

## COVID 19 Case report: successful and speedy recovery of patients using yoga prana vidya (YPV) Healing

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### Abstract

**Introduction:** Currently, there are no definitive, proven treatments for COVID 19, although multiple pharmacological options are being explored. A spate of clinical trials has been initiated in the wake of the outbreak, with no conclusions as of now. Yoga Prana Vidya (YPV) system of healing is a non-touch non-drug treatment that is known to be effective as complementary medicine to treat several diseases successfully.

**Study Design:** This is a case study of 11 patients who were successfully healed and speedily recovered. A group of competent YPV healers were teamed up to heal the patients in distance mode, using appropriate protocols to match the conditions and symptoms of each individual patient.

**Results:** Data analysis showed that one patient recovered within 4 days of healing, 9 patients recovered in 8 days, and one patient took about 3 weeks because of other comorbid conditions.

**Conclusions:** Yoga Prana Vidya (YPV) system of healing has been found to be effective as complementary medicine to support hospital efforts in treating, enabling faster recovery (reduction of 16.67% to 73.3% in average time taken from admission to discharge) and saving the lives of COVID affected patients, paving the way for undertaking scientifically designed pilot studies at multiple locations and populations. YPV system can also be used to strengthen the immune system or as preventive measure.

**Keywords:** COVID 19, Treatment, Patient recovery, Yoga Prana Vidya, Alternative medicine.

### Introduction

Globally, as of 3:23pm CEST, 26 June 2020, there have been 9,473,214 confirmed cases of COVID-19, including 484,249 deaths, reported to WHO.<sup>1</sup> In India there were 508, 953 confirmed cases and, 18,685 deaths. The situation of COVID spread is alarming. The treatment of COVID-19 is mostly supportive based on the organ systems affected. The setting of patient management, i.e., intensive care unit or high dependency unit versus general wards, should be decided early on in the course of the disease, considering the high mortality rate among hospitalized patients and the facilities available for containment of infection. Published evidence from preliminary therapeutic experiences indicated that patients requiring hospitalization were managed with broad spectrum antibacterial antibiotics and glucocorticoids. The treatment course may warrant management of respiratory failure with non-invasive ventilation, mechanical ventilation and extracorporeal membrane oxygenation (ECMO). Additional intensive care therapies such as vasopressors and renal replacement therapy may be required while managing SARS-COV-2 infections. Currently, there are no definitive, proven treatments, although multiple pharmacological options are being explored. A spate of clinical trials has been initiated in the wake of the outbreak.<sup>2</sup>

Yoga Prana Vidya (YPV) is an established system of non-touch non-drug healing with subtle energies available abundantly in nature. In this system, the human bioplasmic energy body surrounding the physical body is healed using

proven protocols, so that the corresponding physical organs and parts are cured from diseases. YPV System has been proven to be very effective through decades of field practice. YPV healing protocols and techniques have been found to successfully treat and cure difficult medical cases (Neravetla & Nanduri, 2019)<sup>3</sup>, self-healing case of high blood cholesterol levels and asthma (Nanduri & Vasavada, 2019)<sup>4</sup>, addressing and resolving eye problems and achieving improvements of Vision (Nanduri & Chaitra, 2019)<sup>5</sup>, treating EXOSTOSIS of ear without surgery (Gupta & Nanduri, 2019)<sup>6</sup>, Successful management of Post-Herpetic Neuralgia (PHN) (Sachdeva & Nanduri, 2019)<sup>7</sup>, treatment of heart block case patient without surgery (Ramya & Nanduri, 2019)<sup>8</sup>, management and control of diabetes (Rajagopal, Ramya & Nanduri 2019)<sup>9</sup>, and role of YPV in treating Emergency and First aid cases (Neravetla & Nanduri, 2020).<sup>10</sup> A Review article (Nanduri, 2020)<sup>11</sup> found that integrated YPV practice is a booster of immunity, also safe, easy and effective for senior citizens to stay healthy and fit holistically in physical, mental, emotional and spiritual dimensions. YPV healing is delivered in two modes – Proximal (Healer in proximity of the patient) and Distal (Healer at a distance away from the patient). A Meta-analysis (Radin, Schlitz & Baur, 2015)<sup>12</sup> of Distance Healing Intention (DHI) modalities explored diverse practices and concluded that some significant experimental effects of distance healing have been observed. Table 1 shows some examples of cases of respiratory and communicable diseases successfully handled and healed by YPV system.

