



Y a g y a T r e a t m e n t

At VVAC



INTRODUCTION



In Ayurveda, Yagya is more than a ritual; it is a healing practice where the medicinal fumes of sacred herbs offer powerful therapeutic benefits. Ancient texts like Charak Samhita describe the use of medicinal fumes, or Dhoomapana, to treat fevers, infections, mental imbalances, and more. When combined with Panchakarma, Yagya supports detoxification, balances the doshas, and creates a pure, sattvic environment. It purifies not just the body, but also the mind and surroundings, enhancing the overall healing experience.

Also, studies have shown a stark improvement in quality of life, reduced intensity of pain, quality of sleep, reduced digestive problems, mobility, and alertness in the body.

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- At VVAC, Yagyas are not generic. They are personalised according to the nature of each ailment.
 - Each ingredient in the Yagya Samagri has been studied and thoughtfully selected to support specific healing needs.
 - Our experienced Pandit Ji performs these Yagyas at VVAC with deep spiritual and medicinal intent.
 - For the convenience of our health seekers, VVAC also offers a ready-to-use Yagya Samagri box to take home.
 - The box contains everything you need, including coal, so all you have to do is light the fire.
 - This allows you to continue experiencing the benefits of the treatment even after your stay at VVAC.

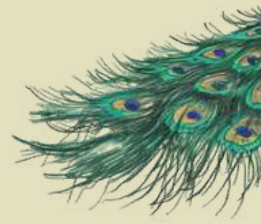


YAGYA FOR MENTAL PEACE

Mental Disorders like Epilepsy, Insomnia, Memory Loss (Dementia), Weakness

Ingredients used in the Yagya	Benefits in the Treatment
भृंगी – पत्ता या भेल Bhrami – Patta or Bhel	Known as a brain tonic, it enhances cognitive function, reduces anxiety, and is beneficial for insomnia and memory loss.
शंखपुष्पी – पंचांग Shankpushpi – Panchang	Known as a brain tonic, it enhances cognitive function, reduces anxiety, and is beneficial for insomnia and memory loss.
गुड्वाच – मूल/जड़ Gudvach – Mool/Root	Boosts immunity, reduces mental fatigue, strengthens the nervous system, and helps in neurological disorders like epilepsy.
उस्तेखादूष – फूल Ustekhadoosh – Phool	Helps in calming the mind, improves sleep quality, and relieves symptoms of anxiety and stress.
मलंगनी – बीज Malkangni – Beej	Enhances memory, sharpens cognitive function, and is useful in mental fatigue, depression, and epilepsy.
अश्वगंधा – मूल/रूट Ashwagandha – Mool/Root	Acts as an adaptogen, reduces stress and anxiety, improves sleep, strengthens the nervous system, and helps in epilepsy.
पुष्कर्मूल – फूल/फूल Pushkarmool – Flower/Phool	Has neuroprotective properties, aids in calming the nervous system, and is beneficial in sleep disorders and anxiety.
अपामार्ग – पंचांग Apamarg – Panchang	Detoxifies the body, improves brain function, and is useful in neurological disorders like epilepsy and memory loss.
जटामाशी – मूल/रूट Jatamashi – Mool/Root	A powerful nervine tonic, helps in treating epilepsy, insomnia, anxiety, and enhances memory and brain function.
कपूर – लकड़ी/पत्ते Kapoor – Lakdi/Patte	Inhalation of Kapoor has calming effects, improves mental clarity, and is useful in epilepsy and stress-induced disorders.





YAGYA TO IMPROVE BODY MOBILITY

Mental Disorders like Epilepsy, Insomnia, Memory Loss
(Dementia), Weakness

Ingredients used in the Yagya	Benefits in the Treatment
निरगुंधी – पंचांग Nirgundi – Panchang	Inhalation of Nirgundi fumes will help in the treatment of the Vata disorders as it acts as a natural analgesic, reducing joint and muscle pain. Also, this herb has anti-inflammatory, anti-oxidant, muscle relaxant properties.
रसना – पत्ते Raasna – Patte	Raasna leaves balance the “Vata Dosha” and acts as a nerve tonic which is useful in Arthritis and Sciatica treatment.
अश्वगंधा – मूल/रूट Ashwagandha – Mool/Root	Ashwagandha is useful in the treatment of neurodegenerative ailments and reduces cortisol levels, which can worsen Vata disorders.
पुनर्नवा – मूल/रूट Punarnava – Mool/Root	Known to reduce edema and inflammation in rheumatoid arthritis. Also, flushes out toxins from joints, easing pain and stiffness.
भाला – पंचांग Bhala – Panchang	Soothes aggravated Vata, reducing pain and discomfort. Also, it improves mobility in arthritis and frozen shoulders.
नागरमोटा – मूल/रूट Nagarmotha – Mool/Root	Nagarmotha promotes deep tissue penetration that enhances absorption of medicinal properties into joints.



