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Impact Analysis of Medicinal Plants used in Yagya Therapy to have Congenial Environmental and Diseases: A Scoping Review

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Abstract

Background: Throughout history, medicinal plants have been used by humans to maintain their mental health and wellness and for disease prevention. Due to the unique medicinal features of plants, different plant components, such as root, stem, and bark, have been used in both external and internal therapies, either as a paste applied directly to the skin or eaten orally, to ward off ailments as an alternative and supplementary system of medicine. Furthermore, it can also be used to produce smoke (or boil) that can be inhaled to treat everything from anxiety, stress and depression. By default, the immediate surroundings also get purified. **Aim:** This study is an endeavor to analyses the effects of Dhoom that emanates from medicinal plants used in Yagya on the environment and holistic health of people in more depth. **Methodology:** We have adopted a methodology of the use of multi-ingredient herbal plant smoke for treatments. **Results:** This paper stresses potential medicinal plants that are used in Yagya therapy and also preserve the environment. Herbal inhalation therapies come in a variety of forms and are called by various names around the world. In this study, we're investigating the impacts of Dhoom, which is created by Yagya. Although Yagya therapy is entirely scientific and includes other features such as mantra therapy, smoke therapies can be performed without the other aspects of Yagya therapy. The use of mono- and multi-ingredient herbal and non-herbal treatments as smoke in 50 nations across five continents is also examined. **Conclusion:** This review stresses the medicinal potential of the herbs utilized in Yagya.

Keywords: Yagya therapy, Medicinal herbs, Environment, Diseases, Agnihotra, Homa Therapy, farming, Herbal Smoke, Herbal Medicinal Smoke, Ayurveda, Dhoopana/Dhoom nasya

Introduction

Plants and forests, which cover 30% of the Earth's land, have always been the sole source of sustenance and livelihood for humans, providing key supplies of clean air and water, since the dawn of humanity (Dwivedi, 2017). Humans have raised their overall resource needs in the context of their reliance on ecosystem services as the global population grows (Steinberger et al., 2013). Based on an assessment of 163 economic sectors and associated supply networks, the New Nature Economy study found that roughly half of global GDP is somewhat or highly dependent on nature and its services (Herweijer et al., 2020).

Forests that provide a living for 1.6 billion people are being cut down at a rate of 13 million hectares per year, while drylands continue to deteriorate, eventually leading to desertification on 3.6 billion hectares. As a result, a vast number of plant and animal species are under danger of extinction, and pollution levels are rising.

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Moreover, according to the UNDP's report on Sustainable Development, Agriculture is an important economic source for roughly 2.6 billion people worldwide. Plants give us approximately 80% of our daily nutrition. Global Hunger, on the other hand, has a GHI score of 18.2, which is considered moderate, whereas India has a serious level of hunger with a GHI score of 27.2 and a rank of 94 out of 107 countries. According to a UN Food and Agriculture Organization assessment, 720 to 811 million people had to deal with hunger worldwide in 2020. New and improved industrial practices as well as over-exploitation of resources, have completely transformed the natural environment (Salameh, 2008). The economic costs of degrading nature are becoming more widely recognized by governments and citizens around the world and initiatives are being taken to improve it.

In ancient times, India was not in such a terrible state as it is now. Nature's equilibrium had always been emphasized by our forefathers. They would constantly nourish nature if nature nurtured them. Technological innovation, on the other hand, began the exploitation of nature but provided nothing in return. Efforts to provide proper supervision and environmental preservation, as well as to improve the pathetic condition of people all over the world, are extremely important. (Jørgensen, 2016).

