



WWJMRD 2023; 9(07): 69-72  
www.wwjmr.com  
International Journal  
Peer Reviewed Journal  
Refereed Journal  
Indexed Journal  
Impact Factor SJIF 2017:  
5.182 2018: 5.51, (ISI) 2020-  
2021: 1.361  
E-ISSN: 2454-6615

**Leelavathi Nayak,**  
Certified YPV healer, and  
Trainer, Mangaluru,  
Karnataka, India.

**Venkata Satyanarayana  
Nanduri**  
Consultant, Research &  
Publications, YPV Ashram, Sri  
Ramana Trust (Thally, Tamil  
Nadu) India.

**Correspondence:**  
**Venkata Satyanarayana  
Nanduri**  
Consultant, Research &  
Publications, YPV Ashram, Sri  
Ramana Trust (Thally, Tamil  
Nadu) India.

## Overcoming Academic Anxiety and Depression Using Yoga Prana Vidya Healing Protocols: A detailed case study

**Leelavathi Nayak, Venkata Satyanarayana Nanduri**

### Abstract

**Introduction:** Anxiety is a natural human emotion and depression is a sad state of being. Excessive levels of these moods can disrupt the normal way of living, often needing interventional approaches to normalise. Academic anxiety is very common in student life, and appropriate interventional treatment can help. This paper presents a case of a college student who sought the Yoga Prana Vidya (YPV) System for interventional help to recover from anxiety and depression and successfully move forward with new hope and optimism.

**Method:** This is a case study method and uses data from the patient's medical records, YPV healer's records, and patient feedback obtained in detail through a confidential research interview using semi-structured questions, followed by content analysis of the transcript.

**Result:** Within a week of receiving YPV healing with YPV psychotherapy tools daily from the healer, the patient recovered from her condition. Encouraged by the improvements, she had undergone YPV healer training to become a healer and heal herself further. Data analysis shows that the patient gained in four distinct ways through this intervention; (1) Changes in thought patterns, (2) Clarity on life goals, (3) Improvements in multiple levels of physical, psychological, and spiritual dimensions, and (4) Experiencing and realising the holistic nature of YPV System.

**Conclusions:** The therapeutic effects of Yoga Prana Vidya are manifesting consistently with positive results for users. Being a non-drug non-touch and safe therapy, it is an effective complementary tool for mainstream medicine and has great potential applications for doctors and nurses. Further research is recommended.

**Keywords:** Anxiety, Depression, Yoga Prana Vidya System®, YPV®, Holistic medicine.

### Introduction

#### Anxiety and depression

Anxiety is a natural aspect of life and it is the body's innate response to alerting us to potential threats or dangers, real or imagined. However, if our worry intensifies and persists, interfering with our normal everyday tasks or perhaps making them impossible due to uncontrollable anxieties, this is an anxiety disorder. [1]

Depression is characterized by persistent emotions of discouragement, melancholy, hopelessness, apathy, or indifference in life that interfere with everyday activities for more than two weeks. [1]

A gloomy, empty, or irritated mood is a shared feature of anxiety and depressive disorders, which when combined with certain cognitive and physical symptoms causes severe suffering or functional impairment. [2] Excessive dread and anxiety linked to behavioural changes are traits shared by all disorders. In anxiety disorders, the external or internal stimuli result in an excessively anxious reaction that causes severe suffering or significantly impairs functioning. It is crucial to include the patient in the therapy process by being open and honest with them and by providing them with details regarding how long it will take for them to see results and any potential adverse effects. [2]

The connection between depression and anxiety has generated a great deal of debate. Data from a review of research show that sadness and anxiety often coexist. The theories of how

this relationship may be best understood as follows: (i) that the spectrum of anxiety and depression contains a variety of more or less distinct, but occasionally coexisting syndromes; (ii) that the symptoms of anxiety and depression are different external manifestations of a more fundamental underlying cause; (iii) that one condition may predispose to the other; and (iv) that the association may be caused by definitional overlap since the tools used to measure each condition have similar items. [3]