Ingredients used in the Yagya	Benefits in the Treatment
अजवाइन – बीज Ajwain – Beej	Relieves cramps and spasms in sciatica. Ajwain has anti-inflammatory properties that it soothes joint pain in arthritis and frozen shoulder.
एरण्ड – बीज Erand – Beej	Erand not only lubricates joints that enhance flexibility in cervical issues and arthritis but also acts as a natural laxative that helps clear Ama (toxins), reducing pain.
गुड्वाच – मूल/रूट Gudvach – Mool/Root	Aids in slip disc recovery and joint degeneration. Also, helps reduce swelling in rheumatoid arthritis.
अमलतास – फल Amaltas – Phal	Amaltas flushes toxins from the body, preventing joint stiffness and also prevents Vata aggravation.
सलाईगोवुल – गोंद Salaigogual – Gondh	Helps in cartilage repair and in managing conditions like osteoarthritis and slip disc. Also, it is an effective bone strengthener that reduces degeneration in rheumatoid arthritis.
गिलोय – भेल Giloy – Bhel	Giloy is one of the best Immunity boosters that supports healing in autoimmune conditions like rheumatoid arthritis. Since the herb has anti-inflammatory properties, it reduces chronic joint pain and stiffness.
कपूर – लकड़ी Kapoor – Lakdi	Known for pain relief properties, Kapoor acts as a natural painkiller for sciatica and joint pain. Also, the herb has cooling effects that soothes inflammation and nerve pain.
परिजात – पंचांग Parijat – Panchang	Parijat is a natural analgesic that provides relief from severe joint pain and arthritis. Also, it is a vata-pacifier that balances excess Vata, reducing stiffness and discomfort.



YAGYA FOR HEALTHY SKIN



For Skin Diseases like Dandruff, Eczema, Psoriasis, Chickenpox, etc

Ingredients used in the Yagya	Benefits in the Treatment
धारू हल्दी – मूल Dhruhaldi – Root	Dhruhaldi root is a powerful antibacterial and antifungal ingredient that treats infections. Also, it reduces inflammation and soothes irritated skin through inhalation of the fumes.
करंच – बीज Karanch – Beej	This seed helps in the detoxification of the blood and purification of the skin. It also heals wounds and skin rashes.
गिलोय – भेल Giloy – Bhel	This potent herb boosts immunity, preventing skin infections, and detoxifies that reduces toxins that cause skin disorders.
बकुची – बीज Bakuchi – Beej	Known for its effectiveness in the treatment of vitiligo, eczema, and psoriasis, it promotes melanin production and skin even tone.
बहेड़ा – बीज Bahera – Beej	It is rich in antioxidants and rejuvenates the skin and fights infections. Also, helps in the reduction of itchiness and redness.
स्वेद चंदन – लकड़ी Swed Chandan – Lakdi	In-house grown, Swed Chandan in the yagya soothes inflammation and provides a cooling effect. The health seekers suffering from skin diseases will see a reduction in scars and blemishes.



Ingredients used in the Yagya	Benefits in the Treatment
काली जीरी – बीज Kali Jeeri – Beej	Burning of the Kali Jeeri acts as a blood purifier that clears toxins from the body and reduces boils and rashes caused by skin conditions.
हल्दी – मूल Haldi – Root	Known as a natural antiseptic and anti-inflammatory agent, it helps in faster healing of wounds and scars.
खेर – छाल या मूल Kher – Chhal or Mool	Beneficial in treating eczema and allergic rashes, as it has astringent properties that dries out skin infections.
नीम – छाल/मूल Neem – Chhal/Root	One of the highly antibacterial and antifungal properties, Neem treats dandruff and skin infections. It also reduces excessive oiliness that prevents acne and eczema flare-ups, when the fumes are inhaled.
मजिष्ठा – झाड़/मूल Majistha – Jhad/Root	Majistha is an excellent blood purifier that removes toxins that are responsible for skin diseases. This root also helps in managing chronic skin issues like Eczema.
चिरायता – पंचांग Chirayta – Panchang	Known for its Antiseptic properties, Chirayta heals wounds and reduces skin inflammation.
द्रोन पुष्पी – पंचांग Dron Pushpi – Panchang	This herb heals rashes, skin irritations, and helps in the reduction of itching and discomfort.
इन्द्रायण – फल Indrayaan – Phal	All the toxins accumulated in the body that cause chronic skin issues, Indrayaan - Phal treats them. Some of the skin conditions are ringworm and eczema.
देवधारू – लकड़ी Devdhara – Lakdi	Dandruff and certain scalp infections are a result of fungi growth. Hence, Devdhara soothes dryness and flakiness in the skin conditions.



