Subtler aspect of bio-energy on acupuncture meridian

Sonu Maurya¹, Divya B.R.², Dr. Sridhar M.K.³, Rajesh H.K.⁴, Dr. Nagendra H.R.⁵

¹ Ph.D. Scholar, Department of Yoga and Life Science, S-VYASA Yoga University, Bengaluru, Karnataka, India
² Assistant Professor, Department of Yoga – Spirituality, S-VYASA Yoga University, Bengaluru, Karnataka, India
³ Professor & Dean of Yoga – Spirituality, S-VYASA Yoga University, Bengaluru, Karnataka, India
⁴ Assistant Professor, Department of Yoga – Spirituality, S-VYASA Yoga University, Bengaluru, Karnataka, India
⁵ Chancellor S-VYASA Yoga University, Bengaluru, Karnataka, India

ABSTRACT

The Subtler energy consists as an informational nature of the acupuncture system, consciousness, and vital system of energy to be an existing kind of physical interaction that can be used in healing the vitality and healthy Qi balance within their bodies. The findings of this paper were performed for positive influence on human beings for physiological, psychological, and spiritual well-being and environment as mentioned in ancient science. The purpose of this study is to explore how subtler energy influences the acupuncture meridians within the body. Ninety subjects, male (n=46) and female (n=44) participated in the Yajña programme. The single experimental group pre-post design was used in this study. Acupuncture Meridian energy was assessed pre and post of 5 days of intervention. The result was shown that acupuncture meridians energy has been improved and vitalized the human organs while attending yajña. The Present study suggests that the attending of Agni stoma Somayagah had a significant improvement on organ energy and vitalized the subtle energy in the Jing–Well meridians.

Keywords: Somayagah, AcuGraph, Meridian Energy, Acupuncture, Agni stoma, Subtler Energy.

INTRODUCTION

Conventional knowledge systems in India and China make the consistent distinction between “gross” and “subtle” energies [1]. The Vedic system of ancient India denote male and female subtle energies as a prana and Shakti, respectively [2], while the Chinese system terms them Yang Qi Yin Qi [3]. The Qi energy concept from China is defined as fundamental vitality, life force, and living essence [4]. Qi is the most fundamental element which most of the people are not aware of it as it consciously operates at the roots of the experience i.e., within the self, in the external environment [5]. Qi, the healing energy is best described as the energy much like an electricity which flows through the human body [6]. Qi plays a vital role in the interaction between the cells through the nerves and hormonal system of the human body [7], Qi flows through the channels or meridians connecting the human body. The Ancient Chinese healthcare practitioners have explored and redefined the concepts of these meridians [8]. The idea of energy is indistinguishable to that of Chi (needles therapy vitality) and of Prana (Vedic framework), and it is viewed as the unprecipitated type of enormous vitality, this stream is pivotal for stimulating meridians and needle therapy focuses [9]. Yajña according to the Indian Vedic system is a ritualistic sacrifice in which fire is made, oblations offered, hymns recited. It acts as a medium between the God (cosmic forces) and for all collective, coordinated, beneficial efforts of the humans [10]. The mantra is a sacred syllable with poetic feel, emotional and spiritual factor, it has been endowed with great importance [11] such as a create peace, calm, and healing the body by reducing the stress that leads to illness [12]. Performing sacrificial rituals with medicinal ingredients help in the spiritual attainment by raising the subtle vital energies of an individual and the environment [13]. Yajña promises to enrich the surroundings with its healthy substances by being an eco-friendly savvy technique in combating and purifying the existing pollutions on earth [14].

Rig Veda has shown that the ten-manda, it is related to the structure and performance of the most important yajña, somayajña [15]. Yajña in the least difficult terms includes the tyāga (the surrendering) of some dravya (material ownership) of the yajamāna (the sacrificer) to the devatā (divinity) through the medium of Agni (fire) to the backup of recitation of mantra - s [15]. Derived from the Sanskrit root verb “su” meaning press, soma is also called as “sumnah” meaning pleasure. Though it is known as osadhi (medicine), in the Rigveda it’s drink is called as the “Elixir of immorability,” “Drink of the Gods,”. Hence it is also referred as the Procreator of thoughts [16]. Soma associated with Kusha (Saussurealappa) plant and Ashvatha fig tree grows in the regions of Himalayas [17]. Somayaga bestows prosperity and restores the natural equilibrium by strengthening or Pancha Mahabhatas (five elements) - Pruthvī (earth), Aapaaha (water), Agnih (fire), Vayuh (wind), and Akasah (sky) - to present flourishing and reestablish the
characteristic balance [19]. Yajña, not only purifies the atmosphere but also plays a vital role in the decreased entropy levels of the body-mind-spirit complex and balances the energy centers (Chakras) spread over the spinal cord of the human body regulating the energy continuum [19]. The energy centres are channelized through the vortexes formed by their continuous rotations and are allowed to access and have a free flow of the pure cosmic energies (Prana/Universal life force energy) [19]. The Qi energy flow through the body becomes improper, stagnated if any kind of blockage exists in the meridians. This kind of imbalances and disruption of qi energy in the meridian lines can adversely affect the health. The normal physiological functioning of the human body gets impaired if the balance is not attained resulting in a weak body with ever-present illness and disease [8]. According to traditional Chinese medicine, meridian energy at acupuncture point has been used as a therapeutic monitoring tool for more than 50 years [20] which explains the relationship between the meridians and life energy (Qi) [21]. In the present scientific study, the effect of the somayajna on the subtle energies of the human body is measured by AcuGraph4. The experimental hypothesis states that the Somayajna performances improve the subtle energy levels of an individual [22].

