

Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction: An analysis of case series

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ABSTRACT

Introduction: Human beings are afflicted by various harmful addictions of substance and non-substance cravings. Several behavioural therapies and medications are normally available for de-addiction and rehabilitation. Yoga Prana Vidya (YPV) is an integrated and holistic system that consists of no-touch no-drug energy healing protocols and simple to practice. This paper presents cases of various addictions successfully overcome using YPV System Protocols.

Method: This paper uses case study method going through case papers and feedback reports from subjects who had successfully overcome addictions using Yoga Prana Vidya system of protocols.

Results: An Indian sample of 30 documented cases shows that Yoga Prana Vidya healers applied YPV protocols for de-addiction of these cases successfully, and the 7 subjects who could be followed up confirmed that they successfully sustained the change. An in-depth case study of a subject in Australia healed by a YPV healer in Australia shows that the subject cured completely of alcohol addiction after 2 weeks of YPV healing. Further to it, this subject learnt YPV Level 1 healing and became a healer to continue healing himself and others as well.

Conclusion: YPV system is integrated and holistic, without touch or use of drugs. Decades of experience with YPV practice shows that many types of physical, mental and emotional illnesses have been cured successfully. YPV is easy to learn and simple to practice by all. Further research may be conducted on a larger sample of varied conditions of addiction to gain broader insights into this phenomenon.

KEY WORDS: Addiction, Substance Use Disorder (SUD), Addictive behaviours, Yoga Prana Vidya System [®], YPV [®]

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INTRODUCTION

Addictions and Addictive behaviours: Addiction is a chronic disorder with biological, psychological, social and environmental factors influencing its development and maintenance. About half the risk for addiction is genetic[1] Common examples of

psychoactive substance abuse are alcohol, tobacco and various drugs. Behavioural addictions are similar to psychoactive substance ingestion, producing short-term reward with diminished control and continued substance dependence. This similarity has given rise to the concept of nonsubstance

addictions or behavioural addictions[2].

The essential feature of behavioural addictions is the failure to resist an impulse, drive, or temptation to perform an act that is harmful to the person or to others. Each behavioural addiction is characterized by a recurrent pattern of behaviour that has this essential feature within a specific domain. The repetitive engagement in these behaviours ultimately interferes with functioning in other domains[2].

Examples of some behavioural addictions are: Problematic Internet use or “Internet addiction” encompassing a variety of online behaviours such as gaming, gambling, social networking, shopping, and sexual activities. Compulsive sexual behaviour disorder is the term proposed for a condition also known as hypersexual disorder and sex addiction. Compulsive buying refers to irresistible and overwhelming urges to buy objects that are unnecessary. Terms such as gadget, smartphone, Facebook, WhatsApp, and PUBG addictions are in use and seen in clinical practice.

Researchers have highlighted the core features of addictions which include:[3]

- a. Continued engagement in a particular behaviour despite adverse consequences
- b. Diminished self-control over engaging in the said behaviour
- c. Craving state before engaging in such behaviour and
- d. Compulsive engaging.

In India, the National Household Survey reported alcohol (21.4%) as the primary substance used followed by cannabis (3.0%) and opioids (0.7%). The survey estimated that more than one crore people in the country were suffering from alcohol or drug dependence.[4] SUDs (substance use disorders) are associated with various health hazards which place a heavy burden on public health systems in terms of the prevention, treatment, and care of SUDs and their health consequences[4].

Treatment options: According to American Addiction Centres, Cognitive Behavioural Therapy (CBT) is a valuable treatment tool because it can be used for many different types

of addiction including, but not limited to, food addiction, alcohol addiction, and prescription drug addiction. Not only can CBT help to recognize unhealthy behavioural patterns, but it can also help to learn to identify triggers and develop coping skills. CBT can be combined with other therapeutic techniques as well [5].

Medication can play an important role in recovery when combined with behavioural therapies. Certain medications can be used to reduce cravings, improve mood, and decrease addictive behaviours. For example, the US FDA recently approved lofexidine to help reduce cravings and withdrawal symptoms in patients receiving treatment for opioid addiction. Medications like acamprosate can help reduce drinking behaviour [5].

Several government and international agencies have considered community-based treatment approaches for drug abuse as a community problem. Thus, intervention strategies would mean assisting communities to adopt measures that would involve community leaders and lead to community empowerment. In-depth interaction with several community members from all socio-economic, age and gender groups is needed. India, Nepal and Sri Lanka have developed several projects on community-based intervention, some of which are ongoing. Most of these programmes have a lesser emphasis on the medical approach, focussing more on comprehensive psychosocial methods. The activities include prevention, education, health promotion and harm reduction as well as abstinence-oriented treatment methods [6].

