

CASE REPORT

## SELF-CARE IN HEALTH: ROLE OF YOGA PRANA VIDYA HEALING PROTOCOLS AS COMPLEMENTARY AND ALTERNATIVE MEDICINE

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### ABSTRACT

**Introduction:** The Yoga Prana Vidya (YPV) System promotes conscious Self-care actions of individuals through informed evidence-based practices. The authors discuss in this paper the concepts with practical applications and examples of evidence from field data.

**Method:** This is a case series study with a compilation of field data of YPV interventions of multiple cases healed by YPV healers.

**Results:** In the case series of a sample of 42 patients (including men, women, and children) analysed, who availed of Self-care non-medical drugless YPV interventions, all achieved noteworthy positive results. The care given was affordable with easy access (through distal healing in most cases).

**Conclusions:** Self-care interventions such as the Yoga Prana Vidya System without any use of drugs can meet a range of health needs, including quality, reliability, evidence-based, and age-appropriate health information. YPV enables the availability and accessibility of moderated self-care interventions; and cost-effective care. In contrast, a range of medical healthcare systems' challenges often impede the ability of people to access or use healthcare.

**KEYWORDS:** Self-care in Health, Yoga Prana Vidya System®, YPV®.

### INTRODUCTION

#### Self-care in Health

A paper published by Levin et al. (1983) refers to Self-care in Health as those activities' individuals undertake in promoting their own health and Well-being, prevent their own disease, limit their own illness, and restore their own health. Usually, these activities are undertaken without any medical professional's assistance, through sufficient information from relevant and dependable sources through experience or referrals [1]. The concept of Self-care focuses on non-medical options with low or no risk, low cost, and disease prevention or cure at the level of personal action of individuals.

The importance of Self-care Interventions is explained in a document issued by WHO (World Health Organisation).

The WHO defines self-care as the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health worker [2].

WHO defines self-care interventions as tools which support self-care. Self-care interventions include evidence-based, quality drugs when needed, devices, diagnostics and/or digital technologies which can be provided fully or partially outside of formal health services and can be used with or without the support of a health worker [2]. This could include non-medical and traditional protocols as well.

In this context, it will be relevant to look at the concepts of Primary Health Care (PHC) which the National

governments have adopted in many countries, including India.

The term *primary care* is thought to date back to about 1920 when the Dawson Report was released in the United Kingdom [3]. The four main features of primary care services are: first-contact access for each need; long-term person- (not disease) focused care; comprehensive care for most health needs; and coordinated care when it must be sought elsewhere [3].

Primary care is the first point where the individual or the patients interact with the health system, which provides and delivers a first-point contact, longitudinal, comprehensive, and person-centric care [4]. Faizi et al. argue that there is a dire need for primary care specialization in India because of its different and dynamic scope as compared with other specializations. Specialization is needed to tap the true potential of primary care, to cater to the enormous research and application potential in primary care, and to collaborate effectively with public health to improve the healthcare situation of the country [4].

There is also another concept known as Basic health care, used by the American Medical Association (AMA). The American Medical Association defines Basic health care as a fundamental human good because it affects our opportunity to pursue life goals, reduces our pain and suffering, helps prevent premature loss of life, and provides information needed to plan for our lives. It feels that our societies have an obligation to make access to an adequate level of care available to all their members, regardless of their ability to pay [5].

The foregoing concepts of self-care, Primary Health Care, and Basic healthcare – have the same basic aim of doing good to people in a low-cost health system arena. The authors now discuss Yoga Prana Vidya System in relation to the above stated concepts.

### **Yoga Prana Vidya (YPV) System**

The YPV System is integrated and holistically treats and heals the energy body and the physical body of a sick person without drugs or touch. The components of the YPV system consist of the following modules and protocols:

1. Physical exercises
2. Breathing exercises
3. Forgiveness Sadhana

4. Meditation techniques
5. Energy healing
6. Salt-less diet with plenty of fruits and vegetables

Decades of experience in using these simplified and integrated techniques and over 85 published research articles reveal that the YPV system is very effective in preventing diseases by boosting immunity and treating sick persons as complementary and as alternative medicine.

The criteria for self-care, and basic care are met by the YPV system in view of the following characteristics.

#### ***Accessibility***

Certified trainers and healers are easily accessible by phone, and can attend to patient/client calls, and deliver healing services in distance mode. Components 1 to 4 of the YPV System are freely accessible in various languages in the YPV Sadhana Mobile App for self-help and patients are guided and empowered to use them to sustain improvement or as preventing healing tools.

#### ***Reducing pain and suffering at the basic level of care, the first level of contact***

Documented evidence shows all forms of pain and suffering are reduced.

#### ***Prevention by boosting immunity***

Various self-practice modules such as physical exercises, Rhythmic Yogic Breathing (RYB), and special breathing exercises are well established in boosting immunity.