MATERIALS AND METHODS

A total no of 90 healthy subjects above the age of 25 years, 46 males and 44 females, attending the five days Somayajña program at SVYASA, Bangalore regularly were included in the study.

Data were collected on the first and fifth days of attending whole day session (four hour morning to evening) per day at near the Yajñashala. A written consent obtain. The following parameters were measured before the start of yajña: Normal energy, [Lung Left (Lu_L), Lung Right (Lu_R)], [Pericardium Left (Pc_L), Pericardium Right (Pc_R)], [Heart Left (Ht_L), Heart Right (Ht_R)], [Small intestine Left (Si_L), Small intestine Right (Si_R)], [Triple warmer Left (Te_L), Triple warmer Right (Te_R)], [Large intestine Left (Li_L), Large intestine Right (Li_R)], [Spleen Left (Sp_L), Spleen Right (Sp_R)], [LIVER Left (Lr_L), Liver Right (Lr_R)], [Kidney Left (Ki_L), Kidney Right (Ki_R)], [Bladder Left (Bl_L), Bladder Right (Bl_R)], [Gall Bladder Left (Gb_L), Gall Bladder Right (Gb_R)], [Stomach Left (St_L), Stomach Right (St_R)]. The above parameters, the subject was requested to sit comfortably on a chair. The readings at the Jing-well meridian points were recorded using the AcuGraph4 digital Meridian energy system on the on 1st (pre) day before Yajña, and 5th (post) day after the completion of the Yajña.

A Single pre-post designed study. Subject with missing fingers, cuts in fingers, if smoked or consumed alcohol on the test day, having pregnancy or menstruation on measurement day, also chronic infectious disease and excess perspirations were excluded from the study.

Procedure for AcuGraph measurement

Each individual subject details were entered in the Acugraph system – an electrodermal screening device. The participant’s palm is placed comfortably on the table to give the acupuncture for the points. During testing, participants held the cylindrical reference electrode in the right hand while testing the left hand, and in the left hand while testing the right hand and both feet and then the recordings on all major acupuncture meridians were taken. The Yuan-Source points were tested first. The order of acupoints tested was left wrist/hand, then right wrist/hand followed by left ankle/foot, and right ankle/foot.

Statistical Analysis

Data analysis was done using the R-studio/software. Since the variables were not normally distributed Wilcoxon test was performed to analyze the data.

RESULT

Ninety subjects who participated yajna for 5 days regularly were analyzed for the result. The result obtain are expressed as a mean ± standard deviation. The age of subject ranged was 25-80 years. On analyze of the acupuncture meridians of the 90 subjects. Results are showed in table-1, displays means and standard deviations for conductance at each of the acupuncture meridians Jing-Well point, giving statistical significant of improvement in each meridian. Although of changes observed in each meridian from pre to post-show individual meridians with significant improved except left kidney.

**Normal Energy Meridian:** The mean of Normal Energy Meridian before attending yajna was 39.10 ± 23.77. It improved significantly to 62.93 ± 40.41 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-1). Statistically analyze was done by Wilcoxon test.

