

## Case Report


# A case of hearing loss in the infected ear of a young male patient treated successfully by Yoga Prana Vidya healing protocols

Pradnya Shekhar Mahajan<sup>1</sup>, Venkata Satyanarayana Nanduri<sup>2\*</sup>

<sup>1</sup>YPV Trainer and Arhat Practitioner, Mumbai, Maharashtra, India

<sup>2</sup>Consultant, Research and Publications, Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally, Tamil Nadu, India

\*Corresponding author email: [vsnanduri@yahoo.com](mailto:vsnanduri@yahoo.com)

	International Archives of Integrated Medicine, Vol. 9, Issue 7, July, 2022. Available online at <a href="http://iaimjournal.com/">http://iaimjournal.com/</a> ISSN: 2394-0026 (P) ISSN: 2394-0034 (O)
	Received on: 1-7-2022 Accepted on: 7-7-2022 Source of support: Nil Conflict of interest: None declared. Article is under creative common license CC-BY
<b>How to cite this article:</b> Pradnya Shekhar Mahajan, Venkata Satyanarayana Nanduri. A case of hearing loss in the infected ear of a young male patient treated successfully by Yoga Prana Vidya healing protocols. IAIM, 2022; 9(7): 32-37.	

## Abstract

**Introduction:** Hearing loss can occur for various reasons, and infectious diseases account for approximately 25% of all cases of profound hearing loss. When diagnosed early and managed properly, timely treatment can significantly reduce the burden of decreased hearing. This paper presents a case of hearing loss of a young male, who experienced accelerated and successful treatment results using Yoga Prana Vidya (YPV) as complementary medicine.

**Materials and methods:** This paper uses case study method going through patient records, YPV healer's account of the case and patient's relative's feedback.

**Results:** Within 7 days of healing, the patient was able to hear normally from his right ear and the audiology report confirmed that the patient had regained hearing capacity in his right ear by 70%. After another week, he felt complete relief in his ear and his hearing sensitivity in both ears were within normal limits.

**Conclusion:** Yoga Prana Vidya (YPV) has been established as a complementary and alternative medicine for treatment of various illness conditions and diseases, including hearing loss. YPV is integrated and holistic and simple to learn and practice without any use of drugs, and YPV energy healing can be applied by skilled healers even from a distance away from the patient. It has been experienced as an effective mode of infection control as is evidenced by the case presented in this paper. Further research using YPV healing protocols may be conducted on appropriate sample size for gaining wider knowledge.

## Key words

---

Hearing loss, Yoga Prana Vidya System ®, YPV ®, Complementary medicine.

## Introduction

---

The hearing process begins when sound waves enter the outer ear and travel along the ear canal to the eardrum, causing it to vibrate. These vibrations are transmitted to the ossicles of the middle ear, which cause the sound vibration to be amplified before transmission to the inner ear. The inner ear has a part called the cochlea, which is filled with liquid and contains hair cells [1].

The frequencies and intensities of the sound determine which hair cells will move. This causes electrical impulses to be generated and sent through the auditory pathways to the brain so that it may process the information. These electrical impulses are the codes that the brain can process and, on understanding them, assigns them various specific meanings [1].

### Hearing impairment due to infection

Hearing loss can occur for various reasons, whether it is of a genetic, congenital or acquired character. Infectious diseases stand out among those causing this type of deficiency and account for approximately 25% of all cases of profound hearing loss [1].

It is estimated that there are approximately 63 million people in India suffering from hearing impairment. A significant proportion of cases of hearing loss are due to common ear diseases, which if diagnosed early and managed properly can significantly reduce the burden of decreased hearing [2].

Common ear conditions which may lead to hearing impairment are: 1. Ear Wax, 2. External auditory canal infections, 3. Otomycosis, 4. Acute Suppurative Otitis Media – ASOM, 5. Chronic Suppurative Otitis Media - CSOM (Safe type), 6. Chronic Suppurative Otitis Media - CSOM (Unsafe type), 7. Otitis Media with Effusion – OME. Apart from these common ear conditions leading to decreased hearing, there are

other causes of preventable hearing loss, like excessive use of ototoxic drugs and excessive noise, that should receive adequate consideration. Early screening for hearing loss and early rehabilitation is to be sought to overcome hearing impairment and likely disability [2].