**Table 1:** Examples of Cases of Respiratory and Communicable Diseases Successfully handled by YPV System

| No of cases = 170 |   |              |                         |   |                  |
|-------------------|---|--------------|-------------------------|---|------------------|
| Sl. No.           | Name of the Condition   | No. of cases | No. of Healing Sessions | Recovery achieved   | Mode of Healing  |
| 1                 | Bronchial Asthma  | 28           | 2- 90 Sessions          | 50-90% improved   | Direct & Distant |
| 2                 | Breathing difficulty/Wheezing   | 17           | 3-35 Sessions           | 60-75% improved   | Direct & Distant |
| 3                 | Pneumonia   | 4            | 15-30 Sessions          | 60-90% improved   | Direct & Distant |
| 4                 | Bronchitis  | 2            | 10 sessions             | 50-60% improved   | Direct & Distant |
| 5                 | Tuberculosis  | 2            | 60 sessions             | In both cases, doctor advised to stop medicines after 2 months                | Direct & Distant |
| 6                 | Pneumothorax/ Hydrothorax /Emphysema  | 3            | 20-34 Sessions          | 60-90% improved   | Direct & Distant |
| 7                 | Fever associated with respiratory symptoms like cold, cough and throat pain | 38           | 1-15 Sessions           | 80-100% improved  | Direct & Distant |
| 8                 | Cough, cold and Throat pain   | 40           | 1-15 Sessions           | 50-95% Improved   | Direct & Distant |
| 9                 | Dengue  | 29           | 3-25 Sessions           | 80-100% improved  | Direct & Distant |
| 10                | Chikungunya   | 6            | 3-20 Sessions           | 60-85% improved   | Direct & Distant |
| 11                | H1N1  | 1            | 20 Sessions             | Discharged from hospital within a week, no tiredness, Remarkable improvements | Direct & Distant |

In YPV System, distant healing protocols are practiced in greater number of instances when the patients from anywhere can seek healing help and it is given successfully.

This paper presents the case of members of a group of hospitalized COVID patients situated in Ujjain and Indore (Madhya Pradesh, India) who were given Distal healing, helping the patients with speedy recovery and discharge from the hospital.

## Materials and Methods

This paper presents 11 cases of COVID affected patients who were successfully healed by YPV system healers in distant mode. All patients were given daily YPV psychotherapy, infection protocol and organ protocols and additionally for diabetes 4 times in a day, and others were healed two times a day. The total healing mission took 2 to 3 weeks overall. The healers were Located in the following locations - Indore, Ujjain, Raipur, Durg, Pune, Nagpur, Mumbai and YPV headquartered Ashram near Bangalore. Verbal consent was obtained from the patients and their family members in obtaining case data, on the condition of keeping their identity anonymous.

## Case report

Patient demographic information, with dates of testing positive, admission, healing started and healing ended is given in Table 2 below. (Dates are in dd/mm/yyyy format)

**Table 2:** Patient Data

| Sl. No. | Patients' Code Name | Age | Gender | Date of onset of symptoms | Covid-19 Positive Date | Hospital admission Date | Healing Started Date | Healings Ended Date | No. of days Healing given | No. of days in Hospital from admission to discharge |
|---------|---------------------|-----|--------|---------------------------|------------------------|-------------------------|----------------------|---------------------|---------------------------|---|
| 1       | PS                  | 61  | male   | 01/5/2020                 | 01/5/2020              | 01/5/2020               | 01/5/2020            | 05/05/2020          | 4                         | 4   |
| 2       | SP                  | 41  | male   | 04/5/2020                 | 04/5/2020              | 04/5/2020               | 04/5/2020            | 16/05/2020          | 12                        | 12  |
| 3       | MK                  | 78  | female | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 4       | RK                  | 55  | male   | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 5       | NAK                 | 52  | male   | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 6       | NEK                 | 25  | female | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 7       | PK                  | 55  | female | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 8       | AK                  | 27  | male   | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 9       | PRK                 | 20  | female | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 10      | KK                  | 18  | male   | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |
| 11      | BK                  | 50  | female | 09/5/2020                 | 09/5/2020              | 09/5/2020               | 11/5/2020            | 19/05/2020          | 8                         | 10  |

Males: 6, Females: 5

### Age group analysis:

18-30 : 4  
 30 – 50 : 1  
 50 – 59 : 5  
 Above 60 : 1

### **Clinical Condition and symptoms of the group of patients prior to admission in Hospital:**

Five patients had no symptoms at that time. The others had symptoms such as breathing problem, dry cough, high BP, high blood glucose, Urinary Tract Infection, weakness, sinusitis, and headache

### **Clinical Condition at start of Healing**

Highly affected by COVID, high blood glucose level, severe breathing issues, very weak, stress, depression, cough, sugar, BP, breathing problem sinusitis, headache, breathing problem, and five had no symptoms at that time. During healing one patient experienced severe breathing issues, BP and high blood glucose levels.

