



## A case study of woman patient with Ulcerative colitis in rectum treated successfully using Yoga Prana Vidya (YPV) Healing protocols

Renita Shiny D'Souza<sup>1</sup>, Leelavathi Nayak<sup>2</sup>, Venkata Satyanarayana Nanduri<sup>3</sup>

<sup>1</sup> YPV Healer and Arhat Yoga Practitioner, YPV Ashram, Sri Ramana Trust, Tamil Nadu, India

<sup>2</sup> Certified YPV Healer and Trainer, Arhat Yoga Practitioner, YPV ashram, Sri Ramana Trust, Tamil Nadu, India

<sup>3</sup> Consultant, Research and Publications, Yoga Prana Vidya Ashram, Sri Ramana Trust, Tamil Nadu, India

### Abstract

**Background:** Ulcerative colitis is a distinct gastrointestinal condition that can severely impact quality of life. While conventional treatments may involve surgery or immunosuppressants, integrative approaches like Yoga Prana Vidya (YPV) are gaining recognition for their holistic benefits.

**Objective:** To document the application and outcomes of YPV healing protocols in a 33-year-old married woman diagnosed with rectal ulcerative colitis, highlighting the therapeutic effects.

**Case Presentation:** The patient reported persistent abdominal pain, fatigue, rectal bleeding, and altered bowel habits. Clinical investigations confirmed ulcerative colitis localized to the rectum. Under guided supervision, she underwent regular YPV healing sessions conducted by two expert YPV healers over 3 months with time gaps, which included energy cleansing and energising by healer, pranic breathing, psychological healing through forgiveness practices, and dietary regulation.

**Results:** The YPV intervention yielded marked symptomatic relief—abdominal discomfort subsided, bowel movements normalized, bleeding ceased, and her energy levels improved significantly. Follow-up assessments demonstrated physiological progress without the need for surgical intervention. No adverse effects were noted during the healing process.

**Conclusion:** This case provides promising evidence for the role of YPV healing protocols in managing complex gastrointestinal conditions. Further studies are recommended to validate these outcomes in broader patient cohorts and explore underlying biological mechanisms.

**Keywords:** Ulcerative colitis, yoga prana vidya system ®, YPV ®

### Introduction

#### Ulcerative Colitis (UC)

Ulcerative colitis (UC) falls under the broad category of gastroenterology, a medical speciality in the digestive system. Ulcerative colitis is specifically an inflammatory bowel disease (IBD), a chronic inflammatory condition that affects the colon and rectum to varying degrees. According to estimates, there were 5 million instances of ulcerative colitis worldwide in 2023, and the rate is rising. Following environmental exposures, ulcerative colitis is believed to develop in those with a genetic predisposition; abnormalities in the gut epithelial barrier, the microbiota, and a deregulated immune response [1].

#### Therapeutic Approaches

Management of UC aims to induce and maintain remission, prevent complications, and improve quality of life. First-line therapies include aminosalicylates and corticosteroids for mild-to-moderate disease. Despite advances in medical therapies, the highest response to these treatments ranges from 30% to 60% in clinical trials. Within 5 years of diagnosis, approximately 20% of patients with UC are hospitalized and approximately 7% undergo colectomy. The risk of colorectal cancer after 20 years of disease duration is 4.5%, and people with UC have a 1.7-fold higher risk for colorectal cancer compared with the general population [2].

#### Emerging Insights

Recent literature [3, 4, 5] emphasizes the role of personalized medicine, including microbiome-targeted therapies and

genetic profiling, to optimize treatment outcomes. Real-world studies support the effectiveness of advanced therapies in improving clinical remission and health-related quality of life, though long-term safety data remain under evaluation.