In medical parlance, *Compliance* is defined as the extent to which the behaviour of a person, in terms of taking medication or lifestyle changes, corresponds to a medical prescription. Therefore, non-compliance should not be understood simply as “lack of taking a medication,” since it involves a wide range of behavioural and lifestyle changes, each of which plays an important role in the overall success of treatment.[4]

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

A non-touch, drug-free energy healing method, the Yoga Prana Vidya System employs prana energy to cure a wide range of physical and mental diseases. For a person's overall physical, emotional, and mental well-being, YPV is a comprehensive and integrated system that promotes not only energy healing to treat illnesses but includes physical exercise activities, breathing exercises, forgiveness sadhana, meditation techniques, a healthy diet, drinking enough water, and other practices that are included in the YPV Sadhana App. In energy healing techniques, the healer either completely replenishes the patient's energy body or just cleanses and reenergizes the injured region to replenish the sick, exhausted, and used-up energy.

Various types of fears and phobias are general causes of anxiety. Also, it is well known that physical sicknesses are a major cause of anxiety and depression in the case of many patients. Therefore, the YPV system of healing treatment essentially includes the YPV psychotherapy tool HSTAC. The upper chakrams of the energy body, viz., Heart, Solar plexus, Throat, Ajna, and Crown chakrams influence the emotional, and mental side of a person and link to one's own higher nature. Using the HSTAC protocol a YPV healer cleanses and energises these chakrams in a way to moderate and reduce the anxiety and depression levels through the energy healing process. Published literature of over 85 research articles has established the successful utility of the versatile YPV psychotherapy and healing procedures in the holistic treatment of a variety of illnesses.

This paper presents a detailed case study of how a 21 years old college student who was suffering from excessive academic anxiety and depression was successfully treated using YPV healing protocols.

### **Case report**

#### **Patient details**

The patient, in this case, was a female aged 21 years, living in Karnataka and preparing for Chartered Accountant (CA) qualification examinations.

#### **Before YPV healing**

The patient started feeling symptoms of anxiety and depression during the first wave of COVID in March 2020. She prepared and appeared for some CA exam papers but could not secure a pass. She was unable to focus on her studies and used to have many confusing thoughts and fears

and was feeling lost in life. She was experiencing severe anxiety and worried too much about her future. She was not able to focus on the present activities at hand, and could not even perform the smallest tasks. She used to compare herself with her peers who overtook her and as a result inflicted self-criticism that fuelled depressive thoughts. She felt sad with low self-esteem and used to cry often. She lacked motivation and procrastinated CA studies which made her lose her confidence, leading to further depression. She then consulted a counsellor in March 2021 who suggested she consult a psychiatrist, which she did on 23 March 2021. The Psychiatrist prescribed some medicines and a monthly review visit for the next 14 months. The medicines caused her to feel very sleepy with occasional headaches. Her depression and anxiety were not cured even after taking medicines for 14 months, so she consulted the counsellor again who suggested she does pranayama, exercise, and meditation. In this process, she then came to know about the Yoga Prana Vidya System of healing through a friend which led to contacting and consulting a YPV healer.

### **YPV healing intervention**

On 19 July 2022, the patient consulted the YPV healer with her medical documents. The healer suggested she either take healing sessions from her or alternatively learn YPV lessons to heal herself, besides regularly practicing prescribed YPV sadhana techniques, like rhythmic yogic breathing (RYB) once every 2 hours, forgiveness sadhana 3 times daily, super brain asana once daily, specified simple physical exercises twice daily and Planetary Peace Meditation (PPM) once daily. The other protocols of YPV prescribed for the patient were: more fruits and vegetables in the diet, less or no added salt in the diet, and a saltwater bath daily.

