Abstract As we all know that our neighboring country China is facing Corona Virus, and common symptoms of this virus is common cold and flu which become life threatening. So what is the solution? First is wearing good quality mask in public places and maintaining good hygiene. Other is environmental purification which one can do by medicinal havan with Geloye and Pragya pey, herbal tea along with common Havan Samagri, made by one cup decoction of Geloye along with Vasa and kalmegha which can boost up the immunity of individual. The smoke of Mango wood and Googgal can kill a deadly virus like corona; a person infected with corona and other deadly viruses can be cured by such smoke. It can be a matter of debate about Indian culture. It is about biological science. Havan Samagri specially was designed for Asthmatic patients with 3:1 ratio, and Surya Gayatri Mantra chanting
was performed 24 times and Nadi Shodhan Pranayam was executed for half an hour duration daily. Subjects were asked to take kwath of Havan Samagri twice in a day. Lung Function Test (LFT) was experimented on 18 Dec 2018 up to 24 Dec 2018 to check the efficacy of Yagyopathy. Three important parameters were tested in LFT which were FVC-Forced vital capacity, FEV-Forced expiratory volume, and FEV1/FVC known as MER-measured expiratory rate. FVC is used to calculate the capacity of human lungs/volume of air which is exhaled after deep inhalation. MER is directly related to proportion of lung size to be exhaled per second. The results were measured for one year and nine months and demonstrated a significant improved performance in lung function parameters. It was noted that if experiments are done twice in a day results are more improved.

**Keywords** Diabetes · T1D · T2D · Gestational diabetes · Migraine · Anxiety · Hypertension · Stress · ML and AI in healthcare · Machine vision · Medical images and analysis · Yajna science and mantra science · Gayatri Mantra (GM) · OM chanting · OM symbol · Rudrakash · Elaeocarpus

1 Introduction

The oldest kind of Hindu appeal is known as the Havan Yajna. It is a religious assistance where a sanctified fire is lit and Sanskrit mantras are talked about. A couple of scientists wrongly envision that it is love of fire, which it is not. It relies upon the standard of yielding for other individuals. These are the basic purposes behind Havan Yajna which includes lighting a fire and offering wood, ghee, and herbs which is a significant exhibition of giving and shows one not to be prideful. Recitation of petitions in a social event trains one to live merrily by offering to other individuals.

It is typical among Western scientists and their Westernized understudies to isolate between the Vedic yagna and the Puranic puja traditions that describe the two significant times of Hinduism; one that flourished over 3,000 years earlier and one that rose 2,000 years back. Clearly, at the different crazy stages of time, we have the certain bhakta-Indologists who claim that Hinduism has no history or stages of improvement in their civilizations. and there everything is homogenous and static. But with facts and annals, this statement doesn’t prove true.

1.1 Different Diseases

1.1.1 Diabetes

Diabetes is a kind of problem which occurs due to increase of sugar level in our body. This problem increases with the age. That is why it is mainly seen in old
people. The main cause for diabetes is taking high amount of sugar on regular basis. If we neglect this problem, then it will cause serious damage to the body. So, for the prevention of this problem, we should have proper knowledge about diabetes and various preventive practices which can be used to cure this problem.

Diabetes is also known as diabetes mellitus. In Diabetes, there are mainly two possibilities; either our body is unable to make enough insulin or our body cannot use the insulin the body makes. There are various types of diabetes:

- **Type 1 Diabetes**: In Type 1 Diabetes, the immune system attacks and destroys cells in pancreas where insulin is made.
- **Type 2 Diabetes**: In Type 2 Diabetes, our body becomes resistant to insulin, and sugar builds up in our blood.
- **Prediabetes**: In Prediabetes, the blood sugar is higher than the normal.
- **Gestational Diabetes**: In Gestational Diabetes, there is an increase in sugar level during pregnancy (Stephanie Watson, “health line,” 4 October 2018 and [1, 2].

### 1.1.2 TTH and Stress

Nowadays, tension-type headache is most common type of headache seen in people. The various causes of tension-type headaches are it causes mild headache in your head and behind your eyes. These can be seen one or two times in a month [3, 4].

**Causes of Tension-type Headaches**

Tension-type headache is caused by several of variety of foods, activities, etc. The main causes of tension-type headache are it is caused by alcohol, eyestrain, dry eyes, fatigue, smoking, a cold or flu, caffeine, a sinus infection, poor posture, and emotional stress [5].

**Symptoms of Tension-type Headache**

The symptoms of tension-type headache include the pressure around the forehead, dull head pain, and tenderness around the forehead and scalp. The pain of tension-type headache is usually moderate, but sometimes it can be intense. It depends on the duration of the headache you are facing (Deoborah Weatherspoon, healthline, 5 February 1982).

### 1.1.3 Migraine

A migraine is a type of pain resulting in one side of the head. Migraine can last from hours to days and result in serious problems and interfere with the daily routine. So, it is necessary to know about the symptoms and how we can cure this problem [6, 7].

