



## RESEARCH ARTICLE

# Role of Yoga Prana Vidya System protocols in successful distal healing treatment of PCOS symptoms and hormonal imbalance in a 22-year-old female patient: A case study

<sup>1</sup>. Sudha Mukesh, <sup>2</sup>. Venkata Satyanarayana Nanduri

<sup>1</sup> Associated certified healer, YPV trainer, YPV Ashram, Thally-635118, Tamilnadu

<sup>2</sup> Research & Publications, Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally-635118, Krishnagiri District, Tamilnadu

### Abstract

#### Introduction:

This paper presents a case of a 22-year-old female from continental Europe, who was suffering from PCOS symptoms and hormonal shifts, availed distal YPV healing sessions online by joining a Healing camp organized by a group of healers based in India, with successful results.

#### Method:

This study used in-depth case study method, going through patient case history, healer's documents of healing intervention, and detailed patient feedback.

#### Results:

After attending the 1st day of the 5-day healing camp, the patient got her periods resumed after 2years with normal flow. Her acne, much of cramps and pain during periods reduced considerably after the 2nd day of healing. On the 4th day of healing, she felt very light, grounded, very relaxed, clear minded and full of positive energy. Other improvements, such as reduced facial hair, acne and depression. were found through the month-long distal healing intervention.

#### Conclusions:

YPV distal healing protocols have been established as successful treatment methods of cure for many types of diseases, both as complementary and alternative medicine (CAM), as is evident from this case as well as several other documented and published literature. There is immense scope for further research using appropriate sample size and methodology to study this phenomenon further. Recommendations include training medical and frontline healthcare personnel in using low-cost no-drug YPV healing protocols to complement their treatment efforts including sustaining their own health.

Keywords: Female hormonal imbalance, oral contraceptive pills (OCP), depression, Yoga Prana Vidya System<sup>®</sup>, YPV<sup>®</sup>

Copyright : © 2022 The Authors. Published by Innovative Journal. This is an open access article under the CC BY-NC-ND license

## 1 | INTRODUCTION

### ***Hormonal shifts and PCOS-like symptoms:***

Symptoms in women such as infrequent or prolonged menstrual periods, excess or undesirable hair growth such as facial hair, acne, and obesity can occur in a condition known as PCOS (polycystic ovarian syndrome). Infrequent or absence of menstruation may raise chances for this condition in adolescents [1]. PCOS is a common endocrinal disorder of female reproductive age with varied complications, and is prevailing now- a -days among adolescent females. The prevalence of PCOS among general population throughout the world is found to be 5%–10% in the women of reproductive age. About 40% women with PCOS experience depression, particularly young girls. The exact cause of PCOS is not yet known. Early diagnosis and treatment along with weight reduction protocols shall reduce risks of long-term complications. As a result of PCOS along with the physical disturbances, depression and anxiety also occur commonly in women which are often sidelined and left untreated [1]. Hormonal shifts are also believed to be a cause for such symptoms, and usually lifestyle changes are considered helpful in controlling such shifts.

A combination of lifestyle changes and medications to treat PCOS are needed by many women patients. Medical doctors create a treatment plan tailored to treat individual's symptoms [2]. Birth control is the most common PCOS treatment for women who don't want to get pregnant. Hormonal birth control pills, a skin patch, vaginal ring, shots, or a hormonal IUD (intrauterine device) -- can help restore regular periods [2]

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

YPV system has been scientifically synthesized from ancient texts and it is integrative and holistic in approach, and documented evidence gathered from experience shows that it is successfully applied as complementary and alternative medicine for a wide range of illnesses. YPV system consists of three parts – one is a set of self-practice modules for patients and generally for all, while the second part is energy healing which is given to the patient by a trained healer, or alternatively, the patient can perform self-healing after learning healing techniques from qualified YPV trainers.

The third part of YPV system is saltless, balanced and controlled diet including fruit diet and raw diet to help the physical body to be healthy and to maintain its metabolism with sufficient energy levels. YPV healing can be delivered either in proximal mode or in distal mode. In proximal mode the healer delivers healing energies facing the patient in the same room. In distal mode the healer delivers healing energies to the patient situated far away, even hundreds or thousands of Kilometres away, making use of earth's energy field as a medium.

