

# A study into successful treatment of some difficult Medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine

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## Abstract

**Background:** Patients with rare and chronic diseases often face a long journey from diagnosis to treatment. Despite scientific advancements in medical field, and surgical methods available, to cure such cases is difficult. Several such cases were handled by Yoga Prana Vidya Ashram, where the patients were healed and now leading normal life with improved health conditions. This paper reports four such cases in detail.

**Methods:** This is a case study method, going through full detailed records of the patients' health conditions pre and post treatments using YPV healing system observed through lab test records, as well as data collected from follow-up interviews of the subjects.

**Results:** Analysis of each case shows positive results of improvements obtained with YPV healing methods used by healers and also, some self-healing techniques practiced by the patients, enabling them to lead normal life.

**Conclusions:** This case study documents the evidence gathered on the effective uses of YPV in healing and treating multiple ailments, besides curing some chronic ailments. To produce holistic and optimum results, YPV uses a combination of approaches such as, (1) physical exercises including rhythmic yogic breathing, (2) Salt free diet; fruit diet, (3) Meditation techniques, (4) healing by trained and experienced healers, patient participation in group healing, self-healing by patients with regular self-practice of some specified techniques. There is ample scope to conduct further research on the application of YPV as alternative, effective and low cost medicine for various other medical conditions.

**Index Terms**— Rare diseases, multiple ailments, Treatment, Yoga Prana Vidya healing

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## 1 INTRODUCTION

Patients with rare diseases often face a long journey from diagnosis to treatment (Breining, 2017).<sup>[1]</sup> The irony of rare diseases is that a lot of people have them. Experience has shown that it is difficult to diagnose, research, and treat rare diseases. Some patients' conditions are also so unique that no proven treatment methods are available to help them recover.

Rare diseases are tough to diagnose because most doctors don't see them. "Patients tend to enter into what is called a 'diagnostic odyssey,'" It is really awful for the patients (Breining, 2017). They go to doctor after doctor. Often this can take years of not knowing what's going on. They start losing hope until they finally get referred to a specialist familiar with the disease." According to Breining (2017)<sup>[1]</sup>, about 80% of rare diseases are genetic, and effective treatment in medical science exists only for a few.

It has been observed that Yoga Prana Vidya<sup>©</sup>, (YPV)<sup>©</sup>, which is a non-touch non-drug bio-energy healing method has been used successfully to heal patients having difficult and multiple

medical conditions. This paper presents four case studies of such cases successfully healed by YPV<sup>©</sup>.

## 2 YOGA PRANA VIDYA (YPV)

According to the founder of Yoga Prana Vidya (Yoga Prana Vidya Research, 2019),<sup>[2]</sup> the concept of Yoga has to be understood in a broader and in a deeper sense. Yoga in recent times is used to refer to asanas (Postures) and sometimes even to pranayama (a form of breathing). These are parts of yoga and not completely yoga. If viewed from the yogi Patanjali point of view, it is known as Ashtang (eight parts) Yoga. There are many levels of yoga in practice and yoga means all of this. Each of the steps is very important. It is the soul using this physical body but the body is an important vehicle of the soul. This vehicle is so important in the physical world to be maintained, sustained and used for the purpose of the Divine. The purpose of yoga is to achieve union and manifest greatness on earth. The incarnated soul or Jeevatma has 3

vehicles.

1. The Energy body is called the Pranamaya kosha
2. Above that is The Emotional body which is called Kama kosha
3. Above that is The Mental body, the Manomaya kosha

To maintain our physical body it involves maintaining the energy body, because energy body is the basic mold of the physical body, which science now recognizes as a bio-Plasmic body. Anything that happens to the physical body, happens to the etheric body. This etheric body is referred to as "etheric double" in theosophy. Any ailment in the physical body has its effect on the etheric body. So we use the term Prana Vidya. Prana is Life Force or Energy used for the maintenance of the energy body and Vidya is basically the technology of how to do so. The technology of maintaining the energy body is Yoga Prana Vidya. Thus YPV gives techniques for maintaining the physical and energy body and also maintain the etheric connectivity with the higher self which involves meditations.

