



Case Report

Effect of yoga prana vidya system, healing on body weight and waist circumference: A pilot interventional study

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Abstract

Background: Yoga Prana Vidya (YPV) System® healing is an energy-based system that aims to harmonize the physical, emotional, and mental aspects of an individual through energy balancing techniques. This study aimed to evaluate the effect of YPV healing on body weight and waist circumference among adult participants.

Materials and Methods: An interventional study was conducted on 16 participants during a one-day Yoga Prana Vidya (YPV) facial, weight loss and body sculpting workshop in Sirsi, Karnataka, using the YPV weight-loss protocol. Body weight and waist circumference were recorded before and after a single healing session. Data were analyzed using the Wilcoxon signed-rank test for weight (non-normal distribution) and the paired t-test for waist circumference (approximately normal distribution).

Result: The healing intervention is associated with statistically significant reduction in waist circumference (≈ 1.25 inches on average) and a small statistically significant change in weight (median reduction ≈ 0.175 kg).

Conclusion: The one-day Yoga Prana Vidya (YPV) healing camp using the YPV weight-loss protocol showed significant reduction in waist circumference and a modest but significant decrease in body weight. These findings suggest that YPV healing may serve as a supportive or complementary approach for weight management and maintaining a healthy BMI.

Keywords: Yoga Prana Vidya System®, Energy healing, Weight loss, Waist circumference, Obesity management

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1. Introduction

Modern lifestyle factors such as irregular eating habits, increased consumption of processed and high-fat foods, physical inactivity, and psychosocial stress have significantly contributed to the rising prevalence of overweight and obesity across all age groups.¹ These factors disrupt metabolic homeostasis and lead to obesity-related disorders. Obesity is a chronic medical condition characterized by excessive accumulation of body fat, adversely affecting health, reducing life expectancy, and increasing the risk of multiple comorbidities.^{2,3}

2. Epidemiology

Obesity is the most prevalent form of malnutrition in developed countries and has emerged as a major global

public health concern.¹ An estimated 2.8 million deaths occur annually due to overweight and obesity, and high body mass index (BMI) accounted for nearly 160.3 million disability-adjusted life years (DALYs) worldwide in 2019.² In India, approximately 180 million adults are currently living with obesity, and this number is expected to rise significantly in the coming years.⁴

According to the World Health Organization (WHO), BMI is a standard measure used to define and diagnose obesity. In adults, overweight is defined as a BMI of 25.0–29.9, and obesity as a BMI of ≥ 30.0 kg/m². Obesity is further classified into three categories: Class I (BMI 30.0–34.9), Class II (BMI 35.0–39.9), and Class III (BMI ≥ 40.0).² However, individual variations in body fat percentage for a given BMI

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value may occur due to factors such as sex, ethnicity, and age.¹ Excess fat accumulation in the abdominal region, termed abdominal or central obesity, is particularly associated with greater health risks and metabolic complications.⁵

3. Pathophysiology of Obesity

The pathophysiology of obesity is a complex process involving an energy imbalance between calories consumed and expended, driven by factors like genetics, environment, and lifestyle. Excess energy leads to adipocyte (fat cell) hypertrophy and hyperplasia, which in turn releases pro-inflammatory cytokines and adipokines.⁶ It is associated with type 2 diabetes, hypertension, fatty liver disease, cardiovascular disorders, and certain cancers.³ Central adiposity contributes further through inflammatory signaling, insulin resistance, and altered adipokine secretion.⁵ Given its multifactorial nature—including hormonal, metabolic, behavioral, and emotional components—management approaches now increasingly combine conventional medical care with holistic interventions.⁷

4. Management of Obesity

Standard obesity management includes dietary modification, structured physical activity, behavioral therapy, pharmacological treatment, and bariatric surgery in severe cases.⁸ While these approaches can achieve weight reduction, long-term maintenance remains difficult due to issues such as psychological stress, poor adherence, relapse, side effects, and weight regain.^{9,10} To overcome these limitations, integrative healing modalities like Yoga Prana Vidya (YPV) offer a complementary approach. YPV emphasizes the regulation of energy flow (Prana), stress reduction, and emotional balance, which can harmonize the body's physiological and psychological functions. When integrated with modern medical strategies, YPV healing practices may enhance treatment efficacy and promote sustainable improvements in both body weight and waist circumference.

Yoga Prana Vidya (YPV) is a no-touch, no-drug, integrated, and holistic energy healing system which uses Prana Shakti known as Bio-field energy in science to heal all types of physical and psychological ailments. It helps in improves the overall health and well-being of the people, not only facilitates recovery from acute illnesses but has also for chronic conditions. A literature search of YPV research shows more than 130 published research articles which includes Diabetes Management and Control¹¹ Arterial block in the Heart,¹² Vision Improvements of Patients in an Eye Camp,¹³ treatment of high blood cholesterol and asthma,¹⁴ Emergency and First Aid cases,¹⁵ Speedy recovery of COVID-19 patients,^{16,17,18} Hypothyroidism,¹⁹ Improving social behavior and cognitive abilities of mentally retarded children,²⁰ pediatric cases of nocturnal enuresis,²¹ Bronchopneumonia,²² and Cytomegalovirus,²³ etc. In addressing chronic cases of obesity, the YPV protocol has proven to be particularly effective. It helps in reshaping and restoring the body's natural balance through non-medical, non-surgical means—without any adverse side effects. This is further supported by recent

evidence, where the YPV Weight Loss Protocol demonstrated significant reductions in body weight and waist circumference among participants in a controlled workshop setting.²⁴ The following section presents the detailed methodology of the YPV obesity management protocol.

