

A quantitative research study of the effects of Yoga Prana Vidya healing intervention on fatigue and subjective happiness of a sample of university students

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Abstract

Introduction: Yoga Prana Vidya is an integrated and holistic system known to be effective in healing various physical and mental illnesses as complementary and alternative medicine. The objective of this study was to observe the impact of yoga prana vidya healing on the fatigue level and the happiness level of a sample of college students.

Methodology: The study design is pre – test and post – test method, with a sample of 25 participants. Quantitative data was collected using the Modified Fatigue Impact Scale (MFIS), and subjective happiness scale (SHS) and scoring the responses of the participants. A YPV healer was asked to give energy healing intervention to the participants through 5 sessions every alternate day over a period of 10 days. The healing consisted of sessions of 15 minutes of divine healing and few other supportive techniques. Data analysis was done using statistical techniques.

Results: Data analysis revealed significant reduction in the total fatigue levels. The physical and the psycho – social components were affected significantly, but the affect in cognitive component was not significant. In case of the subjective happiness level measured using SHS scale, analysis showed no change for the group, with 48% participants showing 16% increase and 52% participants showing 13.3% decrease.

Conclusions: YPV healing techniques caused significant reduction in the fatigue levels of the college student sample. In case of subjective happiness there was no significant change. One limitation of this study was small sample size. Further research using appropriate sample and methodology with longer and intensive intervention may be considered.

Keywords: Yoga Prana Vidya System ®; YPV®; Subjective Happiness; Academic stress; Fatigue

1. Introduction

1.1. Yoga Prana Vidya

Yoga Prana Vidya healing (YPV) is an integrated and holistic healing system. Our body has the capability of healing itself and YPV enhances this self-healing capability of body by using certain techniques just as our body has various functions like respiratory system, digestive system etc. Similarly, we have an energy system which consists of aura and energy centers known as chakrams. YPV healing works on this energy system to heal various ailments and health problems in our body at mental, emotional and physical levels.

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Just as the visible physical body has blood vessels through which the blood flows, the energy body has fine invisible bio-plasmic channels or meridians through which 'ki' and bioplasmic matter flow and are distributed all over the body. Through these channels flow prana or 'ki' that nourishes and invigorates the whole body.

Yoga Prana Vidya system (YPV) is based on ancient science which recognises existence of an energy body surrounding the physical body of human beings and generally in all living entities. YPV treats and heals both physical body and energy body, known as bio-plasmic energy body or Aura, which surrounds the physical body. Figures 1 & 2 depict typical energy bodies of a healthy person and sick person respectively.

