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## **Integrative Management of Ménière's Disease Using Conventional Therapy and Yoga Prana Vidya Healing: A Case Report**

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### **Abstract**

**Background:** Meniere's disease is a chronic inner ear disorder marked by episodes of vertigo, tinnitus, and hearing loss, often leading to significant psychological distress. Conventional treatments offer symptomatic relief but rarely address underlying energetic imbalances. Yoga Prana Vidya (YPV), an integrative energy healing modality, has shown promise in managing chronic conditions through structured protocols.

**Objective:** To document and evaluate the therapeutic impact of YPV healing protocols on a 29-year-old male patient diagnosed with Meniere's disease.

**Methods:** The patient underwent YPV healing sessions over a two-month period, beginning June 30, 2025. Protocols included HDP1 & 2 healing, YPV Psychotherapy, Internal Organ Cleansing, and Blue Tube Ear Protocol. Sessions were administered daily for 15 days, then alternate days for another 15 days, followed by biweekly sessions for two weeks.

**Results:** Week-by-week progress revealed significant improvements: reduced psychological stress (Week 1), normalized sleep patterns (Week 2), gradual reduction in vertigo (Week 3), and substantial relief from tinnitus (65–70% reduction by Week 4). Post-intervention feedback indicated restored professional functionality, improved familial relationships, and reduced anger episodes.

**Conclusion:** YPV healing demonstrated measurable benefits in alleviating symptoms of Meniere's disease and enhancing psychosocial well-being. This case supports the potential of YPV as a complementary therapy for chronic vestibular disorders and encourages further clinical investigation.

**Keywords:** Meniere's Disease, Yoga Prana Vidya System®, YPV®, Energy Healing, Integrative Therapy, Vertigo and Tinnitus Management

### **Introduction**

Ménière's disease is a chronic, idiopathic inner ear disorder characterized by episodic vertigo, fluctuating

sensorineural hearing loss, tinnitus, and aural fullness<sup>1</sup>. The pathophysiology involves endolymphatic hydrops—an abnormal accumulation of fluid in the inner ear, disrupting vestibular and auditory functions. Conventional management includes dietary modifications (e.g., low-sodium diets), diuretics, vestibular suppressants, and in severe cases, intratympanic gentamicin or surgical ablation<sup>2-3-4</sup>. However, these approaches often offer symptomatic relief without addressing underlying energetic or psychosocial imbalances.

Integrative approaches, including yoga and energy-based healing, have shown promise in managing tinnitus and vertigo<sup>5-7</sup>.

Yoga Prana Vidya (YPV) is a no-touch, no-drug energy healing system that combines breath work, meditation, and targeted protocols of Yoga Prana Vidya (YPV), an energy-based healing system rooted in ancient yogic traditions, has emerged as a promising modality for managing chronic conditions through structured protocols involving breath work, forgiveness sadhana, and pranic cleansing and energising. YPV healing has demonstrated efficacy in diverse clinical contexts, including cholesterol, asthma<sup>8</sup>, diabetes<sup>9</sup>, cardiovascular disorders<sup>10</sup>, and psychological distress<sup>11</sup>.

The YPV system integrates physical, emotional, and energetic dimensions of healing, aligning with the biopsychosocial model of health<sup>12</sup>. Its protocols are non-invasive, cost-effective, and adaptable to individual needs. Studies have shown that YPV can reduce stress biomarkers, improve sleep quality, and enhance emotional resilience<sup>13</sup>. Studies have revealed that, in vestibular disorders where psychological stress exacerbates symptoms, such holistic approaches offer sustainable relief<sup>14</sup>.

This case report explores the synergistic effect of conventional therapy and YPV healing in a 29-year-old male diagnosed with Meniere’s disease, monitoring documenting week-by-week progress and post-intervention outcomes.

Methods

Case Presentation

A 29-year-old male presented in May 2025 with complaints of left-sided tinnitus and episodic vertigo. Audiometry revealed moderate sensorineural hearing loss (PTA: 53.3 dB). MRI brain was normal. Diagnosis of Ménière’s disease was made based on clinical and audiological findings.

Table 1: Combined Summary: Clinical Timeline + Patient Experience

Date	Medical Events	Patient Feedback
May 2025	Onset of tinnitus and vertigo. ENT consultation initiated.	First symptoms noticed; ENT advised audiometry and MRI.
31/05/25	Diagnosis of Ménière’s disease. PTA: Left ear SNHL (53.3 dB). Treatment initiated.	Diagnosis confirmed. Doctor advised intratympanic steroid injections.
04/06/25	First dose of intratympanic dexamethasone administered.	Injection given as scheduled.
11/06/25	Second dose administered. PTA improved to 43.3 db.	Significant reduction in tinnitus and dizziness after second dose.

Mid-June	Continued medications: Diamox, Betavert, Defcort, Rebagen Otic, etc.	Sleep disturbances and stress due to illness and work.
30/06/25	Persistent vertigo noted.	Healing sessions (including pranic breathing, meditation, physiotherapy) started.

Conventional Treatment which the patient had undergone is given below.

- Intratympanic Dexamethasone: Administered on 4 June and 11 June 2025.
- Medications: Betavert (24 mg), Diamox (250 mg), Defcort (6 mg), Rebagen Otic, Stemetil-MD, Calcimax Total.
- Physiotherapy: Cervical traction and vestibular exercises (10 sessions).

#### YPV Healing Intervention

- Start Date: 30 June 2025
- End Date: 27 August 2025

#### Results

Date	Event	Patient feedback
Early July	Audiometry stable.	Sleep improved by week 2 of healing.
End July	Tinnitus persists but stable.	Ringing reduced by end of July.
August 2025	Continued medications and follow-up.	Able to travel to office independently.
End Sept	No new medical entries.	Two vertigo episodes due to work stress. Otherwise, stable.