**Causes**—The main cause of migraine is drinks. In drinks, especially wine and too much of caffeine is also the main cause of migraine. Stress at work or home can also
cause this problem. Getting too much of sleep or getting too less sleep is harmful and causes migraine. The change of weather can also cause migraine.

**Symptoms**—The symptoms of migraine are classified into four stages—prodrome, aura, attack, and postdrome (Mayo Clinic Staff, Mayo Clinic, 31 May 2019).

### 1.1.4 Anxiety

The American Psychological Association (APA) describes anxiety as “an inclination depicted by opinions of strain, focused on thoughts, and physical changes like extended heartbeat.”

Anxiety is an ordinary and frequently sound feeling. Nonetheless, when an individual consistently feels lopsided degrees of uneasiness, it may turn into a restorative issue.

Anxiety issue in mass has a specific structure and a class of psychological well-being is analyzed in it by researchers that lead to inordinate anxiety, dread, fear, and stress [8, 9].

### 1.1.5 Hypertension

Hypertension is generally called as blood pressure at high level. Blood pressure is defined as the force exerted by the person’s blood against their blood vessels. It is seen that almost half of adults of United States have high blood pressure problems, and many are unaware of it. Keeping control of blood pressure is very important (as per Fig. 1).

The prevention of hypertension is very important. First of all, all should have to change their lifestyle as this is the first step. Along with this, regular physical exercise should be done. People use specific medications to treat hypertension. Doctors also recommend using low doses of medications as they can have some side effects also. People can also cure hypertension by following a heart-healthy diet [10] (As per Fig. 1).

### 1.1.6 Stress

Stress is a medical condition in which an individual thinks too much about a particular problem. This type of problem is mainly seen in youngsters as this is the age where there are many ups and downs in teenager life. They come across various new things which they had never seen before. Since they do not have proper knowledge about stress, they become the victim of it. So, it is very important to have the knowledge about stress and various methods to overcome it.

The main cause of stress is the demands related to finance, work, relationship, and various other situations. It is not necessary that stress has only disadvantages; it
has some advantages also. Stress leads the body to be prepared for the competition. It is obvious that when we have stress on some competitive situation, then our body will work thoroughly and practice until we will prepare good for that competition [11–13].

If someone is overstressed, then the best method to overcome stress is doing Yoga and Pranayamas. Yoga relaxes our body and provides calmness to the body. Pranayamas makes us physically and mentally active [14].

1.1.7 Obesity

Obesity is defined as the disease which takes place when there is excess fat in our body. If we take in more calories than our body can burn, then the extra fat is stored in our body resulting in obesity. Obesity is a long-term disease and causes problems like high blood pressure or diabetes (as per Fig. 2).

Obesity can also be checked by evaluating the distribution of fat in our body and hence determining the risk of obesity-related health problems. The first type is body fat distributed around waist, and the second type is fat distributed on the hips and thighs. The first-type body fat around the waist is more risky than the second type on hips and thighs. The main cause of obesity is overeating and sedentary habits and not doing any physical exercise on the regular basis [15] (As Per Fig. 2).
1.2 Machine Vision

It plays a vital role in healthcare. By implementing AI and other technologies at the hospitals, there is a huge decrease in the death of patients. With computer vision, doctors can understand the disease more accurately and diagnose the patients more easily [16].

1.2.1 Medical Images

Medical imaging plays a vital role in patient healthcare. It aids in disease prevention, early detection, diagnosis, and treatment. It has become essential for virtually all major medical conditions and diseases [17].

1.2.2 Artificial Intelligence (AI), Machine Learning, and Fog Computing in Healthcare

Pranic energy of items can be measured with Fog Computing, AI, and ML. Also, it measures the energy aura of different gadgets, objects, and ritual activities. There are many scientific kits which would be far suitable for Yagyopathy. They are only suitable for daily Balivaishwa or short Agnihotra. Reason is that they can accommodate only 10–12 GM havan samagri for giving ahuties. For Bhashaj Yagya, quantity matters; it is recommended to use at least 80–100 GMs for doing Bhashaj Yagya in one session [18, 19].

Sometimes, the experimenter and subjects get overexcited and spread the message without going in details. It is requested to know about the subject in detail then definitely one should speak about it and spread the knowledge otherwise better to remain quite rather giving a wrong or half inform, that may be unknowingly and due to lack of knowledge about the subject. So, all the steps and contents are represented here...
on different experiments and their fruitful results. We can do short Agnihotra with common havan samagri daily, and pranic energy would still be generated which would benefit the patient, but it would not be sufficient for generating the amount of vapors required to make the atmosphere free from pathogens. The AI, ML, Data Analysis, and latest Fog Computing concepts can be used efficiently to collect, analyze, and store in different applications. Many health-related apps, applications, and softwares are getting popular using these methods [20–26].

1.3 Yajna Science and Cure for Different Diseases

It is not the biomass that yields results, but the entire SoP of Yagya combined with mantras and an Aavahan brings out the results. The researches have shown that Yagya fumes were effective in reducing the harmful pathogenic microbes, but burning only mango wood increased their numbers. Similar was the finding of Lko NBRI scientists remind, and their research work is published already.

