



## Research Article

ISSN: 2454-5023  
J. Ayu. Herb. Med.  
2018; 4(4): 165-170  
© 2018, All rights reserved  
www.ayurvedjournal.com  
Received: 25-09-2018  
Accepted: 23-11-2018

## Subtler aspect of bio-energy on acupuncture meridian

Sonu Maurya<sup>1</sup>, Divya B.R.<sup>2</sup>, Dr. Sridhar M.K.<sup>3</sup>, Rajesh H.K.<sup>4</sup>, Dr. Nagendra H.R.<sup>5</sup>

<sup>1</sup> Ph.D. Scholar, Department of Yoga and Life Science, S-VYASA Yoga University, Bengaluru, Karnataka, India  
<sup>2</sup> Assistant Professor, Department of Yoga –Spirituality, S-VYASA Yoga University, Bengaluru, Karnataka, India  
<sup>3</sup> Professor & Dean of Yoga –Spirituality, S-VYASA Yoga University, Bengaluru, Karnataka, India  
<sup>4</sup> Assistant Professor, Department of Yoga –Spirituality, S-VYASA Yoga University, Bengaluru, Karnataka, India  
<sup>5</sup> 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 *Yajna* 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 *yajna*. 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 (needle 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]. *Yajna* 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] *Yajna* 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-*maṇḍala*, 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 immortality,” “Drink of the Gods,”. Hence it is also referred as the Procreator of thoughts [16]. *Soma* associated with *Kushta* (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 Mahabhutas* (five elements) - *Pruthvih* (earth), *Aapaaha* (water), *Agnih* (fire), *Vayuh* (wind), and *Akasah* (sky) - to present flourishing and reestablish the

#### \*Corresponding author:

Sonu Maurya

Ph.D. Scholar, Department of  
Yoga and Life Science, S-  
VYASA Yoga University,  
Bengaluru, Karnataka, India

Email:

sonumaurya.yoga.2017[at]gmail.com

characteristic balance [18]. *Yajna*, 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) [9]. 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 *Somayajna* 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 *yajna*: 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)]. For 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 1<sup>st</sup> (pre) day before *Yajna*,

and 5<sup>th</sup> (post) day after the completion of the *Yajna*.

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 mensuration 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.

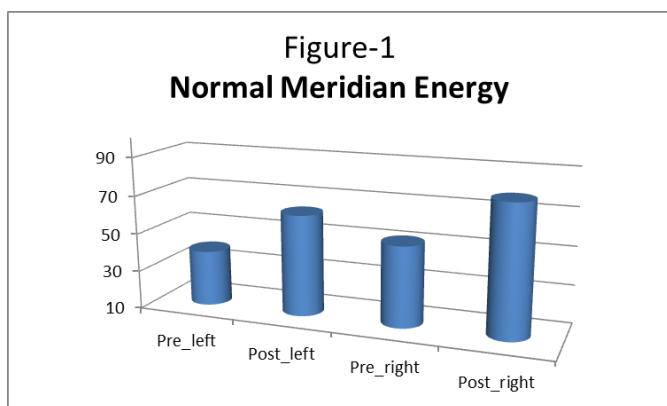
*Normal Energy Meridian*: The mean of Normal Energy Meridian before attending *yajna* was 39.10 ± 23.77. It improved significantly to 62.93 ± 40.41 (p<0.0001) after 5 days of attending *yajna*. (Table-1, Figure-1). Statistically analyze was done by Wilcoxon test.

