14±0.06	87.01±0.15	98.22±0.18	98.19±0.07	91.83±0.07	97.08±0.05	94.41±0.08	89.68±0.07
MCH(p g)	29.80±0.20	23.38±0.15	31.12±0.11	28.94±0.08	28.06±0.14	30.10±0.10	28.19±0.11	26.04±0.26
MCHC (%)	32.00±0.15	26.86±0.20	31.69±0.11	29.47±0.13	30.55±0.15	31.00±0.20	29.86±0.14	29.04±0.36
BUN(mg 100ml ⁻¹)	10.74±0.70	10.50±0.86	9.10±0.51	10.35±0.76	9.24±0.45	9.12±0.45	9.80±0.65	9.95±0.55
Creatinine(m g 100ml ⁻¹)	0.85±0.10	0.85±0.12	0.70±0.15	0.75±0.15	0.81±0.03	0.72±0.09	0.64±0.13	0.67±0.07
AST(IU)	23.0±3.50	24.0±1.15	26.0±1.10	24.0±1.5	21.5±1.25	22.0±1.45	25.5±1.00	26.5±1.5
ALT(IU)	29.0±2.15	31.0±1.55	35.0±1.75	36.0±0.90	43.5±1.75	48.6±2.15	37.0±2.45	37.0±1.95

± = mean value of three readings

The different hemato-biochemical parameters i.e., BUN, S.creatinine, ALT, AST value did not show any significant change during the course of treatment (table 1,2,3). It is clearly indicated that the Yagyapathy process is more effective to cure the bronchial allergy, whoopingness, bronchial asthma, etc. without any adverse effect on some vital organs. A similar process was also carried out after next 6 months i.e. in February – March to compare the result of Yagyapathy (for those person continue weekly treatment of Yagyapathy for better and complete relief from respiratory problem in future) and observed that no significant alteration were found in hematological as well as biochemical parameters.

The decrease value in Eosinophil and lymphocyte count may be due to the volatile activity of terpenoids aerosols. Because of that the Yagyapathy material (samagri) contains different botanical flora (materials including with the gums (rosin of *Cammiphora mukul* hook), bark powder of *Terminalia arjuna Roxb.*, *Myristica fragrans* Houtt, *Prosopis cineraria* Druce., *Swertia chrayita* Roxb. and *Imula racemosa* Hook

(pushkarmool), *Nordochys jatamansi* D.C, root powder etc. Terminalia arjuna Roxb. Bark has a falkloric which possess spasmolytic, bronchodilator and cardiotoxic properties [12], Which are likely to mediated through the presence of dominant β -adrenergic agonistic activity. Phyto chemically, the arjuna bark powder contains terpenoids (arjunolic acid) [13], tri terpenes, di glucoside terminolitin [14] etc. Terminalia arjuna Roxb. is very useful in asthma and cardiothoracic problems [15-17]. T. Arjuna possess also hepatoprotective and anti-oxidant activity and also potential threptic value as well as bactericidal [18-19]. The bronchodilator activity may occur due to some alternative mechanism like β -adrenergic aegenetic activity as well as phosphodiesterase (PDE) inhibitor activity [19].

However, Pushkarmool (*I. racemosa*) have myocardial effect of burning materials. It is a bronchodilator, muscles relaxant, cure the bronchial allergies, chronic fever, tuberculosis as it possess antiseptic, bronchial sedatives activity due to its Tikta-Kattu and Ushna- Virya properties by the presence of volatile oil inuline as well as allontolactone oil phyto-chemically[21], and improve the circulation of oxygenated blood in human beings. *I. racemosa* significantly inhibited lipid per oxidation and prevent the leakage of myocytes specific marker enzyme creative phosphokinase- MB and lactate dehydrogenase [22]. The β -adrenergic receptors stimulation may increase in intra cellular level of cAMP, whereas the raised intracellular level of cAMP which produces relaxant effect in smooth muscles and increase in intropic and chronotropic activity of cardiac tissues. So, the person get relief[12].

The presence of bark powder of *P. cineraria* Druce. in Yagya material which contain patuline, glycoside, turpins, nitrogen, phosphorous, potassium & calcium compounds phytochemicals and Sheet-Virya, Kashay-Madhur & Kattu (an ayurvedic properties) [19] possess also an antiseptic, anti-inflammatory, bronchodilators activity which cure the bronchial asthma, chronic fever, TB, & some pulmonary problems.

After the burning of gum, the aerosols developed possess a germicidal, anti-bacterial, anti-viral activity in the surrounding environment due to presence of volatile oil and other phytochemical. It is a good bronchodilators and also possess a large group of activity e.g., on CNS, coronary thrombosis, atherosclerosis, excretory, skin and respiratory system [19].

Similarly, Jatamansi possess also antiseptic bronchodilators, anti-bronchial allergies and cardiothoracic activity due to its sheet-Virya & Tikta- Kashaya properties which may occur by the presence of some volatile oil, terpenoids etc. phyto chemically[19].

An increase in hemoglobin content in asthmatic and cardiothoracic persons may occur due to the improvement in circulation of blood in capillaries and blood get more oxygen and purified and other toxins/gases excreted through this process. The oxygenated blood improve the hemoglobin concentration as well as other cellular body in circulatory system and decrease/normalized the lymphocytes and eosinophil counts. The patient reported relax and get relief in asthma as well as bronchial allergy.

IV. Conclusions

Thus, we can conclude that a holistic approach "YAGYAPATHY" to treat such respiratory and circulatory problems may be cure and removed by an Indian traditional medicinal plant without any adverse effect and it will be beneficial in the entire community. Further, it is pointed out that the component of the poly-herbal materials in "Yagyapathy" used synergized the activation and liberation of aromatic components/compounds which cure the respiratory as well as metabolic problem in human beings.

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