



## **Chronic Addiction to Tobacco: a Case of Successful de-addiction Using Yoga Prana Vidya (YPV) System Protocols**

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### **Abstract :**

**Introduction:** Consuming Tobacco in any form increases the chance of developing some chronic diseases, including cancer, lung illness, cardiovascular disease, and stroke. Giving off any form of tobacco has virtually instant positive effects. De-addiction is the process of getting rid of an individual's unending dependency on consuming certain harmful things. Though there are some medical treatments for the cessation of tobacco addiction, drugless treatments are always preferable. This paper presents a case of effective cessation of tobacco addiction using a drugless YPV system of energy healing. **Method:** The case study method is used in this paper by collecting information on the patient's addiction and medical history, YPV healer's records, and patient feedback communications. **Results:** During the first week of healing, the patient's addiction was decreased by 50% of the previous level. The second week of recovery saw an additional 20% reduction. At the conclusion of the fourth week, the addiction rate was 10%. By the end of the third month, addiction had significantly decreased by 95%. After six months of the YPV healing intervention, the craving for tobacco fully halted, with no signs of relapse. **Conclusions:** As an Integrated and holistic system, YPV protocols have been established as very effective means of de-addiction. Further research is recommended. It is considered beneficial for frontline healthcare workers to acquire a working knowledge of the YPV healing practices to complement their respective specialties.

**Keywords - Tobacco Addiction, De-addiction, Rehabilitation, Yoga Prana Vidya System ®, YPV®**

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### **I. INTRODUCTION**

Globally, tobacco use is a significant public health threat, leading to loss of lives and incurring heavy social and economic costs. According to WHO (World Health Organization), the total economic costs attributed to tobacco use in India from all diseases in the year 2017-18 for persons aged 35 years and above amounted to INR 177,341 crore (USD 27.5 billion) [1]. This paper presents a case of tobacco addiction, healed using Yoga Prana Vidya System Protocols without any drugs.

### **II. CASE REPORT**

The patient was a 76 years old retired male based in Bangalore. The YPV healer who handled this case was a female Certified YPV healer and Senior YPV Trainer based in Bangalore.

Pre-YPV medical condition of the patient:

The patient has been habituated to chronic tobacco abuse since childhood. The patient was addicted to smoking cigarettes and chewing Paan with Zarda which is a tobacco product. The patient is the father of a YPV-certified healer and Trainer. The Healer took her father through the YPV healing protocols for de-addiction. Prior to approaching the YPV healer, he had not tried any other de-addiction methods. The patient did not have any other physical or mental health issues besides tobacco addiction.

YPV healing intervention:

The YPV healing intervention protocols for de-addiction started on 15-Feb-2023 and ended on 15-Aug-2023 (6 months).

The following YPV Protocols were used in this intervention.

- YPV Level 3 addiction protocols using colour Prana
- General cleansing with brilliant violet entity elements connected to cigarette smoking addiction be disintegrated
- Soaked solar, throat, and secondary throat chakrams with brilliant violet. Crown, Ajna, and Heart chakrams were cleansed and energized with brilliant violet.
- Basic chakram was cleansed with brilliant violet and energized with light whitish red.
- Navel chakram cleaned with brilliant violet and energized with Light Whitish Red.
- Spleen, mengmein, and sex chakrams were cleansed and energized Spleen and sex chakrams with white. Cleansed the mengmein again
- Shielded the throat and secondary throat chakrams and aura.
- Cleansing of the environment was done

Details of healing sessions:

Daily 3 healing sessions during the first week.

Daily 2 healing sessions during the second week.

Daily 1 healing during the 3rd and 4th weeks, and a further 5 months.

The healer consistently followed up assessing the patient's craving for addiction. The patient's response to YPV healing treatment and progress made is as stated below.

- On the first day of healing the patient decided to stop smoking, but he was feeling low and had slight withdrawal symptoms. To manage this condition, 3 healing sessions were given per day during the 1st week.
- With a slight improvement in his activity during the 2nd week, daily 2 healings were given
- In view of further improvement, one healing daily was given during the 3rd week.
- During the 4th week he was found highly energetic. However, to sustain it the daily one-time healing sessions continued.
- During this entire process, the patient was practicing Rhythmic yogic breathing 3 times per day as advised using the YPV Sadhana App.

Results

- The patient's addiction was reduced by 50% of earlier consumption during the first week of healing.
- During the second week of healing, further reduced by another 20%
- Addiction reduced to 10% by the end of 4th week.
- Addiction considerably and consistently reduced by almost 95% by the end of 3rd month
- Addiction or further craving completely stopped after 6 months of the YPV healing intervention, with no relapse seen as of 15 Aug 2023.

Patient final feedback:

Through email dated 20 Aug 2023, the patient conveyed the following message:

“My name is XXXX, and I am close to 76 years old. When I was 4-5 years old, my brother-in-law used to ask me to light a cigarette, and I used to inhale it for it to get burned. By doing so, I became addicted to cigarettes at a very young age. There were times I completed 3–4 packets of cigars per day. Not only I was addicted to cigarettes, but also to Zarda. I was smoking and using Pan/Zarda for a long time and was not able to get over it. But at some point, I got irritated with myself and went to my daughter's place. There she just did one

healing, and on the same day I threw away the cigar packet, and till today I never touched it again, and it won't suit me now. I noticed a drastic change in my urge and now I am completely out of smoking. So, what I want to say to all of you is that you should learn healing and have great development in your life.”