Published literature shows there are more than 55 publications of research articles on successful applications of YPV healing to treat various illnesses. Published successful case reports include, treatment of difficult medical cases [3], diabetes management & control [4], removing arterial block in heart without surgery [5], vision improvements for participants of an Eye Camp [6], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [7], Role of Yoga Prana Vidya in first aid and emergency [8], speedy recovery of COVID patients [9], treatment of hypothyroidism [10], Lowering academic anxiety and enhancing academic performance of high school children [11], saving life of a snake-bitten human female [12], , managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [13], healing treatment of a female patient suffering from kneecap dislocation [14], Treatment and cure of PCOS condition [15 ], a case of breast cancer successfully treated [16], De-addiction cases [17], etc. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [18], significant reduction in anxiety and depression in corporate employees [19], improvements in the cognitive abilities and social behaviour of mentally challenged children [20].

This paper presents a case of a 22-year-old female from continental Europe, who was suffering from PCOS symptoms and hormonal shifts, availed distal YPV healing sessions online by joining a Healing camp organized by a group of healers based in India, with successful results. After gaining firsthand experience of receiving YPV healing successfully, she had also availed online learning of YPV protocols and practices from a trainer based in India, and became a healer herself.

## 2 | METHOD

This paper uses in-depth case study method, by going through patient's full case details and feedback, and the healer's case documents.

### **CASE REPORT**

Patient was a 22 years old female, named Hazel (Pseudonym used to conceal identity) based in a European country.

---

**Corresponding Author:** 1. Sudha Mukesh, \*2. Venkata Satyanarayana Nanduri

<sup>1</sup>Associated certified healer, YPV trainer, YPV Ashram, Thally-635118, Tamilnadu

<sup>2</sup>Research & Publications, Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally-635118, Krishnagiri District, Tamilnadu

**Brief medical History:**

Hazel struggled with hormonal imbalances starting puberty. The following is an account of her troublesome symptoms.

1.No periods.

From the age of 16, she was on contraceptive pills for 4 years. She stopped taking pills, when her periods stopped coming. From then, for next 2 years she didn't get her periods at all.

2. There were hormonal imbalances.

3. Acne:She used to have a lot of acne on her face, chest, and her back

4. Facial hair on sides of chin, thick & black, hair on nipples & belly.

5. Low progesterone levels & irregular ovulation.

6. Hypothyroidism as a result of the pills.

7. Low energy levels and frequent bouts of tiredness and fatigue.

After the diagnosis with hormonal imbalance and hypothyroidism, she took medical treatment. Emotionally she was disturbed very much as a consequence, and she went into depression, with very low self-esteem. She felt heavy in her body due to weight gain.

Hazel was on contraceptive pills also for a few years. However, she stopped medication for this 2 years ago after her periods stopped altogether, because her body was not responding well to it anymore. Ever since then she didn't have any periods at all and all her symptoms came back, like acne, the facial hair, depression, fatigue etc.

**YPV healing intervention:**

Hazel came to know about Yoga Prana Vidya (YPV) through a friend who received YPV L1 training in Australia, and she was really excited to try it. She learnt about the potential of these healing techniques, and she then decided to start studying and undergoing training in YPV courses as well. She came to know about an online YPV healing camp taking place in India during January 2021, and sought to join it to receive healings to cure her condition. She got paired up with an experienced healer in Yoga Prana Vidya, who helped her get on improving her health condition.

**Details of healings:**

Distal healing for Hazel was started in the camp from 18th January 2021 and went on upto 22nd January 21 (Five days), with one session per day of duration 45 minutes to 1 hour.

Afterwards, she continued taking healing sessions for a month from 1st February to 27th February 2021. During February, 2021, 21 days of healing sessions were conducted for Hazel with a frequency of 5 days a week, and each session time of 45 minutes to 1 hour per day.