Arani seems to be a special type of wood which catches fire easily on suitable application of friction and also seems to be a hardwood variety. Himalayas from where we receive our Vedic initiation are rich in phenol that can make these wooden varieties more easily inflammable. Devedaru, Chinar, Cheed, etc., are some of such high-altitude trees.

Complete detail is that the wood of Banyan is only useful. It seems a more complicated assortment of alternatives. We should use this type of Agni for Yagya; then after poojan, it will become divyagni.

If it can be scaled and compared with what the regular Agni invocation process. The Author teams are also coming across that the agni generated this way is more powerful. There was some comparative index also for the quality and process but not produced here to avoid deviations from core content.

In southern India, it is called as Arani kattai. Rubbing the samidhas and chanting agni suktam had been done earlier by forefathers, litting up the yagyagni. For epilepsy, we can recommend Surya Gayatri or Chandra Gayatri Mantra. Updated list of samagri and havan mantra is also needed. Mantra, illness, and the combination of illness and mantras must be clearly understood.

What if someone is suffering from heart disease, high BP, sugar, and obesity at the very same time; so which problem can be addressed first? In case of asthma and arthritis, medicine can be given for both of them. For physical problems, Surya Gayatri Mantra; for mental problems, Chandra Gayatri Mantra; and for retardation, Saraswati Gayatri Mantra are recommended. If someone is suffering from multiple problems, each samagri is to be used with Surya Gayatri Mantra, with different samagris one by one, e.g., first heart, next BP, and then diabetes, etc. [27, 28].
1.3.1 Fumigating Substances Used in Yagya

Various chemical changes take place. In order to get an idea, it is crucial to know the various objects offered in Yagya, which are described below.

Wood: The wood is cut into pieces of changing lengths called “samidhas” according to the size of the alter or “agnikunda”. There are various types of wood, namely Sandalwood, Agar and Tagar wood, Deodar, Mango, Dhak or Palash, Bilva, Pipal, and so on.

In addition to wood, various Havishya or Havan samagri are offered in yagya, which is divided into the following four groups.

(A) Odoriferous Substances: They are saffron, musk, *agar*, tagar, chandan, illaychi, jayphaljavitri, and camphor.
(B) Substances with Healthy Constituents: They are clarified butter, milk, fruits, and cereals like wheat, rice, barley, til, kangu, munga, chana, arhar, and masuror peas [25, 29, 30].
(C) Sweet Substances: They usually are sugar, dried grapes, honey, or chhuhara.
(D) Medicinal Herbs: For specific requirement, medicinal herbs like Somalata or Giloya, Shankhpushpi, Nagkesar, Baheda, Mulhati, RedChandan, Harad, and so on are used.

1.3.2 Benefits of Yagya

For yagya or havan is known only a dharmik karmkand by most of the people and so not their cup of tea. Whereas it has lot to offer. If Yagya is to be promoted, then we go to become a common man and think alike.

1. Yagya is like pest control: It protects you from invisible pests in one’s home and around for 15–30 days.
   So treat it like that and repeat it at regular intervals.
2. Yagya is for virus or bacterial control: Protects your family from these attacks and builds immunity. Healing becomes faster if already attacked by viral or bacterial infection.
3. Yagya is like health insurance policy: Pay premium regularly to keep the policy alive and get the benefits.
4. Yagya is like fumigation done by MCD, Delhi, India in your colony.
   All should do collective yagya in societies, colony, muhalla, or village to ward off viruses and bacteria attacks.
5. You simply have to inhale for 10–15 min, and it can save from fat medical bills.
6. Need not to be done with lengthy Karmkand/rituals and pravachan because people are afraid of sitting for 2–3 h.
7. It can also be treated as aroma therapy.

Corona virus has provided us a great opportunity to propagate this vidha, and people can be made aware of this not only as a dharmik karmkand but also about
its physical, mental, and psychological benefits. Grahe Grahe yagya can also be promoted on this pattern [9, 31, 32].

1.4 Mantra Science

Mantra science works on the principal of sequence of sounds. The word mantra itself means “revealed sound.” Mantra science is very ancient like 5,000 years old and was once practiced in various parts of the world. The main principal behind Mantra science is that there is no power in the words but there is power in vibrations created by those words or mantras verbally. Mantra science helps the individual to unleash the real power, knowledge, and forces within. It provides coordination between individual and depth of his inner being. Each mantra has its unique meaning, symbol, and importance [33].

1.4.1 Important Points of Mantra Science

Point-1: Mantra science should never be misunderstood to emphasis on a particular God or Religion. There should not be conflict among religion, on the basis of Mantra science. Many People think that they will not repeat Om Namay Shivay as this mantra is not of their religion. But this is not so; Mantra science did not promote any particular religion.

Point-2: Secondly, mantra cannot be translated as translation alters the sound. If you translate or change the order of mantra, the mantra ceases to be a mantra. If you translate the words, you may have beautiful prayer but not a mantra which purifies your soul [34].