Ingredients used in the Yagya	Benefits in the Treatment
उश्वा – भेल Ushva – Bhel	By improving blood circulation and promoting skin healing, Ushva - Bhel reduces swelling and irritation in skin disorders.
पुष्कर्मूल – झाड़/मूल Pushkarmool – Jhad/Root	This root supports detoxification of the skin and helps in reduced skin inflammation and itching on the affected areas.
अपामार्ग – पंचांग Apamarg – Panchang	Use of Apamarg - Panchang heals skin ulcers and wounds.
वच – झाड़/मूल Vach – Jhad/Root	It not only has antifungal properties that help treat dandruff but also reduces redness in Eczema.
कपूर – लकड़ी Kapoor – Lakdi	The best of all ingredients in Yagya is Kapoor which has cooling and soothing properties that offer relief from itching, fungal infections and boils.



YAGYA FOR FEMALE HEALTH



For female related issues like PCOD, PCOS, Leucorrhea, Infertility & more

Ingredients used in the Yagya	Benefits in the Treatment
शलपर्णी – पंचांग Shalparni – Panchang	Shalparni balances Vata and Pitta imbalances that improves hormonal balance and strengthens the reproductive system.
पर्शिनपर्णी – पंचांग Pershinparni – Panchang	Not only does it enhance fertility but also reduces menstrual irregularities and supports uterine health.
भेल – छाल Bhel – Chhal	Bhel Chhal detoxifies the body, supports digestion, and improves hormonal balances that is essential to avoid the condition of PCOS/PCOD.
आर्नी – लकड़ी Arni – Lakdi	Arni strengthens reproductive tissues, enhances blood circulation in the uterus and aids in infertility treatment.
स्यानाक – पंचांग Syonaak – Panchang	It proves to be a natural detoxifier and supports ovulation by reducing inflammation.
गांभरी – लकड़ी Gambhari – Lakdi	Gambhari regulates menstrual cycles by nourishing the reproductive organs and improving immunity.
पटला – झाड़/मूल Patla – Jhad/Root	Use of Patla in the yagya supports hormonal balance and controls the symptoms of PCOD/PCOS.
पुत्रजीवक – बीज Putrajivak – Beej	Widely used and well-known for boosting fertility that strengthens the uterus and helps in conception.





Ingredients used in the Yagya	Benefits in the Treatment
शिवलिंगी – बीज Shivlingi – Beej	Promotes ovulation and is also beneficial for treating infertility.
अपामार्ग – पंचांग Apamarg – Panchang	Detoxification of the reproductive system, helps in regulation of menstrual cycles, and soothes menstrual cramps.
गाजर – बीज Gajar – Beej	Rich in Phytoestrogens, Gajar seeds help improve reproductive health.
सोंठ – कंद, मूल/झाड़ Sonth – Kand, Mool/Jhad	Sonth aids in weight management which is essential in regulation of PCOS/PCOD by reducing inflammation.
अजवाइन – बीज Ajwain – Beej	Enhances digestion, detoxifies the uterus, opens the blocked chakras, and regulates menstruation.
धारू हल्दी – मूल Dhruhaldi – Root	Known for its natural anti-inflammatory properties, Dhruhaldi manages PCOS/PCOD symptoms.
सातवारी – झाड़ Satavari – Jhad	A popular female tonic that supports fertility, balances hormones, and strengthens the uterus.
मुलेठी – तना Mulethi – Tana	Reduces excess androgens in PCOS that improves ovulation and soothes menstrual cramps.
वच – मूल Vach – Root	Vach root enhances reproductive health, helps in detoxification, and strengthens the uterine muscles.