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

Variables		Mean±SD	Effect Size	% Change	P-Value
Normal Energy	Pre	39.10 ± 23.77	0.6	61	0.0001***
	Post	62.93 ± 40.41			
Lungs Left	Pre	52.16 ± 33.98	0.6	49	0.0002***
	Post	78.06 ± 48.24			
Lungs Right	Pre	39.14 ± 28.34	0.6	61	0.0001***
	Post	63.64 ± 44.72			
PC Left	Pre	31.73 ± 23.73	0.6	67	0.0001***
	Post	53.09 ± 37.02			
PC Right	Pre	30.37 ± 20.12	0.6	68	0.0001***
	Post	51.21 ± 37.77			
HT Left	Pre	30.30 ± 20.97	0.6	69	0.0001***
	Post	51.28 ± 37.93			
HT Right	Pre	34.52 ± 24.02	0.6	63	0.0001***
	Post	56.59 ± 41.24			
SI Left	Pre	39.77 ± 23.61	0.5	46	0.0001***

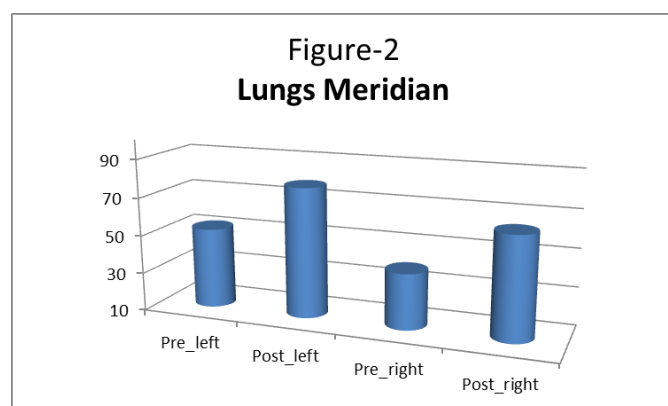
	Post	58.38 ± 36.65			
SI Right	Pre	39.27 ± 24.52	0.6	54	0.0001***
	Post	60.78 ± 37.12			
TE Left	Pre	37.39 ± 23.68	0.6	60	0.0001***
	Post	59.96 ± 37.74			
TE Right	Pre	34.59 ± 22.55	0.6	67	0.0001***
	Post	58.02 ± 40.04			
LI Left	Pre	40.80 ± 28.44	0.5	46	0.0001***
	Post	59.94 ± 39.42			
LI Right	Pre	38.12 ± 23.53	0.5	55	0.0007***
	Post	56.13 ± 36.31			
SP Left	Pre	42.46 ± 39.37	0.5	63	0.001***
	Post	69.36 ± 59.07			
SP Right	Pre	42.17 ± 43.20	0.5	75	0.0002***
	Post	74.17 ± 62.91			
LR Left	Pre	50.23 ± 39.63	0.6	67	0.0001***
	Post	84.27 ± 55.41			
LR Right	Pre	51.48 ± 39.54	0.5	34	0.0009***
	Post	78.83 ± 54.73			
KI Left	Pre	35.08 ± 26.70	0.4	45	0.08*
	Post	51.17 ± 47.13			
KI Right	Pre	36.12 ± 32.77	0.4	50	0.02**
	Post	54.32 ± 48.59			
BL Left	Pre	35.12 ± 32.23	0.5	71	0.0001***
	Post	60.13 ± 51.29			
BL Right	Pre	36.72 ± 36.08	0.5	68	0.001***
	Post	61.86 ± 57.29			
GB Left	Pre	43.40 ± 34.73	0.4	52	0.003***
	Post	66.03 ± 53.89			
GB Right	Pre	44.29 ± 37.71	0.5	56	0.0005***
	Post	69.17 ± 53.68			
ST Left	Pre	46.34 ± 33.36	0.5	57	0.0006***
	Post	72.82 ± 52.26			
ST Right	Pre	47.17 ± 38.11	0.6	63	0.0001***
	Post	77.26 ± 56.17			

All values expressed as mean ± S.D.  
 Analysis of all parameters done by Wilcoxon's signed rank test.  
 \*\*\*: Highly significant, \*\*: Significant, \*: Not significant