#### ***General well-being in physical, mental, emotional, and spiritual domains***

Documented evidence has demonstrated how the practitioners of YPV have achieved higher levels of general well-being in multiple domains.

#### ***Evidence based, supported by published research articles***

Successful outcomes of various experimental studies, observational studies, and case reports are available in over 85 published research articles.

#### ***Service delivery both in the proximal and the distal mode by caregivers***

With this dual mode of energy healing service delivery, YPV healing is a very versatile tool, and the caregivers are well-trained and certified by Sri Ramana Trust having

the needed skills. Individuals seeking self-care can do self-healing and even help near and dear by learning YPV Levels 1,2 and 3 easily within weeks under a certified YPV trainer. Many patients have become actual YPV Healers and some have become YPV Trainers. Thus, YPV empowers people to handle their conditions and help others,

**CASE SERIES REPORT**

**Sample data**

Sample Case Series data randomly collected from very Senior YPV Healers & Trainers is presented in the following 4 tables (Tables 1 to 4).

**TABLE 1- 11 Sample Cases of Headaches And Migraines**

Main complaint	No Of healing sessions	Duration of each healing	Healing mode	Year of healing	Feedback
Migraine	3	20-30mins	Distant	2014	80% recovered
Migraine in the past 2 years, Frequency once in 3-4 days	70	20-30mins	Distant	2018	Frequency reduced to once in a week and later once in 25 days, severity of pain also reduced. Later completely healed.
Migraine	25	20-30mins	Distant	2016	Frequency and severity reduced by 90%.
Migraine attack frequently	21	20-30mins	Distant	2015	Completely recovered
Migraine	25	20-30mins	Distant	2018	Completely recovered
Severe Migraine	4	20-30mins	Distant	2018	90% relieved
Migraine in the past 2 months	18	20-30mins	Distant	2019	Completely recovered
Severe Headache	4	20-30mins	Distant	2019	90% relieved
Headache	1	20-30mins	Distant	2016	The headache got relived after half an hour of the healing session
Headache	24	20-30mins	Distant	2019	Completely recovered
Headache	5	20-30mins	Distant	2010	Completely recovered

**TABLE 2- 5 Sample Cases of Skin Ailments**

Main Complaints	No of Healing Sessions	Duration of Each Healing	Healing Mode	Year of Healing	Feedback
Skin allergy for 6 months, Fungal infection in belt line	12	20-30mins	Distant	2018	Completely healed
Boil in right thigh associated with severe pain and difficulty in walking	4	20-30mins	Distant	2017	Completely healed
Skin infection due to some kind of food	8	20-30mins	Distant	2018	Completely healed and no reoccurrence of symptoms to specific food
Discoloured patch on both ankle region	4 months	20-30mins	Distant	2015	90% of patches healed
Skin rashes all over the body and face	10	20-30mins	Distant	2018	Recovered completely, face got the glow and healthy look

**TABLE 3- 9 Sample Cases of Respiratory Ailments**

Main Complaints	No of Healing Sessions	Duration of Each Healing	Healing Mode	Year of Healing	Feedback
Asthma, Breathing difficulty	12	20-30mins	Distant	2015	Completely recovered
Severe cold and fever not reducing after medication	5	20-30mins	Distant	2015	Completely recovered
Cough, cold and fever	5	20-30mins	Distant	2015	Completely recovered
Breathing difficulty	5	20-30mins	Direct	2015	Completely recovered

Breathing difficulty for 25 days 3-4 times a day	4	20-30mins	Distant	2016	Completely recovered
Cough, cold and congestion in lungs	5	20-30mins	Distant	2014	Completely recovered
Dry cough	5	20-30mins	Distant	2015	Completely recovered
Cough, Breathing difficulty	5	20-30mins	Distant	2017	Completely recovered
Breathing difficulty	3	20-30mins	Distant	2017	Completely recovered

**TABLE 4- 17 Cases of Knee Pain/Other Pain**

Chief Complaints	No of Healing Sessions	Duration of Each Healing	Healing Mode	Year of Healing	Feedback
Both Knee pain, Backpain	10	20-30mins	Distant	2018	90% relief in both knee and backpain.
Both Knee pain, Backpain	7	20-30mins	Distant	2016	Completely healed
Both knee pain	2	20-30mins	Distant	2016	60% relief in knee pain, comfortable for walking.
Swelling and pain in the left knee joint	15	20-30mins	Distant	2018	Movement in knee is better, complete relief in pain
Knee pain from 2014	3	20-30mins	Distant	2016	60-70% pain relieved
Pain and swelling in both knees, Difficulty in walking	7	20-30mins	Distant	2016	Completely healed.
Left leg and Left knee pain	5	20-30mins	Distant	2017	80% pain reduced
Severe knee pain, unable to climb stairs	2	20-30mins	Direct	2017	80% pain relieved, able to climb stairs
Chronic knee pain, pain during walking and sitting down	60	20-30mins	Distant	2016	80% relief in knee pain
Both knee pain, difficulty in walking	10	20-30mins	Distant	2017	70% relief in pain and able to walk
Right knee pain	16	20-30mins	Distant	2017	Completely recovered
Knee pain, difficulty in climbing stairs	5	20-30mins	Direct	2013	Knees became flexible, relief in pain
Knee pain, weakness in legs	50	20-30mins	Distant	2017	Completely recovered from knee pain
Infection in operated sites of both knee	14	20-30mins	Direct	2016	Completely healed.
Knee pain	1	20-30mins	Direct	2018	90% pain relieved
Knee pain	5	20-30mins	Distant	2018	Completely recovered
Knee pain	8	20-30mins	Distant	2016	Completely recovered

