

Original Research Article

A study of the health benefits of the Yoga Prana Vidya healing camp conducted at YPV Ashram in December 2022

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Received: 30 March 2024

Revised: 10 May 2024

Accepted: 13 May 2024

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ABSTRACT

Background: Several YPV Healing Camp programmes in the past have assisted people of all ages in treating and resolving their current health problems and lowering their chance of developing future chronic illnesses, which typically begin early and get worse with age. This paper presents one such camp and its outcomes successfully conducted at the YPV Ashram in December 2022.

Methods: An interventional method for evaluating the outcomes of this camp is used. Patients' data was collected before and after this camp by a team of 6 YPV healers who performed healing services using YPV protocols. The patient sample consisted of 29 adults (20 female and 9 male) from various places in the country who registered their voluntary participation.

Results: Measured parameters such as body weight (Wt.), body mass index (BMI), V Fat, waist circumference, blood pressure (both Systolic and diastolic), and O₂ saturation showed statistically significant improvements for the group. The patients experienced considerable improvements in their conditions such as pain in various parts of the body, and other physiological, psychological, and mental health issues.

Conclusions: The key success aspects of the YPV healing and wellness camps are the teamwork, preparation and scheduling, expertise, competence, and dedication of the healers. The Yoga Prana Vidya method, as a supplementary and alternative medicine, has had such an impact on the healthcare system that those who have sought this therapeutic system have experienced it well. More research is recommended on this topic utilizing suitable techniques and samples.

Keywords: Community Health, Yoga Prana Vidya®, YPV®, YPV Healing Camps

INTRODUCTION

Health camps

Programmes of YPV healing camps often serve individuals of all ages to treat them resolve their present health issues, and reduce the risks of present or potential chronic illnesses, which generally start early and rise with age. A Literature search shows that successful outcomes of 5 such camps have been documented.¹⁻⁵ The YPV

system of healing integrates physical and breathing exercises, meditation techniques, the right diet, and YPV energy healing of the organs of the physical body and the energy body that surrounds the physical body.

Exercise and physical activity

There is unquestionable evidence that regular physical activity contributes to the primary and secondary prevention of several chronic diseases and is associated with a reduced risk of premature death.⁶

A Harvard Health bulletin states that exercising regularly, every day if possible, is the single most important thing you can do for your health.⁷ In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers. Whether you were once much more physically active or have never been one to exercise regularly, now is a great time to start an exercise and fitness regimen. Getting and staying in shape is just as important for seniors as it is for younger people.

Ohuruogu's study (2006) concluded that people who regularly participate in moderate amounts of physical activity and fitness can live longer and healthier and also, and physical activity and fitness not only help prevent illness and diseases but also promote quality of life.⁸

Exercise is a powerful tool in the fight to prevent and treat numerous chronic diseases, including biological aging. Given its whole-body, health-promoting nature, the integrative responses to exercise should surely attract a great deal of interest as the notion of "exercise is medicine" continues to its integration into clinical settings.⁹

Meditation techniques

According to a study by Horowitz et al on the topic health benefits of meditation, the newest research shows that meditation is now widely accepted as a mind-body technique for maintaining holistic health and wellness.¹⁰ In medical and rehabilitation settings, meditation has proven to be a safe and effective adjunctive therapy for treating a variety of conditions and the psychologic effects of chronic illness and pain-effects often not addressed in conventional treatments. Evidence suggesting that meditation has neuroprotective properties has implications for enhancing cognition and preventing psychological diseases.

Right diet

The World Health Organisation (WHO) states that a healthy diet helps to protect against malnutrition in all its forms, as well as non-communicable diseases (NCDs), including diabetes, heart disease, stroke and cancer.¹¹ Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development, and may have longer-term health benefits such as reducing the risk of becoming overweight or obese and developing NCDs later in life.¹¹

YPV system of healing

Literature shows there are over 100 published research papers with documentary evidence of treating various diseases using Yoga Prana Vidya (YPV) healing protocols as complementary and alternative medicine. This paper

presents the outcomes of a YPV healing camp conducted at the YPV Ashram in December 2022.

METHODS

This is an interventional study with patient data of chosen parameters collected before and after the YPV intervention in the Healing camp and analyzed using statistical methods.

Camp details

This Healing Camp was conducted successfully at the YPV Ashram, Sri Ramana Trust from 9th to 15th December 2022 with 29 patients. Patients arrived on 8th December and healing was done for 1 week from 9th -15th December.

The objective of the healing camp was to render integrated healing services for each patient to improve physically, emotionally, and mentally. The schedule for this holistic healing camp included exercising twice a day (morning and evening), walking (at least twice a day), breathing exercises (twice a day), doing the morning sadhana (meditation with self-healing) after the exercise, and breathing to start with.

Breakfast included fruits and coconut water, which was taken after the sadhana, and before the exercise a cup of no-milk tea (lemon grass and black pepper, ginger), and Sat-Isabgol (Psyllium husk).

Thereafter, there was a divine healing session and healing with the laying down of crystals pebbles on the patients during which the Om shanti om mantra was played in the background. After this, individual healing was given to each patient on 3 levels (first by a YPV associate certified healer, then by a YPV level 5 healer, and finally by YPV level 6 healers) thereby ensuring a thorough healing has been done for the day.