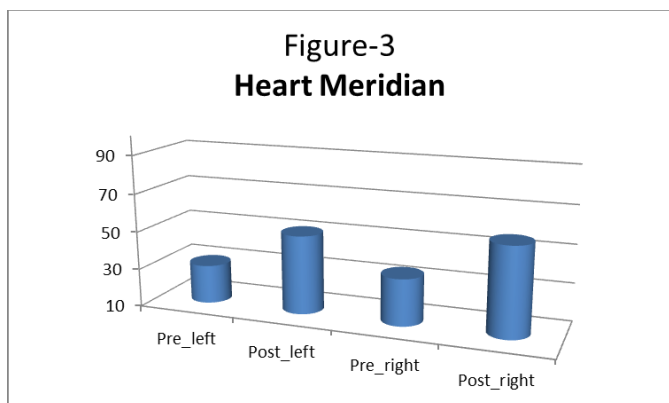


**Lungs Meridian Energy:** The mean of Lungs Meridian Energy left (Lu\_L) before attending *yajna* was 52.16 ± 33.98. It improved significantly to 78.06 ± 48.24 ( $p < 0.0002$ ) and Lungs Meridian Energy Right (Lu\_R)

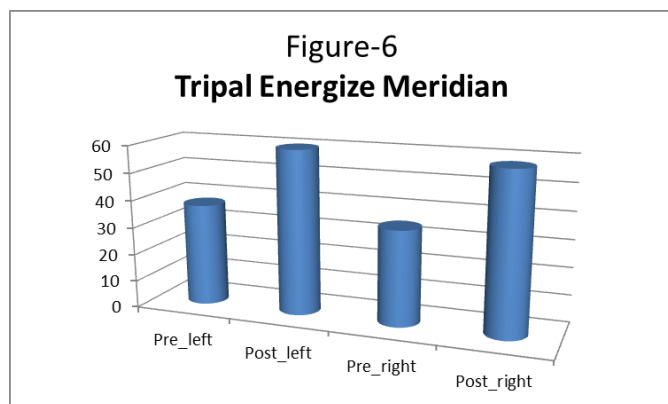
before attending *yajna* was 39.14 ± 28.34. It improved significantly to 63.64 ± 44.72 ( $p < 0.0001$ ) after 5 days of attending *yajna*. (Table-1, Figure-2). Statistically analyze were done by Wilcoxon test.



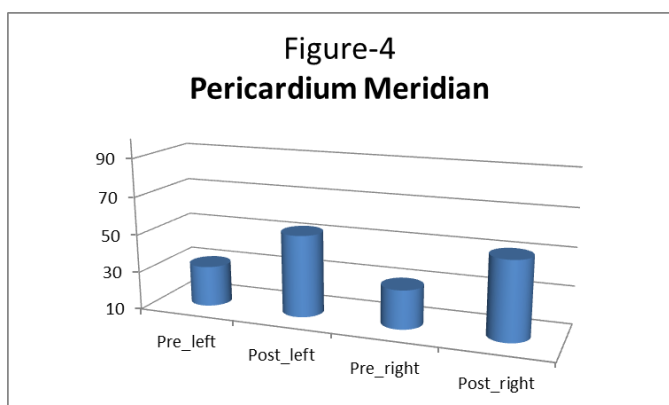
**Heart Meridian Energy:** The mean of Heart Meridian Energy left (Ht\_L) before attending *yajna* was  $30.30 \pm 20.97$ . It improved significantly to  $51.28 \pm 37.93$  ( $p < 0.0001$ ) and Heart meridian energy Right (Ht\_R) before attending *yajna* was  $34.52 \pm 24.02$ . It improved significantly to  $56.59 \pm 41.24$  ( $p < 0.0001$ ) after 5 days of attending *yajna*. (Table-1, Figure-3). Statistically analyze were done by Wilcoxon test.



