



Rapid recovery from chronic osteoporotic pain through Yoga prana vidya (YPV) energy healing: A case study

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Abstract

Background: Chronic musculoskeletal pain due to osteoporosis often leads to functional disability and emotional distress, especially in rural populations with limited access to integrative care.

Objective: To document the recovery of a 59-year-old female farmer and a housewife from Tamil Nadu, India, who experienced rapid and sustained relief from chronic pain through a single session of Yoga Prana Vidya (YPV) energy healing followed by self-healing.

Methods: A qualitative case study approach was used, incorporating clinical history, medical records, and a structured interview. The patient's condition prior to and after YPV intervention was analysed.

Results: She suffered from debilitating spinal and hip pain for over three years, confirmed by MRI as osteoporosis. Conventional treatments including analgesics, physiotherapy, and rest failed to relieve her symptoms. Following a 40-minute YPV healing session, she experienced immediate and dramatic pain relief, regained mobility, and resumed daily activities. She later enrolled in Level 1 YPV training and practiced self-healing daily.

Conclusion: This case highlights the potential of YPV energy healing as a complementary therapy for chronic pain management, especially in underserved communities.

Keywords: Yoga Prana Vidya System®, YPV®, energy healing, osteoporosis, chronic pain, complementary medicine

Introduction

Osteoporosis is a progressive skeletal disorder characterized by compromised bone strength, leading to increased fracture risk and chronic pain. Osteoporosis occurs in all populations and at all ages and has significant physical, psychosocial, and financial consequences. Osteopenia is lower-than-normal bone density, a warning stage before osteoporosis, while osteoporosis is a more severe bone disease where bones become weak and porous, increasing fracture risk.^[1] A study in India has found that among adults, nearly one out of two have osteopenia and one out of five have osteoporosis. Osteoporosis prevalence was higher in the women and in the elderly. Nearly one out of three women in postmenopausal age group have osteoporosis. There is no substantial difference across the four regions of the country. In India, rural populations often lack access to multidisciplinary pain management^[2]. Complementary and alternative medicine (CAM), including energy healing, has gained attention for its role in chronic disease management^[3].

Yoga Prana Vidya (YPV) System is a non-touch, no-drug energy healing modality integrating breathwork, forgiveness practices, and healing the aura and chakras, by cleansing and energising. Literature shows more than 130 studies on YPV's efficacy in improving physical and emotional health of various disease conditions, such as Ulcerative Colitis, HIV, Appendicitis, Pancreatitis etc^[4, 7].

This case study documents the recovery of a 59-year-old woman with chronic osteoporotic pain, through a single YPV healing session from a senior healer followed by patient self-healing.

Method

This qualitative case study was compiled using patient records, clinical history, and a structured interview conducted on October 31, 2025. The patient's physical, emotional, and functional status before and after YPV healing was documented. The research interview focused on knowing her experiences of the episodes she suffered and the benefits she derived from the YPV healing. The audio was recorded and transcribed. The transcript was analysed using thematic analysis to extract themes to identify psychosocial changes which are presented in the Results section.

Case Presentation

A 59-year-old female farmer from Tamil Nadu, presented with chronic spinal and hip pain radiating to her left knee. Her condition deteriorated over three years, culminating in complete immobility by June 2025. MRI confirmed osteoporosis. Conventional treatments failed to provide relief. The patient was moderately literate, went to school till Grade 5 in Tamil medium. Her emotional condition was found to be with depression, helplessness and insomnia.

Pre-YPV Medical Intervention

The patient consulted multiple hospitals hoping to find a solution to her pain. Treatments included analgesics, vitamin supplements, physiotherapy, and advice to rest. Surgery was recommended but the patient declined it due to fear and financial constraints. Despite medical advice to take rest, she resumed farming, thereby worsening her condition.

YPV Intervention as CAM Approach

On September 23, 2025, a 40-minute YPV healing session was administered by a certified YPV healer & practitioner. The Techniques applied by the Healer included aura cleansing, chakra cleansing, energizing with color pranas, and Level 5 healing with specific focus on affected part. The patient reported immediate pain relief. Later on, she attended Level 1 YPV training and began daily self-healing.

Results

Following the healing session, she regained mobility, resumed household chores, and travelled without discomfort. She reported that she had peaceful sleep and emotional upliftment.

The following are the themes that emerged from the patient's interview.

- 1. Immediate Relief:** She had a pleasant surprise when she experienced immediate relief after the first 40-minute healing session conducted by the YPV certified and Level 5 healer. She stated "I feel like I got out of the greatest pain in life."
- 2. Empowerment:** She took training in YPV healing level 1 course conducted by the healer-trainer. This step helped her to heal herself and she felt empowered. Seeing the results, she felt motivated. "I study the Level 1 book and practice daily."
- 3. Social Advocacy:** She shared her happiness with others by recommending YPV healing to others. "I referred healing to others on the bus."
- 4. Emotional Transformation:** As she was relieved of pain using YPV healing, she felt emotionally stronger, which she metaphorically described - "I feel so fresh, like after taking a hot bath."
- 5. Functional Recovery:** As a result of her YPV healing experience she recovered and became fully functional. She said, "I am Able to walk, climb stairs, and travel long distances."

Discussion

This case underscores the potential of YPV as a CAM modality for chronic pain. Energy healing may stimulate biofield regulation and emotional resilience. The patient's rapid recovery aligns with studies on energy-based therapies improving various health issues including musculoskeletal conditions [8, 16].

Her empowerment through self-healing reflects the value of participatory medicine. YPV system has modules which are easy to learn, practice and follow as daily routine to sustain the improvements.

Conclusions

This case illustrates the transformative potential of YPV energy healing in chronic pain management. A single session led to immediate and sustained recovery, highlighting the need for further research into CAM modalities in rural healthcare.

Ethics Statement

Informed consent was obtained from the patient for publication of this case study and interview excerpts. All

procedures followed ethical standards of documentation and confidentiality.

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