### Table 1: Pre and post data of all meridians response to yajna with their significance.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean±SD</th>
<th>Effect Size</th>
<th>% Change</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal Energy</td>
<td>Pre 39.10 ± 23.77</td>
<td>0.6</td>
<td>61%</td>
<td>0.0001***</td>
</tr>
<tr>
<td></td>
<td>Post 62.93 ± 40.41</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lungs Left</td>
<td>Pre 52.16 ± 33.98</td>
<td>0.6</td>
<td>49%</td>
<td>0.0002***</td>
</tr>
<tr>
<td></td>
<td>Post 78.06 ± 48.24</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lungs Right</td>
<td>Pre 39.14 ± 28.34</td>
<td>0.6</td>
<td>61%</td>
<td>0.0001***</td>
</tr>
<tr>
<td></td>
<td>Post 63.64 ± 44.72</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC Left</td>
<td>Pre 31.73 ± 23.73</td>
<td>0.6</td>
<td>67%</td>
<td>0.0001***</td>
</tr>
<tr>
<td></td>
<td>Post 53.09 ± 37.02</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC Right</td>
<td>Pre 30.37 ± 20.12</td>
<td>0.6</td>
<td>68%</td>
<td>0.0001***</td>
</tr>
<tr>
<td></td>
<td>Post 51.21 ± 37.77</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HT Left</td>
<td>Pre 30.30 ± 20.97</td>
<td>0.6</td>
<td>69%</td>
<td>0.0001***</td>
</tr>
<tr>
<td></td>
<td>Post 51.28 ± 37.93</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HT Right</td>
<td>Pre 34.52 ± 24.02</td>
<td>0.6</td>
<td>63%</td>
<td>0.0001***</td>
</tr>
<tr>
<td></td>
<td>Post 56.59 ± 41.24</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SI Left</td>
<td>Pre 39.77 ± 23.61</td>
<td>0.5</td>
<td>46%</td>
<td>0.0001***</td>
</tr>
</tbody>
</table>
All values expressed as mean ± S.D.
Analysis of all parameters done by Wilcoxon’s signed rank test.
***: Highly significant, **: Significant, *: Not significant

**Figure-1**
Normal Meridian Energy

**Figure-2**
Lungs Meridian

**Lungs Meridian Energy:** The mean of Lungs Meridian Energy left (Lu_L) before attending *yajna* was 52.16 ± 33.98. It improved significantly to 78.06 ± 48.24 (p<0.0002) after 5 days of attending *yajna*. (Table-1, Figure-2). Statistically analyze were done by Wilcoxon test.
Heart Meridian Energy: The mean of Heart Meridian Energy left (Ht_L) before attending yajna was 30.30±20.97. It improved significantly to 51.28±37.93 (p<0.0001) and Heart meridian energy Right (Ht_R) before attending yajna was 34.52±24.02. It improved significantly to 56.59±41.24 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-3). Statistically analyze were done by Wilcoxon test.

Pericardium Meridian Energy: The mean of Pericardium Meridian Energy left (Pc_L) before attending yajna was 31.73±23.73. It improved significantly to 53.09±37.02 (p<0.0001) and Pericardium Meridian Energy Right (Pc_R) before attending yajna was 30.37±20.12. It improved significantly to 51.21±37.77 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-4). Statistically analyze were done by Wilcoxon test.

Small Intestine Meridian Energy: The mean of Small Intestine Meridian Energy left (SI_L) before attending yajna was 39.77±23.61. It improved significantly to 58.38±36.65 (p<0.0001) and Small Intestine Meridian Energy Right (SI_R) before attending yajna was 39.27±24.52. It improved significantly to 60.78±37.12 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-5). Statistically analyze were done by Wilcoxon test.

Triple Energizer Meridian Energy: The mean of Triple Energizer Meridian Energy left (TE_L) before attending yajna was 37.39±23.68. It improved significantly to 59.96±37.74 (p<0.0001) and Triple Energizer Meridian Energy Right (TE_R) before attending yajna was 34.59±22.55. It improved significantly to 58.02±40.04 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-6). Statistically, analyze were done by Wilcoxon test.

Large Intestine Meridian Energy: The mean of Large Intestine Meridian Energy left (LI_L) before attending yajna was 40.80±28.44. It improved significantly to 59.94±39.42 (p<0.0001) and Large Intestine Meridian Energy Right (LI_R) before attending yajna was 38.12±23.53. It improved significantly to 56.13±36.31 (p<0.0007) after 5 days of attending yajna. (Table-1, Figure-7). Statistically analyze were done by Wilcoxon test.

Spleen Meridian Energy: The mean of Spleen Meridian Energy left (SP_L) before attending yajna was 42.46±39.37. It improved significantly to 69.36±59.07 (p<0.001) and Spleen Meridian Energy Right (SP_R) before attending yajna was 42.17±43.20. It improved significantly to 74.17±62.91 (p<0.0002) after 5 days of attending yajna. (Table-1, Figure-8). Statistically analyze were done by Wilcoxon test.
Liver Meridian Energy: The mean of Liver Meridian Energy Left (LR_L) before attending yajna was 50.23±39.63. It improved significantly to 84.27±55.41 (p<0.0001) and Liver Meridian Energy Right (LR_R) before attending yajna was 51.48±39.54. It improved significantly to 78.83±54.73 (p<0.0009) after 5 days of attending yajna. (Table-1, Figure-9). Statistically analyze were done by Wilcoxon test.