2.1 Healing is the process by which the energy body can be renewed thus bringing change in the physical body, because the former interpenetrates the latter. Used up energy or diseased energy can be removed and the energy body can be impregnated with fresh energy. All biological life on earth has the ability to heal itself. Energy follows thought and energy accelerates the healing process. So the energy is used in healing, to accelerate the healing process and the body heals itself.

Healing consists of two processes.

1. Cleansing- removal of the used up energy
2. Energizing- giving fresh energy.

In YPV, healer becomes a channel of energy who receives and transfers energy. Yoga Prana Vidya (YPV) is a revolutionary form of energy "medicine". It is an ancient science and art that has been revived in a new form which is easily adaptable and in tune with modern day busy life. The air around us contains a special life force that keeps us alive. This life force is also known as "prana" ("Breath of Life"). YPV reveals various techniques of using prana in order to better and promote good health. Yoga Prana Vidya has been used as a tool to deal with psychological and emotional issues also to remedy everyday work and financial stresses of life. It is primarily used as a non-touch, drugless, healing system, complementary (along with) with other healing modalities like Allopathy, Ayurveda, and Homeopathy. However, there are numerous instances where the application of YPV healing alone has been sufficient to alleviate the ailment/ disease (both physical and psychological).

### 3 CASE REPORTS

This article gives an in-depth study of the four cases, for which data was collected from the patient interviews, and corresponding medical records verified. Each case was also confirmed with a third source, a closely associated person of the person healed.

**3.1 Case 1:** 54 Year old male (age at current review) with multiple ailments

**Pre-YPV medical history:** 1989 onwards Severe pain in lower abdomen, breathlessness, Polycystic Liver, Polycystic Kidney, Fenestration surgery; recurred cyst, pain, job lost, kidneys affected, unsuccessful second surgery; DVT: swollen left leg, Hernia, sinus.

**YPV intervention from 2012:** Now fully recovered, employed and working

#### Case details

A 54 year old (now) male patient suffered severe pain in 1989, when he was aged about 24. He had the first bout of pain at the right side of lower abdomen. Doctors diagnosed it to be cyst that had grown up very much, and the medical opinion was that it had to be taken out right then. At that time, He was given some local anesthesia on that and then the fluid was taken out; it was almost 400 – 500 mL fluid. There was no medication nor treatment possible, other than liver transplant, as well as kidney transplant because both vital organs were affected - Polycystic liver and polycystic kidney. He was told that he had horseshoe kidney. That is also on the right side, so everything is on the right side and putting pressure on the same thing and then liver started enlarging.

At first, very severe pain started accompanied by breathlessness. Lungs were squeezed, so the local doctors (in the city situated in northern India) referred to a gastroenterologist in a Metro City in western India. There he was told that the problem was a fully grown liver, full of cysts, millions of cysts and that is causing this condition. It pressed all the organs and the only option appeared was liver transplant, a costly procedure needing funds somewhere around Rs. 3.5 million at that time. The patient was told about two alternatives - one is the transplant and second one is just cut liver 50%, then see what will happen, with a possibility of improved quality of life at lesser cost. Medical consensus of a group of experts was that if the Liver was cut down, known medically as Fenestration, (maximum cyst were on the right lobe itself), it may take 20 years for cyst to grow, or some 10-20 years to come back, so that by that time the patient has this one, they need not go for liver transplant because liver grows within 3 months, it regenerates. So that was the option given. But he again was warned that it is possible that cyst may return within a year also. They could not guarantee that. The patient was financially not capable of paying that much amount for a liver transplant. So, the less costly Liver Fenestration surgery was agreed and conducted during August, 2000. In an eight-hour long operation, the surgeons removed the entire right lobe of the liver with full of cysts. Since liver was perfect, it was working good, it was over the liver that cyst was coming and going and they were getting bulging and has come up to the lungs and squeezing, so because of that that breathing problems occurred.