**Data Analysis**

The total sample of 42 cases (includes 4 adult men, 24 adult women, 6 male children and 8 female children) as shown in Tables 1 to 4 have been analysed. Out of this, 37 cases were healed in distance mode using energy healing protocols, and healing sessions for 5 cases were delivered in proximal mode.

It is observed that all Headache cases included 11 female adults. The skin cases included 2 male children and 3 female children. The respiratory cases included 4 males

children and 5 female children. The sample knee/other pain cases included all adults, 4 males, and 13 females.

**RESULTS**

It is observed that headache and migraine cases all consisted of female adults only. The number of healing sessions ranged from 1 to 70, which depended on case to case. Each healing session took from 20 to 30 minutes. All were healed in distance mode, as they were residents in various other cities in India, which were different from the city where the healer lived while conducting healing

sessions. Through these interventions, all of them recovered either fully or mostly.

Regarding the skin cases healed, all 5 were children indicating their vulnerability to skin infections. The number of healing sessions ranged from 4 to 12, and each session duration ranged from 20 to 30 minutes. All were healed in distance mode as they lived in different cities. In this sample, 4 were completely healed through these interventions. However, one child of 14 years achieved 90% improvement after 4 months of healing indicating an underlying condition that might have needed a separate investigation and might have needed longer-term healing treatment of multiple organs.

The respiratory cases were 9, all children who were vulnerable to the respective environments and were suffering from colds, fever, asthma, or other breathing difficulties. The number of healing sessions ranged from 3 to 12, with each session duration of 20 to 30 minutes. In this sample, all recovered completely through respective interventions.

Out of the 17 knee/other pain cases, all were adults, 4 male and 13 females with ages ranging from 41 to 85 years, having knee pain in one or both knees. Two had additional back pain. Several of them reported difficulties in walking. The healing sessions ranged from 1 to 60, with session times ranging from 20 to 30 minutes. Through their respective healing interventions, 9 achieved complete pain relief. The other 8 achieved pain relief ranging from 60% to 90 %.

## DISCUSSION

Migraine is the most common form of headache, but not all headaches are migraines. The term "migraine" refers to a headache that is usually (but not always) on one side of the head. It is a headache that lasts from two to seventy-two hours, typically, and it is often associated with nausea and/or vomiting, sensitivity to light and/or sound. The character of the pain is typically a throbbing pain. There are several categories of migraines. [6]

A headache is a pain or discomfort in the head or face area. Types of headaches include migraine, tension, and cluster. Headaches can be primary or secondary. If it is secondary, it is caused by another condition. Avoiding headache triggers is the best prevention. Some of the most common types of primary headaches include migraine headaches, tension headaches, hypnic headaches, and cluster headaches.

An example of self-care through self-healing is in a study published by Gupta et al. (2022) [7]. Skin and respiratory ailments are very common environmental risks that are effectively addressed by the YPV system [8] [9] [10] [11]. Various types of pain are commonly reported by care-seeking people in health camps conducted by YPV groups and YPV interventions have been effectively treating these conditions [12] [13].

A government of India initiative, Ayushman Bharat (AB), attempts to move from a selective approach in health care to deliver a comprehensive range of services spanning preventive, promotive, curative, rehabilitative, and palliative care. It has two components that are complementary to each other. Under its first component, 1,50,000 Health & Wellness Centres (HWCs) will be created to deliver Comprehensive Primary Health Care, that is universal and free to users, with a focus on wellness and the delivery of an expanded range of services closer to the community [14].

As WHO states, a range of medical health systems challenges often impede the ability of people to access or use healthcare [2]. This explains the need for affordable non-medical Self-care interventions.

## CONCLUSIONS

The integrated and holistic YPV system is found to be a viable and proven option in self-care that can work effectively for individuals. Self-care successes are possible with education and information on YPV systems for care-seekers. It can work as a complementary or adjunct system with PHCs and HWCs as well. Health professionals such as doctors and nurses will be benefitted by acquiring a working knowledge of this system to apply it in their own specialties and even to help themselves. Further research is recommended related to this field.

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