Yoga Prana Vidya (YPV) System: Decades of field experience has established that YPV system has been effective as complementary and alternative medicine (CAM) in the treatment of various diseases. Yoga Prana Vidya System is a no-touch and a no-drug energy healing modality which also works at a distance and can cure many physical or psychological problems. It is an integrated and a holistic system which promotes happiness and good health at physical, emotional and mental levels using breathing, healing techniques, meditation and yoga. In the

healing techniques, the healer removes the diseased, dirty or the used-up energy from the affected part or the affected chakrams and entire aura of the patient and fills it up with fresh energy. The main advantage of using Yoga Prana Vidya healing techniques is, firstly that the patient need not be physically present in front of the healer as the healing can be done from a distance, and secondly, it can cure many psychological ailments too which are emotional or mental in nature.

The energy body, also known as aura, of a being interpenetrates and surrounds the physical body, and it consists of an inner aura, an outer aura and health rays connecting these two. Figures 1 and 2 illustrate the energy body of a healthy person and sick person respectively. The energy body consists of chakrams (see figure 3) and "nadis" (channels) for receiving and distributing the Pranic energy, also known as life force. Figure 4 shows the pictures of human aura taken using GDV (Gas Discharge Visualisation) camera before and after healing and correlates with images in figures 1 and 2 respectively. Yoga Prana Vidya system consists of self-practice modules such as physical exercises, Rhythmic yogic breathing, and meditation practices such as forgiveness sadhana and Planetary Peace Meditation. The healing process consists of several basic and advanced techniques of cleansing the chakrams and affected parts and energizing the same for desired results.

Published literature of over 40 articles shows that, by using Yoga Prana Vidya (YPV) healing techniques, many cases have been successfully treated such as, some difficult medical cases [6], Diabetes management & control [7], removing arterial block in heart without surgery [8], vision improvements for participants of an Eye Camp [9], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [10], Role of Yoga Prana Vidya in first aid and emergency [11], improvements of health and immunity of senior citizens [12], speedy recovery of COVID patients [13], treatment of hypothyroidism [14], Lowering academic anxiety and enhancing academic performance of high school children [15], saving life of a