The lunch included a simple, balanced vegetarian meal without added salt. After lunch, they were asked to rest for a couple of hours before they returned in the evening for exercise, breathing, and walking followed by evening tea and some light snacks (one item in rotation like roasted peanuts, puffed rice, boiled corn, a small portion of boiled sweet potato, etc.)

There was a book study session post-tea time, where different topics were discussed like forgiveness and happiness to heal on emotional and mental levels. The day would end with a 15-minute forgiveness sadhana after which they dispersed for dinner and then had a good night's sleep.

The camp was conducted under the guidance of a senior YPV trainer and level 6 healer. There were a total of 6 healers who served the patients in the camp.

The camp was announced 2 months in advance of the camp commencement date and the healers spread the word around amongst the patients and others whom they could reach. The message was posted in all the chat groups of various healers and in some cases, people themselves approached, whereas in other cases they were

informed about the benefits one could get by attending such a healing camp. Regular follow-ups were done like, explaining to them the benefits, and helping them plan to reach the healing camp. The profile of the patients who joined the camp is shown in Table 1.

Table 1: Patient profile.

Gender	Age range	Number	Normal BMI (%)	Overweight (%)	Obese (%)
Male	42 to 69	9	2 (22.2)	2 (22.2)	5 (55.6)
Female	17 to 74	20	4 (20)	8 (40)	8 (40)

Table 2: Health issues or illness conditions presented.

Nature of health issues/illness conditions presented	Number	Percent
Pain (various parts of the body) and mobility	21	72.4
Psychological (including emotional)	16	55.2
Blood pressure	5	17.2
Addiction (alcohol, tobacco)	2	6.9
Women specific	2/20	10
Urinary System	2	6.9
Asthma	2	6.9
Cholesterol	1	3.4
Dental	1	3.4
Diabetes	1	3.4
Thyroid	1	3.4
Acidity	1	3.4%
Snoring	1	3.4%

A total of 29 Patients with various and specific ailments joined the camp from various parts of the country. There were 20 females in the age range 17 to 71, and 9 males in the age range 42 to 69. The profile of the health and wellness issues as reported by the patients is presented in Table 2. Based on the ailment, they were asked to come with their respective medical reports in respect of ailments such as diabetes, thyroid, eye vision, etc. For psychological and other ailments, the healers counseled and collected the necessary information about each

patient before the camp started. After arrival at the ashram, investigations such as the BMI, Muse brain wave analysis, and HRV (Heart rate Variability) were conducted and repeated once again before leaving the camp after 7 days. Those having blood sugar and BP issues were checked in between also.

The health issues presented by the patients for YPV healing intervention in this camp are given in Table 2. The number of health issue cases were: pain 21 (72.4%); psychological 16 (55.2%); blood pressure 5 (17.2%); alcohol/tobacco addiction 2(6.9%); women-specific 2 out of 20 (10%); urinary system and asthma each 2 (6.9%); cholesterol, dental, diabetes, thyroid, acidity, snoring each 1 (3.4%).

YPV healing intervention

The patients in this 7-day residential camp at the YPV Ashram were served by a team of 6 YPV healers having professional competencies as stated in Table 3. The Ashram environment is pollution free with calm surroundings. The Details of the YPV healing sessions given to them in the group and individually are as stated below: 1) Divine healing session - 15 minutes (in group) once daily; 2) Laying down of crystals - 40 minutes (individually) once daily; 3) Hdp1 healing - 25 minutes (individually) once daily; 4) Level 5 healing - 15 minutes (individually) once daily; 5) Level 6 healing - 10 minutes (individually) once daily.

Table 3: Profile of YPV healers who served at the camp.

Coming from town	Number of years in YPV practice as healer	YPV rank at the start of camp.
Bangalore	29	Founder and head of the organisation of the YPV system. YPV level 6 healer.
Indore	17	Senior Arhat trainer. YPV level 6 healer.
Raipur	12	Crystal PSP trainer. YPV level 5 healer.
Pune	10	Level 1 trainer. associated certified YPV healer.
Mumbai	4	Associate certified healer.
Ujjain	6	YPV crystal healer.

RESULTS

Quantitative

The following are the quantitative results from a statistical analysis of the 7 measured parameters achieved at the end of this camp.

Body weight (Wt.) was reduced by 2.73%. Statistical analysis using t-test taking alpha as 0.05 (95% confidence level), shows there is a statistically significant weight reduction. BMI (Body Mass Index) reduced by 4.27%. There is a statistically significant reduction in BMI. V Fat reduced by 4.17%. Statistical analysis using a t-test taking the alpha value of 0.05 shows a statistically significant reduction in V fat (visceral fat). Waist circumference (Wc.) reduced by 2.32 %. Statistical analysis using a t-test taking the alpha value of 0.05 shows a statistically significant reduction in the waist measurement. Systolic blood pressure reduced by 3.59%. Statistical analysis using t t-test taking Alpha 0.05 shows there is a statistically significant reduction in systolic blood pressure. Diastolic blood pressure was reduced by 2.44%. However, the result is statistically not found to be significant. O₂ Saturation level increased by 2.55%. Statistical t-test using an alpha value of 0.05 shows the results are statistically significant.