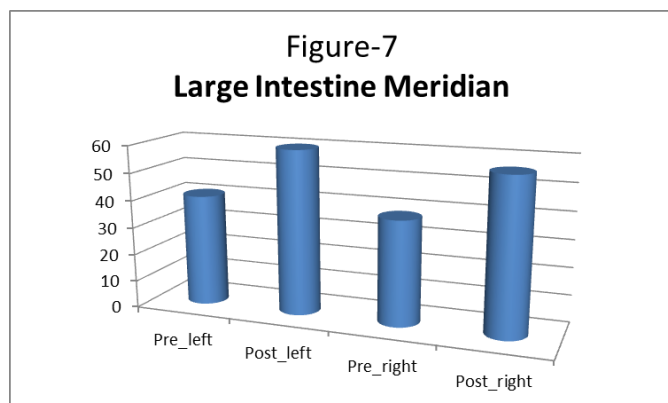
**Triple Energizer Meridian Energy:** The mean of Triple Energizer Meridian Energy left (TE\_L) before attending *yajna* was  $37.39 \pm 23.68$ . It improved significantly to  $59.96 \pm 37.74$  ( $p < 0.0001$ ) and Triple Energizer Meridian Energy Right (TE\_R) before attending *yajna* was  $34.59 \pm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



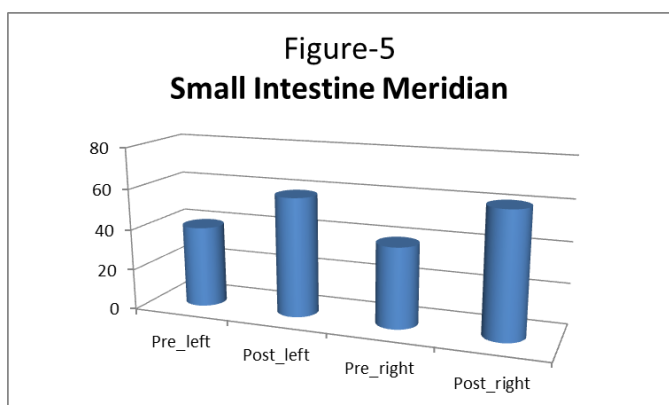
**Pericardium Meridian Energy:** The mean of Pericardium Meridian Energy left (Pc\_L) before attending *yajna* was  $31.73 \pm 23.73$ . It improved significantly to  $53.09 \pm 37.02$  ( $p < 0.0001$ ) and Pericardium Meridian Energy Right (Pc\_R) before attending *yajna* was  $30.37 \pm 20.12$ . It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



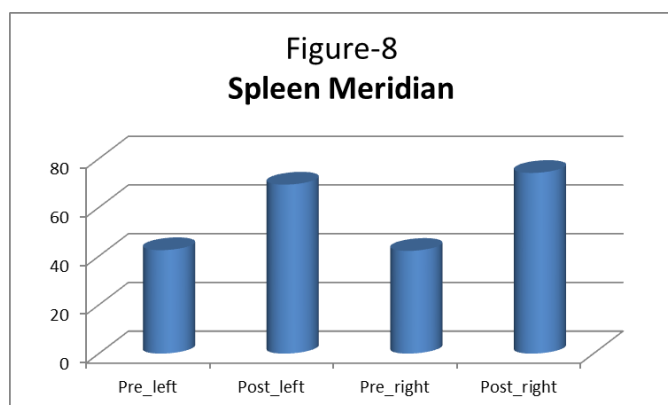
**Large Intestine Meridian Energy:** The mean of Large Intestine Meridian Energy left (LI\_L) before attending *yajna* was  $40.80 \pm 28.44$ . It improved significantly to  $59.94 \pm 39.42$  ( $p < 0.0001$ ) and Large Intestine Meridian Energy Right (LI\_R) before attending *yajna* was  $38.12 \pm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