Ancient books such as the Vedas and Upanishads can teach us about environmental conservation. The Vedic tradition has always been based on science and nature (Sharma, 2015). Preservation, environmental remediation, and tree planting were all part of Vedic culture. The importance of forests, trees, and wildlife conservation was emphasized. The Vedas contain recommendations and practices for the protection and maintenance of ecosystems (Gairola, 2020). The direct addition of the ashes into the contaminated (with A. faecalis, E. coli, S. aureus, P. aeruginosa) water had a different effect. The mix dung cake ash significantly (p, 0.001) reduced the count of all four types of bacteria used for contaminating the tap water. The Patanjali samgri (Choudhary et al., 2021), (Biswal, B., et al., 2020) also plays a significant role in maintaining eco-systems and boost the immunity of individuals in preventing the ailments. One of these rituals that subtly improve nature is Yagya, a Vedic fire ceremony. Yagya is the combination of herbal smoke. It has the ability to detoxify the environment, notably polluted air and biological air pollution. Performing a Yagya has always been regarded as one of the most virtuous and universally adored acts (Rathod, 2020). Recently, mono- and multi-ingredient herbal and non-herbal remedies administered as smoke from 50 countries across the 5 continents are reviewed (Mohagheghzadeh et al., 2006). It is a traditional yet scientific ceremony that is performed to promote peace and harmony between living beings and nature by paying respect to both.

Yagya is also an act that motivates and reminds us to mend and rebuild the harm that has been done to the environment (Jha,2019). Fire, Ghee, Mantra Chanting, Medicinal Herbs, Offerings, and Sacrifice all have a scientific component to them and are essential to the Yagya 's completion. Yagya has a broad impact on our physical, emotional, and spiritual well-being (Abhang & Pathade, 2017).

According to preliminary findings, life energy levels grow during the process of Yagya, which plants and other living organisms require for growth and normal physiological function. Its fumes reduce microbial burden as well as levels of SO_2 and NO_2 levels in the air. Its ash has also been reported to help with water and air cleansing, seed germination, genotoxicity, and plant growth. Furthermore, it reduces microbial pathogenicity and improves the health of living things (Pranay et al., 2015). Herbs in Yagya have been used to treat a variety of

mental and physical illnesses. With the usage of little amounts of plants, the effect can be observed over a vast region. Herbal medicinal smoke has also been utilized for therapeutic purposes all throughout the world. The practice of inhaling herbs into the lungs has long been practiced in many civilizations around the world. Despite the fact that Yagya has environmental and other benefits, the purpose of this study is to emphasize the relevance of plants and their medical uses when used in Yagya. Yagya herbs include a wealth of therapeutic characteristics that can be utilized to prevent and treat diseases.

Methodology

This study is conducted by using an electronic search engine “Dimention.ai”, selecting data from 1865 to 2021. Information on ethnobotanical, ethnopharmacological, and herbal aspects of traditional medicine from 50 countries throughout the world was reviewed. The keywords used were ethnobotany, ethnopharmacology, folklore medicine, fume, herbal medicine, inhalation, medicinal plants, smoke, smoking, and traditional medicine. The research included the works and data available in English. All documents were searched either in their title or abstract by entering the keywords Yagya, Disease, Environment and medicinal plants with the use of boolean operators (OR/AND). The searched query used (“Agnihotra" OR "Yagya" OR "Homa" OR "Homa rituals" OR "Homa fire" OR “Homa farming" OR "Hawan" OR "Yagyopathy" OR "Yagyopathic" OR "Environment” OR "Diseases" OR "Medicinal plants" OR "Herbs"). The data selection criteria have been performed manually, including only the research articles. All the Chapters, Books, Edited Books, Monographs, Paper print, etc. were excluded. Data were analyzed using MS Excel.

Results and Discussion

Medicinal plants used for Yagya

Environment: Various scriptures and scientific studies claim that the smoke produced by the yagya is also beneficial to the environment. In this context, a series of experiments were conducted by Rastogi et al in 2020 on the ancient Indian vedic science of yagya and mantra. It was an attempt to see if the pollution could be eradicated from the atmosphere by yagya and mantra. The data was collected from 23 live monitoring stations throughout delhi. According to the findings of this investigation, yagya reduced pollutant levels dramatically. (Rastogi et al., 2020). In the same year, chaganti, v.r in the United States of America conducted a similar investigation. The data was gathered by comparing PM levels before and after Yagya. This study also revealed a considerable decrease in air pollution levels (Chaganti, V. R., 2020). Yagya dhooma's effect was also viewed as a traditional method of fumigation since it alters the biome by destroying pathogenic germs. Medicinal herbs were transformed into nanoparticles by the herbs employed in yagya, which acted to change the biome (Kumar et al., 2020). Yagya Dhuma's power to purify the air is demonstrated by the fact that one hour of medicinal smoke treatment can eliminate 94 percent of bacterial count in the air, demonstrating the absence of pathogenic germs for up to 30 days (Nautiyal et al., 2007). By sterilising the atmosphere, yagya has also been shown to help prevent communicable diseases like COVID-19 (Deogade, M. S., 2020).