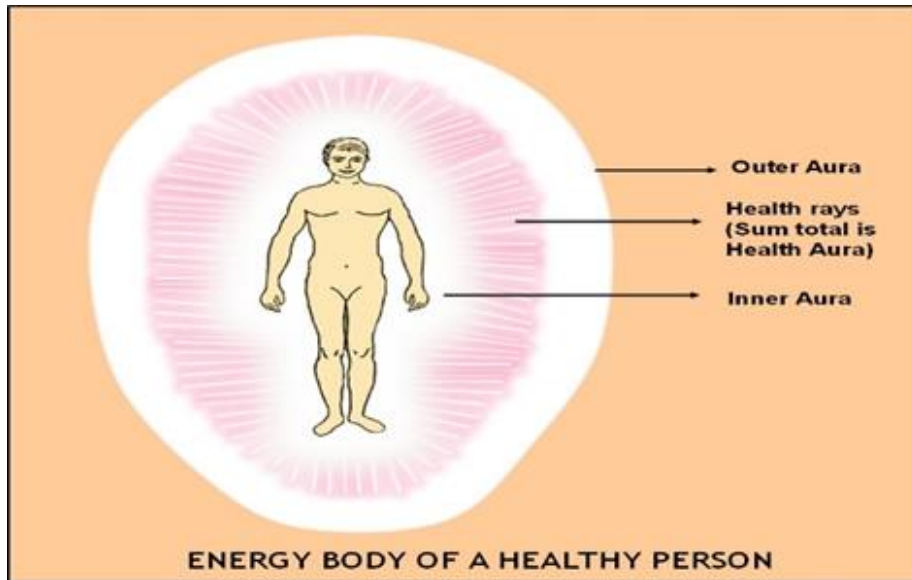


Figure 1 Energy body of a healthy person

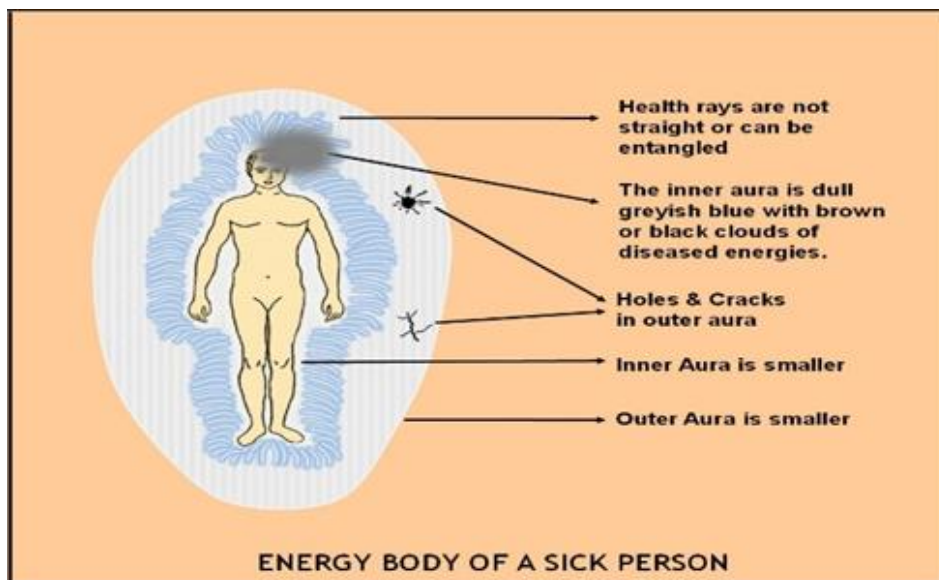


Figure 2 Energy body of a sick person

YPV system does not use any drugs nor any touch. The healer acts as a channel to draw in and transmit Pranic energy by projecting it to the patient's physical body parts as well as to the respective Chakrams of the energy body which distribute the given energy to the physical body.