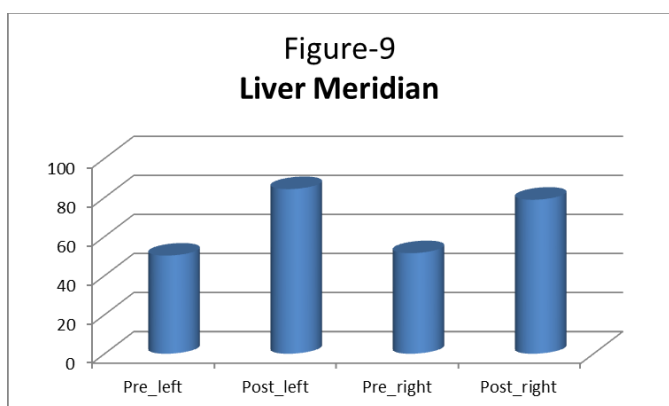
**Small Intestine Meridian Energy:** The mean of Small Intestine Meridian Energy left (SI\_L) before attending *yajna* was  $39.77 \pm 23.61$ . It improved significantly to  $58.38 \pm 36.65$  ( $p < 0.0001$ ) and Small Intestine Meridian Energy Right (SI\_R) before attending *yajna* was  $39.27 \pm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



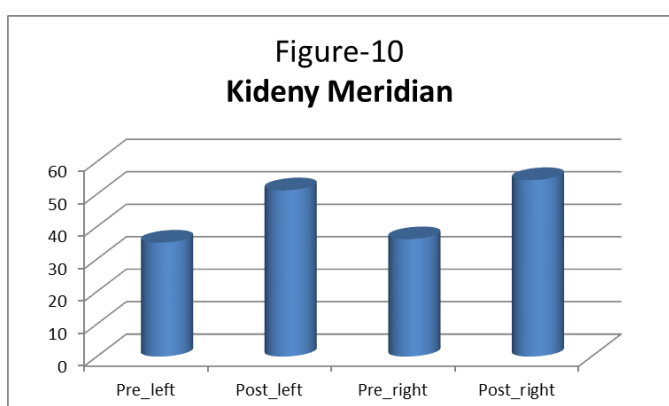
**Spleen Meridian Energy:** The mean of Spleen Meridian Energy left (SP\_L) before attending *yajna* was  $42.46 \pm 39.37$ . It improved significantly to  $69.36 \pm 59.07$  ( $p < 0.001$ ) and Spleen Meridian Energy Right (SP\_R) before attending *yajna* was  $42.17 \pm 43.20$ . It improved significantly to  $74.17 \pm 62.91$  ( $p < 0.0002$ ) after 5 days of attending *yajna*. (Table-1, Figure-8). Statistically analyze were done by Wilcoxon test.



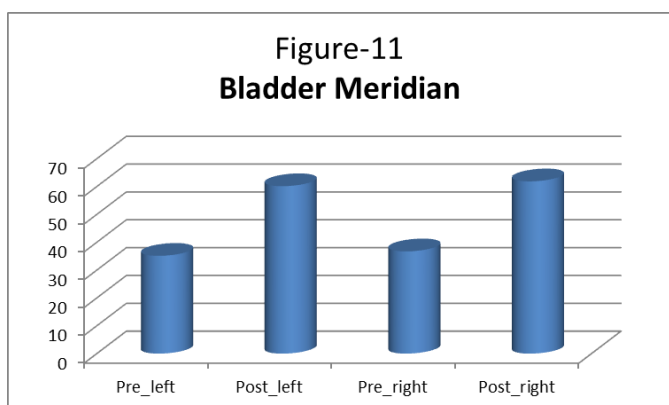
**Liver Meridian Energy:** The mean of Liver Meridian Energy left (LR\_L) before attending *yajna* was 50.23±39.63. It improved significantly to 84.27±55.41 ( $p<0.0001$ ) and Liver Meridian Energy Right (LR\_R) before attending *yajna* was 51.48±39.54. It improved significantly to 78.83±54.73 ( $p<0.0009$ ) 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.