Ingredients used in the Yagya	Benefits in the Treatment
देवधारू – लकड़ी Devdhara – Lakdi	Known to purify blood, reduce inflammation, and balance hormonal activity which controls the symptoms of PCOS.
सीसाम – पत्ते Seesam – Patte	Rich in antioxidants that improves ovarian function and enhances fertility.
जलजामुन – पौधा Jaljamuni – Podha	Regulates blood sugar levels, which is crucial in the management of PCOS and helps in balancing hormones.
नागकेसर – फूल Nagkesar – Phool	Inhaling the fumes of Nagkesar improves the menstrual flow, treats leucorrhea, and strengthens reproductive health.
गोकू – पौधा Goku – Podha	Healthy ovulation and improved female fertility.
आशोक – छाल Ashok – Chhal	One of the best herbs for female health is Ashok which regulates periods, bleeding, and improves uterine strength too.
सुपारी – बीज Supari – Beej	Supports reproductive health and strengthens the uterus that prevents miscarriages.
कोनच – बीज Konch – Beej	Boosts fertility, enhances libido, and balances reproductive hormones.
कपूर – लकड़ी Kapoor – Lakdi	Kapoor cleanses toxins from the body and balances Vata-Pitta energies.



YAGYA TO MANAGE AUTOIMMUNE DISORDERS

For Mind/Autoimmune Diseases



Ingredients used in the Yagya	Benefits in the Treatment
विदारी – खांड Vidhari – Khand	Known for its rejuvenating properties, Vidhari - Khand enhances immunity and contributes to improved health in autoimmune conditions
मैदा – कंद Maida – Kandh	Maida - Kandh has several nutritional benefits that aids in autoimmune conditions.
सातवर – मूल/रूट Satavari – Mool/Root	Recognized for boosting the immune system, it helps in enhancing the body's defense mechanism, which is beneficial in managing autoimmune disorders.
काकोलि – कंद Kakoli – Kandh	Utilised in Ayurveda for its restorative properties, it supports tissue regeneration and overall health.
शीर्काकोलि – कंद Sheerkakoli – Kandh	Known for its cooling effects, it aids in balancing bodily heat and promoting wellness.
रिधि – कंद Ridhi – Kandh	Ridhi is valued for enhancing strength and enhancing overall well-being.
वाराही – कंद Varahi – Kandh	Used for its nourishing properties, Varahi supports bodily strength and endurance.
बाला – बीज Bala – Beej	This herb strengthens the nervous system and aids in managing neurological aspects of autoimmune diseases.



Ingredients used in the Yagya	Benefits in the Treatment
सफेद मूसली – झाड़ Safed Musli – Jhad	Safed Musli possesses rejuvenating properties that boost immunity and reduce fatigue, which is also beneficial in autoimmune conditions.
कोनच – बीज Konch – Beej	Improves nerve function and memory, aiding in improved nerve impulses and overall neurological health with respect to autoimmune diseases.
अश्वगंधा – मूल/रूट Ashwagandha – Mool/Root	Helps balance stress hormones, reduces anxiety, and fatigue that supports mental health in autoimmune conditions.
गिलोय – भेल/तना Giloy – Bhel/Tana	Enhances immune function and helps the body's defence against autoimmune disorders.
ज्यतिष्मती – बीज Jyotishmati – Beej	Better brain health, sharp memory, improved cognitive functions are some of the benefits of Jyotishmati Beej, which affects autoimmune diseases.
अपामार्ग – पंचांग Apamarg – Panchang	Historically used for its anti-inflammatory properties, helping in the reduction of inflammation which is associated with autoimmune conditions.
गुड्वाच – मूल Gudvach – Mool	Gudvach has several therapeutic properties that support overall physical and mental wellness.
पुष्कर्मूल – झाड़/रूट Pushkarmool – Jhad/Root	Supports respiratory health and is beneficial in the management of autoimmune disorder symptoms.
उस्तेखादूष – फूल Ustekhadoosh – Phool	Inhalation of UsteKhadoos Phool calms the body by reducing strain and tension.
कपूर – लकड़ी Kapoor – Lakdi	Among a plethora of Kapoor benefits, one of the most prominent is clearing the nasal passages and soothing the frazzled mind and nerves.



REMEDIAL YAGYA FOR CERTAIN DOSHAS



For Grah Dosh, Sanskar Dosh, Prarbdh Dosh and more

Ingredients used in the Yagya	Benefits in the Treatment
कपूर – लकड़ी Kapoor – Lakdi	Kapoor purifies the aura and dispels negative energies linked to Grah Dosh.
धूर्वा – पौधा Dhruva – Podha	It spreads sattvic vibrations that aids in the correction of ancestral Karmic patterns (Sanskar Dosh)
धान – बीज Dhan – Beej	Dhan Beej symbolizes prosperity and clears karmic stagnation related to Prarabdha Dosh.
जौ – बीज Jau – Beej	Grounds excessive energies and stabilizes emotional imbalances caused by planetary disturbances.
बादाम – गिरी Badam – Giri	Badam strengthens mental clarity and helps dissolve deep-rooted samskaras (impressions) affecting the soul's journey.
कमलगठा – बीज Kamalgatha – Beej	This herb activates spiritual insight and clears emotional residues linked with past karmas (Prarabdh).
पीपल – छाल Peepal – Chhal	Carries divine vibrations, especially effective in pacifying malefic planetary effects (Grah Dosh).
अपामार्ग – पंचांग Apamarg – Panchang	Apamarg removes toxic energies from the aura and helps neutralise Sanskar-related energetic blocks.



