

Case Report

Role of yoga prana vidya in healing psychosomatic disorders: a multiple case study in a family setting

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ABSTRACT

Psychosomatic disorders (PD) stem from complex interactions among the central nervous system, endocrine system, and immune system. Prolonged stress and psychological turmoil trigger the release of stress hormones like cortisol, which negatively impact immune function, inflammation, and the body's balance. Consequently, physical symptoms arise due to psychological influences, including chronic pain, digestive issues, or respiratory problems. This paper presents two cases of women, close family members, who suffered PD due to toxic home environment, and sought YPV healing. Multiple case study method is used in this study by collecting data from the subjects, and their YPV Trainer-healer's records. It is found that both subjects were healed of their physical and mental health issues successfully by their Trainer-healer. They sought and received training to become YPV healers themselves with a view to self-healing and healing others to serve the society at large. It is concluded that the YPV system is playing a key role as a platform for complete recovery from physical health and mental health issues, and further personality and spiritual development of women, and men, who suffer psychosomatic disorders due to toxic home environment and vulnerability. Such people are motivated to become trained healers and serve the society to uplift others. Thus, they see a higher purpose in life fulfilled. Further studies with appropriate samples and methodology are highly recommended.

Keywords: Psychosomatic diseases, Yoga prana vidya system®, YPV®

INTRODUCTION

Psychosomatic disorders

The surge in the prevalence of PD in recent times can be attributed to irregular biological conditions and the increasingly stressful lifestyles that individuals lead, ultimately resulting in functional impairments of vital organs. PD arises from intricate interactions involving the central nervous, endocrine, and immune systems.

Influenced by prolonged stress and psychological distress, stress hormones, including cortisol, exert detrimental effects on immunological function, inflammation, and homeostatic equilibrium. As a result, physical symptoms emerge influenced by psychological factors, such as

persistent pain, gastrointestinal disturbances, or respiratory complications. It is pertinent to highlight that excessive and chronic stress, anxiety, or emotional distress may cause the onset or aggravation of cardiovascular disorders, namely hypertension and heart disease.¹

In the management of psychosomatic disorders (PD), various treatment modalities tried out are psychotherapy techniques such as cognitive-behavioral therapy, self-observation, relaxation training, hypnotherapy and biofeedback.

Medical practitioners usually try pharmacotherapy techniques such as antidepressants, antianxiety drugs and antipsychotic drugs.² These medications usually cause harmful side effects.

Yoga prana vidya system

The YPV system is an integrated and holistic system that uses a combination of physical exercises, yogic breathing exercises, meditation techniques and panic energy healing protocols and techniques helping the patients heal and recover physically, mentally, emotionally and spiritually without drugs or medicines. These processes are very safe without any side effects commonly found in the usage of drugs by mainstream medical treatments.³

A literature search has found that YPV healing protocols enabled successful treatment as alternative and complementary medicine such as in difficult medical cases, type 2 diabetes, heart disease, vision improvements, of high blood cholesterol levels and asthma, emergency and first aid, COVID-19 patients, Anxiety and depression and burnout of corporate employees, and reducing academic anxiety and improving performance.⁴⁻¹³

This paper presents the cases of two women of two generations of the same family who experienced psychosomatic diseases due to toxic family environment and recovered by undergoing YPV healings.

CASE REPORTS

Here we present two cases who are women members of the same family (mother and daughter); the senior lady (SL) is the mother aged 70, her daughter-a middle-aged lady (ML) aged 51 years.

Case 1 (Senior lady)

Patient background

She hailed from a village and from childhood, she had gone through many hardships in life. She hailed from a village and from childhood she had gone through many hardships in life. Her father was alcoholic and her mother was the only breadwinner in the family. The senior lady (SL) and her sister helped their mother with their little earnings. Their family was not financially stable. At the time of her marriage, her parents did not have money to give a dowry. Without any dowry, the groom married her. She thought she would be happy in the future because her husband was a teetotaler. Since she had gone through so much fear and trauma due to her father's alcohol addiction, she thought she would be happy with her husband.