### **Detailed case reports**

#### **1. Case of PS**

On 20th April, 2020 a 61 years old male was suffering from high diabetes, high blood pressure, urinary tract infection and fever. Upon consultation with a doctor for medical help he prescribed medicines for diabetes control and UTI. But after 7-8 days, at around 27/04/20, the family called covid team for normal checkup and they said there are no symptoms of covid 19, and all parameters are well and no need of testing. But from the next day i.e. 28/04/20 he started coughing which is continuous and totally dry. They again called covid-19 team for check up on 01/05/20, they observed low SPO<sub>2</sub> (oxygen level) and advised to admit him for covid testing, and admitted him in R.D.Gardi hospital Ujjain at the same evening. His family was quarantined for next 14 days. All family members were much stressed and feeling so low.

Then one of the family members was advised about YOGA PRANA VIDYA healing and asked to get YPV healing help. They were also advised for doing meditation, breathing and forgiveness. This member started meditation and breathing and got some positive results. YPV healers started healing the patient since late night of 01/05/20 itself. Patient's improvement report was provided to the healer and the family was in continuous touch with the healer for the improvements we observed in the recovery. After 4 days the patient's COVID test was negative which was declared in the morning of 05/05/2020 and on the same day he was discharged from the hospital. Then his family was feeling stress free and a little positive and urine retention also stopped. But the cough was not cured totally

Thereafter the patient experienced other conditions such as UTI, prostate enlargement and high blood glucose levels. Contacted Doctor again on 08/05/20 and the patient was admitted in Pushpa mission hospital Ujjain. All tests were done including USG, ECG, etc. and the problem observed was enlargement of prostate gland and sugar level also at its peak. On that day catheter was inserted for urine retention for 10 days and medicines were running. The healers were constantly healing the patient for 4 times in a day in parallel form. On 18/05/20 catheter was removed, sugar level and blood pressures were found in control and the patient was feeling fit.

The efforts of YPV healers with constant healings and blessings did help. Their guidance on breathing, forgiveness & meditation for total body improvements was acknowledged by the patient. The patient suggests to other people who are suspected or detected for COVID 19 positive or quarantined to contact YPV healers and be healthy soon.

#### **2. Case of SP**

Male, Age 41 Years and lives in Ujjain (Madhya Pradesh). On 27<sup>th</sup> April, his mother (58 Years old) was hospitalized as suffering from anxiety problem and same date she passed away. This was the painful time for the family as few days back everything was okay, and they were enjoying a happy life. After some time, they were trying to come back in normal life and suddenly on 04.05.20, they came to know that he was also positive for COVID-19 and was Isolated in Local hospital for treatment and then referred to SAIMS Indore.

Being alone in hospital was very difficult, and even not knowing what will happen next with him or his family. "With all these worries (Stress, family responsibility) I had gone in depression and this also affected my health. On 04.05.20, one of my senior officers called me and recommended for Yoga Prana Vidya Healings to overcome from this difficult circumstance. Yoga Prana Vidya is one of the oldest forms of healing techniques. A group of healers from Yoga Prana Vidya team use to heal me 3 to 4 times a day after taking my feedback regarding my health conditions daily. From first day of the healing only I felt great improvements psychologically and physically. I came out out of my physical weakness into good health faster than other patients. I started doing deep breathing 5 times and forgiveness 2 times daily. Healing was given to my younger son, Yuvraj (5yrs) also, thankfully with healings his report was negative and he is healthy now. On 16<sup>th</sup> May, I was discharged from Hospital as my 2nd report of 15<sup>th</sup> May was negative". The treatment given to him in the hospital was physiotherapy of chest and conservative treatment.

"After discharge doctors home quarantined me but still, I was worried about various things as it may relapse... about family...work etc. Even after discharge my healings continued when I was home also, and this resulted in very good and fast improvements in my health. At present I can eat properly and am happy. Now I am out of stress, however still I am carrying on these practices to keep me healthy with such difficult circumstances existing around the world. I would like to thank from depth of my heart to Yoga Prana Vidya healers for your great service to humanity by organizing online breathing and meditation session, and blessings 3 times a day by N J Reddy Sir, which accelerated my healing process. I also recommended the practices to many of my family members and also the people affected from COVID-19 around me. Once again thank you for your great support and kindness."

### 3. Case of AK's Family of 9

AK is a Male aged 27, lives in Ujjain with his family members, all living together in the same house. On 11/5/2020 all 9 members tested corona positive and were hospitalized, some in Ujjain and others in Indore. One family member was having trouble in breathing and was in ICU. Another family member was having BP and diabetes. They were in great trouble and facing some or the other problem.