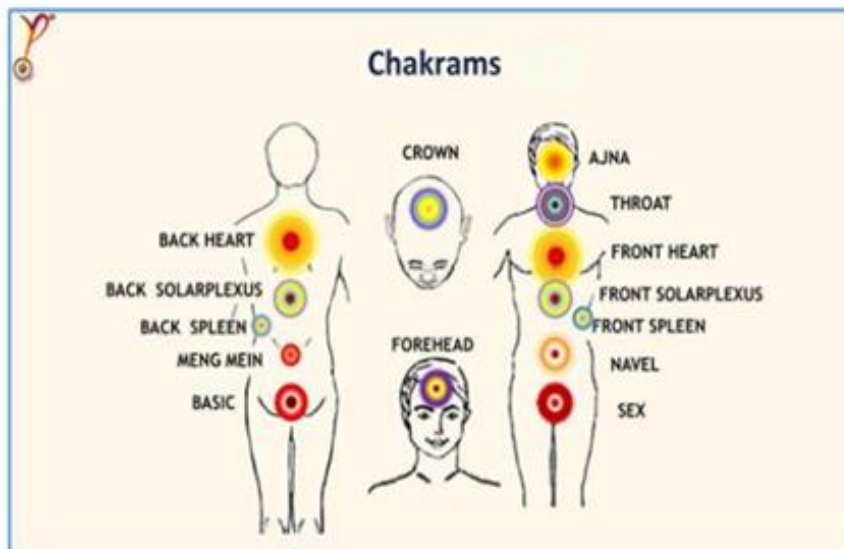


Figure 3 Chakram of the energy body

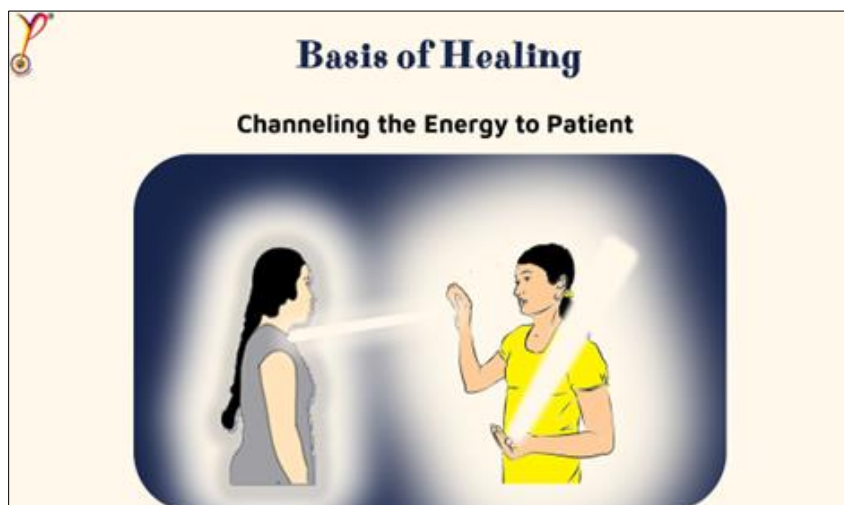


Figure 4 Healer projecting Pranic energy to patient

The chakrams healed in YPV practice are shown in Figure 3 and the process of healer channelizing and projecting Pranic energy (bio-plasmic energy) to the patient is as shown in Figure 4. Proximal healing happens when the patient and healer are in the same room facing each other. Distal healing is when the healer is not in front or even situated far away from the patient, hundreds or even thousands of Kilometers away. Their energy bodies are within the energy body of earth and energy transference from healer to patient happens almost instantly. Radin et al. [1] investigated scientific evidence of distance healing intention therapies and found that significant experimental effects have been observed.

There are 11 major chakrams on our body, which control and vitalize all the organs and glands in our body. Chakrams not only control the physical but also psychological aspects of our body. Aura is bioplasmic energy field around our body. Bio means life and plasma is the fourth state of matter. It is hard to see this bio-plasmic energy body with naked eyes, but through GDV photography, the energy field can be captured and visualized. Prana or 'ki' is that life energy that keeps the body alive and healthy.

As integrated system, YPV applies three categories of protocols, these are: (1) Physical and Rhythmic breathing exercises, Forgiveness Sadhana for patient self-practice either by oneself or in groups, (2) Guided Meditations for practice of patients by oneself or in groups including joining the Group Healing sessions online, and (3) Energy healing, either self-healing, or by external trained healer. This way, a person's physical, mental, and emotional domains are simultaneously healed enabling holistic treatment of co-existing conditions.

A search of relevant literature shows that there are over 60 published research articles on successful applications of YPV protocols in treating a variety of illness conditions as complementary as well as alternative medicine. Some examples of successfully healed cases are - female infertility, Rheumatoid arthritis, various types of addictions, breast cancer, COVID 19, kidney disease, brain stroke, knee-cap dislocation, Hodgkin Lymphoma, Nephrotic syndrome, serious snake bite, hypothyroidism, emergency and first aid, high cholesterol, eye diseases, arterial heart block, diabetes management and difficult medical cases [2-21].

1.2. Students' Fatigue

High levels of stress and fatigue are associated with decreased academic success, well-being, and quality of life [22]. Fatigue synonyms with tiredness and weakness, and the problem with fatigue is the suffering it causes people, and its consequences. As fatigue persists, it can negatively impact a person's quality of life and daily functioning.

To address fatigue, and its implications, experts have designed a test to appropriately measure the severity of one's fatigue. This test, called the Modified Fatigue Impact Scale (MFIS), can be used in clinical settings, as well as by investigators performing research studies [22]. The Modified Fatigue Impact Scale (MFIS) is a widely used self-report measure of fatigue in people (See Annexure 1)

1.3. Happiness

Happiness is a very subjective concept, i.e., it differs from person to person and situation to situation. Happiness is something more than just material happiness and is a state of mind wherein the person forgets all his grievances and sorrows and enjoys the present moment.