#### Yoga Prana Vidya (YPV)

Yoga Prana Vidya (YPV) is a system that utilizes energy healing techniques either as a complementary therapy, or as an alternative to conventional medical treatments in several cases. It is an integrated and holistic system that includes physical exercises, Yogic breathing exercises, meditation techniques together with harnessing 'prana' or vital energy to promote healing and well-being physically, mentally, emotionally and spiritually [6]. Literature shows over 130 research papers with documented evidence of successful YPV applications as complementary and alternative medicine.

Several studies suggest that YPV can be a beneficial complementary and/or alternative approach for various gastro-intestinal conditions, such as, acute appendicitis [7], acute pancreatitis [8], esophageal varices [9], anal fissures [10, 11], reflux esophagitis [12], esophageal cancer stage 2 [13], esophageal malignancy [14], fatty liver disease [15], irritable bowel syndrome [16], small intestine Bacterial Overgrowth (SIBO) [17].

This paper presents a case of woman patient suffering from ulcerative colitis treated successfully by two YPV healers (H1 and H2). H1 is a YPV Healer with 10 years of experience and H2 is a Certified YPV Healer & Trainer with 15 years of experience.

## Case presentation

**The Patient is a 33 years old married female.**

### Presenting Complaints (Before YPV Healing):

In the month of November 2023, her doctor suspected ulcerative colitis basing on the symptoms and recommended a colonoscopy. The test was done on 29.04.2024 and confirmed colitis in the rectum. By then, the patient had lost about 10 kg weight and was feeling very weak. She started with medication and simultaneously she sought YPV healing.

### YPV Healing and Holistic Support

Healer H1 observed some major emotional challenges faced by the patient such as, strained marital relationship, persistent conflict with in-laws and parental family, suppressed emotions, emotional stagnation, and inability to release inner trauma. The pattern of vomiting and headache closely aligned with emotional overload and energy blockages, symptoms of psychosomatic disorders.

For treating the patient to recover from all these issues, Healer H1 healed the patient and the patient was relieved of vomiting and severe headache.

Healer H1 conducted YPV Intervention of 10 initial sessions for the patient on 4 days - 28/10/23, 1/11/23, 10/11/23, 11/11/23, targeting both physical and emotional symptoms. Energy healing was given whenever the patient asked for. The Patient found it relaxing with reduced headaches. Vomiting episodes also reduced.

Thereafter, the Healer H1 healed the patient through 8 sessions on 4 days from 28/5/24 to 31/5/24 for resolving ulcerative colitis in Rectum.

### YPV Healing protocols used

1. YPV Psychotherapy
2. Blood cleansing
3. Internal organ cleansing
4. Healing for specific parts:
  - a. Liver: thoroughly cleansed and energised with advanced colour prana.
  - b. Stomach, intestines and rectum thoroughly cleansed and energised with advanced colour prana with the intention to normalize the condition.
5. Solar plexus and naval chakras thoroughly cleansed with energised with advanced colour prana. All chakras were rechecked for balance at the end.
6. Advised the patient to consume Sat-Isabgol (psyllium husk) for improved bowel movement and fibre intake.

In addition, Healer H1 facilitated the patient's participation in the online Group Divine Healing session regularly, and did counselling for emotional trauma and conflict resolution. H1 gave lifestyle guidance to the patient by teaching self-practice YPV modules of breathing exercises, Forgiveness Sadhana, Planetary peace meditation.

Additionally, Healer H2 gave 10 days of continuous Level 5 healing in the later stages of support, started on 10/4/25 and ending on 20/4/25.

### Results

- Bowel movements normalized to 1-2 times per day
- No rectal bleeding
- No vomiting episodes
- Headaches became rare, and if they appeared, were short-lived

- Weight gain of 4 kg noted over a month - a significant sign of physical recovery
- Emotional state stabilized - patient appeared more calm, hopeful, and balanced

Medical follow-up confirmed that Ulcerative colitis condition fully healed. No pathological signs of inflammation or rectal bleeding.

Patient feedback is at Annexure 1.