1.4.2 Types of Mantras

There are thousands of mantras, and every mantra has its unique and different meanings and principal. Some common ones are Dr. Ajay said that for this he approached Sanskrit Vidyapeeth in Qutub Institutional Area, and he was included in the study. Under the study, the patient was first resolved within the hospital; then the patient was sent to the Sanskrit Vidyapeeth, and the Mahamrityunjaya Mantra was used in an organized way. He told how much benefit this mantra had on those patients when it is being assessed with other groups [14, 35].

1.4.3 Science and Effects of Mahamrityunjaya Mantra

People have been using Mahamrityunjaya Mantra as a life-saving mantra for thousands of years, but till now it is just a belief of the people. Now studies are being
done to prove people’s faith and belief in this mantra in a scientific way. The use of reciting this mantra to the head injury patients has been done for the first time in the country at Ram Manohar Lohia Hospital, which is also showing good signs. This research is in the final stage.

Ajay Choudhary, the neurosurgeon doctor at Ram Manohar Lohia Hospital and his team is studying it. He told that periodic fasting has been practiced in our country for thousands of years. Devotees fast during Chaturdashi, Ekadashi, but there has been no study on it in the country. The Japanese doctor, who received the Nobel Prize for Medicine in 2016, studied only on periodic fasting [4].

Japanese doctor told in his study that sick period cells end in those who have carried out periodic fasting. Especially cancer cells die. But, there is no movement on this in our country, and there is no investigation.

Dr. Chaudhary said that in the same way, people consider Mahamrityunjaya Mantra as life saving. This is his belief, but there is no scientific study. Now it needs to be proved. Study is being done to know the scientific facts of Mahamrityunjaya Mantra. He said that this study has been funded by the Indian Council of Medical Research (ICMR), and the study is going on [7].

Doctor Ajay Chaudhary told that there is a three-year study, which is in the final stage. 40 people have been studied; two groups of 20–20 were formed. Head injury patients were divided into two separate groups. According to the protocol for treatment of head injury, patients of both groups were treated, but one of the groups was given the Mahamrityunjaya Mantra. This work was done while healing out of ICU.

### 1.4.4 Beliefs in Mantra Science

In Mantra Science, it is believed that a child should receive its mantra when he is eight years old. This mantra should be practiced by the child at the time of sunrise and sunset along with breath awareness process. This practice is done by the child for at least 5 min during sunrise and 5 min during sunset. Then, a second mantra is given at the time of marriage or when great changes are taking place in life. Then, when the person becomes spiritual, a third mantra is given. Chakra Beej Mantras are given below in detail [36, 10, 37, 38] (as per Table 1).

### 1.4.5 Scientific Use of Mantras in Awakening the Soul

Scientists say that the “Soul” Does Not Die it “Returns to the Universe.” According to two leading scientists, the human brain is a biological computer, and human consciousness is just a software program that is activated by the “bio quantum computer” that is inside the brain. Furthermore, it continues to exist even after death. Researchers say that after people die the soul returns to the cosmos; it does not die [15].
### Table 1  Beej Mantra and related chakra, planets, lords, and goddesses in Indian Philosophy

| Chakra   | Beej Mantra | Associated Planet                                      | Presiding lord                  | Goddess       |
|----------|-------------|--------------------------------------------------------|----------------------------------|---------------|
| Muladhara | LAM         | Shani and Uranus but elements of Sun                    | Ganesha with Siddhi and Buddhi   | Dakini        |
| Svadhisthana | VAM     | Guru/Jupiter and Neptune but elements of moon and Venus | Brahma in child form with Savitri | Rakini        |
| Manipura  | RAM         | Mangal/Mars and Pluto, with elements of Jupiter         | Vishnu                          | Garbha and Kundalini Chakras are associated. Lakini |
| Anahata   | YAM         | Venus but elements of sun and Mercury                   | Mahadeva in Rudra form with Uma  | Kaki          |
| Vissudhi  | HAM         | Mercury but elements of Jupiter                         | Shiva and Adyasakti             | Shakini       |
| Ajna      | OM          | Moon mainly but elements of Sun                         | Parannath and Param Sakti, Hamsa Devata, and Sushmanasakt | Siva and Sakti |
| Sahashara | OM          | All Unite                                               |                                  |               |

The origin of consciousness reflects our place in the universe, the nature of our existence. “Did consciousness evolve from complex computation among brain neurons, as most scientists assert? Or has consciousness, in some sense, been here all along, as spiritual approaches maintain?” ask Hameroff and Penrose in the current review. “This opens a potential Pandora’s Box, but our theory accommodates both these views, suggesting consciousness derives from quantum vibrations in microtubulesprotein polymers inside brain neurons, which both govern neuronal and synaptic function, and connect brain processes to self-organizing processes in the fine scale, ‘proto-conscious’ quantum structure of reality” [39].

