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PRINT: ISSN 0970-9274 ONLINE: ISSN 2456-6608

J Hum Ecol, 36(3): 167-172 (2011)

DOI: 10.31901/24566608.2011/36.03.02

Ethnobiological Analysis from Myth to Science XIII: *Pancha Yajnya* (Five Sacrifices) - Rationalisation through Yoga

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KEYWORDS Ethnobiology. Manusmruti. *Pancha Yajnya* - Five Sacrifices. Yoga

ABSTRACT Yoga is the practical science of realisation, its philosophical basis is *Saamkhya Darssan*; the later is the study of the principles of cosmic evolution by rational analysis. The yogi controls breath, the life force (*Bhoota Yajnya* - Sacrifice for biosphere); diverts his vital sex energy into a super form, the *Oojas* (*Pitru Yajnya* - sacrifice for the secured flow of genetic system); activates the vortexes (power points) that exists with in the spinal column (*Deva Yajnya* - sacrifice for different environmental powers) and finally attains the supreme knowledge of self realisation (*Rrushi Yajnya* - sacrifice for the source of knowledge). All these are possible in a human body if practised with self regulation (*Nrru Yajnya* - sacrifice for humanity), for upliftment of self and all concerned. This enables the yogi to offer his sacrifices automatically being indifferent and unattached; thus he honours his environmental responsibility as *Pancha Yajnya*, the highest ecological philosophy of ancient Indians as depicted in *Manusmruti*.