The patient then decided to take healing sessions from the healer for some days, starting 20 July 2022. The healer conducted YPV healing psychotherapy sessions to heal the upper chakrams such as the heart, solar plexus, throat, ajna, and crown chakrams. The healer additionally healed two lower chakrams called sex, and basic chakrams to increase her physical strength. Further to it, the healer worked on the Basic, navel, heart, ajna, and crown chakrams to activate, strengthen and balance the energy. The healer used YPV HDP Level 1 cord-cutting technique to cut unauthorized cords and used the HDP Level 1 healing technique to cleanse the brain. To increase immunity and energy level, the healer used the YPV level 2 instantaneous strengthening technique, blood cleansing technique, and infection protocol. All the chakrams were cleansed, energised, and balanced with YPV level 2 colour energies. YPV's psychic self-protection technique was used to protect her from psychic attacks and contaminations. Everyday 30 minutes of healing session was given directly, for which the patient was very receptive to the healing and felt calm and relaxed. The patient felt her improvements magical, as her anxiety and depression levels gradually reduced. Her calmness increased and excessive thinking reduced. The practice of YPV SADHANA App modules greatly helped her to overcome this problem. The 7 days of healing intervention ended on 26 July 2022.

The patient learned YPV energy healing levels 1,2 and 3 from 27 July 2022 for 5 days and started healing herself for strengthening her immunity. Feeling very happy, and confident, she turned her attention to her studies.

## Results

She quit the CA study programme as she felt that it was not the right career path for her, and appeared for an MBA entrance examination and got selected for one of the colleges in Karnataka. Further, she had also learned YPV crystal healing and Arhat Yoga and started practicing it regularly. She expressed her thankfulness to the YPV system, her healer, and her trainers for helping her to overcome anxiety, depression, and associated disturbances in life.

## Patient feedback

A detailed follow-up with a research interview conducted by the healer revealed some interesting aspects of the patient's experience, while she was going through YPV healing intervention and her own training she had undergone to become a healer herself. The outcomes of her YPV intervention, her experiences, and verbatim quotes are briefly stated below.

### 1. Changes in thought patterns

YPV intervention caused changes in her thinking pattern about her issues. The verbatim quote is:

*"As I started practicing it every day, I started seeing more changes in my thought pattern. The intensity of my thoughts reduced, the gap between thoughts increased, and I felt like my energy levels increased; and as a result, I was able to do simple daily household tasks like washing vessels, cleaning which I used to find hard earlier. Since I practiced YPV sadhana along with healings, the results were so quick."*

### 2 Gained clarity on life goals

The patient realised that the root cause of her anxiety and depressive state of mind was her failure in the CA exam which might not be the appropriate career path for her. As a result, she set a new career goal.

*"I can say that even though changing my career path was the most difficult thing for me after having invested so much time, YPV techniques helped me become more confident and hopeful about my life."*

### 3. Improvements in multiple ways

Besides normalising her mental condition, YPV helped her to improve her physical health and triggered her spiritual development as a source of peace.

*"Yes, I am good, regular practice of YPV helped me to beat procrastination and the regular pattern of feeling anxious when things do not go my way. By this, I can say that my depression is also cured. Also, previously I had an allergy in the morning; I used to sneeze a lot, I had very low immunity and I also had a choking feeling in the throat. Usually, it occurs because of stress. With YPV, I not only found answers as to why I had certain problems but also became free from them."*

### 4. Holistic effects of the YPV system

This patient experienced the YPV healing system as one that enabled her to heal, train, and develop as a whole person. The verbatim quote from her feedback is shown below.

*"I would say the YPV has helped me both in terms of physical and psychological well-being and it is the easiest and safest way for spiritual development. The tools given here are very simple and easy to learn and apply, and the results are quicker. My trainers have also been very supportive and helpful and I am very grateful for having been introduced to YPV."*

## Discussion

Literature shows published studies using YPV protocols, such as by Ramya et al. on how academic anxiety was overcome by high school students [5], Revathi et al. on how the psychological well-being of undertrial prisoners was improved by the application of YPV interventions. [6 ], and Nanduri on overcoming workplace anxiety and depression [7],

Some studies have revealed how cancer patients were successfully healed and relieved of their anxiety and depression using YPV protocols, such as by Jain et al. [8]. Madhavi et al. [9 ], Nathani et al. [10], Saluja et al. [11]. Renuka et al. [12], and Pinjani et al. [13]

The pandemic of COVID caused many patients to panic, with confusion, anxiety, and depression. Some studies such as those by Karnani et al. [14], Prajapati et al. [15], and Reddy et al. [16] revealed how YPV protocols helped COVID patients overcome those anxious and depressive thoughts and feelings through the application of YPV healing protocols.