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Diseases:

Yagya has an impact on both the environment and the people. In ancient Vedic teachings, the concept of whole health is defined as a combination of physiological, psychological, psycho-physiological, emotional, social, and spiritual components of health. Yagya is recommended in ancient texts for good health and disease prevention, as well as seasonal yagya to avoid and treat epidemics (1 disease prevention).

The use of yagya therapy has a lot of potential to treat chronic diseases like thyroid, diabetes etc. In a study, the effect of yagya in normalising thyroid hormone levels was observed in 18 thyroid patients who received 40 days of yagya treatment. As a result of this treatment, Patients' quality of life, stamina, stress, and sleep problems also improved (Saraswat, A., et. al., 2020). Several investigations show that diabetes which is the leading cause of death can also be cured with the help of dhuma therapy. One study was conducted to check the effects of dhooma nasya and mantra chanting during yagya on diabetic patients. The treatment was provided to patients with and without medication for 45 minutes every day for six months in one trial. Following a six-month period, both groups' blood glucose levels were significantly decreased (Rastogi et.al., 2020). Even a thirteen-day treatment duration was shown to reduce blood glucose levels (Pal, S., & Shrivastav, V., 2020). Burning and inhaling incense sticks containing 24 herbal elements has also been proved to be beneficial in the treatment of diabetes (Patel et al.). Epilepsy can also be healed by utilising oils that are used in dhooma therapy, which affects the central nervous system directly through the nasal cavity (Bansal, P., et al., 2004). Dhuma therapy has also been shown to be effective in the treatment of epilepsy in studies (Batham et al., 2018). Longevity, spiritual refinement, mental calm, strength, and energy, mind purification, environment, food, prosperity, happiness, and mental faculty growth can all be attained via daily yajna. So, one may truly comprehend that the secret to reaching perfection in life is found in Yagya.

Mechanism of Herbal Inhalation Therapy

Dhuma therapy, or herbal inhalation therapy, is an ancient Vedic herbal medicine that permits therapeutic herbs to be delivered through the lungs (L Batham et al., n.d.). There are three fundamental modalities for giving Dhuma therapy are: (i) Inhalation, which treats 71.5% of all the symptoms and is used to cure pulmonary and neurological difficulties, (ii) Direct smoke (24.5%), utilized to treat specific ailments such as dermatological and Genito-urinary disorders, and (iii) ambient smoke (passive smoking) (4%) is used as an air purifier and is not directed at the body.

A variety of dried medicinal plants are arranged to be offered in the Yagya and turned into therapeutic smoke. Inhaling medicinal smoke, which carries Phyto-constituents with therapeutic effect, is required (L Batham et al., n.d.). It has a faster delivery to the brain, better absorption by the body, and lower production costs. This therapy has long been used in numerous traditions and cultures to heal respiratory and neurological diseases. The most common medical reasons for using herbal Dhuma are pulmonary (23.5%), neurological (21.8%), and dermatological (8.1%). Other uses of herbal Dhuma are not exactly medicinal but beneficial to health and include Dhuma as a preservative or a repellent and the social use of Dhuma (Mohagheghzadeh et al., 2006). Rigveda 10/137/2-3 provides two routes for the Yagya Dhuma to travel into the human body. In the form of breath, it enters the heart and provides life force, while the other air in the form of breath leaves the body and removes the

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disease. The inhaled Dhuma *is* thought to enhance immunity and vigor, while exhaled air is said to aid in the clearance of toxins from the body.

According to Rigveda 3/10/3, The use of pure ghee and good herbs in the fire provide purification of the air, and all of the pleasures (Verma et al., 2018). Dhuma therapy can help live longer if it is consumed correctly. It should be taken properly because its therapeutic characteristics are life's foster, protector, nurturer, companion, and enabler. Many plants' overall health advantages are being increased and developed as a result of divine Yagya fire tasks (Verma et al., 2018).

