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An outcomes study of a 3-day Yoga Prana Vidya (YPV) healing camp conducted in Sirsi, Karnataka in 2022

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Abstract

Introduction: Health and Healing camps help in raising the awareness of people in self-care in health, and treatment of common ailments at affordable cost. This paper presents the outcomes of a Yoga Prana Vidya (YPV) healing camp conducted in Sirsi city of Karnataka by a team of YPV healers and trainers during the year 2022.

Method: This is an outcome study of a 3-day YPV healing camp conducted by a team of 9 qualified and experienced YPV healers who applied appropriate interventional protocols for 3 days, and documented the improvements in the health condition of the 38 participants. Data analysis is done by analyzing and comparing the individuals' conditions before, during, and after the camp ended.

Results: Ten categories of health issues were identified, viz., gastrointestinal, pain of various kinds; problems of skin, eye/vision, respiratory system, psychophysiological, overweight/obesity, hypothyroidism, swelling of legs, and diabetes. Noteworthy improvements in the health conditions of all participants are observed. Based on this it can be concluded that YPV is an integrated and holistic system which is a simple system, easy to follow at an affordable cost. It is found effective for patients' self-care raising their awareness in multiple domains of physical, mental, emotional, and spiritual, very useful in disease control and prevention. Further research is recommended.

Keywords: Community health, healing camps, yoga prana vidya system, YPV

Introduction

YPV Healing system is an integrated and holistic system that causes simultaneous benefits of composite health, viz., physical, mental, and emotional health. Literature shows over 95 published research articles showing evidence of the multiple health benefits, at the same time raising one's spiritual awareness [1, 2, 3]. Yoga Prana Vidya (YPV) healing-based health camps in communities have been found to raise people's awareness of how to take self-care by making use of this low-cost integrated and holistic system having proven therapeutic values [4, 5, 6, 7, 8].

This paper presents the outcomes of one such YPV healing camp conducted by a group of YPV trainers and healers in the city of Sirsi in Karnataka during the year 2022.

Camp organization

The Healing camp in Sirsi was organized and conducted for three days from 30th July to 1st August 2022.

The Healing team consisted of a total of 9 Healers – 7 Associated Certified YPV Healers and 2 Senior Healers (YPV Level 5).

Participants profile

Participants were registered at the place where the healing camp was conducted. The participants of the camp were 38 who were recruited through advertisements and Healers' contacts. There were 14 males with an age range of 32 to 80 years and a mean age of 56.2 years. There were 24 females, with an age range of 16 to 69 years having a mean age of 49.3 years.

Data at entry of the camp was collected from each participant with demographic information such as name, age, native place, presenting main complaints, details of health history, and any medication taken.

YPV Intervention

The following YPV Protocols were applied to participants in the camp.

1. At the start of the camp, the team leader gave a brief introduction to what is Yoga Prana Vidya, what is healing, and how it works.
2. The group of participants was taught to learn and practice the self-care techniques of Rhythmic Yogic Breathing (RYB) and forgiveness sadhana.
3. The daily schedule included practice of self-care techniques under guidance followed by Group Healing

4. After that, individual healing was given by the healers to each participant by following Healer Development Program Level 1 healing protocols for 20 minutes.
5. Later, YPV Level 5 healing was given by Senior healers for 10-20 minutes for each participant appropriately depending on their illness.

Every day, at the end of healing sessions, feedback was taken from each subject to know what improvements they experienced.

Results of healing sessions

A summary of the illness categories and conditions for which the participants sought YPV healing intervention in the camp is presented in Table 1.