So, within 10 days of the Fenestration surgery, the patient condition appeared very fine, the patient was able to breathe normally and the pain also subsided. He became little lean also. The hospital took very good care and everything looked fine and the patient returned to home city. He was told to come for checkup once in a month for follow up if everything is ok.

However, within 2 months thereafter, again the cyst came back. Liver regenerated very fast. Pain started. So much suffering once again and then medication, Pain killers, were

given. The surgeons examined and said, the cyst was in the kidneys also, then that also need be transplanted. The patient and his wife were worried about the situation of more organs transplant. Also they feared, post transplantation, there will be need for medications for rest of the life.

The cost of the first operation was borne by his employer company, so at that point he was financially saved. After surgery, the employer told him to leave the job, as they thought that he was not fully functional. Weakness was there, again pains started, so frequently he had to take leave. His career got affected and for one full year, he was without job. Thereafter he got a job in another city of central India. He lived there from 2001 to 2007 almost 6 years. There too, he was not able to work normally without difficulty. There too he had to frequently visit hospitals and met a senior kidney specialist, and they too started extracting the fluid. Twice he was admitted in the hospital since the pain was uncontrollable, accompanied by fever, continuous fever and vomiting sensation.

A Gastroenterologist in another Hospital there examined and said the condition was not good and he was also suggesting another operation since already one was done. He met one other foreign doctor. From King's college London who said he would conduct surgical procedure to resolve the issue. In 2003 December the condition became worst. Then he was again admitted to another hospital in January, 2004. The employer company supported with financial and job assurance. He was allowed to take leave whenever he was not feeling well. Unfortunately for him, that operation failed on the table itself. When they tried to cut, they saw that the entire organs, kidneys, pancreas stuck to liver, They were surprised and declared medical helplessness, and declared he was no more, raised their hands After 12 hours of operation.

Then some other doctor was called in to resolve the crisis. He gave one life saving injection and brought him to life. Subsequently they brought everything in control and they were able to manage again. However they were not able to stop bleeding. So after 15 days in hospital he was discharged.

Thereafter, he suffered deep vein thrombosis (DVT) of left leg calf muscles. Investigation showed some clots, and the clots were likely to travel faster to the heart and lungs. That had to be prevented. The leg was swollen and color turned blue. For him it was a very badly painful situation that he could not lift his leg. Then once again he was admitted to that hospital. He was given treatment for 10 days. They gave heparin injection in the legs and then the swelling came down. For about three months he could not attend office.

A year later he was diagnosed to having hernia for which he had to undergo surgery and also he had episodes of fever. By that time the liver again started giving problems. The patient and his wife were desperate about what to do, because in 2006 everything appeared manageable. He had also undergone **sinus** operation.

Thus he had to undergo in all 4 surgical operations including **hernia** in 5 years. In those 5 years, the hospital was like their home, second home being there frequently every month. It is patient's will power and support of family that he could survive. He started in a new job in the present city from January 2007. The Company where he was employed also supported him a lot. From 2007 till now the patient and his family could

remain in the present city keeping the job.

Again in 2007 he had DVT attack in March on the same leg and again it turned blue. He could not lift his leg because of unbearable pain. Doctors said if the third attack comes then it will be little bit dangerous for him. But till then there was no medication. If pain is more he had to take Crocin only, as nothing else he could take because of his body condition.

Again in 2014, he had DVT attack third time and got admitted to the same hospital because of the availability of the same doctor. At the same time they carried out abdominal scanning and other tests and found cysts were going on multiplying. By that time he gained weight also and the body was not in shape. Due to these issues he was not able to sit cross legged and in ultrasound, none of the organ except liver was visible.