Table 1: Effect of Yagya on disease in Vedic Text

Sr. No.	**Text**	**Verses**	**Disease Name**	**Effects**
1	Atharvaveda	5/22/10/13	Fever	Different types of fever **[i.e. cold, heat, long short, seasonal]**
2	Atharvaveda	6/83/1-4	Goitre	Yagya fumes along with Sun and moon rays
3	Atharvaveda	6/111/2	Mania	Yagya fume cure mania
4	Atharvaveda	7/80/3-4, 7/81/1	Tuberculosis [TB]	Yagya treat deep penetrated or primary infected TB disease and prevent TB recurrence, Yagya's herbal fume [Vayu, 'Yagya' Fire, Sun and Jupiter's vital force (parjanya)] cures TB
		3/11/1-2		
		3/11/2003		
		3/11/2004		
5	Atharvaveda	1/8/1-4	Worm Infection	destroy worms from hidden places, routes of entry and their lineage (eggs)
		5/29/2004		
		5/29/6-9		
6	Rigveda	10/162/3	Pregnancy	gynaecological disorders and new born health issues
		10/162/1-2		

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Table 2: Medicinal plants used for Dhoom therapy in Yagya

Sr No	Scientific Name	Local Name	Parts used in Hawan	Medicinal uses	References
1	Aquilaria Agallocha	Agar wood	W	Hepatoprotective potential	Alam, J., et al (2017)
2	Prunus amygdalus	Almond	Fr	Antioxidant and antiproliferative activities	Dammak, M. I., et al (2018)
3	Achyranthes aspera L. (Amaranthaceae)	Apamaranga	Wo	molluscicidal potential, Wound Healing and Anti-Inflammatory Activities	Mandefro, B., et al (2017)
4	Clitoria ternatea L. (Fabaceae)	Aparajita	St	light absorbing pigments	Arya, S. (2018)
5	Calotropis gigantea (L.) R.Br	Arkah	T, F	Asthma, Anti-inflammatory activity, Anti cancer activity, Antimicrobial activity, Anxiety and pain, Epilepsy, Healing the ulcers and blotches, TB and leprosy, Wound healing activity	Kumar, P. S., et al (2013)
6	Withania Somnifera	Ashwagandha	Wo, L	Antioxident Activity	Dhanani, T., et al (2017)
7	Ficus religiosa Linn.	Aśvattha	Wo	Reduces oxidative stress, Anti-inflammatory, analgesic, antimicrobial activity	Kirana, H., et al (2009), Sreelekshmi, R., et al (2007), Ramakrishnaiah, G., et al (2013)
8	Ficus religiosa	Aśvattha	Wo, L	Anti-cancers, against tuberculosis, smallpox, measles, skin diseases, rheumatism, cardiac ailments and as antifungal, Antianxiety activity, Anti diabetic	Sankar, R., et al (2014), Mohagheghzadeh, A., et al (2006), Ratnasooriya, W.D., et al (1998), Pandit, R., et al (2010)
9	Anthriscus nemorosa Spreng. (Apiaceae)	Sunak	W	Antirheumatic	Navchoo and Buth (1989)
10	Carum copticum L. (Apiaceae)	Ajwain	Fr	General gynecological disorders, analgesic, mood disorders	Mohagheghzadeh et al. (2007), Avicenna (1024a,b), Williamson (2002)