The healer used the following YPV healing protocols, throughout the intervention to heal Hazel.

a) YPV Psychotherapy to reduce fear, stress, anxiety, depression, and to raise self-esteem.

b) Regeneration of reproductive organs with emphasis on uterus & ovaries, instructions to pituitary gland to secrete proper hormones for getting periods & reducing pimples on face, with a miraculous healing technique.

c) Strengthening physical body to overcome fatigue, and improve energy levels.

d) Blood cleansing protocol through lungs.

e) Internal organs cleansing protocol.

f) Cleansing spleen, kidneys & liver to remove toxins.

g) Protocol to reduce hair growth on face.

h) Protocol for hypothyroidism.

**Training in YPV practices:**

Hazel had done YPV Level 1 training online and intended to learn higher courses. Further to it, Hazel completed her training of YPV Level 2 and further also did YPV Level 3(psychotherapy) course.

**3 | RESULTS**

Very first and immediate result Hazel experienced was on the night of Day 1 healing, when her periods began again after an interruption of 2 years with normal flow, which made her feel extremely happy and grateful to her healer.

Her acne increased a little initially though, as it happens like clearing out. Her periods too started with too much of cramps and pain which reduced completely after 2nd day of healing. On 4th day of healing, she felt very light, grounded, very relaxed, clear minded and full of positive energy. Other improvements were found such as reduced facial hair and hair around other undesirable areas in the body.

To quote Hazel's words - *"after the 1st day, healing session number 1, I went to bed that night & woke up with my period, which I was so excited & grateful for. I did experience a little cramping & pain, but nothing compared to what I used to have before getting off the pill or starting the pill. But nothing compared to what I used to experience & after healing session number 2 that day, the pain & cramping was gone as well."*

Hazel continued stating further experience of healing sessions received - *"During that week, I then started noticing in that my skin was looking a lot smoother & starting to heal. Now all I can see on my face is acne scars, pimples that are still healing & what was really incredible that I found now after completing this Healing camp with my healer, was that my facial hair stopped growing so rapidly. So, I just removed it yesterday. I removed all my hair here & on my chin, on my neck & nothing is growing*

*back yet which I'm so excited about. I've struggled with this for around 10 years. So, I'm really grateful that I got introduced to YPV."*

*"I'm looking forward to keep working with my healer and the whole team of Healers to learn more & also to receive more healing sessions. And I really had an amazing experience in this Healing camp & I'm also looking forward to more healing sessions in the future & how the skin improved, my health & my family's health even more."*

#### **Follow up:**

A follow up was done on 05 July, 2022 (after nearly a year and half) by the healer to know the update of Hazel's health status. Hazel stated that she did not continue with healings and her YPV practices further to sustain the changes. As a result, her symptoms relapsed.

To quote Hazel - *"To be honest with you, I am struggling the same exact amount as I have for most of my life. Acne, facial hair, weight gain, irregular periods and depression are still just as much a part of my life as when I was 14 years old."*

Despite being aware that continuance and consistency of healing treatment by the patient is very much a part of YPV healing or any other form of healing or medical treatment, Hazel failed to sustain the good results she experienced earlier, because of lack of right actions to continue using the new learnings from her YPV training and intervention. Perhaps, it had something to do with her life style, which she did not manage to change due to her social and environmental influences.

#### **4 | DISCUSSION**

PCOS not only has problems associated with reproduction but also has associated crucial metabolic and psychological health risks with increasing age of the patients. Because of the increased number of cases with PCOS around the world in present times, with prominent symptom of, specifically, depression at the adolescent stage, it is important to highlight the disease[1].

Oral contraceptive (OC) pills enable patients with an option to prevent pregnancy. If the patient has medical conditions that put them at increased risk for taking combined OC or progestin OC, the health-care provider should inform patients of many alternatives to prevent pregnancy. OCs are a choice made by the patient and her clinician after adequate counseling of risks and benefits. There are significant non-contraceptive uses of hormonal contraceptives, and these should be considered when counseling the patient about her options.

Many OC formulations can provide menstrual regularity, treating both menorrhagia and dysmenorrhea. They can even be utilized to induce amenorrhea for lifestyle considerations[21].

