



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

SCIENTIFIC REASONS BEHIND MEDITATION AND YAJNAS IN INDIA

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Abstract: Meditation and yajnas are not just rituals but it's a way to live a great and healthy life along with your mental and social wellbeing. Yajnas are key rituals in Hinduism, Jainism, Buddhism etc. as it is believed that people perform such rituals to maintain peace and happiness among themselves. Meditation helps to maintain positive thoughts and eliminate negative ones. Also, yajnas have a different point of view for people believing in superstitions. Also, we should preserve such good things for our future generations.

I.INTRODUCTION

1.1. The concept of religion in our country

India is a country where many people of different religions Hindu, Muslim, Buddhist, Sikh, Jain lives together celebrating many festivals, believing their rituals and tradition. What's most important is India is a country of festivals where festivals never stop and there's always a wave of happiness across country. Not only festivals but the season of wedding in India so special filled with many emotions, Indian rituals, and their beliefs. Rituals, a word which is frequently almost daily used in India, rituals are those actions, beliefs in a community which are connected to our traditions and have a great significance. Ritual is not only worshipping God but also worshiping our parents, weddings are incomplete without rituals. Every religion has their own beliefs, own rituals which are practiced all around the world.

1.2. Every religion has its own way of worshipping god:

Likewise in Hinduism, worshipping Lord Krishna, believing Lord Krishna practicing rituals, chanting name of Lord Krishna gives calmness, and makes life easier with the thoughts and teaching of Lord Shri Krishna. Because those teachings are really great and can be applied in our life even after thousands of years. Worshipping Lord Krishna is a tradition in India but it is followed all over the world. Many people even outside India worship Lord Krishna. Not only Lord Krishna but worshipping Lord Shiva, Mata Parvati, Lord Rama, Durga Mata, is practiced all over India with great devotion and belief. Also, Buddhist people worship Gautam Buddha. Gautam Buddha had a great knowledge regarding living of life. Sikh people worship Guru Nanak ji. They have them own rituals.

1.3. Diversity in our religion:

All these traditions are all across India, if you change the places, you would find a different tradition different belief. That is traditions, rituals, cultures in India varies from place to place. All the people have their own beliefs according to their religion which makes Indian culture diverse. People celebrate many festivals from different religions too. If we have to study about Indian tradition we need to study about every religion

every part of our country because India is a country where people of different religions live together.

1.4. Connecting science to religion:

We saw what rituals really are, but just practicing rituals may be a belief or even superstition in some cases. Practicing rituals is never going to end it just passes on from generations to generations. Due to the advancement of science, increasing literacy of people we were able to connect the rituals and traditions to science. We were able to explain scientific reasons behind it which would make our beliefs stronger and practicing rituals wouldn't be harm and we would even know importance behind it. Connecting science to God or rituals is a tough task as it was like challenging thoughts, belief of millions of people.

2. Different traditions and their scientific significance:

2.1. There are some important aspects behind practicing rituals like-

1. Recitation of scriptures like Vedas, Bhagvat Gita etc helps us to know our past
2. Meditating and practicing yoga develop us spiritually, physically and mentally
3. Celebrating festivals with religious significance and belief .
4. Worshiping god by offering prayers, prasad, flowers and even charity.
5. There are rituals when baby is born like having haircut, naming ceremony etc.

3. Spirituality and science behind chanting om and meditation:

3.1. Meditation:

Meditation is one of the most important aspects of our life. Meditation makes us feel peaceful, happy and helps us to focus on our goal as well as our health. It can be performed by concentrating on your breathing, chanting om, lying on the mat and going in the deep state of relaxation etc. every person should perform meditation to see benefits in our life. It is the best practice to remove all the negative energy from your mind and get a positive approach towards your goals, towards your life.

3.2. Scientific benefits of mediation by focusing on breathing:

1. It improves breathing efficiency and removes all the foul air from the body.
2. Helps to calm your mind.
3. Makes the lungs healthy.
4. It helps to reduce stress.
5. Improves your focus on goals.