Lead author Stuart Hameroff concludes, “Orch OR is the most rigorous, comprehensive and successfully tested theory of consciousness ever put forth. From a practical standpoint, treating brain microtubule vibrations could benefit a host of mental, neurological, and cognitive conditions” [40].

### 1.5 Effects of Yajna and Mantra on Human Health

Yajna and havan should be performed cautiously as demonstrated by the standards set down in the hallowed writings. The smallest deviation can have damaging effects. The mantras related during havan and yajna are stunning serenades in adoration for the grand animals who deal with our life, welfare, and assets. They ensure prosperity,
long life, and powerful flourishing. The havan is along these lines a blessing and help [41].

The old Rishis were not outwardly weakened enthusiasts to function. There was staggering significance in every custom that they wove step by step into life. Physical prosperity, mental control, improvement, and cleansing of the heart are only a bit of the preferences. Whatever hankering an individual has when doing the havan, that aching is fulfilled. These exercises with their results mollify away and are diminished to nothing but when exercises are executed with compensation of ill acts and pious feelings then they actually get complete and fulfill the expectations of Lord [42].

1.6 Role of Technology in Addressing the Problem of Integration of Healthcare System

Information and correspondence advances offer the open entryway for immense improvement in human administrations. Development-based therapeutic and care coordination systems, that grip web, adaptable, recognizing, handling, and bioinformatics propels, offer great assurance for engaging absolutely new models of restorative administrations both inside and outside of formal structures of thought and offer the opportunity to have a tremendous general prosperity influence.

We prescribe that development can expect a key activity in all of the three of these progressions, notwithstanding extra. To begin with, advancement bears another model for enabling purchasers to expect a central activity in picking and portraying the course of their own human administrations. A wide display of instruments exists to screen and discover progressing data about individuals’ social and physiological states (e.g., by methods for customer commitment to compact applications, wearable sensors just as wireless sensors). Likewise, there has been an impact of creative work activities inciting the development of self-facilitated contraptions that give on-demand, enlightening, or therapeutic assistance at whatever point/wherever to empower individuals to manage their own one of a kind prosperity lead. These gadgets may in like manner outfit individuals with the decision to attract a sweeping empowering gathering of individuals in their very own restorative administrations the officials (e.g., by sharing their prosperity lead data with family and allies to both empower and reinforce them; by sharing in virtual enduring systems, etc.). Further, decision help gadgets are dynamically being made to empower individuals to all the more probable get, access, and choose choices about treatment [43].

1.7 Impact of Yagya in Reducing the Atmospheric Pollution

Today, the air we take in is stacked with terrible gases like NO₂, CO, SPM, and RSPM, which are all in all over the checks prescribed by the Government and are unbelievably
hazardous for human prosperity. There are moreover new kinds of tiny creatures and contamination coming up which cause new ailments and are impenetrable to old prescriptions. The misfortunes are growing high inspite of the all endeavors. As the city are being dumped into the streams, thusly causing extraordinary water defilement. The eccentric use of pesticides and designed blend fertilizers has achieved hurting of underground water stores and moreover came to fruition into loss of soil productivity. Besides, to top it all, the nonattendance of compassion of the people to these issues has exacerbated it.

The Government is spending crores of rupees for taking care of this issue, yet next to no results are seen. From the outset, a couple of sorts of wood was scorched to see the CO radiations from all of them. The releases were recorded on automated straightforward. It was found that the mango wood gave for all intents and purposes near zero CO spread. Accordingly, the mango wood was taken as the crucial Samidha for the assessment. The one of a kind Havan Samigri suggested by BrahmaVarchas, for the sterilization of atmosphere, was used nearby the standard havan samigri. In the past what many would consider conceivable, cow’s unadulterated ghee was used for the Havan.

2 Literature Survey

Epilepsy is a neuropsychiatric issue with high commonness among kids and youthful grown-ups. In India, around ten million individuals experience the ill-effects of epilepsy with a predominance of about 1.9% in country zones and 0.6% in urban districts. The more prominent commonness of epilepsy in rustic zones is a demonstration of effect of shame that antiquated occasions; this malady was considered as a hallowed illness and various superstitious estimates were used to be taken to prevent/fix it. Yajurveda promoters performing Havan consistently, morning and night to achieve profound illumination, mental harmony, cleansing of the brain and condition encompass this ailment on levels of treatment that Indians get [42].

Since days of yore, smoke radiating from the burning of different pieces of therapeutic plants has been utilized for relieving infections/issue. The importance of the ethno pharmacological parts of therapeutic smoke uncovers the job of flame as a main thrust in advancement. The yagya fumes have two effects. Firstly, it boosts the immune system of a person and also reduces the number of microbes in the atmosphere (Nautiyal CS, Chauhan PS, Nene YL. Medicinal smoke reduces airborne bacteria. J Ethnopharmacol. 2007; 114(3): 446–51). They have observed that by burning wood and medical herbs for 1 h the bacterial count in the atmosphere has been reduced by 94% in 60 min of duration in that room. They maintained it up to 24 h in the closed room to make the environment cleaner. Thus, chanting of the mantras while yagya has an effect to vaccination. We have observed that people usually fall sick when the festivals are nearing but our festivals such as Holi and Durga Puja provide a kind of silent treatment to the disease.
According to Shriram Sharma Acharya, there are two energy systems in this world that are heat and sound. In performing Yagya, these two energy systems are produced; heat from burning of substances and sound from mantras chanting during the yagya are combined to achieve the desired physical, psychological, and spiritual benefits.