### III. DISCUSSION

Tobacco consumption in any form is a significant risk factor for numerous chronic ailments, such as cancer, lung disease, cardiovascular disease, and stroke. It is a leading cause of mortality and morbidity in India, accounting for approximately 1.35 million deaths annually. India is also the second-largest producer and consumer of tobacco, with a wide range of tobacco products available at low prices. According to the Global Adult Tobacco Survey India, 2016-17, approximately 267 million adults (15 years and above) in India, which is 29% of all adults, use tobacco. Smokeless tobacco is the most prevalent form of tobacco use in India, with commonly used products being khaini, gutkha, betel quid with tobacco, and Zarda. The smoking forms of tobacco are bidi, cigarette, and hookah. [1]

The benefits of quitting tobacco are almost immediate. After just 20 minutes of quitting smoking, the heart rate improves. Within 1-9 months, coughing and shortness of breath decrease. Within 5-15 years, the stroke risk is reduced to that of a non-smoker. Within 10 years, the lung cancer death rate is about half that of a smoker. Within 15 years, the risk of heart disease is that of a non-smoker [1].

De-addiction refers to the process of eliminating an individual's dependence on specific substances or activities. The field of rehabilitation psychology is dedicated to studying addiction and facilitating the integration of addicts into mainstream society using appropriate de-addiction techniques. Rehabilitation centres provide a variety of therapeutic interventions aimed at reducing substance usage. [2]

According to the NIDA (National Institute on Drug Abuse), there are effective treatments available to support smoking cessation, including both behavioural therapies and FDA-approved medications. FDA-approved pharmacotherapies include various forms of nicotine replacement therapy, as well as bupropion and varenicline. Studies show that smokers who receive behavioural therapy and smoking cessation medications are more likely to quit than those who receive minimal treatment. Interventions such as brief advice from a health professional, helplines, automated text messages, and printed information are also helpful to some extent. In the USA the Surgeon General's Report on Smoking Cessation, published in January 2020, provides evidence that smoking cessation is beneficial at all ages, and improves health and quality of life [3].

It is well-recognized that drug-free interventions in smoking cessation are highly desirable. According to a review study conducted by Carim-Todd et al. [4], the limited success of current smoking cessation therapies encourages research into new treatment strategies such as Mind-body practices allied to yoga and meditation that have the potential to aid smoking cessation and become an alternative drug-free treatment option. Their study assessed the efficacy of yoga and other meditation-based interventions for smoking cessation to identify the challenges of clinical trials applying mind-body treatments. Their review of the 14 articles in their study found that most with some limitations reported promising effects supporting further investigation of the use of these practices to improve smoking cessation, offering scope for future research on these types of mind-body therapies to assist in smoking cessation [4]

According to Greene [5], Yoga is increasingly becoming a strategy for wellness in the United States. A 2016 survey found that nearly 37 million Americans practice yoga and an additional 12 million say they intend to try it in the coming year. Yoga is also being studied as an intervention for several physical and behavioural health disorders. This short report examines yoga's utility as a treatment or adjunctive tool for addiction recovery. Because addiction is characterized as a bio-psycho-social-spiritual disorder and yoga is a holistic practice focusing on the integration of body, mind, and spirit, it is logical to test yoga's efficacy in treating and recovering addiction. Yoga's positive effect on craving and negative mood states make it a promising modality for addiction recovery [5].

In a study, Zhu et al. propose that traditional Chinese herbal medicines may be used to complement current treatments for drug addiction, including withdrawal and relapse. As the molecular mechanisms of action of traditional Chinese herbal medicines are elucidated, further advances in their use for the treatment of drug addiction are promising [6].

It is observed from the literature that over 90 published research articles on Yoga Prana Vidya (YPV) System therapies that consist of drug-free and non-touch modalities enabled many successful applications in the treatment of various physical and mental health issues.

Several cases of addiction, such as alcohol, tobacco, gadgets, food, watching movies, etc., were treated successfully using YPV de-addiction therapies as reported by Dube, and Ramya et al [7].

A review research article by Nanduri [8] reported the great scope of YPV system protocols as a vision for the future to overcome addiction and empower rehabilitation [8].

The YPV system is an established energy healing system with integrated approaches and holistic healing results in the physical, mental, and emotional dimensions. A literature search reveals more than 90 published research articles that have accumulated evidence of successful treatment of various diseases and patient conditions, including mental health. Some examples of published articles include critical medical cases treated with long-term YPV interventions [9], treatment and management of diabetes [10], coronary artery occlusion [11], improvement of vision in eye patients [12], treatment of high blood pressure, cholesterol, and asthma [13], emergency and first aid cases [14], rapid recovery of COVID-19 patients [15] [16] [17], hypothyroidism [18], anxiety and depression in corporate workers [19], improving the academic performance of high school students [20], improving psychological well-being and reducing criminal attitudes of pretrial detainees [21], and improving social behaviour and cognitive abilities of children with intellectual disabilities [22].

#### IV. CONCLUSION

The literature supports yoga and meditation-based therapies such as the YPV System as effective means to assist smoking cessation. However, the small number of studies available and associated methodological limitations may require more clinical trials with larger sample sizes and carefully monitored interventions to determine rigorously if yoga and meditation are effective treatments for the wider population

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#### Conflicts of interest

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