### Discussion

This case demonstrates complete remission of ulcerative colitis and related psycho social and emotional disturbances under a consistent, integrative approach combining: YPV Energy Healing and Divine Group Healing, practice modules such as forgiveness, breathing, and meditation, emotional counselling and release of inner conflict, simple lifestyle changes including high- fibre intake. Literature shows similar findings of resolving psychosomatic disorders and disturbed lives using YPV healing protocols which are integrative in nature, such as studies by Neravetla *et al* [6], Chinnusamy *et al* (2025) [18], Chinnusamy *et al* (2024) [19].

The patient in this case was found to be receptive to the potential benefits of self-healing and healing others using YPV protocols, which prompted her to learn YPV level 1 course in November 2024. This was a positive step towards patient's desire for self-care and self-management of her own health.

### Conclusion

Ulcerative Colitis is a complex, multifactorial disease requiring multidisciplinary management, as it is observed treated successfully by YPV healing protocols. Advances in immunology and microbiome research are reshaping therapeutic strategies, with biologics and small molecules offering new hope for refractory cases. Continued research into pathogenesis and individualized treatment is essential to improve patient outcomes. This case affirms the power of YPV energy-based healing and spiritual psychology in addressing deeply rooted psychosomatic conditions, especially when practiced with consistency and faith. Further research using appropriate sample and methodology is recommended.

### Acknowledgments

The authors acknowledge with thanks the cooperation of the patient in sharing the case details on condition of anonymity. Also, our thanks are to Sri Ramana Trust for the permission given to use their copyright terms Yoga Prana Vidya System ®, and YPV ®.

### Conflicts of interest

The authors declare that there are no conflicts of interest.

### Funding

There is no funding for this study.

### References

1. Le Berre C, Honap S, Peyrin-Biroulet L. Ulcerative colitis. *Lancet*,2023;402:571–584, [https://doi.org/10.1016/s0140-6736\(23\)00966-2](https://doi.org/10.1016/s0140-6736(23)00966-2).
2. Gros B, Kaplan GG. Ulcerative Colitis in Adults: A Review. *JAMA*,2023;12:330(10):951-965. doi: 10.1001/jama.2023.15389. PMID: 37698559.