### Yoga Prana Vidya healing system

Yoga Prana Vidya (YPV) healing system is a holistic and alternative healing approach that can be used as a complementary medicine for treatment of physical, psychological, mental and emotional illnesses. YPV is based on bio-plasmic energy or prana that involves no-touch and no-drug treatment principle. YPV helps to heal the ailments in the physical body by dealing with energy body of an individual. The energy body, also known as Pranamayakosa, interpenetrates and extends beyond (surrounds) the physical body and consists of an inner aura, an outer aura and health rays connecting the inner aura and the outer auras. The energy body consists of energy centres or chakrams (wheels) and ‘Nadis’ (channels) to distribute the energy to various chakrams and body parts. Trained and certified healers practice the skills of scanning the wheels (energy centres) and aura and carry out cleansing and energizing the wheels and affected body parts of the sick person. Patients usually experience recovery and relief from illness within a few healings given by the healer. Depending upon an individual’s health condition, a healing session may last for 10 to 20 minutes, and one or more sessions per day as decided appropriately by the healer.

Thus, YPV system uses ancient techniques of energy healing, and its protocols are structured for systematic healing of patients for treating various illnesses. More than 40 published research articles show consistent results of recovery for patients with various physical, psychological, and mental illnesses [3].

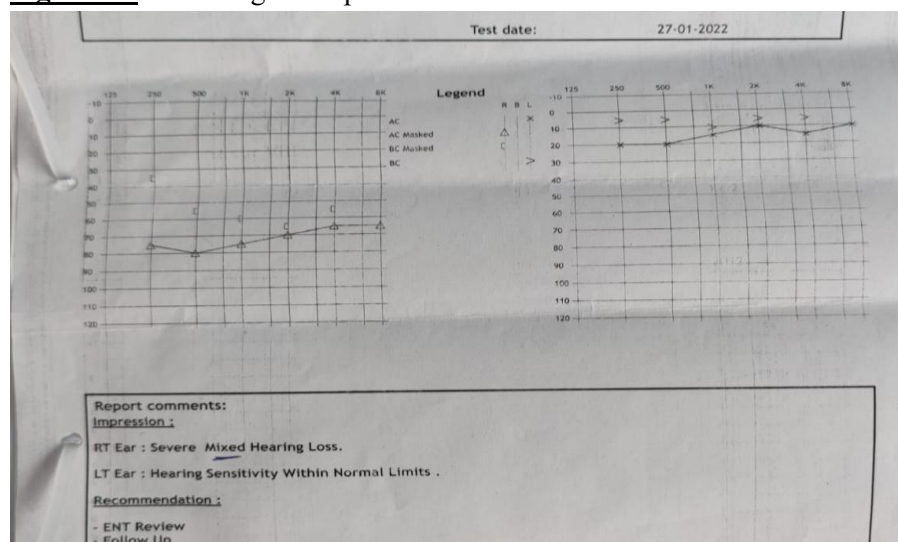
The literature shows that, by using Yoga Prana Vidya (YPV) healing techniques, many cases have been successfully treated such as, some difficult medical cases [4], Diabetes management and control [5], removing arterial block in heart without surgery [6], vision improvements for participants of an Eye Camp [7], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [8], Role of Yoga Prana Vidya in first aid and emergency [9], improvements of health and immunity of senior citizens [10], speedy recovery of COVID patients [11], treatment of hypothyroidism [12], Lowering academic anxiety and enhancing academic performance of high school children [13], saving life of a snake-bitten human female [14], improvements in the cognitive abilities and social behaviour of mentally challenged children [15], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [16], healing treatment of a female patient suffering from kneecap dislocation [17]. A review of published literature shows some

experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [18], and significant reduction in anxiety and depression in corporate employees [19].

### Case report

The patient in this case was a 30-year-old male single person who was employed and living in Mumbai with parents. Overnight he found complete hearing loss in right ear. Early morning, he rushed to doctor where they diagnosed that his right ear had severe mixed hearing loss due to some infection on 27<sup>th</sup> January 2022 (**Figure - 1**). It was a kind of infection which must be treated within 72 hours, and as the doctors said, there is a 50% chance that he may regain his hearing ability to 50% capacity, or it may not be treated at all. He was prescribed high dosage of steroids for 15 days and was asked to come for next follow up after 15 days.

**Figure – 1:** Audiologist’s report dated 27 Jan 2022



### YPV intervention

With the news of his hearing loss, he and his family were very disturbed. His mother called a Yoga Prana Vidya healer requesting for healing him to recover completely and rapidly, because the medical treatment could not offer full recovery with certainty.

His healings were started on 28<sup>th</sup> January 2022, and he was practicing Rhythmic Yogic Breathing 3 times a day. The healer used the following protocols for healing the hearing issue of the patient.

1. YPV Psychotherapy once a day.

- 2.Environment cleaning of the house and office, twice a day.
- 3.Affected part healing 5times a day. Affected part included both ears, nerves connecting the ears and brain, entire brain, and the entire head minor and major chakras.
- 4.Blessed the patient to learn his lessons and recover soon.
- 5.At the end, he was shielded with all the shields for the entire aura, and his ears.