Table 1: Health issues and results of healing

| S. No. | Categories of Health issues | Number of cases and % | Results at the end of this 3-day camp |
|--------|--|-----------------------|--|
| 1 | Gastro-intestinal (Hyperacidity, Constipation) | 6 (15.8%) | Acidity decreased. |
| 2 | | | Pain |
| | Body & limbs | 13 (34.2%) | Reduced by 50% to 90% case to case |
| | Lower back pain | 12 (31.6%) | Reduced by 50% to 90% case to case |
| | Headache & Migraine | 6 (15.8%) | Fully reduced |
| | Throat pain | 2 (5.2%) | Reduced by 70% to 80% |
| | Muscle cramps | 1 (2.6%) | Reduced by 30% |
| 3. | Skin related | 6 (15.8%) | Itching reduced completely and the skin condition returned to normal |
| 4. | Eyes/Vision problems | 4 (10.5%) | Vision improved |
| 5. | | | Respiratory problems |
| | Asthma | 2 (5.2%) | Frequency of attacks reduced |
| | Breathing difficulty | 1 (2.6%) | Reduced by 40% |
| 6. | | | Psychophysiological issues |
| | Stress | 2 (5.2%) | Felt calm, relaxed, and happy |
| | Anxiety, Fear, depression | 3 (7.9%) | Felt relaxed and normal |
| | Sleeplessness | 4 (10.5%) | Achieved peaceful undisturbed sleep |
| | Fatigue and general weakness | 1 (2.6%) | Felt relaxed and energized |
| 7. | Overweight & Obesity | 3 (7.9%) | Waist measurement reduced from 5% to 13% |
| 8 | Hypothyroidism | 1 (2.6%) | Symptoms disappeared. Felt relaxed, happy, and light |
| 9 | Swelling of legs | 1 (2.6%) | Swelling reduced by 30%, felt relaxed and happy |
| 10 | Diabetes | 1 (2.6%) | Felt calm and relaxed |

Discussion

Data analysis shows that the illnesses presented by the participants fall broadly into 10 categories as presented in Table 1. The nature of these categories and how the YPV system addressed these issues are discussed as follows.

1. Gastrointestinal issues

Hyperacidity and constipation were reported by 6 out of 38 participants which shows a 15.8% incidence in this sample. Hyperacidity is a very common gastrointestinal ailment reported by men and women of all age groups, wherein the stomach produces vast amounts of acids primarily composed of hydrochloric acid. Also referred to as acid dyspepsia, high levels of stomach acid invariably trigger pain in the abdomen along with bloating, heartburn, nausea, vomiting, and several other gut issues. A spectrum of causes of hyperacidity are: Consuming junk, sugary, salty, and spicy foods often, untimely meals, fasting for a prolonged duration, Lack of sleep and rest for the body, mental stress, tension, anxiety, sedentary habits with no regular physical exercise, smoking and excess intake of alcohol. Experience shows that many non-serious cases of hyperacidity can be managed with self-care remedies and healthy lifestyle

modifications^[9]. YPV system recommends chewing well and consuming smaller portions of meals consisting of wholesome foods, fruits, vegetables, nuts, quitting smoking and alcohol consumption, sleeping well at night, exercising and Rhythmic Yogic Breathing regularly using the YPV Sadhana app, and losing surplus body fat in cases of overweight or obesity. YPV Healing protocols enable the gastrointestinal system to control the production of stomach acids, which when combined with the recommended lifestyle changes enables the effective management of stomach acidity. It is observed that this 3-day camp helped the patients in decreasing their acidity levels considerably.

2. Pain cases

The International Association for the Study of Pain (IASP) defines pain as, "An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage"^[10].

Everyone experiences pain of several kinds at some point in a lifetime, caused by incidents such as an injury, operation, or pushing the body too hard. Conditions such as stress, infection, arthritis, and other health problems also cause pain reducing the ability to sleep, work, and enjoy life. It

can also lead to depression and anxiety. Pain that lasts beyond three months is known as chronic pain that can be hard on our bodies and on our mental health^[11].

There are several approaches to pain relief including standard medications that can be a good option for many pain sufferers, but a wide range of effective non-drug therapies are also available and preferable.