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11	Annona squamosa L. (Annonaceae)	Theiarbawn	Fr	Anticonvulsive	Sharma et al. (2001)
12	Phoenix dactylifera L. (Arecaceae)	Date palm	Fr	General skin diseases	Caius (1998)
13	Asplenium septentrionale (L.) Hoffm. (Aspleniaceae)	Aspleniaceae	L	Relief cold	Kapur (1996)
14	Tussilago farfara L. (Asteraceae)	Coltsfoot	Bu, F, L	Respiratory tract diseases	Caius (1998)
15	Commiphora mukul Engl. (Burseraceae)	Guggul	GR	Air purifier, febrifuge, respiratory tract diseases	Mohagheghzadeh et al. (2005), Williamson (2002)
16	Gymnosporia royleana Laws. (Celastraceae)	Jaliddar	Fr	Toothache remedy	Kapur and Singh (1996a)
17	Evolvulus alsinoides L. (Convolvulaceae)	Dwarf Morning Glory	L	Respiratory tract diseases	Kapoor (2001)
18	Lagenaria hispida Ser. (Cornaceae)	Khongdrum	Fr	General gynaecological disorders	Singh Huidrom (1996)
19	Breynia vitis-idaea (Burm. f.) Fischer (Euphorbiaceae)	Devadari	L	Respiratory tract diseases	Nagaraju and Rao (1990)
20	Atylosia lineata Wt. & Arn. (Fabaceae)	Janglitur	L	Respiratory tract diseases	Tosh (1996)
21	Mimosa pudica L (Fabaceae)	Shameplant	L	Toothache remedy	Lalramnghinglova (1996)
22	Mucuna pruriens Bak. (Fabaceae)	velvet bean, cowitch, or cowhage	Fr	Relief cough	Williamson (2002)
23	Linum usitatissimum L. (Linaceae)	Alsi	Fr	Relief cold	Caius (1998)
24	Pellaea calomelanos (Sw.) Link (Sinopteridaceae)	Blue Rock Fern or Hard Fern	L	Respiratory tract diseases, relief cold	Singh and Viswanathan (1996)
25	Atropa acuminata Royle. Ex Lindl. (Solanaceae)	Indian Belladonna	L	Analgesic	Kapoor (2001)

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26	Datura innoxia Mill. (Solanaceae)	Safed Dhatura	L	Respiratory tract diseases	Singh et al. (2002)
27	Datura metel L. (Solanaceae)	Kala Dhatura or Angel's Trumphet	Fr, L	Respiratory tract diseases and toothache remedy	Defilipps et al. (2004), Ongand Nordiana (1999), Mandal and Basu (1996), www.metafro.be (Accessed 20 August 2006)
28	Datura stramonium L. (Solanaceae)	jimsonweed, thornapple, or devil's trumpet	L	Respiratory tract diseases, toothache remedy, analgesic, narcotic	Joshi and Joshi (2000), Sezik et al. (1991); Manandhar (1996a,b), Jain (1996), Thring and Weitz (2006), Sharma et al. (2001), Shinwari and Khan (2000), Hirschhorn (1982), www.metafro.be (Accessed 20 August 2006), Schmeda-Hirschmann and De Arias (1990)
29	Hyoscyamus muticus L. (Solanaceae)	Egyptian Henbane or Desert Henbane	L	Narcotic	Jain (1996)
30	Vitex negundo L. (Verbenaceae)	Vavili	L	Relief cold, analgesic	Sharma et al. (2004), Siwakoti and Varma (1996), Nagaraju and Rao (1990)
31	Cissus quadrangularis L. (Vitaceae)	Hajora	St	General gastrointestinal disorders	Williamson (2002)
32	Peganum harmala L. (Zygophyllaceae)	Harmal or Syrian Rue	Fr	Air purifier, relief cold	Hooper and Field (1937), Sezik et al. (2004),

					Ghorbani (2005), Amin (1991), Kapoor (2001)
33	Ficus racemosa	Audumbara		anti-pyretic potential, antioxidant and natural radioprotector	Rao, R. B., et al (2002), Veerapur, V. P., et al (2009),
34	Ficus benghalensis L.(Moraceae)	Bara	Wo	antimicrobial, Mosquito larvicidal properties,	Tkachenko, H., et al (2017), Govindarajan, M., et al (2011),
35	Ziziphus jujuba	Ber	S, Fr	anticancer, Anxiolytic	Peng, W. H., et al (2000), Tahergorabi, Z., et al (2015)
36	Santalum Album	Chandan (Sandal-Wood)	wo	Anticancer, Antitumor	Santha, S., et al (2015), Kim, T. H., et al (2006)
37	Eugenia caryophyllus	Clove	Dried Bud	Anti-stress activity	Singh, A. K., et al (2009)
38	Desmostachya bipinnata (L.) Stapf.	Darbhah	L	Antioxidant, DNA damage protection activity, analgesic and anti-inflammatory	Golla, U., et al (2014), Kumar, V., et al (2010),
39	Cedrus Deodara	Deodar	HW	anti-inflammatory, analgesic activity, Antibacterial activity, Antioxidant activity, Gastric antisecretory and antiulcer activities	Shinde, U. A., et al (1999), Zeng, W. C., et al (2012), Zeng, W. C., et al (2014), Kumar, A., et al (2011)
40	Cynodon dactylon (L.) Pers.	Durva	W	antimicrobial, antioxidant activity	Savadi, S., et al (2020), Nischitha, R., et al (2020)
41	Caesalpinia bonduc (L.) Roxb. (Caesalpiniaceae)	Gila	Fr	Toxicity, antifeedant activity	Baskar, K., et al (2018)
42	Tinospora cordifolia	Giloy	St	Immunomodulatory property, Anti-diabetes property, Anti-toxic effects, Anti-arthritic, anti-osteoporotic effects, Anti-HIV effects, Anti-cancer effects, Anti-	Subramanian M, et al (2002), Sharma U, et (2012), Kapil A, et al (1997), Sangeetha MK, et al (2011),

