

## Case Report

DOI: <https://dx.doi.org/10.18203/2349-2902.ijssurgery20253863>

# **Yoga Prana Vidya healing for forehead injury and behavioral stabilization in a 26-year-old woman with congenital hearing and speech impairment: a case report**

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**Received:** 04 October 2025

**Accepted:** 11 November 2025

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## **ABSTRACT**

Individuals born with special needs may have difficulty following social rules, problem-solving, and may display frustration, aggression, self-injurious behavior, or repetitive actions. This case highlights the effective use of Yoga Prana Vidya (YPV) healing in managing a forehead injury and associated behavioral issues where conventional medicine had limited impact. A 26-year-old woman with congenital hearing and speech impairment removed her surgical stitches and refused medication. Daily distant YPV healing—level 3 for emotional stabilization and level 2 for wound healing—was applied for six weeks. Significant improvements were observed, including complete wound healing, reduction of aggressive behavior, and increased cooperation in home care. This case highlights the potential of YPV as an effective complementary modality for wound healing and behavioral stabilization, particularly in individuals with special needs who may have difficulty following conventional medical procedures.

**Keywords:** Yoga Prana Vidya System®, Energy healing, Special needs, Wound healing, Behavioral improvement, Distant healing, Complementary therapy, Emotional stabilization

## **INTRODUCTION**

People with congenital hearing and speech impairment are at increased risk of experiencing communication barriers, which can predispose them to frustration, social withdrawal, and behavioral challenges. These behaviors may include hyperactivity, attention deficits, difficulties in forming social relationships, aggression, or self-injurious actions. Such factors can complicate clinical management and caregiving.<sup>1-3</sup> Psychiatric management of individuals with congenital hearing and speech impairment requires specialized communication strategies, culturally sensitive approaches, and an understanding of the heightened risk for mental health disorders resulting from linguistic deprivation and social isolation. Early and consistent access to sign language is critical for proper emotional, social, and cognitive development.<sup>4,5</sup> In situations where conventional medical or psychiatric interventions face limitations due to communication barriers or behavioral

resistance, complementary approaches such as Yoga Prana Vidya (YPV) healing can provide additional support. YPV techniques, including distant and direct energy healing, have been reported to promote physical recovery, emotional regulation, and behavioral stabilization.

### ***Yoga Prana Vidya***

The term Yoga refers to union, which in this context means the union of individual consciousness with higher consciousness. Prana Vidya refers to the knowledge of Prana, i.e., the energy body or *Pranamaya Kosha*. Thus, YPV is a system that supports the maintenance of physical, emotional, mental, and spiritual well-being. The practices of YPV include energy healing for both psychological and physical issues, as well as guidance on maintaining overall health through unique practices such as rhythmic yogic breathing, forgiveness sadhana, and meditation. It is essentially a no-touch, no-drug, integrated, holistic, and

complementary healing technique.<sup>6-8</sup> In this case, alongside physical healing (i.e., wound recovery), psychological healing was equally important to address the patient's aggressive and self-injurious behavior. Since physical ailments often have a psychological component and vice versa, incorporating psychotherapeutic principles was considered essential. YPV also emphasizes the role of chakras, which regulate both physical and psychological functions by supplying energy to various organs and systems, thereby supporting comprehensive healing.<sup>9</sup>

## CASE REPORT

A 26-year-old female with congenital hearing and speech impairment, clinically diagnosed by the age of six, sustained a forehead laceration caused by self-injury. She received medical care, and suturing was performed. However, due to her aggressive and self-injurious behavior, she removed the stitches, and the doctor refused to re-suture the wound because of potential complications, prescribing only topical medications for wound care. As the patient was unwilling to allow her parents to apply the medication, a senior YPV healer and Arhat Trainer was contacted to provide distant healing.

### YPV healing protocol

The patient underwent 6 weeks of daily healing sessions that included YPV psychotherapy, YPV advanced healing using color prana with a special focus on wound healing, self-injury, and aggressive behavior.

### YPV level 3 (psychotherapy)

As the patient exhibited self-injurious behavior and became angry when prevented from scratching the wound, psychological healing was prioritized before physical healing. The YPV psychotherapy protocol involved treatment of the following chakras: front and back heart chakra, front and back solar plexus chakra, throat chakra, ajna chakra, crown chakra, sex chakra, and basic chakra.

This process was followed in all 6 weeks healing sessions.

### YPV level 2 (advanced healing using color Prana)

Advanced healing was carried out using specific color pranas to intensify the healing effect. The protocol included: general cleansing of the energy body, blood cleansing technique, internal organ technique, thorough cleansing and energising the affected area, and thorough cleansing, energizing, and balancing of all relevant chakras including those in the head area.

This was performed in all 6 weeks healing sessions.

### Results

After two healing sessions, the patient's aggression noticeably decreased. By the evening of the second day,

she began cooperating with her parents to apply ointment to the wound. Over the following weeks, her tendency to scratch the wound and express anger when prevented from doing so also reduced significantly. Daily healing sessions were continued for approximately six weeks, incorporating level 3 sessions for psychological support and level 2 sessions for wound healing. After one and a half months of consistent healing, remarkable improvement was observed, with complete wound recovery (Figure 2) and a marked reduction in self-injurious behavior. Photographs showing the wound before and after the healing process are attached.



**Figure 1: Forehead wound with no stiches before healing.**



**Figure 2: Forehead wound after healing.**

## DISCUSSION

This case highlights the effective use of YPV healing techniques in managing both physical and psychological challenges in a 26-year-old female with congenital hearing and speech impairment. Individuals with such impairments often experience communication difficulties, which can affect their emotional regulation and lead to behavioral issues such as aggression and self-injury. These behaviors can complicate conventional medical management, particularly when adherence to treatment or wound care is limited. In this case, YPV level 3 protocols were applied to stabilize the patient's emotional state, reduce aggression, and mitigate self-injurious tendencies, while YPV level 2 protocols facilitated wound healing.

The integration of YPV psychotherapy, advanced healing using color prana techniques supported both behavioral and physiological recovery.

The outcomes observed align with previous research highlighting the benefits of YPV healing. For example, studies have reported improved emotional resilience and mental health in individuals using YPV to manage anxiety and depression.<sup>10</sup> Additionally, YPV has been effective in managing psychosomatic disorders, demonstrating its capacity to address both physical symptoms and underlying psychological factors.<sup>11</sup> Case reports on conditions like contact dermatitis further illustrate the versatility of YPV as a complementary healing approach.<sup>12</sup>

## CONCLUSION

The successful recovery of a 26-year-old woman with special needs from a forehead injury, along with improved emotional stability, demonstrates the potential of YPV healing as an effective complementary modality. This case underscores the importance of integrating holistic approaches like YPV for individuals who cannot fully cooperate with conventional medical treatments. Further systematic research may help establish its role in integrative healthcare.

## ACKNOWLEDGEMENTS

The authors are thankful to the patient for sharing the case details and feedback on condition of anonymity. They also would like to thank Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission given to use their copyright term Yoga Prana Vidya System®.

*Funding: No funding sources*

*Conflict of interest: None declared*

*Ethical approval: Not required*

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**Cite this article as:** Chandreshekhar S, Rao RN. Yoga Prana Vidya healing for forehead injury and behavioral stabilization in a 26-year-old woman with congenital hearing and speech impairment: a case report. *Int Surg J* 2025;12:2228-30.