### Results

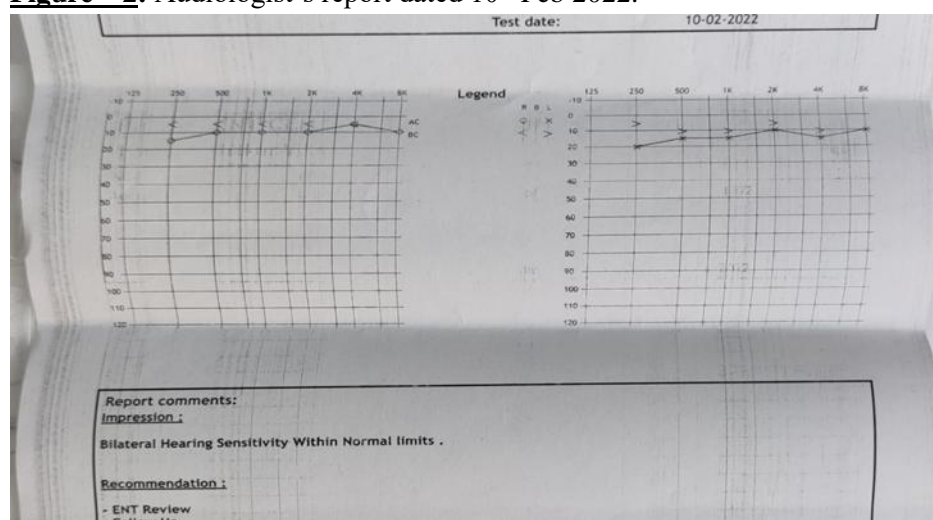
Within 7days of healing, the patient was able to hear normally from his right ear and he visited the doctor to confirm. Upon checking it was found that the patient had regained hearing capacity in his right ear by 70%.

It was a pleasant surprise development for the patient and family. The doctors were satisfied with this development and changed the prescription and asked him to reduce 10units of steroids every 3days.

### Report After healing

Later, on 10<sup>th</sup> February 2022 he again went for a check-up as he felt complete relief in his ear and to everyone's surprise his hearing sensitivity in both ears were within normal limits (**Figure - 2**). Doctors said that they expected a recovery of up to 50% only, but this full recovery was considered a surprise development for them. His medicines continued for next 3days. His hearing was completely normal by then.

**Figure – 2:** Audiologist's report dated 10<sup>th</sup> Feb 2022.



### Discussion

Hearing loss can interfere with the life of affected individuals because in addition to affecting communication, this can influence the quality of life, on expressing feelings such as sadness and anxiety, or can even lead to social isolation. In infancy, hearing loss can still represent consequences for development [1].

Thus, proper treatment and/or monitoring of infectious diseases for the purpose of establishing the prevention or early diagnosis of hearing loss is important. About congenital infections, public measures that encourage

primary prevention and early identification of these infections in newborns are needed. Therefore, hearing health will depend on epidemiological studies of each location and on a perfect integration between health and education authorities working in an integrated way with all other sectors of society [1].

Previously, a senior female patient of exostosis of the ear was successfully healed using Yoga Prana Vidya healing protocols as Alternative Medicine, thereby a surgical procedure was avoided [20].

## Conclusion

Yoga Prana Vidya (YPV) has been established as a complementary and alternative medicine for treatment of various illness conditions and diseases. It is integrated and holistic and simple to learn and practice without any use of drugs, and YPV energy healing can be applied by skilled healers even from a distance away from the patient. It has been experienced as an effective mode of infection control as is evidenced by the case presented in this paper. Further research using YPV healing protocols may be conducted on appropriate sample size for gaining wider knowledge.

## Acknowledgements

Grateful acknowledgements to Sri Ramana Trust for permission given to use their Copyright terms Yoga Prana Vidya System ® and YPV ®, and to the patient and his family for sharing the case details and reports.