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				microbial activity, Anti-oxidant activity	Gupta R, et al (2011), Chopra A, et al (2012), Abiramasundari G, et al (2012), Kalikar MV., et al (2008), Akhtar S., (2010), Sharma P, et al (2011), Rao SK, et al (2010), Kapur P, et al (2009), Narayanan AS, et al (2011), Jeyachandran R, et al (2003), Sivakumar V, et al (2010)
43	Curcuma longa L.(Zingiberaceae)	Haladi	Rh	Antifungal, Antioxident	Abdelgaleil, S. A. M., et al (2019), Ge, Q., et al (2018)
44	Abutilon indicum	Indian mallow (Kanghi)	St, R, S, F, L	Immunomodulatory activity, Cytotoxic, Antibacterial, Antimicrobial activity, Anti-inflammatory activity	Dashputre, N. L., et al (2010), Abdul, M. M., et al (2010), Lokesh, R. A. V. I., et al (2016), Tripathi, P., et al (2012)
45	Myristica fragrans	Jaiphal	Fr	Antibacterial activity, Antioxidant, Antiangiogenic, anti–depressant, Anti cancer activity	Shafiei, Z., et al (2012), Piaru, S. P., et al (2012), Moinuddin, G., et al (2012), Mary, H., et al (2012)
46	Glycyrrhiza glabra L. (Fabaceae)	Mulethi	Wo	Natural Anticancer, Hair growth promotant activity, anti-bacterial, anti-oxidant, Memory enhancing activity, Antimicrobial Activity, Anti-inflammatory	Rathi, S. G., et al (2009), Upadhyay, S., et al (2012), Sharma V., et al (2013), Dhingra D, et al (2004), Irani M, et al (2010), Harwansh R.K., et al (2011)

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47	Nardostachys jatamansi	Jatamansi	Dried Rh, R	Hair growth promotant activity, Anticonvulsant, neurotoxicity profile, Stress modulating antioxidant, protects against liver damage, anticancer activity	Upadhyay, S., et al (2012), Rao, V. S., et al (2005), Lyle, N.,et al (2009), Ali, S., et al (2000), Chaudhary, S., et al (2015)
48	Crocus sativus	Kesar	Dried Stigma , Style	Antitumor activity, Anticarcinogenic, Radical scavenging activity, antidepressant effect,	Nair, S. C., et al (1991), Samarghandian, S., et al (2014), Assimopoulou, A. N., et al (2005), Akhondzadeh, S., et al (2005), Khorasany, et al (2016)
49	Acacia catechu (L.f.)	Khaira	Wo	Immunomodulatory activity, antimicrobial activity, Hepatoprotective activity, Antioxidant, anti-inflammatory, chemoprotective properties, Antipyretic, antidiarrhoeal, hypoglycaemic	Ismail, S., et al (2009), Negi, B. S., et al (2010), Jayasekhar, P., et al (1997), Stohs, S. J., et al (2015), Ray, D., et al (2006)
50	Mangifera indica	Mango	T	Antihyperglycaemic, Anticarcinogenic, antidiabetic action, Antimicrobial, Immunomodulatory activity, Antibacterial activity, Antioxidant and antiproliferative activities	Aderibigbe, A. O., et al (1999), Noratto, G. D., et al (2010), Aderibigbe, A. O., et al (2001), Engels, C., et al (2009), Makare, N., et al (2001), Bbosa, G. S., et al (2007), Kim, H., et al (2010),
51	Lawsonia inermis L. (Lythraceae)	Manjuati	R	Antistaphylococcal	Alsaimary, I. E. (2014)
52	Cocos nucifera L.(Arecaceae)	Coconut	Fr	Antithrombotic effect, antiparasitic, anticancer activity	Müller H, et al (2003), Tayler, N. M., et al (2019)