Females are at greater risk for many pain conditions and often report a higher prevalence of chronic pain than men. Females are also likely to have more pain from certain diseases and some chronic pain disorders occur only in females while others occur predominantly in males^[12].

YPV system uses healing protocols that have been effective in successful pain management. Literature shows the use of YPV protocols in successful pain management, for example, in cases of cancer treatment with very painful side effects^[13-16].

More than 40% of cases reported in this camp were related to acute and chronic pain. In previous studies of healing camps^[7, 17] also, it was observed that there were more participants with complaints of pain, who were successfully healed for pain reduction.

3. Skin related problems

It is observed in this study that 6 out of 38 (15.8%) reported skin problems that needed healing treatment, and all of them reported successful results after receiving healing. This compares well with similar results in previous studies such as^[18, 19], and^[20], which have also reported successful treatment of skin disorders using YPV healing protocols.

4. Eyes/Vision problems

In this camp, 4 out of 38 participants (10.5%) reported eye and vision problems, who confirmed that their vision improved greatly by the end of this 3-day camp. This compares well with the results from a previous eye camp^[21].

5. Respiratory Problems (Breathing problems and Asthma)

One case of breathing difficulties and one case of asthma (2 respiratory problem cases out of 38 participants) were reported in this camp for treatment. The techniques of Rhythmic Yogic breathing (RYB) and healing sessions reduced the breathing difficulty by 40%. The asthma patient reported a reduced frequency of asthma attacks after receiving healing sessions combined with RYB and the practice of forgiveness. This compares well with the results of previous studies of YPV healing of breathing problems experienced by COVID patients^[22, 23], and asthma^[24].

6. Psychophysiological issues

The issues reported were: stress {2 (5.2%)}; anxiety, fear, depression {3 (7.9%)}; Sleeplessness {4 (10.5%)}, and tiredness and general weakness 1 (2.6%). Healing sessions combined with RYB and Forgiveness Sadhana helped the patients to overcome these and normalize their condition. As a result of their 3-day participation in the healing camp, they felt calm, relaxed, energized, and turned normal. And they achieved peaceful undisturbed sleep.

In this camp, specific YPV psychotherapy protocols combined with RYB and forgiveness sadhana helped patients as experienced in previous studies^[25, 26, 27].

7. Overweight & Obesity

Three patients out of 38 (7.9%) were found obese and desired to be treated in this camp. They were advised to follow the right diet while practicing physical exercises, RYB, and forgiveness sadhana. In addition, they were healed using weight reduction protocols. As a result, their waist measurements reduced from 5% to 13% with a corresponding reduction in weight. These results are like those observed in previous studies using YPV protocols which were also found to gain healthy weight reduction^[28].

8. Hypothyroidism

One case of Hypothyroidism was reported in this camp {1 (2.6%)}. After 3 days of healing the symptoms disappeared. The patient experienced a relaxed state of being and happiness. Similar results were found in a previous study of Hypothyroidism cases^[29].

9. Swelling of legs

One patient in this camp {1 (2.6%)} who reported swelling of legs, due to an underlying medical condition, experienced a 30% reduction in swelling, which compares well with the results in a previous study of a patient with DVT (Deep Vein thrombosis) who was treated successfully using YPV protocols^[30].

10. Diabetes

After going through 3 days of self-practices and healings conducted by the healers in this camp, a chronic patient of diabetes {1(2.6%)} reported an improvement in his condition, with calmness and relaxation. In a previous camp, YPV protocols were found to have produced similar improvements in the participants' condition^[31].

Conclusion

Experience shows that YPV Healing camps such as the one presented in this paper, have been very helpful in educating patients in self-care using integrated YPV protocols which promote holistic health. These protocols are simple and easy to follow by people of all age groups and at affordable cost. There is a vast scope for conducting multidisciplinary health camps combining appropriate medical teams with YPV teams for holistic treatment of illnesses including infectious diseases and to promote preventive YPV self-help health care.

Conflicts of interest

There are no conflicts of interest.

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