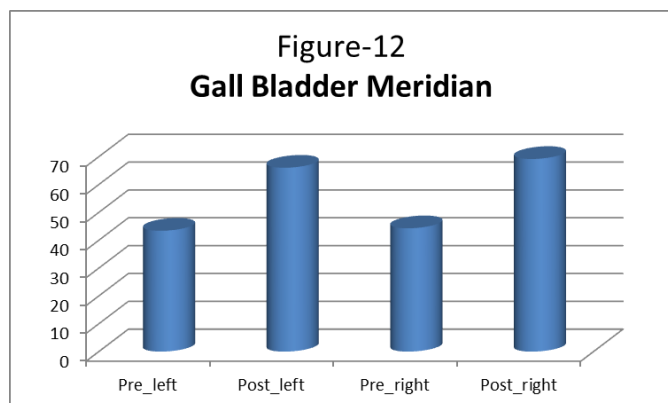


**Bladder Meridian Energy:** The mean of Bladder Meridian Energy left (BL\_L) before attending *yajna* was 35.12±32.23. It improved significantly to 60.13±51.29 ( $p<0.0001$ ) and Bladder Meridian Energy Right (BL\_R) before attending *yajna* was 36.72±36.08. It improved significantly to 61.86±57.29 ( $p<0.001$ ) after 5 days of attending *yajna*. (Table-1, Figure-11). Statistically analyze were done by Wilcoxon test.

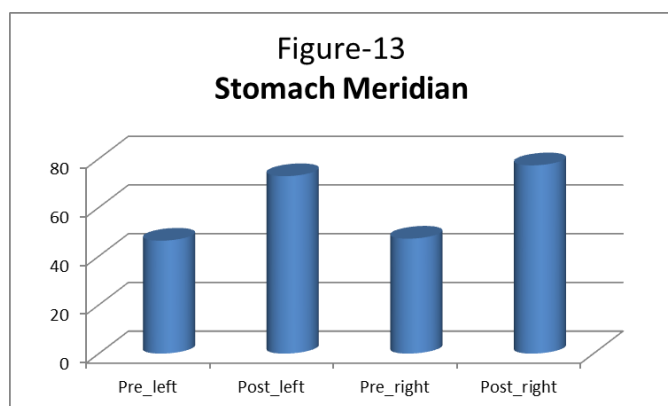


**Gall Bladder Meridian Energy:** The mean of Gall Bladder Meridian Energy left (GB\_L) before attending *yajna* was 43.40±34.73. It

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. *Yajna* 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 *yajna*shala, 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 *yajna*shala 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 *Somayajna*, 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 *Somayajna* 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 [6]. This study on the *Somayajna* 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

1. Hankey A. CAM and the phenomenology of pain. *Evid Based Complement Altern Med* 2006;3(1):139.
2. Patwardhan B, Warude D, Pushpangadan PBN. Ayurveda and traditional Chinese medicine: a comparative overview. *Evid Based Complement Altern Med* 2005;2(4):465.
3. Liu L. Formation of the Chinese Medicine: Theoretical System and Its Philosophical Basis. *Essentials of Chinese Medicine*. London: Springer Science and Business Medi, 2009.
4. Eisenberg D. *Encounter with Qi: Exploring Chinese Medicine*. New York: Norton & company, 1995.
5. Fenton P. *Shaolin Nei Jin Qi Gong: Ancient Healing in the Modern World*. New York: Samuel Weiser, 1996.
6. Yang JM. *Qigong for health and martial arts: Exercises and meditation*. Boston: YMAA Publication center, 1998; 9 p.
7. Thurnell R. *Geopathic Stress: How earth Energies Affect Our Lives*. Rockport: Element, 1995.
8. Gao D. *Chinese Medicine*. New York: Thunders Mouth Press, 1997.
9. Cousens G. *Spiritual Nutrition: Six foundations for spiritual life and the awakening of Kundalini*, 2005.
10. Chamoli, Deepika; Kumar R, *et al*. The Effect of Mantra Chanting on the Performance IQ of Children. *Indian J Posit Psychol*, 2017.
11. Gonda J. *SOME NOTES ON THE USE OF VEDIC MANTRAS IN THE RITUAL TEXTS OF THE VAIKHANASAS*. Mouton Publishers, 1972.