There are several theories proposed related to happiness such as Hedonism theory, Desire theory and Objective List theory. Also, there are many studies conducted on how to achieve happiness and what could actually make one happy. There is a whole new field of positive psychology which focuses on happiness. Martin Seligman, the founder of the positive psychology, has defined happiness as "the study of positive emotions and the strengths and enable individuals and communities to thrive." Authentic Happiness is a concept coined by Seligman in 2003, emphasizes that there are three distinct elements of happiness: The Pleasant Life (pleasures), the Good Life (engagement), and the Meaningful Life; The first two are subjective, but the third is at least partially objective and focuses on belonging to and serving what is larger and more useful than the just the self's pleasures and desires. In this way, Authentic Happiness explains all three traditions: The Pleasant Life explains happiness in Hedonism's sense. The Good Life focuses on happiness in Desire's sense, and the Meaningful Life talks about happiness in Objective List's sense. In a nutshell, Authentic Happiness further allows for the "Full Life," a life that satisfies all three criteria of happiness [23].

1.4. Happiness from subjectivist approach

The development of this Subjective Happiness Scale (SHS) by Lyubomirsky and Lepper (1999) (See Annexure 2) was based on a subjectivist approach which considers happiness from the respondent's own perspective [24]. Accordingly, individuals were asked to make an overall judgment of the extent to which they are happy or unhappy people. Given that we are concerned with global and subjective happiness, it seems reasonable and appropriate that the ultimate judge of happiness should be one-self.

This paper presents a study of application of Yoga Prana Vidya healing modules conducted during January 2019 on a group of 25 university Psychology degree students, measuring parameters of Fatigue using Modified Fatigue Impact scale (MFIS), and Happiness using Subjective Happiness Scale (SHS).

1.5. Research Question

The Research question this study was designed to answer is:

Q: What are the effects of applying YPV healing on a group of students on their fatigue and happiness levels?

2. Methodology

2.1. Design

This is a quantitative pre – test and post – test interventional study using YPV healing as investigational independent variable. For the purpose of this study, YPV healing was done for the participants to know how it affected their fatigue and happiness levels

2.2. Sample

The participants of the study were selected, through convenient sampling method from among the students pursuing 3-year bachelor's degree course on Psychology (FYBA, SYBA, and TYBA) of L.S. Raheja College, Mumbai. The total number of participants enrolled in this study were 25 students, 23 women and 2 men, with an average age of 20.3 years, and informed consent was obtained from them to participate in this research. Ethics clearance for research was obtained from the Institutional Ethics Committee.

2.3. Intervention process

One group healing session for the sample was held on alternate days, making a total of 5 healing sessions for each participant over a period of 10 days. During the session, the healing technique used was divine healing which is of 15 minutes duration. The healer used some more techniques such as cleansing of solar plexus chakra and inner aura to enhance the healing process of the subjects.

2.4. Data Collection

The questionnaires used in this study were the following two psychometric scales.

- The modified fatigue impact scale (MFIS) (Annexure 1) was used to measure the fatigue level. The five-item Modified Fatigue Impact Scale shows appropriate psychometric characteristics and may constitute a valuable and easy-to-implement addition to measure the impact of fatigue in practice [24].
- The general happiness test is used to measure the happiness level Using a "subjectivist" approach to the assessment of happiness, a new 4-item measure of validated global subjective happiness scale was used (Annexure 2). It was indicated that the Subjective Happiness Scale has high internal consistency, which was found to be stable across samples, with good to excellent reliability [25].

All the 25 participants were given the two questionnaires prior to the session, for pre-test assessment. After the final healing session, the participants were given the questionnaires once again to obtain their response post-test. Scoring was done as per the guidelines given in the respective questionnaires, and this data was taken for analysis.