On the contrary, her husband was antagonistic and ill-treated her always. He often yelled at her, and treated as his slave. She did not even have the opportunity to express her feelings to him. Though she was unhappy in the marriage, she had no other option. She did not go to her mother's house because her father was not going to support her in any way. As a result, she started suppressing her feelings. She was not sharing them with anyone. Her fears and trauma kept on increasing. After a couple of years of marriage, a daughter was born to them. Her daughter grew

up (ML) and after marriage gave birth to a boy and baby girl. This baby girl (the granddaughter of SL) grew up (YL) and started a happy married life.

Health issues and family problems

After the delivery of baby child, a milk lump appeared in her (SL) right breast, which was later removed. Her emotional instability started reflecting on her body. Initially, she had nervous issues and leg pain. She had gastrointestinal issues like severe bloating, constipation, and anaemia. After some time, she developed psychological issues, including palpitations, fear, and agitation. She was experiencing all these issues for more than 20 years. The main reason for her psychological issues was her husband's attitude and behaviour. He always spoke negatively about everything, and had no concern for the pain caused to SL. She always had a fear of what would happen if any major problem occurred in the family.

At the same time her daughter (ML) and son-in-law moved into SL's house along with her children because SL was unwell. After they moved in, SL's husband ill-treated his daughter and son-in-law. All this took a toll on SL's mental health, making it even worse. Many fearful thoughts depressed her further.

Over time, she had suicidal thoughts and could not tolerate even little things happening around her. She started crying about her situation to others. Her stomach was always bloated. For 7-8 years, they went to all the hospitals and did scans and endoscopies to find the reasons for bloating. They also went to many temples and performed poojas at home. Nothing helped.

After all the trial and error, they went to a psychiatrist. They conducted subconscious testing. Unknowingly, she expressed all her pain, feelings, and traumas, which she had gone through. If she were conscious, she would not share anything. After starting psychiatric treatment, all her bloating and panic attacks disappeared. She continued her medication for her psychological issues. She did her household and farming work actively. However, after three years, bloating and panic attacks started again. Even though she took medication, it did not work. After 2-3 months of suffering, it would cure itself. For the next 12 years, her life went on like this. Bloating and panic attacks would come and go twice or thrice a year. But no medication helped cure it permanently.

However, as the years passed, she started fearing everything. She thought she was going to die soon. She became bedridden and was unable to do any household or farming chores.

YPV healing intervention

At this stage her granddaughter (YL aged 24) thought about YPV healing to be the possible way to cure SL's

condition. She contacted a senior trainer and certified healer of YPV. The Trainer-healer applied the following healing protocols.

Healing protocols used for SL

HDP1 psychotherapy, twice a day for 2 months June 15th to August end of 2023. Soaking and cleaning techniques used for the following chakrams except spleen. Front and back solar plexus-cleaning (green, orange) Energising (Miraculous healing). Stomach minor-cleaning (green, orange) energising (miraculous healing). Liver minor-cleaning (green, orange) energising (green, blue, violet, and gold). Navel-cleaning (green, orange) Energising (gold). Basic-cleaning (green, orange) energizing (gold). Spleen-cleaning (green, violet) energising (greenish violet, gold).

Daily practice of forgiveness sadhana and light exercises in lying position. breathing exercises daily 4 to 5 times and chant the Ohm Shanthi mantra.

Results

The Trainer-Healer started giving distance healing, and within 2-3 days, SL started seeing results. Her mental agitation reduced, and her bloating and constipation issues decreased day by day. She started trusting the Healer and followed her instructions. Whenever she felt low, she would chant the OHM SHANTHI mantra or practice Rhythmic Yogic Breathing. She stopped worrying about her health.

The first healing session started on July 31st, 2023, and within 2-3 months, she saw great results. Within six months, she was completely cured of all physical and mental issues.

Previously, she would have bowel movements only after taking tablets, but now due to YPV healing everything happened naturally without medication. She felt fresh and energetic and started doing her household chores again. Her family was also happy now because of her health improvement. At last, for her, twenty-three years of pain and illness were cured in six months of YPV healing. It was like a magic and all in the family felt very happy.

Case 2 (Middle-aged lady)

Patient's family and emotional issues

Being the daughter of SL, this middle-aged lady (ML, age 51 years) was also affected by the same toxic environment. Her life had been marked by numerous challenges, starting from her childhood.