In the treatment of depressive and anxiety disorders, therapeutic choice should consider patient preferences and must be decided together with the patient. Compliance is an important aspect that determines the success of treatment.[2] This case is a good example of how the patient fully complied with the prescribed YPV protocols that contributed greatly to the successful outcome for her.

## Conclusions

The psychotherapy tool of Yoga Prana Vidya (YPV) has been proven to successfully normalise the anxiety and depression levels of patients. The YPV healing system is integrated and holistic which is a non-touch drugless therapy affordable for all. Further research is recommended using appropriate sample and methodology. YPV empowers patients to sustain improvement and heal themselves. Further, it gives a great opportunity to everyone to become reasonably good healers in a short period of time.

## Acknowledgments

The authors would like to express grateful thanks to the patient for giving consent to share her case details on condition of anonymity. Our grateful thanks are also to Sri Ramana Trust (Thally-635118, Tamil Nādu) for giving permission to use their copyright terms Yoga Prana Vidya ® and YPV ®.

## Conflicts of interest

None

## Funding

Nil

## References

1. Anxiety and Depression Association of America. Understanding Anxiety & Depression. Available <https://adaa.org/understanding-anxiety> 2023
2. Maina G, Mauri M, Rossi A. Anxiety and Depression. Journal of Psychopathology 2016;22:236-250
3. Frances, A., Manning, D., Marin, D. et al. Relationship of anxiety and depression. Psychopharmacology 1992;106 (Suppl 1), S82-S86. <https://doi.org/10.1007/BF02246243>

4. Haynes RB. Introduction. In: Haynes RB, Sackett DL, Taylor DW, editors. *Compliance in Health Care*. Baltimore, MD: Johns Hopkins University Press 1979, p. 2
5. 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*, 2020;10(2): 59-64
6. 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>
7. 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
8. 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*, 2(05):5-11
9. Madhavi Sunkari, Nanduri VS. A case of Metastatic Breast Cancer treated successfully by using Yoga Prana Vidya (YPV) Healing Methods persistently as a complementary medicine and patient self-belief. *Int J Med Sci and Dent res*, 2022; 05(04): 37-44
10. Nathani P, Nanduri VS. A Case of 52 Years Old Female Patient with Gastroesophageal Malignancy: Successful Healing Treatment Using Yoga Prana Vidya (YPV) System Protocols as Complementary Medicine. *Clinical Medicine and Health Research Journal (CMHRJ)*, 2022; 02 (05):215-220 Available <https://cmhrj.com/index.php/cmhrj/issue/view/8>
11. Saluja (Tina) SK, Nanduri VS. A case of esophageal cancer Stage 2 successfully healed using Yoga Prana Vidya protocols as complementary medicine. *Innovative Journal of Medical and Health Science*, 2022;12(10):2009-2013 Available <https://innovativejournal.in/index.php/ijmhs/article/view/3475/3051>
12. Renuka MS, Nanduri VS. A patient case of Adnexal mass with malignant cells healed successfully using Yoga Prana Vidya Energy Healing Techniques as Complementary Therapy. *Inno J of Med Health Sci* 13 (02), 2050-2055(2023, DOI: <https://doi.org/10.52845/IJMHS/2023/13-02-1>
13. Pinjani R, Pinjani S, Nanduri VS. Experiences of a 50-year-old breast cancer survivor: Role of Yoga Prana Vidya protocols as complementary therapy to overcome trauma and side effects of cancer treatment. *Indian Cancer Awareness J* 2023;2:24-8.
14. 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>
15. Prajapati R, Nanduri VS. Successful healing and recovery of a COVID-19 female patient using Yoga Prana Vidya advanced Protocols as complementary medicine: An in-depth case study. *IAIM*, 2021; 8(10): 45-51.
16. Reddy NJ, Karnani V, Nanduri VS. Yoga Prana Vidya Distance healing intervention for COVID-19 patients: An outcome case study. *Indian J Psychiatr Soc Work* 2022;13(1):Epub 1-8