2.5. Data Analysis

Data from all 25 participants were collected after scoring the responses to both questionnaires. Statistical analysis using SPSS programme was carried out to find if there was significant positive change in the constructs of Fatigue and Happiness after the intervention comparing with before the intervention.

3. Results

3.1. Fatigue scale test

Table 1 represents the total of MFIS test which shows that the mean of total in pretest is 40.44 and posttest is 35.28, and it is found that there is a decrease in the overall fatigue level of the participants. Table 2 represents the statistical t test of the total MFIS scale values. The t value of the test is found to be 2.899 and p value is 0.008 which is <.05 at 95% confidence level. This shows that there is statistically significant reduction in the total fatigue level.

Table 1 SPSS analysis of Total MFIS scores

		Mean	N	Std Deviation	Std Error Mean
Pair 1	Total pre	40.4400	25	10.28381	2.05676
	Total post	35.2800	25	11.30088	2.26018

Table 2 Paired differences from MFIS scores

	Paired Differences					t	df	Sig; (2tailed)
	Mean	Std; Deviation	Std; Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1: Total - pre Tot_post	5.160	8.901	1.780	1.485	8.834	2.899	24	0.008

The total MFIS score has three components, viz., *physical*, *cognitive* and *psychosocial fatigue*. Further analysis using data of the three components individually is given in Tables 3 to 8 and explained below.

3.2. Physical fatigue

Table 3 represents the data for *physical fatigue* of the participants. The pretest physical fatigue has a mean of 17.96 and that of post-test physical fatigue is 15.96, showing there was a decrease in the physical fatigue of the participants. Table 4 represents the t test for *physical fatigue* to compare pre and posttest. We can see that the t value is 2.000 and significance is .05. The significance level is valid for this result as it is not more than .05

Table 3 SPSS analysis of physical fatigue

		Mean	N	Std; Deviation	Std; Error Mean
Pair 1	PHYSICAL	17.9600	25	7.32280	1.46456
	PHY_POST	15.9600	25	6.01720	1.20344

Table 4 ‘t’ test for physical fatigue

		Paired Differences					t	df	Sig; (2tailed)
		Mean	Std; Deviation	Std; Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Physical - pre Phys_post	2.000	5.000	1.000	-0.063	4.063	2.000	24	0.05

3.3. Cognitive fatigue

Table 5 shows the statistical analysis for cognitive fatigue test. The pre-cognitive fatigue test has a mean of 17.800 and post cognitive fatigue test is 15.880 showing that there is reduction in cognitive fatigue. However, this change is statistically not significant as can be seen in Table 6. The t value of the given data is 1.871 and the p value is .074 which is greater than .05, implying that the change is statistically not significant.

Table 5 SPSS analysis of cognitive fatigue test

		Mean	N	Std Deviation	Std Error Mean
Pair 1	Cognitive pre	17.8000	25	4.55522	0.91104
	Cogn_post	15.8800	25	5.65921	1.13184

Table 6 't' test of cognitive fatigue test

		Mean	Std; Deviation	Std; Error Mean	Paired Differences		t	df	Sig; (2tailed)
					95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Cogn pre - Cogn post	1.9200	5.1309	1.0261	-0.1979	4.0379	1.871	24	0.074

3.4. Psychosocial fatigue

Table 7 represents the psychosocial fatigue test. According to that data the pre-test mean is 4.28 and of posttest is 3.34, and it shows that the psychosocial fatigue of participants reduced after the experiment. Table 8 represents the t test of psychosocial fatigue test. According to the given data the value of t is 2.154 and significance level is .042, and it is evident that the psychosocial fatigue has statistically significant reduction.

Table 7 SPSS analysis of psychosocial fatigue test

		Mean	N	Std; Deviation	Std; Error Mean
Pair 1	Psychosocial pre-	4.2800	25	1.92614	0.38523
	Psy soc_post	3.4400	25	2.02237	0.40447

Table 8 't' test of psychosocial fatigue

	Mean	Std; Deviation	Std; Error Mean	Paired Differences		t	df	Sig; (2tailed)
				95% Confidence Interval of the Difference				
				Lower	Upper			
Pair psychosocial 1 l - Psysoc_post	0.8400	1.951	0.390	0.034	1.645	2.153	24	0.042

3.5. Happiness Scale test

The results for the subjective happiness test are presented in Table 9 and Table 10. Table 9 shows the mean values before and after the test, and Table 10 shows the results of the t test, indicating that the change is not statistically significant. It shows that there is no change in the mean happiness level for the group as a whole.