After they moved in to take care of SL, the SL's husband ill-treated his daughter and son-in-law, as he was autocratic by nature. Her husband and father had a strained relationship, leading to significant stress and depression

for her. During that time, ML and her husband were facing financial crises. Instead of offering support, her father would yell at them, and insulted them.

Physical health issues

As a result, her body was overwhelmed by numerous health issues, which began to surface one after another. Moreover, an accident caused a hand muscle injury. After 15 days of healing, her pain significantly subsided. She received healing for her hypertension.

in April 2024, ML suffered a stroke, which caused paralysis on the left side of her body. Upon recognizing the symptoms, her family promptly contacted the Trainer-healer for emergency healing intervention. The Trainer-healer worked closely with the family, incorporating the doctor's updates into her healing sessions. The healing sessions prevented further deterioration of her condition. ML continued to receive healing for a month, which aided in her recovery from the stroke. She had issues in her heart too. Her heart pulse rate was improper

YPV Healing interventions

The Healer used the following protocols for healing ML

HDP1 Psychotherapy for psychological and emotional distressing

Stroke

Head area, back head, and base head chakra with brain, and affected part in head area-cleaning miraculous healing (green, violet, brilliant violet) energising (greenish violet, gold).

Deeper cleaning of the brain and spine-miraculous healing (green, violet, brilliant violet).

Heart beat issue

Physical heart, front and back solar plexus, liver- cleaning and energising miraculous healing (green, violet, brilliant violet).

Hypertension

Front and back solar plexus: cleaning (green, orange) energising (green, blue). Meng mein: cleaning (green, blue, gold) inhibits the chakra with blue. Basic: cleaning (Green, Orange) Energising (White)

Results

As a result of empathic counselling and YPV healing by the trainer-healer, ML recovered from all of her health issues.

Way forward

Inspired by her personal experiences of YPV healing, ML decided to pursue YPV classes, a decision motivated by the Trainer-healer's guidance. This step aimed to address the psychological and physical challenges she had faced. By acquiring healing knowledge, she sought to enhance her well-being and regain control over her health. Now she is doing well with YPV.

Motivation to become healers

Because of SL's complete recovery and transformation, both ML and YL began studying YPV healing courses, inspired and encouraged by the trainer-healer. ML has progressed to practicing YPV level 2, incorporating self-healing techniques into her routine. YL is now a full-time level 2 healer and Arhat Yogin. All three ladies are happy to be part of YPV and committed to giving their best to spread its teachings in nearby schools and colleges. Their entire family now practices physical exercises, breathing techniques, and forgiveness sadhana daily.

DISCUSSION

The two women subjects in this study who suffered psychosomatic diseases due to toxic domestic environment, recovered fully and began a new way of life by experiencing and practicing YPV system protocols. These results are similar to the results observed in some other studies found in literature.

A study by Malathi et al, found that in the journey to becoming and being a healer in one's life, the YPV system empowers women and offers a proven pathway and support system in becoming and living a life as a healer, crossing various barriers of adversities and misfortunes, enabling complete turnaround in life, spiritual awakening, and infusing self-confidence. Further, it helped them bounce back from hopelessness rising to immense optimism towards a purposeful and meaningful life worth living.¹⁴

In another study by Raghu et al, it was found that all participants in a weeklong YPV healing camp were freed from their anxieties, concerns, and conundrums regarding their medical situations by the end of the healing camp. They no longer experienced any pain at all. Feedback from exit interviews revealed that these outcomes assisted the participants in raising their degree of well-being and self-esteem. Many participants in this healing camp desired for self-healing and self-care, learned to heal and became healers.¹⁵

CONCLUSION

For both men and women who suffer from psychosomatic disorders as a result of susceptibility and a toxic home environment, the YPV system is an essential platform for full recovery from mental and physical health problems as

well as for the advancement of their personalities and spiritual growth. These individuals are inspired to pursue training in healing and work for the benefit of society by uplifting others. They so perceive the fulfilment of a greater purpose in life. It is strongly advised that more research be done using suitable samples and methodology.

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