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53	Butea monosperma (Lam.) Taub.	Palasa	T	Antioxidant, antidiabetic activities, anti-cancer activity	Talubmook, C. et al (2012), Rekha, J. B., et al (2011)
54	Butea monosperma	Parna	Wo, F, L, GR	Anti-diarrhoeal activity, Antidiabetic potential, wound healing, Anti- Inflammatery, Osteogenic activity, antifungal, Antistress activity	Gunakkunru, A., et al (2005), Somani, R., et al (2006), Sumitra, M., et al (2005), Shahavi, V. M., et al (2008), Maurya, R., et al (2009), Bandara, B. R., et al (1989), Bhatwadekar, A. D., et al (1999)
55	Nelumbo Nucifera	Phool Makhana	Sacred Lotus, Kamal, or Padma	Antioxidant, antidiabetic activities, Anti-cancer activity, Anti-obesity effect, Immunomodulatory potential, Antidiarrhoeal, Antipyretic activity	Jung, H. A., et al (2003), Rai, S., et al (2006), Ono, Y., et al (2006), Mukherjee, D., et al (2010), Mukherjee, K., et al (1995), Mukherjee, P. K., et al (1996)
56	Dichrostachys cinerea (L.) Wight. & Arn.	Shami	T	antilice activity, Antiurolithiatic activity	Vijayalakshmi, M., et al (2010), Jayakumari, S., et al (2011)
57	Convolvulus Pluricaulis	Shankhpushpi	W	gastric ulceration, Neuroprotective, antioxidant, anticonvulsant activity, learning and memory, antidepressant, Anti-Obesity Activity	Sairam, K., et al (2001), Verma, S., et al (2012), Sharma, K., et al (2010), . Dhingra, D., et al (2007), Sharma, A., et al (2014)
58	Dalbergia sissoo Roxb.(Fabaceae)	Shishu	Wo	Acaricidal activity, diarrhoea and peristalsis	Singh, N. K., et al (2016), Chandra, P.,et al (2015)
59	Valeriana Wallichii	Tagar wood	R, Rh	Antidepressant, Antispasmodic, Anti-inflammatory activity, Radioprotective property, Antimicrobial, Anti-HCV activity	Sah, S. P., et al (2011), Gilani, A. H., et al (2005), Subhan, F., et al (2007),

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					Katoch, O., et al (2012), Khuda, F., et al (2012), Ganta, K. K., et al (2017)
60	Ficus religiosa L.	Udumbara	T, B, HW	Anti-Parkinson activity, anti-ulcer activity, Antioxidant, antimicrobial, anti-ageing and wound healing	Bhangale, J. O., et al (2016), Saha, S., & Goswami, G. (2010), Sahoo, R. R. (2012), Pandey, P., et al (2020)
61	Crateva magna	Varna	St Bark	Antipyretic activity,	Chidambaram, K., et al (2011)
62	Commiphora mukul (Hook. ex Stocks) Engl.	Guggulu	GR	hypocholesterolemic effect, OSTEOARTHRITIS, Antibacterial, hypothyroidism, cardiac dysfunction and ventricular function, prostate cancer	Satyavati, G. V., et al (1969), Singh, B. B., et al (2003), Saeed, M. A., & Sabir, A. W. (2004), Panda, S., & Kar, A. (2005), Ojha, S. K., et al (2008), Xiao, D.,et al (2011)
63	Vitex negundo L.	Nirgundi	Dried L	polycystic ovarian syndrome, Antidiabetic functionality, Antitumor and antibacterial activity	Kakadia, N., et al (2019), Nadeem, M., et al (2020), Islam, S., et al (2013)
64	Nyctanthes arbor-tristis L.	Parijat	F	Immunostimulant activity, Hepatoprotective activity,	Puri, A., et al (1994), Wagh, A. E., et al (2010)
65	Aegle marmelos (L.) Correa.	Bilva	L	Radioprotection, cancer, Antigenotoxic Activity, antioxidant and anti-diabetic	Jagetia, G. C., & Venkatesh, P. (2005), Baliga, M. S., et al (2013), Kaur, P. et al (2009), Nigam, V., et al (2015)

B = bark; Bu = bulb; F = flower; Fr = fruit; GR = gum resin; HW = heart wood; L = leaves; R = root; Rh = rhizome; S = seed; St = stem; T = twig; W = whole plant; Wo = wood.