### **YPV Intervention & healing**

At one time they heard about Energy healing and a Healing Master was visiting their city. The Master was reputed to heal and cure difficult medical conditions. In 2012 the patient's wife entered YPV attending courses. She asked the YPV trainer to help her to heal her husband. By the initial healing he found some comfort. Then she gained some confidence that the YPV system was going to work for the husband. The pain reduced with the first healing itself and there was no need to take the pain killers.

One senior healer also was called in to treat with healing, only when the bout of pain used to come, she gave distance healing that worked for him. The senior most healer also healed him at that time. In one day's healing, his pain disappeared, and he achieved peace and calmness. He felt that some unknown thing entered his abdomen and removed pain.

As instructed by the senior most healer, the patient attended a 5 day healing camp at Mysuru in October 2012. At this camp he was healed every day. Then, his health condition started reversing and getting better day after day. As the pain stopped he was feeling very peaceful and little bit energetic also. All the pain disappeared and he experienced there was nothing causing pain, and completely relieved. He was able to walk normally. The 5 days healing camp brought some substantial change for him.

Almost for 4 years since his wife entered YPV, combined effect of several healings regularly enabled him to live normal life. He had a repeat attack of DVT during this stage and YPV was used to help fast recovery complementary to injections given to treat DVT. Because of all the YPV techniques used recovery was smooth- Very fast. And very smooth. He felt less stress. Now, he confirms that everything is under control in his health domain. In the recent past, he was having a very bad wound arising out of a fall. The wound was so bad that it was not getting healed until YPV healing was used.

Regularly every year x-ray was taken for the liver to check the condition after the YPV healing treatment. The x-ray reports showed that it is not a cyst-free liver, but it's under control. The number of cysts has come down and the size also has come down to normal. Table 1 shows comparison of his pre and post YPV condition.

### **Present health and life status**

He does physical exercises regularly, and takes a long walk early morning. He is gainfully employed and works 8-10 hours

every day, some days even more than 10 hours. His weight is now in balance at 74 kg. He has got a rewarding job and the financial condition also improved. He became stable physically, mentally and emotionally, became more confident and is able to perform many tasks. He did also undertake voluntary work for the YPV Ashram during his spare time. The liver problem is not there now. DVT is also under control with ease. Now he gets normal sleep too. He is fully fit because of the regular use of YPV techniques and occasional healing. With regard to other conditions, he was having BP for almost 25 years and was taking BP tablet. Now he is told to discontinue BP medication for the last two years. The only medication he uses now is for DVT. Mobility and walking improved and he can drive the vehicle. Hemoglobin level has increased to 14 which was around 11 from past many years. He can comfortably sit cross legged. The other internal organs are in healthy condition as visible in ultrasound tests

Table 1: Comparison of pre and post YPV condition-

| Prior to March 2016   | Status as on 26 <sup>th</sup> Jan 2017                                       |
|---|--|
| Weight was 86 kg  | Weight reduced to 68 kg  |
| BMI was 29  | BMI improved to 22.9   |
| Abdominal Circumference - 45"   | Abdominal Circumference - 39"  |
| BP - 140/95 with tablet   | BP - 130/85 without tablet   |
| Hemoglobin 10-11  | Hemoglobin - 15  |
| Daily blood thinning tablet   | No blood thinner for 7 months(Now he has started mild blood thinning tablet) |
| Ultrasound had no clarity of organs esp. pancreas, spleen, gall bladder | All organs visible   |
| Unable to sit cross-legged or lie on back                               | Able to sit cross-legged with ease or lie on back or sides                   |

### 3.2 Case 2: A 49 year old woman

**Pre-YPV medical history:** Multiple ailments such as-Rheumatic Arthritis, stiff neck, water in knees, Asthma, Pneumonia,

**YPV Intervention:** Since 2013

#### Case details

Now aged 49, this patient hails from Raipur, MP (India), working as Asst. Professor in a college. She is qualified with MPhil in commerce and already submitted PhD thesis, waiting for result. She is single and lives with family. Has 22 years of work experience.

