



Rapid Recovery from Bacterial Pharyngitis Using Yoga Prana Vidya (YPV) Healing Without Surgical Intervention: A Case Report

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Abstract

Background: Acute bacterial pharyngitis is a common upper respiratory tract infection often requiring antibiotics or surgical intervention in severe cases. Yoga Prana Vidya (YPV) System, a non-touch biofield energy healing modality, has shown promise in managing various physical and psychological conditions. This case report documents the rapid recovery of a 39-year-old female orthodontist diagnosed with bacterial pharyngitis and advised tonsillectomy. She received intensive YPV healing sessions over six days, resulting in complete symptom resolution without surgical intervention.

Methods: The patient underwent 20 healing sessions on the first day, followed by four daily sessions for the next five days. YPV protocols L-5, L-3 psychotherapy, L-2, and HDP L-1 were applied. Progress was monitored through patient feedback and clinical observation.

Results: Within 10 hours of initiating YPV healing, the patient reported significant relief in pain and voice restoration. By the second day, she resumed normal activities. By day six, she was symptom-free, and tonsillectomy was no longer required.

Conclusion: YPV healing may serve as an effective complementary therapy in acute bacterial pharyngitis, potentially reducing the need for invasive procedures. Further controlled studies are warranted.

Keywords: Bacterial pharyngitis, Yoga Prana Vidya System®, YPV®, Complementary & Alternative medicine.

Introduction

Bacterial pharyngitis, often caused by *Streptococcus pyogenes*, presents with sore throat, fever, and dysphagia. While antibiotics remain the mainstay of treatment, complications such as peritonsillar abscess or the need for tonsillectomy may arise in

severe cases. It was also observed that antibiotics are prescribed for most cases of adult pharyngitis when in fact, the majority of the cultures are negative for bacterial infection ^[1-2].

Complementary therapies like Yoga Prana Vidya (YPV) have emerged as adjunctive modalities in

managing such conditions. YPV is a no-touch, energy-based healing system integrating breathing techniques, physical exercises, and meditation. It has demonstrated efficacy in managing respiratory, psychological, and inflammatory conditions^[3-6].

This case report explores the application of YPV healing in a patient with acute bacterial pharyngitis who was advised surgical intervention.

Method

This study used case study method with data collected from the Healer, medical records and patient feedback.

Case Presentation

Patient Profile

The patient was a 39 years old female Orthodontist, diagnosed with : Bacterial pharyngitis with 75% tonsillar obstruction.

Conventional Recommendation: Upon hospitalisation, advised Tonsillectomy if no improvement within 24 hours

YPV Intervention

The patient sought YPV intervention from a A certified YPV healer who evaluated the patient condition and started healing from 13 October 2021. The Healer used the following Protocols.

- YPV L-3 Psychotherapy (Stress energy removal)

YPV L-5 (Physical, emotional mental level healing)

- YPV L-2 (General healing)
- HDP L-1 (Specific Higher Healing Protocol)

Healing Schedule

- Day 1 (13 Oct): 20 sessions (1 × 30 min, 8 × 15 min, 6 × 30 min, 5 × 20 min at 1 hr intervals)
- Days 2–7 (14–19 Oct): 4 sessions/day (2 × 30 min, 2 × 15 min)
- Total Healing Time from first to last healing: ~13 hours

The YPV intervention ended on 19 October 2021.

Results

Progress of improvement in the patient's condition is given below.

- Day2 (14 Oct): Pain resolved, voice normalized, improved swallowing
- Day 3 (15 Oct): Sound sleep, mild residual pain
- Day 4 (16 Oct): Tonsillar size reduced
- Day 7 (19 Oct): Full recovery, no surgery required
- 21 Oct: Patient expressed gratitude and adopted YPV for self-healing

Patient feedback

Email dated 21 October, 2021:

Warm regards for the day Dear Sir. I would like to Express my gratitude for the healing done for me. It begins here, I was out of station on my work and the very next day I developed mild throat pain. After 2days of it, started developing into fever and discomfort associated with difficulty in swallowing.

My normal routine of sleep, food habits got disturbed, voice changed and severe intolerable pain upon swallowing for another 1 and half day. I then got admitted for IV painkiller, and was advised tonsillectomy after 1day if not resolved since 75%of throat space was occupied by inflamed tonsils.

This was informed to the YPV Healer Sir by my husband. The Healer started regular healing , within 10hrs my voice came back to normal. Improvement in swallowing ,I was in so much relief. Within 2days of fantastic healing from Sir, I recovered almost back to my normal activities.

I have the Doctor's prescription and blood report, It was said to be Bacterial pharyngitis. Once again I would like to Thank you Sir.

Thanks and regards
(X X)

Discussion

This case demonstrates the potential of YPV healing in managing acute bacterial pharyngitis. The rapid symptomatic relief and avoidance of tonsillectomy suggest that YPV may modulate the bioenergetic field to accelerate healing. Similar outcomes have been reported in other YPV case studies involving respiratory and inflammatory conditions^[3-6].

YPV's mechanisms may involve modulation of pranic energy, stress reduction, and immune system enhancement^[7]. Literature shows some Non-Pharmacological, Non-Surgical Interventions for the treatment of Bacterial Pharyngitis^[8]. The integration of YPV psychotherapy protocols likely contributed to systemic relaxation and improved healing outcomes^[9-15].

While this is a single case, the structured application of YPV protocols and the patient's rapid recovery underscore the need for further clinical trials to validate these findings.

Conclusion

YPV healing was associated with rapid recovery in a case of acute bacterial pharyngitis, preventing surgical intervention. This case supports the integration of YPV as a complementary therapy in acute infections. Further research is essential to establish efficacy through controlled studies.

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Conflicts of interest

The authors declare no conflicts of interest.

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