A successful case of application of Yoga Prana Vidya protocols in the treatment and cure for PCOS [15] shows that persistent long-term healing treatments using YPV protocols with a disciplined lifestyle cured this condition successfully.

#### **5 | CONCLUSIONS**

YPV distal healing protocols have been established as successful treatment methods of cure for many types of diseases, both as complementary and alternative medicine (CAM), as is evident from this case as well as several other documented and published literature. There is scope for further research using appropriate sample size and methodology to study this phenomenon further. It is highly recommended that medical and frontline healthcare personnel may be trained in using low-cost no-drug YPV healing protocols to complement treatment efforts for holistic healing of patients at affordable cost.

#### **Acknowledgements**

Grateful acknowledgements to Sri Ramana Trust for using their copyright terms Yoga Prana Vidya System<sup>®</sup>, YPV<sup>®</sup>, and to the patient for sharing case details on condition of anonymity.

#### **Conflicts of interest**

None

#### **Funding**

Nil

#### **6 | REFERENCES**

- [1] Sadeeqa S, Mustafa T, Latif S. Polycystic Ovarian Syndrome-Related Depression in Adolescent Girls: A Review. *J Pharm Bioallied Sci.* 2018 Apr-Jun;10(2):55-59. doi: 10.4103/JPBS.JPBS\_1\_18. PMID: 29962792; PMCID: PMC5998697.
- [2] WebMD. PCOS treatment. Available <https://www.webmd.com/women/treatment-pcos> 2020
- [3] 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):882-8877
- [4] Rajagopal AH, Ramya A, Nanduri, VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System, *Journal of Biology and Life Science* ISSN 2157-6076, 2019, 10 (2):
- [5] 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*, Nov 2019; 2(11): 353-356. <https://www.yogapranavidya.com/about-ypv-research/publications/successful-healing-treatment-of-a-48-year-old-male-with-block-in-heart-using-ypv/>

[6] 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>

[7] 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),* 7(2), 18-27.

[8] 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.* 4(3), 133-146

[9] 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>

[10] 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.

[11] Ramya A, Kraleti P, Gopal KVT, 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,* 10 (2), July 2020, 59-64. ISSN -2231-1432

[12] Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: successful treatment using yoga prana vidya (YPV) healing system. 2021; 5 (01):101-110 <http://dx.doi.org/10.51505/ijmshr.2021.5111> DOI: 10.51505/ijmshr.2021.5111

[13] 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. *International Journal of Medical Sciences and Academic Research,* v. 2, n. 05, 30 Oct. 2021.

[14] 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* 3.11 (2021): 15-20.

[15] Gupta Y, Nanduri VS. A case of PCOS (Polycystic Ovarian Syndrome) treated successfully by the application of Yoga Prana Vidya System through sustained self-practice, self-healing and self-belief. *International Journal of Medical Science and Health Research.* 2022; 6(02),34-42 URL: <http://dx.doi.org/10.51505/ijmshr.2022.6204> doi: 10.51505/ijmshr.2022.6204

[16] Madhavi S, Nanduri VS. A case of Metastatic Breast Cancer treated successfully by using Yoga Prana Vidya (YPV) Healing Methods persistently as complementary medicine and patient self-belief. *Int J Med sci and Dent res,* 2022; 05(04): 37-44

[17] Dube N, Ramya A, Venkata Satyanarayana Nanduri. Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction: An analysis of case series. *Int J Intg Med Sci* 2022;9(2):1016-1022. DOI: 10.16965/ijims.2022.101

[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. *International Journal of Indian Psychology,* 2020;8(3), 374-390. DIP:18.01.047/20200803, DOI:10.25215/0803.047

[20] 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, *Paediatric Review – International Journal of Paediatric Research-2021 Volume 8 Number 1 (January-February-2021):7-15* Available From <https://pediatrics.medresearch.in/index.php/ijpr/article/view/653>

[21] Cooper DB, Patel P, Mahdy H. Oral Contraceptive Pills. [Updated 2022 May 24]. In: *StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK430882/>*