

**REPORT (Vedic Science)****Role of ‘Agnihotra’ in Prevention of Air Pollution**

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Agnihotra is performed to achieve equilibrium in nature, enhancement of human life, and to achieve peace of mind. Agnihotra is a basic form of Yadnya. It is also stated that the process in the science of bioenergy given by the Vedas, where it is described as a process of fumigation. Agnihotra is defined as the process which purifies the air, through the agency of fire.

- *Pot of a specific size and shape (pyramidal):* Preferably this pot should be of copper. Clay pot can also be used. The most important aspect is the size and shape of the pot. Dimensions of the pot are  $14.5 \times 14.5$  cm at the top,  $5.25 \times 5.25$  cm at the bottom and 6.5 cm in height.

It is because the pyramid powers are very well known for the fact that the shape of the pyramid accumulates electromagnetic waves inside it. The word pyramid itself is explanatory, *i.e.*, (*pyro* → Agni) and (*amid* → in the centre) which means that a pyramid-shaped pot gives ablazed flame exactly in the centre.

- *Cowdung cake* or dung of the cow family (*i.e.*, cow or bull) is used for preparing the Agnihotra fire. Cow dung is a well known medicine. It contains menthol, ammonia, phenol, indol, formalin and specifically its bacteriophages eradicate the pathogens. Considering all these valuable contents of cow dung, it is known as the best fuel for Agnihotra. Kerosene oil should never be used to produce a flame. Instead, camphor, dry gugul or cotton wicks duly soaked in cow's pure ghee can be used to produce fire.

It is a proven fact that with the mere smell of fresh cow dung, malarial parasites and pathogenic bacteria vanish. Floors or walls of houses coated with cowdung paste are protected from harmful radiations.

- **Cow ghee:** Cow ghee contains approximately 11 acids, 12 metals and 2 lactoses, which are very much beneficial. Names of the acids are not yet known. Research work is in progress.
- **Unbroken rice grain:** When rice grains are mixed with cow ghee and burned with cow dung cake the following gases are evolved: (a) ethylene oxide, (b) propylene oxide, (c) formaldehyde, (d) propiolactone and (e) acetylene. Acetylene has maximum amount of heat energy which helps in attracting pollutants from air. Also some more diseases and psychological tensions can be minimized by these gases, which also help in balancing

the nature cycle. The above gases are cyclic ethers, which can be used as disinfectant.

Cow ghee is called as 'medicine's medicine'. It is the nectar available to man on planet earth.

Cow milk from which ghee is prepared is a unique blending of 101 different substances. There are 19 amino acids, 11 fatty acids, 6 vitamins, 8 enzymes, 25 minerals, 2 sugars, 5 phosphorus compounds and 14 nitrogenous substances.

Rice grains contains 12% humidity and the remaining is starch. The coating of the grains is hard which contains oils. A good amount of olein and albumen is present in it. Rice is the only foodgrain available to man everywhere in the world. Agnihotra being the global discipline, an abundantly and easily available commodity like rice is therefore prescribed for Agnihotra.

- *Camphor, guggul or cotton wicks soaked in ghee* for kindling the fire. They help in complete combustion and in the purifying processes.
- *Chanting of mantras* at exact local timings of sunrise/sunset. There are only two mantras to be uttered, one in the morning at exact sunrise time and the other in the evening at exact sunset time. Mantras must be uttered by giving specific frequency to the sound. These should neither be only mumbled within the mouth nor uttered too loudly.

#### Why only exact sunrise/sunset:

At the transitional moments of sunrise and sunset tremendous activity is taking place in nature. The sun in fact never rises or never sets. The phenomena is experienced because the earth is revolving on its axis around the sun all the time. However, these two timings cause rapid changes. At the time of exact sunrise the place where the sun is said to have risen the atmosphere of that area is tremendously activated by electrical energies. Agnihotra fire attracts these energies<sup>2</sup>.

#### Method of performing Agnihotra

Everyday in the morning and evening at exactly sunrise and sunset, oblations of a little quantity of unbroken rice grains impregnated with pure cow ghee are to be offered by chanting mantras, in the fire specially prepared from cowdung cakes and guggul. The mantras are<sup>3</sup>:

Morning (Sunrise)	<i>Sooryaya svaha</i>	First portion
	<i>Suryaya idmnamama</i>	
	<i>Prajapataye svaha</i>	Second portion
	<i>Prajapataye idmnamama</i>	
Evening (Sunset)	<i>Agnaye Svaha</i>	First portion
	<i>Agnaye idmnamama</i>	
	<i>Prajapataye Svaha</i>	Second portion
	<i>Prajapataye idmnamama</i>	

### Conclusion

Do Agnihotra; no compromise for it. It is essential to counter the evil of pollution, which is created because of imbalance in the nature.

Imbalance is due to the fact that human beings are taking everything from the environment, but giving back nothing to it.

"Environment is awaiting for several served plates; it is so much hungry and thirsty".

Therefore, it is everybody's prime duty to provide many served plates to it in the form of homotherapy, *i.e.*, "AGNIHOTRA" which gives happy, powerful, peaceful, beautiful life by purifying the prana, *i.e.*, life energy which purifies our mind. It is done through the agency of fire, *i.e.*, Agnihotra.

### REFERENCES

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