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Conclusion

Yagya therapy can combat Environmental issues and Diseases. It is re-emerging as a popular, easy-to-use, cost-effective treatment that filters the air, boosts the immune system, and treats physical and mental ailments in and of itself. It's effectiveness in addressing health and environmental concerns. However, there is a paucity of research on the impact of Yagya on a variety of issues. As a result, there is a need to establish compute proof of Yagya**.** The naturally active chemicals found in herbs are employed in Yagya to treat a variety of ailments. Many ailments can be cured with plant material. When burned by yajna, these herbs have traditionally played an essential role in global health.

Medicinal plants have a long and proud history. Scientific study in this topic is quite active all around the world. According to the World Health Organization, around 21,000 plant species have the potential to be utilised as medical plants, and approximately 80% of people prefer herbal medicines for their primary health care requirements. Traditional medicinal herbs could be the key to significant improvements in human health.

Among ancient civilisations, India has been known to be rich repository of medicinal plants. The forest in India is the principal repository of large number of medicinal and aromatic plants, which are largely collected as raw materials for manufacture of drugs and perfumery products. About 8,000 herbal remedies have been codified in AYUSH systems in INDIA. As per data available over three-quarters of the world population relies mainly on plants and plant extracts for their health care needs. Thus, the economic importance of medicinal plants is much more to countries such as India than to rest of the world. These countries provide two third of the plants used in modern system of medicine and the health care system of rural population depend on indigenous systems of medicine. Treatment with medicinal plants is considered very safe as there is no or minimal side effects. These remedies are in sync with nature, which is the biggest advantage. The golden fact is that, use of herbal treatments is independent of any age groups and the sexes.

The ancient scholars only believed that herbs are only solutions to cure a number of health-related problems and diseases. They conducted thorough study about the same, experimented to arrive at accurate conclusions about the efficacy of different herbs that have medicinal value. Most of the drugs, thus formulated, are free of side effects or reactions. This is the reason why herbal treatment is growing in popularity across the globe. These herbs that have medicinal quality provide rational means for the treatment of many internal diseases, which are otherwise considered difficult to cure.

Medicinal plants such as *Aloe, Tulsi, Neem, Turmeric* and *Ginger* cure several common ailments. These are considered as home remedies in many parts of the country. It is known fact that lots of consumers are using Basil (*Tulsi*) for making medicines, black tea, in *pooja* and other activities in their day-to-day life. Apart from the medicinal uses, herbs are also used in natural dye, pest control, food, perfume, tea and so on. In many countries different kinds of medicinal plants/ herbs are used to keep ants, flies, mice and flee away from homes and offices. Now a day's medicinal herbs are important sources for pharmaceutical manufacturing.

Yagya is an ancient Hindu Vedic ritual aimed at ablution of the body and surroundings by reinforcing the natural equilibrium in various components of the body and ambient environment. Yagya is directed with selective medicinal preparation of herbs that is forfeited in the holy fire inflamed by specific woods along with the chant of distinct Vedic Hymes (mantras). Medicinal smoke significantly removes human pathogenic microbes. The vaporization and sublimation of ingredients of havan samagri in an inverted pyramid shaped yagya-kunda deliver vast amount of therapeutic and environmental benefits. The chemical transformation (into vapor or

gaseous phase/ colloidal forms) of the herbal/ plant medicinal preparations in Hawan lead to release of medicinal phytochemicals; which affect many endogenous chemicals including hormonal axis. These fumes help in purifying the air and have anti-epileptic, anti-pyretic, anti-fungal, antibacterial effects amongst the numerous other benefits. Regular chanting of hyms helps in purifying the mind. Improvement has been noticed with respect to digestion, hypertension, mental agitation and sleep after chanting the Mantras.

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