#### Outcomes

- Audiometry: PTA improved from 53.3 dB to 43.3 dB post-steroid therapy and remained stable.
- Tinnitus: Substantial reduction by early August.
- Vertigo: Resolved by mid-July; two mild episodes in late September under stress.
- Sleep: Improved within 10 days of YPV healing.
- Functionality: Patient resumed independent commuting and work by August

#### Subject's Feedback

The patient reported enhanced emotional resilience, reduced anxiety, and improved sleep quality. He

- Protocols Used: HDP1&2 healing, YPV Psychotherapy, Internal Organ Cleansing, Blue Tube Ear Protocol

- Schedule:
  - Daily (1 hour) for 15 days
  - Alternate days for 15 days
  - Weekly twice for 2 weeks

Healing sessions were conducted remotely by a certified YPV practitioner. The patient concurrently practiced pranic breathing, physical exercises and Planetary Peace meditation.

attributed sustained symptom control to continued YPV practices and stress management.

Feedback after 3 months follow up, in November 2025, is presented at Annexure 1.

#### Discussion

This case demonstrates the value of integrating YPV healing with conventional therapy in Ménière's disease. Previous studies have shown yoga and meditation to be effective in tinnitus and vestibular disorders<sup>14</sup>. Intratympanic steroids provided initial relief, but persistent symptoms under stress were mitigated through YPV protocols. Energy healing modalities of YPV influenced autonomic regulation, reduce inner ear

inflammation, and enhanced psychological well-being, as evident in previous cases of Exostosis, and senso-neural disorders<sup>15-17</sup>. The structured YPV regimen, including targeted protocols and breath work, likely contributed to sustained recovery.

Going forward, the guidelines for the patient include:

(a) Clinical Monitoring

- Audiometry: Repeat PTA and speech audiometry every 3–6 months to monitor hearing thresholds.
- MRI Follow-up: Not immediately needed unless new neurological symptoms arise.
- Medication Review: Periodic reassessment of Betavert or other long-term medications to avoid dependency or side effects.

(b) Lifestyle & Integrative Support

- Continue Healing Techniques:
  - Pranic breathing and Planetary Peace meditation have shown clear benefits.
  - Maintain daily YPV self practices to support emotional regulation and sleep.
- Physiotherapy:
  - Neck traction and vestibular exercises should be continued or refreshed every few months.
  - Consider supervised vestibular rehabilitation if dizziness recurs.

(c) Nutritional & Supplement Support

- Calcimax Total: May continue as prescribed to support inner ear calcium metabolism.
- Diet: Low-sodium, anti-inflammatory diet may help reduce fluid retention in the inner ear.

(d) Stress Management

- Trigger Awareness: Stress is a clear precipitating factor. Symptom tracking would identify early signs.

- Workplace Adjustments: If possible, the patient should try to reduce exposure to high-pressure tasks or take short breaks during intense periods.

## Conclusion

YPV healing, when integrated with conventional treatment as established in this study, offers a holistic and sustainable approach to managing Ménière's disease. Further research is recommended to validate its efficacy in larger cohorts.

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#### **Annexure 1:** Patient feedback dated 9 November 2025

“...But after all those injections and also while going through the medications by the end of June, I again kept on experiencing the vertigo time and again. So that is when I approached you for the healing on 30th of June. And we actually started our sessions from 30th of June and during that time I was also under a lot of stress because of this new health problem which was never there before and which I had never heard of and along with my workplace normal work tensions. So coupled with both of them, I was also having a lot of disturbed sleep wherein whenever I slept, there used to be continuous scenarios which used to keep on running in

my mind and I had a very disturbed sleep. So, we initially started the healing and we worked on reducing the disturbedness in my sleep.

So after around one week to 10 days of the healing, during the second week of the healing, the random episodes which used to appear in my sleep stopped slowly and by the end of the third week or in the mid of second week, it actually stopped completely and the next portion we concentrated on reducing the tinnitus in my ear that is the ringing sounds and at the end of the fourth week that was around July 31st or August 1st and 2nd during that period, the ringing in the ears also substantially reduced. So, during the healing, I was following three techniques. One was the breathing technique, pranic breathing technique.

The second one was the meditation, which was the earth meditation where we give our extra power back to the earth. So, that meditation technique and third one was the physical exercise and the meditation it followed. So these three techniques have been following and along with this, I also underwent physiotherapy to reduce the dizziness effect where they gave me a traction to my neck for 10 sessions and also advised me to do some physical exercises related to the physiotherapy.

So, when our healing sessions stopped, I have been following the same techniques and fortunately, I have not experienced the vertigo episodes again until the end of September. In the last week of September, I experienced a couple of episodes of vertigo because again I was under too much pressure due to work circumstances. But except for those those two episodes in the end of September, I have not experienced vertigo episodes till now.

As far as the medications are concerned, I am still under medication, the amount of tablets and the dosage of tablets have reduced. But there is one particular tablet

which the doctor has told me to take for some more time so that the problem should not recur immediately. So, these are the improvements as of now and now I am able to travel to office on a daily basis on my own which was not there during the month of June.

So compared to the month of June where the problem was at peak right now, everything is going good and everything is falling into place and what I have observed personally is until unless I come into too much of stress or tension and if I am taking things as and when it comes normally, I am not experiencing any symptoms but when there is too much of stress or tension, those incidents or actions act as a triggering point for my symptoms that is the tinnitus as well as the dizziness.”