When she was 13 years of age (studying 8<sup>th</sup> class), one day while playing basketball she experienced stiff neck and severe pain. After few months, pain spread to other parts of the body and bone joints, she could not even write with hand. She was taken to Bombay to consult rheumatologist. Diagnosis indicated RA and treatment included painkillers, physiotherapy and gold injections. Water in knees was also observed which was treated with medications. In course of next

two years, when she was in 10<sup>th</sup> class the situation worsened and she was bedridden. She started Homeopathy and after 6 months of Homeopathy treatment it worked to improve her knee condition. Neck problem also improved and hand writing too improved. She passed 10<sup>th</sup> class. She tried Kerala Ayurveda also, when got Asthma attack in addition. She further suffered from varicose vein problem, pneumonia, and stomach disturbance in series and parallel. Despite these multiple ailments and suffering, she managed to complete her university Degrees and started working.

#### YPV Intervention

Around 2013-14, she came to know about YPV. She learnt and started practicing PPM and Forgiveness Meditation Sadhana. During 2014-15 she completed YPV Levels 1, 2 and 3 .She found considerable improvement of her health conditions. In March 2016 she was distance-healed by a senior healer who was undergoing a 1 year YPV training course. Her stiff neck was relieved about 60%. Her mobility has improved to a great extent.

May 2016 was the turning point when she visited the YPV Ashram. She went through a series of integrated healing techniques. She went through Arhat Course of YPV during July 2016. She started spreading YPV healing movement from 2016.

As her health condition improved her self-confidence increased significantly and she pursued PhD work simultaneously, submitting thesis in July 2018. She started practicing YPV directly and also in distance mode. She is now conducting monthly healing camps in schools.

Presently, she is not using any regular medication.

### 3.3 Case (3): A 23 year old male

**Pre-YPV medical conditions:**

**Epileptic seizures, brain surgery, loss of vision, loss of self-esteem and self-confidence**

**YPV Intervention: From 2016**

**Outcome of YPV for him: 60% Recovery of vision, improved self-confidence and self-esteem**

**Detailed case information**

He is a 23 years aged male, unmarried and completed Diploma in Mechanical engineering in 2016. His main health complaint was Epilepsy from 8 years of age (2003). He experienced epileptic seizures frequency ranging from once a year to 5 episodes in a day during 2015. Once during 2010 when he was in 10<sup>th</sup> standard, he had episodes twice in the day. In 2015 he experienced even 5 episodes in one day.

He however successfully completed Diploma in Mechanical Engineering in March 2016.

On 9<sup>th</sup> of May 2016, he was operated for major brain surgery in a big corporate Hospital in Bangalore. Following this, on 13<sup>th</sup> May 2016, he experienced blurred vision, and needed support to move around. He lost self-confidence and self-esteem as a result.

**YPV Intervention**

From June 2016 he had undergone YPV healing therapy through his mother and an aunt in Mysore daily till 3<sup>rd</sup> week of December 2016. He was wearing the same prescription glasses as before. After one day of healing during that week, he could see numbers on the cell phone and dial the numbers. By the end of the healing week, he did not feel any need for wearing

glasses and stopped wearing. He had also felt psychologically improved, as a consequence.

During January and February 2017, YPV healing continued for full two months in Mysore. During April 2017, he attended one month-long healing camp in Ashram. In 1 week of healing, blurred vision reduced by 40%. After 2 weeks of healing, his vision improved to such an extent that he could safely run in the Ashram premises.

Earlier to April 2017 camp, his night vision was not good. But as a result of healing in April 2017 his night vision improved by 30 to 40%. He could move around safely in the dining hall without being escorted and also was able to wash dishes and plates after eating supper. He gained more confidence as a result. YPV practice continued through rest of 2017. During May 2017 he received training in a 3-day course with morning Sadhana and Arhat practice. He continued to receive healing.