3.3. Scientific benefits of mediation by chanting of OM:

Sound of Om is considered to be effective for our brain and body. It is and was earlier practiced by many saints, siddhus and teachers of ancient time. It was generally practiced to worship god for getting some powers or to fulfil your wishes. Nowadays it's not practiced much, mostly when practiced by common people they do it for their health, to mediate, to focus, to improved mental health.

1. Chanting of om during meditation stimulates parasympathetic nervous system.
2. Helps to gain consciousness
3. It helps to reduce stress and get relaxed and calm
4. It stimulates several auditory pathways due to different sounds in OM which stimulates different areas in our brain.
5. It helps to regain focus.
6. It brings all the positive energy in our body and eliminates all the negative thoughts.

Chanting of om is not only limited to meditation, it is practiced while having yajnas, and pujas. There many traditions and rituals in India where good deeds are not started until having pujas and yajnas. The warmth and heat that we get from yajna and puja helps to purify air. The continuous chanting of om while having puja or yajna helps to reduce mental stress and improves sleep cycle and eliminates all the negative energy and bring positivity in our life. It promotes health and social well-being in an affirmative way. There are many benefits but it's important for every person to participate actively and gain all the benefits behind it. One important thing to understand here is regarding the safety of individuals. About Yajna:

1. The most important thing is the Yajna Kund where it lightens up and it heat purifies the air.
2. Using ghee in Yajna helps to keep the fire enlightened seeking positive energy.
3. Chanting of OM and mantras in Sanskrit creates the sound waves and those waves keep resonating in our brain which becomes calm and get relaxed.
4. Chanting om keeps us focused and concentrated at one place.
5. It is performed for many different occasions from child birth to marriage.

There are some superstitious things which are believed by people and perform yajna for that purpose. It's upon us to use this practice when required not for superstitious things which will create a different perspective among people. Many different case studies have been done and what was found was that meditation, yajnas are not just beliefs but scientifically effective and not just blind belief.

3.4. Superstitions are the ones which should not be believed:

Other than this, not all rituals are true some are considered superstitions. It's up to us to believe correctly what is correct and what not. There is difference between belief and superstitions believing superstition would destroy lives like the sati practice. Sati practice was a ritual in India where after the husband's death his wife has to jump in the Fire when her husband was burnt. This was actually a bad thing. It was also believed that girls should not go out of home they must stay at home and has only job of housewife doing all the works of home. Dr. B R Ambedkar raised voices for women and helped for their development which included social education, their well-being and cultural rights. These were beliefs of people regarding women in India. Also, few practices like child marriage were put to an end.

4. Where do we see these traditions in future:

This is the age of technological advancement young generation of today and the generation which would be here on this advanced earth will not believe such things easily. But it's our duty to make them believe in our rich traditions and cultures. Our traditions are followed all over the world it's our duty to make this generations feel that our India and its traditions and cultures have a great moral as well as scientific significance.

Due to technological advancement, increasing use of internet has made everyone's life stuck in it. This is the reason why we are unable to travel and understand our country's rich heritage. We should make everyone feel the same and make them understand the meaning of spirituality and its importance in our life.

5. CONCLUSION:

Meditation is actually a good thing to practice to have a great social and mental life. There are no side-effects or negative perspective behind meditation. Meditation opened different ideas like worshipping god, yajnas, pujas, health benefits, mental benefits etc. but connecting meditation, yajnas to superstitions is not a good thing. We consider meditation to be a positive thing let's connect it to superstitions and make it less valuable. There are many different traditions practiced all across India and have their own significance what we discussed now is just part of it. Meditation is a thing which connects science and spirituality and make understanding of people good.

Besides the scientific reason there are many rituals in India which considered superstitions as there is a difference between a belief and a superstition we have to understand that superstition is a thing which may destroy lives. So you have to understand belief is a thing which can change everything having scientific reason behind that thing makes it more believable and more reliable and makes our Indian relations and rituals great among all. These were just scientific proofs but there are many proofs which have been proven other than in scientific way.

All these scientific reasons make our beliefs stronger and makes feel proud of our Indian Traditions because it is now not only practiced in India but all over the world. People will not stop believing these rituals because our Indian culture is our tradition it would just pass on from generations to generations. It's our duty to preserve our culture for future generations and make them believe scientifically that our Indian culture is the best in the world.

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