



## **A Case of Down Syndrome in A Pregnant Woman Healed Successfully Using Yoga Prana Vidya Healing Protocols**

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**Abstract:** Background: Down Syndrome is a complex genetic disorder characterized by cognitive impairment, developmental delays, and systemic health challenges. Integrative approaches are increasingly explored to complement conventional therapies. Yoga Prana Vidya (YPV), a subtle energy healing modality, has shown promise in enhancing healthy foetus and psychological and physiological well-being of the mother.

**Objective:** To assess the impact of YPV practices, this study presents a case of down syndrome in a pregnant woman healed using YPV healing protocols.

**Case presentation:** A 31-year-old female diagnosed with Down Syndrome during second trimester underwent a 7-day YPV intervention with, energy healing techniques applied to both mother and foetus, and positive affirmations, and Forgiveness Sadhana sessions self-practiced by the mother. Risk assessments of down syndrome through screening tests were done before and after the intervention.

**Results:** Evaluations post-intervention revealed significant improvement in down syndrome shifting from high risk to low risk. The subject showed reduced irritability, relieved of anxiety and worry, with increased verbal responsiveness, and greater participation in routine activities. No adverse effects were noted during or after the intervention period.

**Conclusion:** These findings of improvement in down syndrome condition using YPV energy healing in case of a pregnant woman are unique and comparison with previous studies is not available. However, there are studies highlighting the benefits of energy-based modalities in neurodevelopmental conditions of children born with deficiencies. YPV practices appear to have achieved a positive impact with positive outcomes in Down Syndrome. Further research with larger samples and controlled designs is recommended.

**Keywords:** Down Syndrome, Yoga Prana Vidya System®, YPV®

## **I. Introduction**

### ***Down syndrome***

Down syndrome is a complex genetic disorder with significant implications for individuals and families. It is caused by the presence of an extra copy of chromosome 21, also known as trisomy 21. This condition affects child birth in terms of physical growth, intellectual development, and causes a range of medical complications. It is one of the most common chromosomal abnormalities, occurring in approximately 1 in 700 live births worldwide [1].

The primary cause of Down syndrome is nondisjunction during cell division, which results in an extra chromosome 21. This error can occur during the development of the egg, sperm, or embryo. Less common forms include mosaic Down syndrome, where only some cells have the extra chromosome, and translocation Down syndrome, where part of chromosome 21 attaches to another chromosome. The risk of Down syndrome increases with maternal age, particularly in pregnancies after age 35 [2].

Prenatal screening methods, such as maternal blood tests and ultrasound, are commonly used to assess the likelihood of Down syndrome during pregnancy. Confirmatory diagnostic tests like amniocentesis and chorionic villus sampling (CVS) provide more definitive results by analysing foetal cells for chromosomal abnormalities. Advances in non-invasive prenatal testing (NIPT) have enabled detection of Down syndrome with high accuracy through analysis of foetal DNA in maternal blood [3].

While there is no medical cure for Down syndrome, early intervention programs and medical treatments can improve quality of life. Medical management focuses on treating associated conditions such as congenital heart defects, hearing loss, and thyroid disorders. Research into pharmacological treatments targeting cognitive deficits is ongoing, with promising results [4]. Advances in detection methods and therapeutic approaches continue to enhance understanding and improve outcomes for those affected.

This study presents a case of down syndrome found in a pregnant woman healed successfully using YPV healing protocols as complementary and alternative medicine.

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

A proven holistic approach to Health and Wellness, Yoga Prana Vidya (YPV) system combines yogic physical and breathing exercises, meditation, and pranic healing to promote physical, mental, emotional and spiritual well-being. Literature shows that over 125 recent studies have explored and documented the benefits of YPV in various disease conditions, populations, demonstrating its ability as a complementary therapy and alternative medicine. The YPV system is versatile such that healing sessions are rendered by a healer successfully not only in the proximity of the patient, but also in the distance mode either online or offline.

Some examples of the Physical Health Benefits achieved with YPV found in the research literature are : resolving difficult medical cases [5], outcomes of reduced blood pressure and removal of heart block[6] and blood glucose levels [7]; improved eyesight [8], enhanced immunity [9], Kidney and urinary system diseases [10] [11], skin related issues [12] [13] [14], etc.

YPV system includes a psychotherapy protocol that has been found to have a positive impact on mental and emotional health. A study on corporate employees found, reducing stress, anxiety and burnout after a 3-month YPV intervention [15]. Another intervention for high school students found enhancing cognitive function and academic performance [16]. A randomized controlled trial demonstrated that YPV practice reduced symptoms of depression and anxiety in individuals with chronic stress improving overall wellbeing[17].

Several papers have documented successful YPV healing of pregnancy related issues, and children's health issues, such as, improvements in mentally challenged children [18], successful pregnancy [19] [20], infertility treatment [21] , resolving risky foetal heart rate [22], foetal kidney issue [23], treatment of Bronchopneumonia

case [24], pediatric Autism Disorder [25], pediatric vesicoureteral reflux [26], and successfully healed cases of bedwetting in two children [27].

The literature suggests that Yoga Prana Vidya is a promising holistic approach to promoting physical, mental, and spiritual well-being. Further research is needed to fully explore its benefits and mechanisms.