During 2016 May, he underwent 1-month Arhat practice in Ashram. Gained more confidence with improved social behaviour. During November-December 2018, his status of vision improvement was such that he could read newspaper headlines and next lower font size.

His present health condition (at the time of interview) was - He is independent in all aspects, without needing assistance. As far as his vision is concerned, he could type SMS in the mobile but still unable to read SMS. His aim in life now is to work as fulltime YPV healer and trainer to help sick people using YPV techniques.

#### **3.4 Case 4: 67 Year old male**

##### ***Pre-YPV medical conditions:***

**Diabetes Type 2, overweight, BP, Coronary heart disease, Fatty liver, Gallbladder stones, Frozen Shoulder, Numbness in legs, Hip Joint pain, Prostate enlargement, Hypo Thyroid, Infection in big toe.**

##### ***YPV Intervention: From 2016***

***Outcome of YPV for him: He is fully recovered, fully functional, regularly practices YPV techniques, become a healer for others.***

##### ***Case details***

A 67 Year old male, retired (in 2012) as principal of a degree college lives in an urban location in a southern city in India. In 1999 he was diagnosed with incidence of diabetes type 2 and BP, and has since been under treatment He was put on allopathic medication from then on. In the work place, as a college principal he had too much of stress and tension. In course of time his sugar level shot up to about 400, observed through tests in 2009. He was admitted in the hospital for treatment and sugar level came to control only after injecting insulin. Doctor started with 10 units of insulin at that time, in 2009.

He was told that taking insulin was purely temporary and when it comes to control, he could stop taking insulin. But, sugar didn't come under control. So they went on increasing the insulin units also. So finally, it reached about 46 units of insulin. He was taking 3 times; morning 20, evening 20, and afternoon 6; total 46 units.

He started his post- retirement life. In 2014 March, he went for routine health checkup. He was diagnosed with coronary

Heart disease. Three arterial blockages were identified there. One blockage was very serious, doctors advised to fix stent. This happened in March. April first week he went for the stent. He was put stent for 1 blockage and 2 blockages were very minor blockage so they were let free. After that he was alright, but mobility was decreased. Doctors told him to observe some conditions, such as to walk slowly, not to lift some weight, not more than 5 kg. So his mobility had thus been reduced.

Then, after 6 months, he suffered severe intolerable pain in left shoulder. Somehow he tolerated till March because of some family event going to take place in October-November. He went for medical checkup in March 2015. He went through all the tests. Then again, 2 blockages were found, that too 98%, Doctor advised him, to admit himself in the Heart specialist Hospital, Bangalore for surgery. In July 2015, he underwent bypass surgery. Thereafter, again, he could not control the sugar level. BP was controlled throughout and it was normal. But, he could not control the sugar level. Body weight increased to 84 kg, mobility was very slow, and he could not walk normally. If he walked about 1 KM, then he used to get breathing problem.

He had hypothyroidism also, for which he was taking 25 mg medication daily.

Then his next problem was joint pain. - frozen shoulder, he could not rotate hand freely. After bypass surgery he got this. He went through Physiotherapy treatment, after that they advised and treated there also about 3-4 days.

He talked about hip joint pain which started after bypass operation only. Frozen shoulder after operation and hip joint pain also after operation. He had other problems such as left leg toe numbness, gallbladder stones, enlarged Prostate problem was also there, and it was found in ultrasound checkup. Fatty liver grade 2 was observed in the tests.