Authors did a broad study of antiquated writing and current references to get satisfactory bits of knowledge to conceptualize the working standard of agnihotra yajna. To play out this yajna, the entertainer would offer certain characteristic substances (dairy animals’ waste, rice, milk, clove, camphor, and ghee) into the flame which is lit in an area of a reversed pyramid-like structure made of copper having a level base. Many people in the Indian society do not know about the yagya science and its benefits. People have to be aware of the ayurvedic approach of treatment for any kind of disease. Benefit of the yagya is that it has no side effect to our body and also has good impact on our body and nature too. Also the substances used in Yajna and their various proportions with the temperature attained with controlled supply of air and interaction produces fruitful results and is necessary for the various products formed which are boon for atmosphere. Mantra chanting during the Yagya produces vibrations which soothe the human mind and all plant and animal life. These vibrations also help in spreading specific energy waves in the surrounding atmosphere as the oblations are offered [44].

3 Methodology

All activities of the entire universe turn around the rotation of Yajnas. Unprecedented Rishis of days of old announce, “Ayam Yajno Vishwasya Bhuvanasya Naabhihi” (Atharva Veda 9/15/14). It suggests that Yajnas are the point of convergence of this universe. The amazing craftsman of Bhagwad Geeta, for instance, Master Krishna likewise says, “Sahayajnaahaaprajaahaapurovaachaprajapatihi. Anainaprasavish-vadhwameshavostvishtakaamadhuka.”(3/10). It infers that at the beginning of this Kalpa (creation), Brahma in the wake of making Yajnas, living animals, etc., urged them to induce by methods of Yajnas in light of the fact that these Yajnas will fulfill your material/significant needs. Yajnas are those truly important guides given to world of mankind by Vedic Rishis of old-fashioned India which is a foundation stone of material/significant satisfaction and keeping up a strong natural framework (especially today when world pioneers are worried over biological defilement and a risky barometrical devotion).

Every declaration of the nectar-like works of HH Gurudeva Shriram Sharma Acharya enlightens the unprecedented foundation stones of Divine Culture, viz., Yajnas and Science of Super Mantra Gayatri. He clarifies the extraordinary outcomes of flawless imperativeness emanated by methods for Gayatri Mantra discussing, and thusly the basic essentialness of the Gayatri sweetheart ends up being progressively exceptional altogether. Our cherished maker diviner evacuated (symbolically and not really) an inappropriate thought of Yajnas which relied upon incredible (Puranas) delineation and rather reestablished Super Mantra Gayatri Yajnas subject
to Vedic resolutions. Such Gayatri Yajnas were “energetically” absorbed by an enormous number of fans since their resultant preferences were incredible without a doubt. This which we can passionately say is a dynamic endeavor of this period. It is fundamentally progressively significant in stature when diverged from the turmoil of post Yogrj Gorakhnath’s events wherein thousands were obstructed from mishandling Tantra significant chips away at including Tantra based Yajnas. (During Gorakhnathji’s lifetime, Tantra was used most appropriately yet it was after the phenomenal sage shed his human circle that across the board, maltreatment of Tantra was accepted by dolts set in). Today by virtue of our worshiped Yuga Rishi Pt. Sri Ram Sharma Acharya ji, it is pleasant to see that in such an enormous number of passionate families accept it and Gayatri Yajnas are performed reliably so a perfect holy condition sets into present for a splendid world future in the 21st Century.

4 Result and Discussion

The analysis has been written for FBS and different samples.

For the analysis of the effect of yagyopathy in controlling the diabetes, two groups were created at different locations. The individuals’ concerns have been taken for the participation, and they agreed to follow the instruction during the Experiment Period.

Two groups are created for the experiments. The distribution of patients in the groups was 2 and 4. In first group, there were two patients, and in another group, four patients participated. They all are reported to have Type-II diabetes. Type-II diabetes is mainly caused due to a life style in which insulin formation slowly starts decreasing in the body resulting into the increase of sugar level in blood (as per Fig. 3).

For monitoring the blood sugar level of patients, the following three parameters are checked regularly in blood sample:

1. Glycated Hemoglobin (HbA1c)
2. Postprandial Blood Sugar (PPBS)
3. Fasting Blood Sugar (FBS)

Apart from this, physical weight is also measured as obesity is one of the major causes of many types of illness, one of which is Diabetes (as per Fig. 4) and (as per Table 2).

Weight Variation

All patients are either at the verge of obesity or having reported obesity. The overall decreasing trend of obesity is observed. The weight reduction rate is higher in first month of treatment, and it slows down a bit for subsequent month (as per Fig. 5).