Qualitative

Qualitatively, the symptoms and other indicators as reported by the patients were effectively addressed and minimized by the YPV healings as shown below: 1) Pain (various parts of the body) and mobility: Pain and mobility improved varying from 50 to 90% for most affected patients. 2) Psychological (including emotional): Anxiety, worry, and depressive state of patients due to health issues; 3) Blood pressure: Normalized for all patients; 4) Addiction (alcohol, tobacco): Those with addictive behaviours felt de-addicted smoothly because of affect healing techniques; 5) Women-specific issues: Issues specific to women such as those related to menstrual and uterus experienced substantial improvements.

Patients who had issues such as in the Urinary System, Asthma, Cholesterol, thyroid, Dental, Diabetes, and blood pressure reported significant improvements in the symptoms and measured normal blood glucose and blood pressure levels. Patients who had issues of snoring experienced disappeared snoring dramatically. Those with acidity experienced great relief in their Gastrointestinal system.

Physical well-being and mobility issues

Patients felt lighter due to weight reduction achieved in the camp, which contributed greatly to their better well-being. They were able to walk and do exercises more easily, feeling balanced and relaxed.

Mental and emotional wellbeing

All patients experienced reduced stress levels, had good sleep, relaxed and felt calm, had clarity of thoughts, and felt confident at physical, emotional, and mental levels.

A quote from one of the patient's feedback says "I was feeling dull when I came here but now I'm 100% better, my walking and the way I exercise has improved, feeling strong and bold at physical, emotional and mental levels, good control over body movements and balance."

A summary of patients' feedback

Examples of feedback obtained from the patients at the exit of the camp are quoted here:

"Everything was so according to schedule, and discipline. The whole ashram had some positive energy." "Forgiveness practice helped me a lot and made me realize forgiveness is important. I felt a bit love and happy, my skin started glowing and there was a major change in my under eyes. Emotionally, I was able to realize that forgiveness, work, and exercises helped me to learn to let go, and feel good at physical, emotional, and mental levels." "Forgiveness is really important."

DISCUSSION

This paper has presented the successful outcomes of the YPV healing and wellness camp conducted at the YPV Ashram in December 2022. Literature shows several healing camps were conducted by YPV healers in the past, such as those by Hegde et al, Karnani et al, Jayachander Reddy et al, Gupta et al, and Chitra et al.¹⁻⁵

It is observed in this study that pain of some sort in the body is the most prevalent condition (72.4%) for which the patients sought healing help in the camp instead of the use of painkillers that cause side effects. It is observed that in previous camps also pain was the most commonly prevalent complaint of the participants who came for relief from pain. In similar camps conducted, Gupta et al observed 67%, Karnani et al found 33% and Hegde et al 89% as a percentage of cases reported.^{4,2,1}

A comparison of quantitative results obtained in this camp and previous camps is interesting with similar results. With respect to BMI and weight, this study found a statistically significant reduction which compares well with the results of a previous study by Jayachander Reddy et al which also found a statistically significant reduction in these parameters.³

These camps were organized by the senior YPV healer-trainers with high competencies and vast experiences. The patients acknowledged that the work schedule followed and the teamwork of the healers involved in the camps contributed to the success.

Health camps are among the commonly performed activities of different organizations with different intentions. The purpose ranges from reaching out to unreached populations to increasing client base and thus increasing revenue generation.¹² The authors believe that documenting the organization and outcomes of wellness camps such as this will greatly help future camp organizers learn lessons from a public health point of view.

One limitation of this study is that the number of patients in this camp, 29, is small, compared to a previous study by Gupta et al with a patient number of 216.⁴ To this extent, this study is limited by smaller data. However, this limitation is more than offset by the quality of service rendered, which is observed to be much higher due to the pollution-free Ashram environment and a more detailed examination and power of healing for each patient case.

CONCLUSION

It is observed that the main success factors of these YPV healing and wellness camps, among other things are Healers' competencies, experience, dedication, planning and scheduling, and teamwork. As a complementary and alternative medicine, the Yoga Prana Vidya system has impacted the healthcare system such that it has gained popularity and many have sought this therapy system. There is great scope to conduct further research on this subject using appropriate samples and methodology.

ACKNOWLEDGEMENTS

We would like to thank the services of Ms. Vishakha Karnani and her team of YPV Healers including Anvita Bhatt, Usha Kakar, Kanchi Shah and Rakesh Srivastava for organizing and conducting the camp; Raj Harsora and Pradnya Mahajan for research assistance and data compilation, and Sri Ramana Trust for the permission given to use their copyright terms Yoga Prana Vidya ® and YPV ®.

Funding: No funding sources

Conflict of interest: None declared

Ethical approval: The study was approved by the Institutional Ethics Committee

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Cite this article as: Neravetla JR, Nanduri VS. A study of the health benefits of the Yoga Prana Vidya healing camp conducted at YPV Ashram in December 2022. *Int J Community Med Public Health* 2024;11:2312-6.