Table 9 SPSS analysis of SHS test

		Mean	N		Std; Deviation	Std; Error Mean
Pair 1	SUBJECTIVE HAPPINESS	4.4800	25		.65320	0.13064
	SUB_POST	4.4300	25		.81496	0.16299

Table 10 't' test of SHS analysis

		Mean	Std; Deviation	Paired Differences		t	df	Sig; (2tailed)	
				Std; Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	SUBJECTIVE HAPPINESS - SUB_POST	0.05	0.968	0.193	-0.3496	0.44967	0.258	24	0.798

Using descriptive statistics to analyze the data, it is observed that 12 participants (48%) who showed an increase of Happiness score, the mean scores pre and posttest were 4.1666667 and 4.8333333 respectively showing an increase of 16% in Happiness score.

However, in case of the remaining 13 participants (52%) who showed a lower Happiness score had mean values of 4.86 and 4.21, pretest and posttest respectively, indicating a decrease of 13.3% in Happiness score.

According to the inventors of the scale, the average score runs from about 4.5 to 5.5, depending on the group. College students tend to score lower (averaging a bit below 5) than working adults and older, retired people (who average 5.6).

4. Discussion

This study analyzed the effect of YPV healing on the fatigue and happiness of participants. YPV healing showed significant reduction in fatigue measured using the MFIS scale. The physical fatigue and the psycho - social fatigue have shown positive results. The cognitive fatigue too showed reduction but it is not statistically significant.

It is further observed from the foregoing analysis that the mean Happiness level of the subjects which was measured using the subjective happiness scale was not affected.

Subjective happiness is an overall state of being. Happiness is a much bigger and broader concept and there are many aspects while considering the overall happiness of a person. The study shows that though YPV healing did not alter the happiness level of the participants, the fatigue level evidently decreased.

The healer focused on solar plexus chakra. According to YPV healing system, solar plexus chakra is a center of lower emotions like anger, jealousy, sadness etc. Cleansing of solar chakra provides a positive effect on subject's emotional aspect. The healer also focused on aura of the subject. According to the techniques and teachings of YPV healing, cleansing of Aura provides comfort at both physical and mental level. The focus of the healer in this intervention was on emotional aspect of their life. They were told to focus on one emotional phase of life that made them feel low or which for that situation made them feel sad or unhappy. Based on the psychosocial fatigue results of the study, it is clear that the participants felt positive towards their particular emotions or situations.

The subjective happiness scale focuses more on overall happiness of the person and not that particular emotion that the healer focused on. Reason being, it would be difficult to focus on all the aspects of their happiness in the given time frame of the experiment. The results of subjective happiness might have been better if the duration of the intervention could be longer.

Previous studies of YPV protocols conducted in one month, three months and one-year programmes produced positive outcomes in physical, mental and emotional domains of participants [26-29]. A study conducted with YPV protocols for high school students during 10th class enhanced their academic performance in the public examination without stress [30].

A 2016 study by Kizhakkeveetil [22] found that the sample of students reported having moderate to high levels of stress and fatigue, with higher levels of stress and fatigue seen in women than in men. Levels of stress predicted levels of fatigue, and stress was strongly correlated with psychological health, relationships with family members, mood, and need for learning accommodations. Fatigue was strongly correlated with psychological health, academic demands, and conflicts between studies and other activities [22].