3. Zhang L, Xiong S, Jin F, Zhou F, Zhou H, Guo J, *et al* Global trends in intestinal flora and ulcerative colitis research during the past 10 years: A bibliometric analysis. *Front. Microbiol*,2022;13:1003905. doi: 10.3389/fmicb,2022.1003905
4. Katsoula A, Paschos P, Malandris K, *et al*. Impact of pharmacological therapies for moderate to severe ulcerative colitis on health-related quality of life: a systematic review and network meta-analysis. *J Crohns Colitis*,2025;19(1):i2108.
5. Abu Elainein MA, ElSherefy SS, Yousef NM, *et al*. Efficacy and safety of mirikizumab for ulcerative colitis: a systematic review and meta-analysis. *BMC Gastroenterol*,2025;25:307.
6. Neravetla JR, Nanduri VS. Integrative Health Practices and Holistic Health: The Role of the Integrated Yoga Prana Vidya (YPV) System as Complementary and alternative medicine. *Advances in Integrative Health Practices*,2025;1(1)-31-38
7. Ramya Ashwin, Ashwin V, Nanduri VS. A Case of Acute Appendicitis Treated Successfully Without the Need for Surgery Using Yoga Prana Vidya (YPV) Healing Protocols as an Alternative Treatment. *International Journal of Medical Science and Dental Research*,2025;08(01):20-25
8. Archana Singh, Nanduri VS. A case of acute pancreatitis healed successfully using Yoga Prana Vidya (YPV) healing protocols as complementary medicine. *International Journal of Medical and Health Research*,2025;11(01):45-48
9. Seema Shrivastava, Vishakha Karnani, Nanduri VS. Esophageal Varices and Post-Evl (Endoscopic Variceal Ligation) Complications: A Case Of Successful Healing Using Yoga Prana Vidya (Ypv) Healing Protocols As Complementary Medicine. *International Journal of Integrated Medical Research*,2023;10(03):118-121 Available <https://www.ijoir.com/index.php/ijoir/article/view/ijoir134>
10. Mahajan M, Nanduri VS. Anal Fissures: A Case Series Study on How Yoga Prana Vidya (YPV) Healing Protocols Treated This Condition and Associated Symptoms. *International Journal of Health Medical Research*,2023;02(09):259-264. Available <https://ijhmr.com/anal-fissures-a-case-series-study-on-how-yoga-prana-vidya-ypv-healingprotocols-treated-this-condition-and-associated-symptoms/>
11. Iyer RS, Nanduri VS. A case of 32 Years old female patient with chronic anal fissures healed successfully by Yoga Prana Vidya healing protocols. *World Journal of Advanced Pharmaceutical and Medical Research*, 2023: 04(01):001–006e DOI: <https://doi.org/10.53346/wjapmr.2023.4.1.0013> Available <https://zealjournal.com/wjapmr/sites/default/files/WJA-PMR-2023-0013.pdf>
12. Asha Anur, Nanduri VS. Role of Yoga Prana Vidya healing protocols in the successful treatment of Reflux Esophagitis - A case study, *Int J of Med Sci and Innov Res (IJMSIR)*,2023;8(1):202–208. Available <https://www.ijmsir.com/asset/images/uploads/16763688024301.pdf>
13. Saluja (Tina) SK, Nanduri VS. A case of esophageal cancer Stage 2 successfully healed using Yoga Prana Vidya protocols as complementary medicine. *Innovative Journal of Medical and Health Science*,2022;12(10):2009-2013 Available <https://innovativejournal.in/index.php/ijmhs/article/view/3475/3051>
14. Nathani P, Nanduri VS. A Case of 52 Years Old Female Patient with Gastroesophageal Malignancy: Successful Healing Treatment Using Yoga Prana Vidya (YPV) System Protocols as Complementary Medicine. *Clinical Medicine and Health Research Journal (CMHRJ)*,2022;02(05):215-220 Available <https://cmhrj.com/index.php/cmhrj/issue/view/8>
15. Atheesh Kumar M, Saloni Dilip Shah, Nanduri, VS. A Case of Non-Alcoholic Fatty Liver Disease [Nafld]: Successful Treatment Using Yoga Prana Vidya Healing Without Surgical or Medical Intervention. *Clinical Medicine And Health Research Journal*,2022;2(5):183-186 <https://doi.org/10.18535/cmhrj.v2i5.81>
16. Saluja RK, Nanduri VS. Successful Yoga Prana Vidya (YPV) Healing Treatment of Irritable Bowel Syndrome (IBS): A Case Report. *Int J Med Sci and Cli Res Studies*,2022;02(05):374-379 DOI: <https://doi.org/10.47191/ijmscrs/v2-i5-13>
17. Dholakia MD, Shailendra kumar, Dholakia D. Successful Healing Treatment of Small intestine Bacterial Overgrowth (SIBO) using Yoga Prana Vidya (YPV) System. *International Journal of Health Science and medical Research*,2025;09(03):95-107
18. Chinnusamy M, Sukumar A, Nanduri VS. Role of yoga prana vidya in healing psychosomatic disorders: a multiple case study in a family setting. *Int J Adv Med*,2025;12(03):315-9. DOI: <https://dx.doi.org/10.18203/2349-3933.ijam20251083>
19. Chinnusamy M, Nanduri VS. Exploring the Psycho-Social Issues in the Life Journey to Becoming a Healer: An Interpretative Phenomenological Analysis of the Experiences of Women Yoga Prana Vidya (YPV) Healers in the Indian Context. *International Journal of Indian Psychology*,2024;12(01):2245-2258. DIP:18.01.204.20241201, DOI:10.25215/1201.204