When looking on the individual level, similar trend is observed. In some cases, very minute increase in weight is observed after one month of treatment (as per Fig. 6).
To further understand the significance of decrease in first month and subsequent increase in next month, the percentage variation is checked, and it is observed that the variation of increase is not even 1%. So, such negligible observation cannot be considered significant, as it may be due to change in cloth style during the weight measurement between two time periods (as per Fig. 7 and Table 3).
5 Analysis of Fasting Blood Sugar Parameter (FBS)

The FBS normal range is less than 100, and 100–125 is considered as prediabetes period, and beyond this is diabetes. So, the two-third of the patients under clinical trial of yagyopathy are having diabetes, and one-third are in pre-diabetic phase. A rapid decrease of FBS is observed in the starting month of treatment; then overall increase of FBS trend is observed for the patients in the subsequent months.
Fig. 7  The average percentage weight reduction of each subject during experiments

| Date of lab test | Group | Patient ID | % Difference in Avg. Wt. in Kgs |
|------------------|-------|------------|---------------------------------|
| 03-Dec-18        | GRP-1 | PT-1       |                                 |
| 03-Dec-18        | GRP-1 | PT-2       |                                 |
| 03-Dec-18        | GRP-2 | PT-3       |                                 |
| 03-Dec-18        | GRP-2 | PT-4       |                                 |
| 03-Dec-18        | GRP-2 | PT-5       |                                 |
| 03-Dec-18        | GRP-2 | PT-6       |                                 |
| 02-Jan-19        | GRP-1 | PT-1       | −2.49%                           |
| 02-Jan-19        | GRP-1 | PT-2       | −1.75%                           |
| 02-Jan-19        | GRP-1 | PT-3       | −6.08%                           |
| 02-Jan-19        | GRP-2 | PT-4       | −1.81%                           |
| 02-Jan-19        | GRP-2 | PT-5       | −0.56%                           |
| 02-Jan-19        | GRP-2 | PT-6       | −4.33%                           |
| 02-Jan-19        | GRP-2 | PT-7       | −1.51%                           |
| 05-Mar-19        | GRP-1 | PT-1       | −0.79%                           |
| 05-Mar-19        | GRP-1 | PT-2       | −3.85%                           |
| 05-Mar-19        | GRP-1 | PT-3       | 0.18%                            |
| 05-Mar-19        | GRP-2 | PT-4       | 0.12%                            |
| 05-Mar-19        | GRP-2 | PT-5       | −2.23%                           |
| 05-Mar-19        | GRP-2 | PT-6       | 0.50%                            |
| 05-Mar-19        | GRP-2 | PT-7       | 0.83%                            |
Very positive impact of Yagyopathy is seen in reducing the FBS level from above diabetic range to well below the diabetic range.

When analyzing at group level, it has been observed that Group-2 FBS level is continuously decreasing; but due to increase in FBS level for Jan–March period in Group-1, the overall trend seems to be increasing. It is indicative that any outlier in the data exists i.e. there is some patient in the Group-1 whose FBS is increased rapidly, thereby impacting the complete group average. To see this, study at individual level is done (As per Fig. 8).

From the graph, it has been clearly seen that except one patient all the other patients come under the pre-diabetic range in the first month of treatment itself. The excepted patient level also reduces and comes under pre-diabetic phase in subsequent months (As per Fig. 9).

From the graph, it has been clearly seen that Patient PT-1 in Group-1 is showing sudden increase. So, to bring general conclusion about the experiment, the analysis has been done for FBS after removing the PT-1 patient’s data.

Now, it has been clearly seen that the overall trend is decreasing (Gray line in the graph is showing overall trend). But still it seems there are some cases in which FBS is increasing for the Jan–Mar period. To study this variation, data is grouped into two parts: one for increasing FBS in this period and another for decreasing FBS in this period (As per Fig. 10):

For increasing group analysis, it has been seen that only average of 5.25 point is there for the concerned period in which only 11 point increase is observed in Patient
Fig. 9  The analysis and trend of subjects’ health on FBS parameters

Fig. 10  The analysis and trend of subjects’ health on FBS parameters after removing exceptions

PT-1. So, after removing it from the data, it has been observed that only 3.33 point increase is observed (as per Fig. 11).

For the decreasing group, the result was very positive for the clinical trials. As an average of 10 point decrement per period is observed with no exception.
**Result:** In summary, the impact of yagyopathy on FBS controlling is very positive and rapid; as within one month, almost all patients’ range comes well below the diabetic range (As per Figs. 12 and 13).

**Observations on the obtained results**

We also observed that the parameters stop decreasing with significant rate or even increase in parameters as observed in the period of Jan–Mar. Although for first month significant decrease in parameters values is observed.

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**Fig. 11** The analysis and trend of subjects’ health on FBS parameters for increasing groups

**Fig. 12** The analysis and trend of subjects’ health on FBS parameters for increasing groups after removing exception
Fig. 13 The analysis and trend of subjects’ health on FBS parameters for decreasing groups

It may be due to normal behavior of parameters that after some period of decrement it goes into ideal/inert period; then it will show improvement again or it is due to one of the possible reasons discussed in the below text.