## References

1. Mota LA, Leitão PA, de Barros PM, Leão AC. Hearing Loss in Infectious and Contagious Diseases. In: Jr., F. B. , editor. Update On Hearing Loss [Internet]. London: IntechOpen; 2015 [cited 2022 May 14]. Available from: <https://www.intechopen.com/chapters/49486> doi: 10.5772/61818
2. Clinical establishments Gov. In. A Diagnostic Algorithm and Standard Treatment Guidelines for Management of Common Ear Conditions (internet). Available from <http://clinicalestablishments.gov.in/WriteReadData/290.pdf>
3. Gupta Y, Nanduri VS. A case of PCOS (Polycystic Ovarian Syndrome) treated successfully by the application of Yoga Prana Vidya healing system through sustained self-practice, self-healing and self-belief. International Journal of Medical Science and Health Research, 2022; 6 (02): Available <https://ijmshr.com/link/331>
4. Neravetla J, Nanduri VS. A study into the successful treatment of some difficult Medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine. Int J Sci Eng Res., 2019; 10 (7): 882-887.
5. Rajagopal AH, Ramya A, Nanduri VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System. Journal of Biology and Life Science, 2019; 10(02).
6. Ramya A, Nanduri VS. Cardiac Case Study: Successful Healing Treatment of a 48-Year-Old Male with Block in Heart, Using Yoga Prana Vidya (YPV) Healing System. Saudi J Nurs Health Care, 2019; 2(11): 353- 56. Available <https://www.yogapranavidya.com/about-ypv-research/publications/successful-healing-treatment-of-a-48-year-old-male-with-block-in-heart-using-ypv/>
7. Nanduri VS, Chaitra N. How the participants of a Yoga Prana Vidya (YPV) Eye Camp experienced vision improvements: A Case study. The Journal of Community Health Management, 2019; 6(4): 139-146. DOI: <https://doi.org/10.18231/j.jchm.2019.028>
8. Neravetla J, Nanduri VS. A study of the effects of Yoga Prana Vidya one-month intensive residential programme for participants on their physical health, psychological well-being and improved immunity. International Journal of Research and Analytical Reviews (IJRAR), 2021; 7(2): 18-27.
9. Neravetla J, Nanduri VS. Role of Yoga Prana Vidya (YPV) Healing Techniques in Emergency and First Aid: A Summary of Case Reports. International Journal of Medical Science and Health Research, 2020; 4(3): 133-146.
10. Nanduri VS. Effectiveness of Yoga Prana Vidya practice protocols for health improvements and boosting immunity of seniors – A review. J. Bio. Innov., 2020; 9(4): 583-588.



11. Nanduri VS, Karnani V. Successful and speedy recovery of COVID patients using Yoga Prana Vidya (YPV) Healing. Covid-19, 2020; 1(4): 78-82. Doi: <http://doi.org/10.18231/j.covid.2020.005>
12. Revathi R, Janani N, Nanduri VS. Successful healing treatment of Hypothyroidism using Integrated Yoga Prana Vidya (YPV) healing approach as complementary medicine: Case reports. J Prev Med Holistic Health, 2020; 6(1): 1-7.
13. Ramya A, Kraleti P, Gopal KT, Nanduri VS. Efficacy of Planetary Peace Meditation (PPM) of Yoga Prana Vidya (YPV) System in Enhancing Academic Performance of High School Children: A Case study. Indian Journal of Psychology and Education, 2020; 10(2): 59-64.
14. Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: successful treatment using yoga prana vidya (YPV) healing system. International Journal of Medical Science and Health Research, 2021; 5(01): 101-110. Available <http://dx.doi.org/10.51505/ijmshr.2021.5111> DOI: 10.51505/ijmshr.2021.5111
15. Rajkumari K, Bembalkar S, Nanduri VS. A Pilot Study of the Effects of Yoga Prana Vidya (YPV) protocols on social behaviour, cognitive abilities and IQ of mentally challenged children. Ped Review – Int J Ped Res., 2021; 8(1): 7-15. Available From <https://pediatrics.medresearch.in/index.php/ijpr/article/view/653>
16. Jain V, Bindal S, Bhatia PK, Nanduri VS. Managing pain and side effects of a Hodgkin lymphoma female patient undergoing Chemotherapy using Yoga Prana Vidya System as complementary medicine: A case report. Int J Med Sci and Acad Res., 2021; 2(05).
17. Dholakia M, Tandon I, Dholakia D, Nanduri VS. Successful Healing Treatment of Kneecap (Patellar) Dislocation of a Teen Female Patient Using Yoga Prana Vidya System Protocols without Surgery: A Case Report. Acta Scientific Women's Health, 2021; 3(11): 15-20.
18. Nanduri VS, Revathi R. Effects of Yoga Prana Vidya intervention on psychological wellbeing and criminal attitude of under-trial prisoners. Ind J Psychiatric Social Work, 2020; 11(2): Epub.1-9 DOI: <http://dx.doi.org/10.29120/ijpsw.2020.v11.i2.232>
19. Nanduri VS. A Study on the Effects of Yoga Prana Vidya System (YPV) Intervention at workplace for Corporate Employees and Executives to alleviate Anxiety, Depression and Burnout; and participants' perceptions and experiences of the YPV Intervention. Int J Ind Psy., 2020; 8(3): 374-390. DIP:18.01.047/20200803, DOI:10.25215/0803.047
20. Gupta K, Nanduri VS. A case report of the Exostosis of ear of an elderly female: Successful healing with Integrated Yoga Prana Vidya (YPV) healing approach as alternative to surgical intervention. Ann Geriatrics Educ Med Sci., 2019; 6(2): 42-47.