5. Conclusion

Evidence from this study demonstrates that the YPV healing affects the energy level to a large extent, and that it is a very effective therapy which would make a very positive impact on the overall being of an individual. YPV is an integrated and holistic system and using its protocols have healed and cured various illnesses successfully as complementary and alternative medicine (CAM). This experimental study on a sample of college student population found that a student's state of subjective happiness is not significantly altered by the short period of YPV intervention, though it did affect the emotional state of the participants. We conclude by saying that if adequate duration for the intervention is given with larger sample of participants, the effects of YPV healing would be more pronounced. This experiment confirmed that that YPV healing techniques caused significant reduction in the fatigue levels of the college student sample. In case of subjective happiness, it is seen to be a complex phenomenon and various other factors might have had an influence on the happiness state of being of the student sample in this experiment. Further research using appropriate sample and methodology with longer and intensive intervention may be considered.

Compliance with ethical standards

Acknowledgments

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Disclosure of conflict of interest

There are no conflicts of interest here.

Statement of ethical approval

Ethics clearance for research was obtained from the Institutional Ethics Committee.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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Annexures

Annexure1: MFIS scale

Modified Fatigue Impact Scale (MFIS)

Fatigue is a feeling of physical tiredness and lack of energy that many people experience from time to time. But people who have medical conditions like MS experience stronger feelings of fatigue more often and with greater impact than others.

Following is a list of statements that describe the effects of fatigue. Please read each statement carefully, the circle the one number that best indicates how often fatigue has affected you in this way during the past 4 weeks. (If you need help in marking your responses, tell the interviewer the number of the best response.) Please answer every question. If you are not sure which answer to select choose the one answer that comes closest to describing you. Ask the interviewer to explain any words or phrases that you do not understand.

Because of my fatigue during the past 4 weeks

	Never	Rarely	Sometimes	Often	Almost Always
1. I have been less alert.	0	1	2	3	4
2. I have had difficulty paying attention for long periods of time.	0	1	2	3	4
3. I have been unable to think clearly.	0	1	2	3	4
4. I have been clumsy and uncoordinated.	0	1	2	3	4
5. I have been forgetful.	0	1	2	3	4
6. I have had to pace myself in my physical activities.	0	1	2	3	4
7. I have been less motivated to do anything that requires physical effort.	0	1	2	3	4
8. I have been less motivated to participate in social activities.	0	1	2	3	4
9. I have been limited in my ability to do things away from home.	0	1	2	3	4
10. I have trouble maintaining physical effort for long periods.	0	1	2	3	4
11. I have had difficulty making decisions.	0	1	2	3	4
12. I have been less motivated to do anything that requires thinking.	0	1	2	3	4
13. My muscles have felt weak.	0	1	2	3	4
14. I have been physically uncomfortable.	0	1	2	3	4
15. I have had trouble finishing tasks that require thinking.	0	1	2	3	4
16. I have had difficulty organizing my thoughts when doing things at home or at work.	0	1	2	3	4
17. I have been less able to complete tasks that require physical effort.	0	1	2	3	4

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WHAT THE QUESTIONNAIRE MEASURES

The SHS is a 4-item scale of global subjective happiness. Two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them. The SHS has been validated in 14 studies with a total of 2,732 participants. Data has been collected in the United States from students on two college campuses and one high school campus, from community adults in two California cities, and from older adults, as well as from students and community adults in Moscow, Russia. Results have indicated that the SHS has high internal consistency, which has been found to be stable across samples. Test-retest and self-peer correlations have suggested good to excellent reliability, and construct validation studies of convergent and discriminant validity have confirmed the use of this scale to measure the construct of subjective happiness.

SCORING

Add up your scores for the four questions and divide the total by four. That answer is your "subjective happiness score." Answers range from 1 to 7. Question 4 is "reverse coded" with a descending sequence.

INTERPRETATION

The average score runs from about 4.5 to 5.5, depending on the group. College students tend to score lower (averaging a bit below 5) than working adults and older, retired people (who average 5.6). If you're past college age, and your happiness score is lower than 5.6, then you're less happy than the average person. To put it another way, more than 50 percent of people in our age group rate themselves higher on the scale. If your score is greater than 5.6, then you're happier than the average person. Of course, what the "average person" is for you will depend on your gender, your age, your occupation, ethnicity, etc. But what's important to remember is that no matter what your score is, you can become happier.

KEY REFERENCES

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