12. Pamela G. Stevens. *Mantra Chanting: Exploring the Traditional and Scientific Health and Wellness Uses*. 2014; Available from <https://pamgodfrey.wordpress.com/2014/03/25/mantra-chanting-exploring-the-traditional-and-scientific-health-and-wellness-uses/>
13. Meenakshy KB, Hankey Alex, Nagendra H R. Electrodermal assessment of SMET program for business executives. *Voice Res [Internet]* 2014;2(4):2277–7733. Available from: [http://www.voiceofresearch.org/doc/Mar-2014/Mar-2014\\_18.pdf](http://www.voiceofresearch.org/doc/Mar-2014/Mar-2014_18.pdf)
14. Meenakshy KB, Sushrutha S, Hankey A, Nagendra HR. Vedic yajña performance reduces qi imbalances. *Res React Resolut* 2014;2(8):16–24.
15. Narhari B. *Somayajña And The Structure Of Rgveda*. In: *Vedic Traditions for Education and Learning*. Dallas, Texas, USA: Vedic Studies, 2018.
16. Sharma PV. Original Concept of Soma. *Indian J Hist Sci* 1996;31:109–30.
17. Shah N. Soma, an Enigmatic, Mysterious Plant of the Vedic Aryas: An Appraisal. *Indian J Hist Sci* 2015;50(1):26–41.
18. Prasad DB, Hongasandra N, Ram A. Investigation of random event generator changes in Agnistoma Somayaga rituals: An exploratory study. *J Heal Res Rev [Internet]* 2016;3(1):15–9. Available from: <http://www.jhrr.org/text.asp?2016/3/1/15/177490>
19. Yousuf Azeemi ST, Raza SM. A critical analysis of chromotherapy and its scientific evolution. *Evidence-based Complement Altern Med* 2005;2(4):481–8.
20. He JF, Yan J, Li JS, Liu JH, Wang C, Chang XR, *et al*. Neuron Discharge and c-Fos Expression in the Nucleus of the Solitary Tract Following Electroacupuncture at Acupoints of the Yangming Stomach Meridian of Foot. *JAMS J Acupunct Meridian Stud [Internet]* 2013;6(2):82–8. Available from: <http://dx.doi.org/10.1016/j.jams.2012.12.002>
21. Kim SB, Shin TM, Lee YH. Development and Evaluation of a Bio-ion Measurement System on Acupoints for Meridian Diagnosis. *JAMS J Acupunct Meridian Stud [Internet]* 2013;6(2):110–8. Available from: <http://dx.doi.org/10.1016/j.jams.2012.12.005>
22. Sharma B, Hankey A, Nagendra HR, Meenakshy KB. Inter-operator variability of the electrodermal measure at Jing-Well points using AcuGraph 3. *JAMS J Acupunct Meridian Stud [Internet]* 2014;7(1):44–51. Available from: <http://dx.doi.org/10.1016/j.jams.2013.01.022>
23. Acharya SS. *The Integrated Science of Yajya*. 2001; 28.
24. Gurjar AA, Ladhake SA, Thakare AP. Analysis Of Acoustic of &quot;OM &quot; Chant To Study It's Effect on Nervous System. *IJCSNS Int J Comput Sci Netw Secur* 2009;9(1):363–7.
25. Gurjar AA, Ladhake SA. Time-Frequency Analysis of Chanting Sanskrit Divine Sound &quot; OM &quot; Mantra. *IJCSNS Int J Comput Sci Netw Secur* 2008;8(8):170–5.

## HOW TO CITE THIS ARTICLE

Maurya S., Divya B.R., Dr. Sridhar M.K., Rajesh H.K., Dr. Nagendra H.R. Subtle aspect of bio-energy on acupuncture meridian. *J Ayu Herb Med* 2018;4(4):165-170.