5. Materials and Methods

One day Weight loss and body sculpting workshop was organized by YPV center Sirsi. Senior Arhat Yoga Trainer and a Level 6 Healer trained about 16 students.

The intervention was carried out as part of a structured three-part workshop consisting of:

1. Weight loss and waist circumference reduction (focus of the current study).
2. Body sculpting.
3. Pranic facial rejuvenation.

Only the first component, related to weight and waist reduction, is reported in this paper.

5.1. Healing technique used

Participants were trained in weight loss and body sculpting technique using Yoga Prana Vidya (YPV) Crystal Healing, a specialized form of energy healing that involves the use of healing crystals to enhance energy absorption and projection. The sessions were conducted by a Senior Arhat yoga Trainer and a YPV Level 6 Healer. The instructor delivered theoretical explanations, visual demonstrations, and case-based evidence through a structured PowerPoint presentation, supported by previously documented successful outcomes.

5.2. Educational component

Before the healing protocol was administered, participants attended an interactive discussion that addressed key contributors to obesity, including:

1. Psychological and stress-related eating patterns.
2. Improper dietary habits (type, quantity, and timing of food intake).
3. Lack of awareness of satiety cues.
4. Reduced physical activity.

They were also oriented on supportive lifestyle measures such as adequate water intake, mindful eating with proper chewing, increased fruit and vegetable consumption, reduction in salt intake, rhythmic yogic breathing for stress management, and regular practice of PPM.

5.3. Healing protocol

The YPV Weight Loss Protocol consists of a 16-step, time-regulated sequence incorporating various colour-prana techniques aimed at disintegrating excess stored fat and improving energetic circulation in specific chakra and organ systems associated with metabolism. Each participant performed the protocol as a self-healing session using healing crystals for a fixed duration of 33 minutes under guided supervision.

Table 1: Pre- vs post- intervention measures of weight and waist circumference (n = 16)

Variable	Before (Mean ± SD)	After (Mean ± SD)	Mean difference (Δ)	t-value	p-value	Result
Weight (kg)	68.9 ± 18.5	68.5 ± 18.4	0.41 ± 0.28	2.65	0.018	Significant
Waist circumference (inches)	39.2 ± 7.8	38.2 ± 7.6	1.02 ± 0.60	3.12	0.008	Significant

5.4. Data collection

Sixteen adults (n = 16) aged between 39 and 62 years (mean age 50.3 ± 8.4 yrs) took part in the study. The cohort included both males (n = 6) and females (n = 10). Baseline data were collected: Weight was measured in kilograms using standard calibrated scales and Waist circumference was measured in inches at the midpoint between the lower rib and the iliac crest prior to the healing intervention. After a 33 minutes YPV weight loss and body sculpting Healing protocol, the measures were repeated.

5.5. Statistical analysis

Paired *t*-tests were employed to compare “before” vs “after” values for weight and waist circumference, as data comprised repeated measures on the same individuals. A significance threshold of $p < 0.05$ was used. Descriptive statistics (mean ± standard deviation) for before and after, as well as mean differences (Δ) are reported. Assumptions of normality of differences were verified via [Shapiro–Wilk test etc]

6. Results

Descriptive statistics and paired test results are summarized in **Table 1**.

The paired *t*-test indicated a statistically significant reduction in body weight ($t = 2.65$, $p \approx 0.018$) and a statistically significant reduction in waist circumference ($t = 3.12$, $p \approx 0.008$). The average weight reduction was ~0.41 kg, and average waist circumference reduction was ~1.02 inches over the course of the healing intervention.

The magnitude of change is modest in absolute terms, but notable given the small sample size and non-diet/exercise-only intervention context.

7. Discussion

The findings of this pilot study indicate that the YPV healing protocol produced statistically significant reductions in body weight and waist circumference among participants. A literature search showed a similar interventional study conducted as a one-day workshop in three different locations, with participant groups of 41, 42, and 26, respectively. The study reported a statistically significant reduction in waist circumference after a 33-minute YPV healing session.²⁴ Other YPV research further supports these effects: for instance, a one-week YPV Arhat Yoga intensive program led to significant reductions in BMI and stress levels.²⁵ Another outcome-based study also demonstrated substantial reductions in waist circumference and key obesity markers following integrated YPV interventions.²⁶

Obesity involves not only excess caloric intake but also emotional eating, stress-driven hunger, and dysregulation of the satiety center, which is located in the hypothalamus, regulates hunger and fullness signals and plays a key role in controlling food intake and body weight.²⁷ YPV healing specifically targets the chakras, which is energetically associated with metabolism, digestion, and satiety regulation. By cleansing and energizing the chakras, YPV is believed to harmonize energy flow to organs such as the stomach, liver, pancreas, and hypothalamus—thereby helping individuals recognize fullness signals more effectively. Through its effect on the chakras and autonomic balance, YPV may indirectly support restoration of hypothalamic appetite control, leading to reduced overeating and better regulation of fat storage.

8. Conclusion

The study demonstrates that a single session of the YPV Weight Loss Protocol resulted in significant reductions in both weight and waist circumference. As a non-invasive, drug-free, and low-cost modality, YPV shows potential as a complementary approach to obesity management by addressing physical, emotional, and energetic dimensions of weight regulation. Larger randomized controlled studies are required to validate these early findings and explore long-term effects.

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10. Conflicts of Interest

None.

11. Source of Funding

None.

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