## **II. Case report**

### *Patient information:*

The patient is a 31 years old woman who visited her doctor for check-up of pregnancy.

### *Pre-YPV condition of the patient:*

The Double Marker Pregnancy Screen Dual Test report dated 15 June 2025 showed high risk of Down Syndrome (Trisomy 21). (See Annexure 1).

The patient was worried when reports revealed High Risk Syndrome. She was not able to sleep due to fear, worry and restlessness due to the test results.

### *YPV Healing:*

The patient was referred by her relative to the YPV healer for healing her condition of high-risk pregnancy.

As the healer started healing for the mother and the foetus, then from the first day she was able to sleep better progressing day by day. In addition to healing, the healer taught YPV's Forgiveness Sadhana to the patient to practice daily.

### *Duration of Healing and Protocols:*

The Healer conducted YPV healing sessions of 20 minutes each day for 7 days from 21 June to 27 June 2025 using the following protocols.

1. YPV Psychotherapy for the mother, and then cleansing with white prana for the whole body and all 11 major chakras
2. General cleansing of foetus with white prana. Imagined brain in foetus, cleaned it with white colour Prana, and on alternate days energised with gold colour Prana.
3. The healer gave blessings to both
4. The healer did protective shielding of the mother.

## **III. Results**

After 7 days of YPV healing as described above, a medical screening test (non-invasive pre-natal screening test) showed that the down syndrome condition was eliminated. (see Annexure 2)

### *Patient feedback:*

*"I was in the beginning of the second trimester when I got the report mentioning the high risk of down syndrome in the baby. We went for further tests but I was feeling restless, helpless and was highly worried. Couldn't sleep properly. lost almost two kgs weight in two days. But then I got in contact with Ms. (Healer) ..... who started the healing for me and the baby. I immediately felt relief on the first day. She calmed me down by talking to me and also sent so much positivity through her healing. I could sleep better and felt peaceful from within. I took the sessions for 6 days and each day was easier than the previous one. Finally, I got my reports with good results. The baby is healthy and fine, and so am I. Thank you so much Ms (Healer) ..... for helping me during these tough times."*

#### **IV. Discussion**

This study has presented a case of down syndrome healed successfully by a YPV healer using appropriate YPV protocols. The result was achieved within 7 days of healing and patient self-practice of YPV forgiveness Sadhana.

This unique case report highlights a positive therapeutic effect of Yoga Prana Vidya (YPV) in managing certain manifestations of Down Syndrome within the foetus, and eliminated the anxiety and worry of the pregnant patient. The subject (mother) exhibited improved emotional regulation and increased focus following 7 days of healing and regular YPV practice, suggesting its integrative potential in supportive care strategies. These findings are consistent with prior research demonstrating the efficacy of mind-body interventions in children born with developmental disorders. For instance, Rajkumari et al. [18] documented improvements in quality of life and reduced anxiety levels among children practicing YPV, supporting its feasibility as a complementary approach. Similarly, Singh et al. [28] found that yoga and energy-based therapies improved cognitive and social functioning in children with neurodevelopmental conditions. Compared to other therapies, YPV emphasizes energy balancing and stress reduction, which addresses underlying emotional and physiological imbalances [29].

#### **V. Conclusions**

Although this report is limited to a single case, the alignment with existing studies reinforces the relevance of incorporating YPV into multidisciplinary care for Down Syndrome. Future studies with larger sample sizes and controlled designs are recommended to generalise these preliminary observations.

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#### *Conflicts of interest*

There are no conflicts of interest

#### *Funding*

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#### InsighT (NIPS) Report (Singleton Pregnancy)

**Patient Name:** [REDACTED]

**GA by Ultrasound:** 12 weeks + 0 days

**DOB:** 19/07/1994

**Specimen Type:** Peripheral Maternal Blood

**Referral Reason:** High risk for Trisomy 21 (1:87).

#### Methodology

The InsighT test is a Non-invasive Prenatal Screening test. It works by isolating the cfDNA (including both maternal and fetal DNA) from a maternal peripheral blood sample and performing an extensive analysis using Next-Generation Sequencing technology. This robust data is further analyzed using a proprietary bioinformatics algorithms (software). A final risk assessment is produced for the conditions tested only, as recommended by the latest scientific guidelines for NIPS testing i.e. American College of Medical Genetics and Genomics (ACMG) Guidelines.

The InsighT test provides risk assessment for common aneuploidies (T21, T18, and T13), Sex chromosome aneuploidies. The validation studies have been carried out for all the conditions reported by InsighT NIPS test. With >6 Million Reads/Sample the test is able to deliver an unmatched accuracy to ensure informed decision by clinician and couple. Results of the test should always be reviewed and communicated by a qualified healthcare professional only along with appropriate Genetic Counselling.

#### Test Results

Conditions	Risk Assessment
Trisomy 21	Low Risk
Trisomy 18	Low Risk
Trisomy 13	Low Risk
Sex Chromosome Aneuploidies	Risk Assessment
XO (Turner syndrome)	Low Risk
XXY (Klinefelter syndrome)	Low Risk
XYY (Jacob's syndrome)	Low Risk
XXX (Trisomy X)	Low Risk

Sex of the fetus cannot be revealed as per PC-PNDT Act 2003.