Also, we are interested to know the trend generally observed in FBS, PPBS, and HgA1c. Like if one parameter in the study decreases, then other factor will increase as per in early phase of treatment. Like in case of Liver, we know if Serum Bilirubin goes down then for that particular period temporary increase in SGOT and SGPT can be observed. So, we want to know if any such pattern exists between these three.

1. Parameters are decreasing in first month (As per Fig. 14).
2. No significant improvement is observed in subsequent months. This is against the Motivation Theories; since rapid decrease in first month in parameter will lead to the motivation of patients, they will have more trust on trials and will follow the instructions more rigorously. Here, either the reward seems to be negative and they start taking casually or the month gap is two for next observation; does the gap in feedback lead to loss of interest? Since the patients belong to Gayatripariwar, we do not think that gap month or negative reward or casual attitude. They all must be motivated as they have practiced yagya for many years; they were seeing its scientific evidence during trials, so there must be a positive impact, and decrement in the parameter should be observed continuously (may be with decreased rate). Now what we think of is, in India, January and February are the period of marriage ceremonies and Holi festival, so after seeing the decreased value in December, they might have started attending parties: P. I am not joking but that can be the reason. Or it may be quiet possible that in month of December, it’s a period of chilled winter in India sand treatment works best in chilled winter but in Feb- March, temperature starts increasing so effectiveness decreases. Or it may be possible that the subjects were taking their allopathic
medicine in first month and by seeing the positive growth they stopped taking medicine or taking it on need basis. If that is the case, then it's really very positive and so it has been highlighted in our study. Or, it may be also possible and there may be another factor, that subjects’ body was not habitual of such treatment, so when body gets such treatment, it gets healed rapidly, but as it becomes the routine process so, the body becomes habitual and do not responds with same pace in subsequent month. If so, then in such case, we have to think of some increment plan, i.e., time-based kwath dose change or yagya ahuti increment, etc.

6 Novelty in Our Work

Yagya is a breathing treatment of many diseases which requires no physical touch. Burning of various oils releases fragrance to the nature. Environment is purified by yagya as it controls the pollution. It also has no side effect and reduces the bacteria count from the environment. Hormones of our body get activated by yagya.
7 Recommendations

Yajna is an ancient practice and involves various beneficial effects. Yajna provides various beneficial effects to our body; it provides purity to the house and is helpful in treatment of diabetes and is highly helpful in getting relief from drugs.

8 Future Scope and Possible Applications

There are various applications of yajna such as Curing of the disease. It also helps in increasing the immunity power of the person. Different diseases such as diabetes, stress, hypertension, and many more can easily be cured through yagya. Drug Addiction can be reduced by following the timetable of the treatment on regular basis of three months.

9 Limitations

While performing the experiments, my team and I have to face difficulties such as limited number of subjects. Today, people are not interested in slow process treatment; they want quick response. Also, the subject should follow the treatment on the regular basis for three months. Subject should have will to get fit. Experienced persons in the experiment are less in number due to which number of experiment performed on subjects is less in number. Since the data is very less, trend model was showing non-significant. So, we have not done lighter side of trend analysis. Even P value was not <0.05, so the model is insignificant. We have tried with all available trend models in tableau.

We tried to do trend analysis, but all models are insignificant. So, we cannot include them as part of our analysis. We apply trend models, and if the values show significance, then only we consider that the model is applicable and is showing correct trend. If it shows non-significance, then we cannot use it.

Also, we need to interrogate the subjects in details for the change on any routine habit like more sleeping time in winter and less as summer time comes, etc.

10 Conclusions

Havana-pooja is an otherworldly and conventional movement followed in practically all religions on the planet since ages. It has been consistently anticipated as an air purging action. Indeed, even it has been built up by numerous logical analysts too. However, through our study, we saw that if havan is not performed with care it could
be as lethal as breathing in diesel smoke. It is prescribed that Yagya ought to be performed in open grounds or in well-ventilated rooms. It ought to be performed under splendid daylight for the photochemical procedure to happen.

Whenever all the unstable substances are diffused in the encompassing environment, these are additionally exposed to photochemical responses in the daylight. This might be the motivation behind why it has been prescribed that Yagna ought to be performed in the nearness of solid daylight. These progressions happen in the ultraviolet and other short wavelength locales.

The offerings of the herbs, chanting mantras in the Homa rituals engages the mind with better focus ability to create a resonance and to positively alter the energy fields to an external stimuli. The results of fumigation in this manner goes on with photo-chemical disintegration, oxidation, and reduction from natural cleaning. It decrease CO₂ delivered in Yagna as above and freedom of oxygen cannot be looked finished.

The flame ought not be excessively high. The temperature accomplished in the Kunda shifts somewhere in the range of 250 and 600 °C which is necessary for moderate burning of Havana-samgiri.

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