Ingredients used in the Yagya	Benefits in the Treatment
खेर – छाल Kher – Chhal	Known to boost grounding and inner strength, essential in correcting inherited Karmic flaws (Sanskar Dosh).
प्लाश – फूल Plash – Phool	Flame of the forest or Plash ignites positive energy and is especially useful in cleansing spiritual stagnancy.
मदार – झाड़/लकड़ी Madar – Jhad/Lakdi	Disintegrates strong karmic knots from past lives which directly affect Prarabdha Dosh.
नारियल – फल Nariyal – Phal	Nariyal acts as an energy absorber that dissolves and captures negative influences from Grah Dosh.
सुहारा – गिरी Suhaara – Giri	Popular to enhance spiritual offerings during Yagya that assist in releasing burdensome karmas.
सुपारी – बीज Supari – Beej	Supari improves communication and inner truth, which helps untangle sanskar-based frictions.
सकरा (गुड/खांड) Sarkara (Gud/Khand)	Sweetens the energetic field by calming aggressive or harsh planetary influences.
किशमिश – फल Kismis – Phal	Uplifts mood and softens emotional rigidity related to past-life experiences.
काले तिल – बीज Kaale Til – Beej	Highly revered for their power to remove ancestral curses and negative karmic patterns (Prarabdh Dosh).



YAGYA FOR ALLERGIES



For Cough, Cold, Asthma, Sinus, Migraine, Allergies & more

Ingredients used in the Yagya	Benefits in the Treatment
मुलेठी – मूल Mulethi – Mool	Soothes the throat, reduces inflammation in bronchial tubes, and calms dry cough.
सफेद वासा – पत्ते Safed Vasa – Patte	Acts as a natural bronchodilator, easing breathing and clearing mucus.
वांसपा – पौधा/प्लांट Vanpasa – Podha/Plant	Aids in loosening phlegm and helps open nasal passages.
तुलसी – पत्ते Tulsi – Patte	Strengthens respiratory immunity and combats allergic reactions.
चोटी पिप्पली – फल Chhoti Pipli – Phal	Enhances lung function and relieves chronic congestion.
धाल चीनी – छाल Dalchini – Chhal	Alleviates sinus pressure and stimulates circulation in the head region.
लौंग – काली Laung – Kali	Acts as a natural expectorant and relieves chest tightness.
सोंध – जड़/मूल Sondh – Jadh/Root	Reduces throat irritation and helps in decongesting the lungs.
तेजपत्ता – पत्ता Tejpatta – Paata	Provides relief from sinus headaches and eases nasal blockages.
भरंगी – छाल Bhrangi – Chhal	Targets chronic asthma symptoms and helps expel thick mucus.

Ingredients used in the Yagya	Benefits in the Treatment
लिसोड़ा – फल Lisoda – Phal	Useful in soothing sore throat and treating hoarseness of voice.
अमलतास – फल Amaltas – Phal	Cools down internal heat and reduces allergic inflammation.
धतूरा – पंचांग Datura – Panchang	Opens up airways and relieves spasmodic coughs in asthma.
रुदंती – फल Rudanti – Phal	Strengthens lung tissues and prevents frequent respiratory infections.
काली मिर्च – बीज Kali Mirch – Beej	Breaks down mucus and improves oxygen flow in the lungs.
अकर्करा – पंचांग Akarkara – Panchang	Clears nasal blockages and improves voice clarity.
ककड़ा सिंगी – फल Kakra Singhi – Phal	Targets bronchitis and persistent dry cough.
चोटी कटरी – पंचांग Chhoti Kateri – Panchang	Alleviates allergic rhinitis and sinus congestion.
बड़ी कटरी – पंचांग Badi Kateri – Panchang	Works as an anti-inflammatory agent for nasal and bronchial pathways.
कपूर – लकड़ी Kapoor – Lakdi	Relieves migraine and opens blocked sinuses with its aromatic fumes.