Kidney Meridian Energy: The mean of Kidney Meridian Energy Left (KI_L) before attending yajna was 35.08±26.70. It improved to 51.17±47.13 (p<0.08) the mean but it’s not significantly and kidney meridian energy Right (KI_R) before attending yajna was 36.12±32.77. It improved significantly to 54.32±48.59 (p<0.02) after 5 days of attending yajna. (Table-1, Figure-10). Statistically analyze were done by Wilcoxon test.

Bladder Meridian Energy: The mean of Bladder Meridian Energy Left (BL_L) before attending yajna was 35.12±32.23. It improved significantly to 60.13±51.29 (p<0.0001) and Bladder Meridian Energy Right (BL_R) before attending yajna was 36.72±36.08. It improved significantly to 61.86±57.29 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-11). Statistically analyze were done by Wilcoxon test.

Gall Bladder Meridian Energy: The mean of Gall Bladder Meridian Energy Left (GB_L) before attending yajna was 43.40±34.73. It improved significantly to 66.03±53.89 (p<0.003) and Gall Bladder Meridian Energy Right (GB_R) before attending yajna was 44.29±37.71. It improved significantly to 69.17±53.68 (p<0.0005) after 5 days of attending yajna. (Table-1, Figure-12). Statistically analyze was done by Wilcoxon test.

Stomach Meridian Energy: The mean of Stomach Meridian Energy Left (ST_L) before attending yajna was 46.34±33.36. It improved significantly to 72.82±52.26 (p<0.0006) and Stomach Meridian Energy Right (ST_R) before attending yajna was 47.17±38.11. It improved significantly to 77.26±56.17 (p<0.0001) after 5 days of attending yajna. (Table-1, Figure-13). Statistically analyze was done by Wilcoxon test.

**DISCUSSION**

Vedic Yajña Performance reduces the imbalances and systematically improves the acupuncture meridian energy, it has positive effects on human health [14]. The whole universe is encompassed with prana (energy) and its vibrations quantitatively measured as the amplitude of the waveform. This is because the sacrificial rituals has a deep impact in nurturing the divinity existing in the human culture and civilization. Yajña practiced and propagated by our ancient seers is the science and philosophy which caters the different domains of creativity and actions. The principles and practice of these fundamental components of ancient Indian culture are also relevant in modern times because of their direct impact on the physical, mental and spiritual development of life [23].

The vicinity of the yajnashala, recitation of the hymns has a profound effect on the body, breath and the mind. It relaxes the body, as it deepens and brings a rhythmic pattern in breathings, and calms down the mind. When the body experiences the effects of yajnashala activities, the obstructive thoughts are wiped out. Due to this a subtle life force energy is released within, which heals the self at the cellular level with more vigor and focus [24]. The recitations of the mantras resonate through the body and the mind creating a synchronized thoughts and consciousness. The focusing and concentrating ability of the mind is enhanced by the repetitions of the mantra recitations [13].
Mantras/Hymns has the power to eliminate or discard the distractions occupied at the thoughts level, sensory levels. As the distractions are expelled out, the sensory system heightens, energy levels are increases and the mind tends to become sharper [25].

The study results indicates that due to the Somayajina, there is a considerable change and improvement in the subtle and vital energy levels of the individual and the cosmos. The Acugraph recording on the meridians of the subjects attending the Yajna has shown a considerable increase in overall and at organism energy level. The physiological imbalances in the body can be taken as an indicator to show that an individual is not in tune with nature [13]. Collective recitations and repetitions of the sacred hymns impacts the cosmic power exponentially due to:

1. The sonic effect of the hymns generates a high frequency vibration when it comes across the sacred fire. The sabda and the nada of the mantras works for an overall ascent of personality.
2. Each hymn is a shabda which carries a specific configuration, associated to a particular deity (devata). The collective chanting induces a cosmic impact.
3. The fumigation process from the sacred fire altars is associated with the thermodynamic effects. Hence the mantras/hymns have a sublime effect on the consciousness.
4. Total collective effect can be seen on the vital, mental, and causal energies of the people being part of the yajna process [23]. The rituals and ingredients used in the Somayajina performance purifies the atmosphere by reducing the foul smell, controls the viral infections, creates a soothing fragrance, increasing the subtle energy levels and thereby promoting a better and a positive health. The findings of increased left and right original meridians suggest that the life of the participant is indeed being brought into tune with the natural law through Yajña.

CONCLUSION

To keep up imperativeness and a solid Qi balance inside their bodies, individuals partake in every day yajna that is intended to upgrade the stream of Qi and unpretentious vitality through the meridians of the body [8]. This study on the Somayajina indicated that there was an increased energy levels on the Jing meridian points. Hence it can be concluded that attending, participant in a ritualistic performances can be beneficial in the improved energy levels of our meridian systems.

REFERENCES


HOW TO CITE THIS ARTICLE