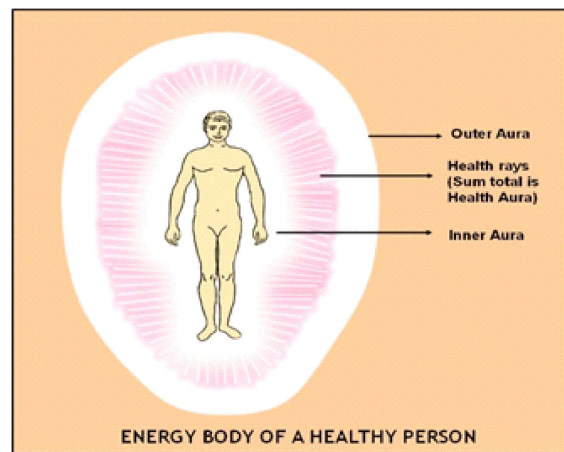


Fig. 1: Energy body of a healthy person

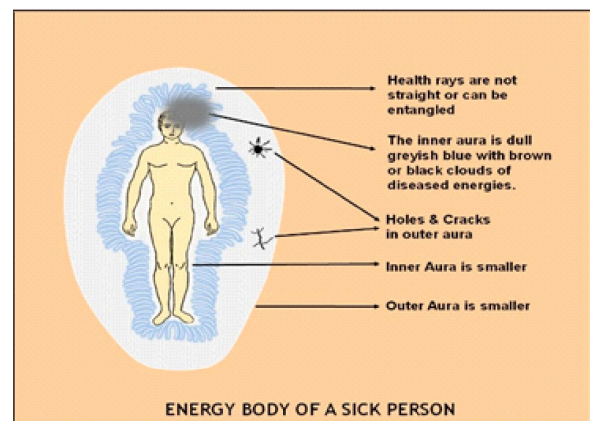


Fig. 2: Energy body of a sick person

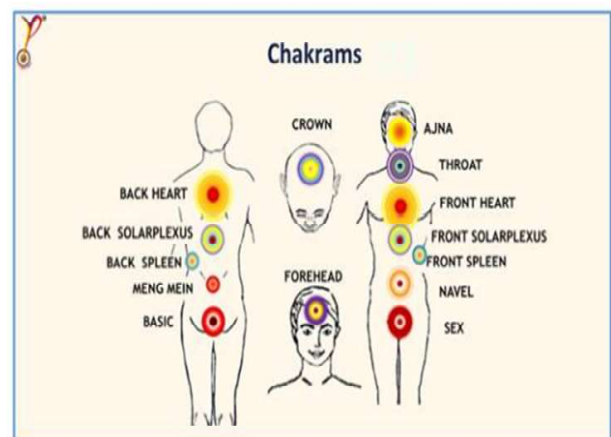


Fig. 3: Chakrams in the energy body

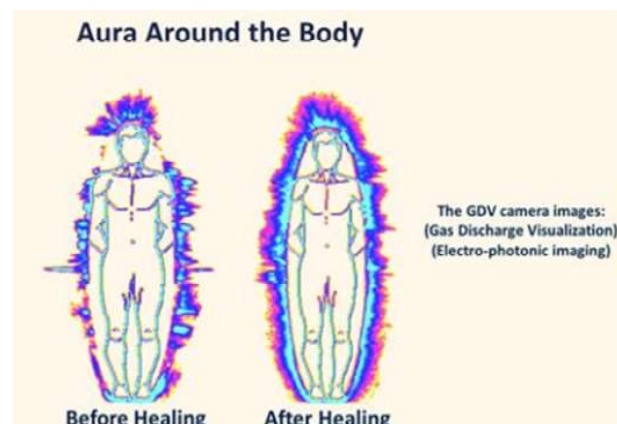


Fig. 4: GDV camera Images of energy body

snake-bitten human female [16], improvements in the cognitive abilities and social behaviour of mentally challenged children [17], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [18], healing treatment of a female patient suffering from kneecap dislocation [19]. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [20], and significant reduction in anxiety and depression in corporate employees [21].

Addiction protocols used In YPV healing: For all psychological healing the chakrams treated are mainly the five Chakrams responsible for emotional and mental bodies, that is, Heart, Solar plexus, Throat, Ajna and Crown chakrams. In case of an addiction, in addition to the five chakrams, also to be treated are the Secondary Throat chakram; cleansing the Secondary Throat chakram using the Brilliant Violet prana. The healer makes an intention to remove all the negative entities, the negative elementals, the addiction entities and the addiction elementals. Energizes it with the Brilliant Violet prana. Makes an intention to seal all the cracks and holes in the web.

People with severe addictions like, drug addiction, have holes and cracks even in the chakrams of the ears, the Forehead chakram and the Back Head minor chakram. Therefore, they may have hallucination. They hear strange sounds and see bizarre images. The chakrams connected with auditory hallucination are the ear minor chakrams and the Throat chakram. In case of visual hallucination, the Ajna chakram, the Forehead chakram and the Back Head minor chakram must be treated. Sometimes the other minor chakrams in the head may also be treated with the Brilliant Violet prana, like, the Temple minor chakrams and the Jaw minor chakrams. Furthermore, the person is strengthened by treating the Navel chakram, the Spleen chakram and the Basic chakram. If these three chakrams are strengthened, the person will not be inclined towards addiction tendencies. Then, cleansing the Mengmein chakram is done after treating these chakrams.

METHOD

This paper presents, (1) a summary of a sample of 30 addiction cases healed by YPV healers at different times and, (2) a detailed recent case study of one youth with alcohol addiction, who had successfully overcome using YPV intervention by a healer, and sustained the change which he confirmed after a two month follow up.

CASE SERIES REPORT

(1) Sample of 30 de-addiction cases using YPV therapeutic healing

From the documented data of YPV archives, 30 cases of addiction handled with successful and sustained results are given in Table 1.

From the above analysis it is observed that the 4 adolescents had gadget/smart phone addiction, which is very much prevalent in modern times. Most of the male youth, middle and seniors had drinking and smoking as main issue of addiction. In case of female sample, the addiction issues reported were food related, sleeping pill use, and phone addiction. Only one female sample of the middle age category reported drinking addiction. One male sample reported addiction to movies.

Out of these 30 cases, 7 reachable cases have been followed up to ascertain how they are sustaining the abstinence from the addiction for which healing therapy was given by YPV healers. The respondents confirmed that they gave up the addictive habit completely and also continue to practicing YPV practice modules.

(2) One in-depth Case study

The subject is a 28 years aged male youth, a person of Indian origin working as a security professional and living in Australia.

Medical history before YPV healing: The issue of excessive alcohol drinking by the subject started during October 2019. Before that, he used to drink occasionally, i.e., 1-2 days a week. But when COVID hit the lives, he started drinking 4-5 days in a week. The subject could not go to office during COVID, he could not go to do his job and was at home most of the time, which resulted in drinking 4-5 days a week. Other issues faced by him

were, depression-like symptoms because of excessive drinking and isolation in COVID.