##### ***YPV Intervention***

He was introduced to YPV by his son and daughter-in-law who were practicing YPV for the past 10 years. He did not initially believe YPV and how it works. Upon persuasion, he went to the YPV Ashram to take healing treatment when the healing camp was held, in the first week of January in 2017. There were many healers in the camp and he was given 4 healings. So many patients were there, he was one of them. Each healer studied about his ailments and they used to heal him, first healer, second healer, third healer, then fourth senior most to heal. Then, after 1 week of healing he found that sugar level had been decreased; however not come down to normal yet. Before YPV healing, he was taking insulin 46 units and Jalra M50/500 two tablets twice daily. After one-week healing camp, insulin was reduced by 10 units. It came down to 36 units. That encouraged him to come over to attend 3 months' healing camp there, which started in February 1<sup>st</sup> week in 2017 till end of April.

The healers advised him to forget the things which caused worry and tension. They explained about practicing forgiveness sadhana and impressed upon him to forgive and forget whoever hurt his feelings. If you have hurt anybody, don't keep that in your mind, just forget. Seek forgiveness from them, which is all in mind. He had all those tensions in mind causing him to raise his sugar level. Due to those reasons only he ended up in that position and his health condition had

deteriorated. He was doing daily exercise, Super Brain Asana, Abdominal breathing and forgiveness Sadhana.

During that one month of healing camp, they taught YPV healing courses of 3 levels free apart from regular healings. Then also, he was not convinced about the efficacy of YPV completely. He used to take normal food. But after 1 month, he realised that he was not practicing those instructions given by YPV Team properly. Weight reduced only 1 Kg in 1 month and sugar control was not there. He could not control sugar, but it was reducing slowly. He then thought about how to practice YPV seriously.

He continued one more month healings and YPV practices seriously along with fruit diet from 1st of March, taking all days 3 times fruit. Whenever he felt hungry in between, he used to take buttermilk. So, 3 times fruits, and in between some buttermilk he used to take. In total 53 days insulin 36 units were reduced to zero. His weight also reduced by 14 kg.

So with all these healings and YPV practices, he continuously reduced insulin as sugar level dropped and totally stopped taking insulin within 52 days of YPV practice, as it came to normal without insulin. So that is the first step. He continued camp for total three months. It was surprising to him that YPV is working on him. He continued Arhatic yoga month and completed Arhatic training. So, in 3 months or so, his weight also reduced by 14 kg. After this course, he went to Heart specialist Hospital for routine checkup. All reports showed normal.

Earlier, his HBA1C was 8.4 even with insulin and tablets when he joined YPV and in June 2017, it was 6.1 without insulin. It is coming to normal.

Other positive outcomes for him are, gallbladder stones gone completely. Prostate problem also reduced but it is still there as found in ultrasound checkup. He never had urinary infection. Fatty liver grade 2 was there, now it is reduced to mild fatty. The very surprising positive result for him was daily use of 46 units of insulin that are now completely discontinued. It changed his lifestyle to experience better and healthy life. YPV worked for him as he felt positive energy. He now walks about 8 to 10 KM a day and doesn't get tired. He has become very much active and fully independent. With no surgery, and no medicine he has recovered. *He completely recovered from frozen shoulder and left leg toe numbness. Hip joint pain also reduced by more than 50%.*

According to him, it is the grace of YPV healers and mentors that brought good changes in his health through changes in lifestyle and attitude towards YPV to fully reap its benefits. He feels grateful to all those people. Now he is healing other people for a healthier life.

#### 4 CONCLUSIONS

Yoga Prana Vidya (YPV) has been emerging as a very valuable system of healing various physical and psychological ailments with no side effects. This case report documents evidence gathered on the effective uses of YPV in healing and treating patients having multiple ailments, besides some chronic ailments also cured. YPV uses a combination of approaches, (1) physical exercises including rhythmic yogic

breathing, (2) Salt free diet; fruit diet, and (3) Meditation techniques, healing by healers, participation in group healing, self-healing by patients, and regular self-practice by patients. These patients have also become trained healers in course of time, begun healing practice regularly and act as role model for other people with multiple ailments.

This study also reveals that there is vast scope for further research in this field for scientifically testing suitability of YPV to cure various other ailments and all age groups of people.

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