Around this time, some family friends talked to them and told about healing through Yoga Prana Vidya. For their healing their case was referred to the senior member of YPV, and their team. The YPV team examined their health status and started healing. They followed up every day and took feedback and accordingly healing was being done. The YPV Healers also taught them the breathing technique and all family members did that 4 times a day along with forgiveness prayer. Due to above practices all of them felt relaxed and calm and they recovered fast. The member who was in ICU was shifted to general ward.

Also, the YPV team informed them that YPV webinars were webcast thrice daily, and group healings and blessings

were given by the YPV chief from the YPV Ashram. Due to participation in those webinars, they felt relaxed and they have faced relatively less problems as compared to other COVID patients. After returning from hospital they were home quarantined for 14 days, and received YPV healing regularly during that time also.

### Results and Discussion

#### Symptomatic Improvement in patients during Healing period

Gradually BP and blood glucose came under control and breathing issues disappeared. Patients gained tremendous relief from stress, regained confidence, and recovered steadily from breathing issues, acidity, and sleeplessness. Conditions at the time of discharge were found to be - all of them were stable and fit at the time of discharge from the hospital. One member learnt YPV healing by completing courses level 1, 2 and 3.

**Table 3:** Patient recovery analysis

| Sl. No. | Patients' Code Name | Age | Gender | No. of days Healing given | No. of days in Hospital admission from to discharge | Hospitals Data on Average recovery Days for patients not given YPV healing | Reduction in Recovery time % For YPV healed cases |
|---------|---------------------|-----|--------|---------------------------|---|--|---|
| 1       | PS                  | 61  | male   | 4                         | 4   | Symptomatic ~ 15   | 73.3%   |
| 2       | SP                  | 41  | male   | 12                        | 12  | "  | 20%   |
| 3       | MK                  | 78  | female | 8                         | 10  | "  | 33%   |
| 4       | RK                  | 55  | male   | 8                         | 10  | "  | 33%   |
| 5       | NAK                 | 52  | male   | 8                         | 10  | "  | 33%   |
| 6       | NEK                 | 25  | female | 8                         | 10  | "  | 33%   |
| 7       | PK                  | 55  | female | 8                         | 10  | Asymptomatic ~ 12  | 16.7%   |
| 8       | AK                  | 27  | male   | 8                         | 10  | "  | 16.7%   |
| 9       | PRK                 | 20  | female | 8                         | 10  | "  | 16.7%   |
| 10      | KK                  | 18  | male   | 8                         | 10  | "  | 16.67%  |
| 11      | BK                  | 50  | female | 8                         | 10  | "  | 16.67%  |

**Recovery period:** From Table 3, it is observed that the family of 9 patients (Cases 3 to 11) recovered and discharged, 10 days after admission and YPV healing given for 8 days. From data available from Indore Hospitals, average discharge time for symptomatic patients is 15 (14 to 16) days and for asymptomatic patients it is 12 (10 to 14) days (Roy/Free press Indore, 2020) [13]. It is therefore evident that the hospitalized symptomatic patients in this case (Sl. no. 3 to 6) who were healed using YPV complementarily had recovery period reduced by 33% on an average, and in case of asymptomatic patients a reduction of 16.67% in the recovery period happened. This seems to be the likely visible impact of YPV healing used complementarily for recovery of most hospitalized COVID patients.

In case of one aged patient (S.No.1, aged 61 years) the recovery period was 4 days. One younger patient (S no. 2, 41 years) took 12 days to fully recover to be COVID negative. This explains the possibility of existence of several other factors and conditions which play important

role in patient responding to healing treatments. The family of 9 supported each other emotionally and mentally, which acted as a group in cultural consonance, of which YPV acted as a common link.

It is observed that all patients affected by COVID 19 in this case report were psychologically very depressed, and feeling anxious about their recovery from COVID. YPV psychotherapy helped them to overcome their anxiety and depressive state of mind, and YPV healing was directed to cure their physical conditions such as respiratory problems, BP, diabetes, organ problems etc., which helped them to recover speedily, as they started experiencing positive progress day after day. Participation in YPV webinars and guided self-practice techniques also enabled them to gain new hope to come back to normal life. This is how YPV healing system supported the hospitalized patients complementarily to recover speedily as is evident from their personal feedback.

## Conclusions

Under the current state of developments in medical science, there are no definitive, proven treatments for COVID 19 patients, although multiple pharmacological options are being explored. Yoga Prana Vidya (YPV) system of healing has been found to be effective as complementary medicine to support hospital efforts in treating, enabling faster recovery and saving the lives of COVID affected patients. YPV system is integrated and holistic, and it can simultaneously heal physical and psychological conditions of the patients. YPV system may be used to strengthen the immune system or as preventive measure. It is recommended that pilot studies on the use of YPV healing for COVID patients should be conducted at multiple locations to validate this concept widely in greater detail. This is the need of the hour.

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## Conflicts of interest

None.

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