Typical Symptoms of the subject and consequential affects: Whole body: blackout, dizziness, shakiness, craving, sweating

Behavioural: aggression, agitation, compulsive behaviour, self-destructive behaviour, lack of restraint

Mood: anxiety, euphoria, general discontent, guilt, loneliness

Gastrointestinal: nausea, vomiting

Social life: The subject faced severe issues on the social front. He used to experience mental blackout because of excessive drinking. He could not remember what he did the previous night and how he managed to reach home. He was unwelcoming to his friends, because of excessive drinking in a social function, the subject would not behave appropriately. Some of his friends would take advantage of him due to his addiction. The worst situation was drunken driving and paying multiple infringements, like jumping traffic lights and over-speeding, putting his own life and others' lives in danger. He tried joining AA (alcoholics anonymous) and tried going to a therapist as well, but could not sustain the change to de-addict himself.

YPV intervention: The YPV healer was a level 1 trainer based in Melbourne, Australia during the course of healing.

The subject's friend was doing level 1 class under this trainer and the subject's friend persuaded the subject join the class for forgiveness and he came in the class, did the forgiveness sadhana. He told his friend "I am very calm in this time so I want to talk to healer". The second day he called the healer and after two days he came and told about his alcohol addiction, and sought guidance, because he knew that alcohol drinking is very harmful for his body.

The YPV healer healed the subject for 5 days, and after that the subject got good results. He decided to do the YPV level 1 class within those 5 days of healing.

The healer started YPV healing from 01 March, 2022. The healer did YPV psychotherapy which made him emotionally balanced and reduced his craving towards alcohol consumption day by day. Internal organs protocol was practiced so that effect of alcohol consumption on his organs is minimised and organs are cleansed and regenerated. (30 minutes daily healing) Using the protocols of YPV psychotherapy for addiction and internal organs, the healer was healing twice daily for 10 Days.

Table 2 below shows subject's progress vis-à-vis given healing session.

Table 1: Sample cases of de-addiction: 2014 to 2022.

Sample age group	NO. of males	No. of females	Type of addiction
Adolescents (<17)	4	0	Gadget/ Smart phone
Youth (18-35)	8	1	8 males: Smoking, drinking, Soft drinks, food, movies 1 Fem: food, pickles
Middle aged (36- 55)	10	2	10 males: drinking (9), smoking (1) 2 females: drinking (1), sleeping pills (1)
Seniors (>56)	4	1	4 males: Smoking (2), drinking & smoking (2) 1 Female: phone addiction
Total cases healed	26	4	

The subject started regular practice of Rhythmic yogic breathing twice daily and also Forgiveness Sadhana, salt water bath and PPM. There were positive changes in his life as a result of learning YPV and practicing regularly.

He completed YPV level 1 training and became a YPV healer. His motivation was to heal himself and to understand the energy in all living beings, so that he could heal others too.

Table 2: Healing sessions Vs. subject's progress.

Healing session	Subject's progress
Day 1: 1 st March 2022	He was very calm and had good sleep.
Day 2: 2 nd March 2022	He went to a birthday party but did not touch alcohol. Felt very happy and thanked the healer.
Day 3: 3 rd March 2022	He felt happy saying he woke up early, body felt very relaxed, feeling very energetic without any pains of hangover.
Day 4: 4 th March 2022	Early morning he called the healer and confirmed he would practice forgiveness sadhana and PPM.
Day 5: 5 th March 2022	Feeling good that he stopped alcohol altogether. Couldn't believe himself. He expressed interest to learn YPV healing.
Day 6: 6 th March 2022	Feeling happy that it was his first day in the level 1 healing class. He felt very excited and happy, and fully confident that he would not drink forever.
Day 7: 7 th March 2022	He felt happy learning YPV healing techniques in the YPV level 1 class.
Day 8: 8 th March 2022	He was feeling very peaceful and energetic, and visited a temple after 4 years.
Day 9: 9 th March 2022	He affirmed –"I will never drink"
Day 10: 10 th March 2022	He did Rhythmic Yogic breathing, Forgiveness sadhana and PPM and felt very happy.

DISCUSSION

A good de-addiction programme should consist of activities including prevention, education, health promotion and harm reduction as well as abstinence-oriented treatment methods. [6]. In this regard, Yoga Prana Vidya (YPV) healing protocols, as shown in this case study, have been established to work effectively for the subjects afflicted by harmful addictions of various kinds. A 2021 study by Junyue et al. regarding the use of Complementary and Alternative Medicine (CAM) for de-addiction, a total of 3,807 publications were reviewed. The USA, China, and England were the leading research centres on this topic, and India and Pakistan have recently focused on assessing CAM for the treatment of SUDs (substance use disorders). The most common CAM therapies were acupuncture and CAM psychotherapies, such as mindfulness meditation. CAM is gaining attention globally for treating SUDs. [23].

CONCLUSION

YPV as integrated and holistic system of treatment of a variety of health conditions has become popular as is evident from several

published literature. YPV psychotherapy and YPV healing in the use of SUDs deserves further study. Researchers should be encouraged to focus in this field for scientifically designed studies on appropriate sample which will be very helpful for people globally.

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