



# Yoga Prana Vidya (YPV) as a Complementary Approach in Successful Treatment of Throat Ulcers: A Case Report

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**Abstract:** Background: Throat ulcers are painful lesions that can significantly impair swallowing, speech, and overall quality of life. Despite conventional treatments in practice, some cases remain refractory. Yoga Prana Vidya (YPV), a non-touch, biofield-based energy healing modality, is known as a complementary therapy in various chronic and acute conditions. Case presentation: A 53-year-old female school teacher presented with recurrent throat ulcers, burning sensation, and dysphagia, persisting despite standard medical treatment. She could not talk and eat food normally for a week. She opted for YPV intervention after limited relief from pharmacological management. Intervention: A structured YPV Protocol was administered over 4 healing sessions of each 30 minutes duration in 2 days, including lifestyle guidance. No medications were used during the intervention. Outcomes: Within two days of healing with four sessions each of 30 minutes, the throat ulcer got healed. Burning sensations and pain in throat was relieved and the patient was able to start talking and eating food normally. Conclusions: This case suggests that YPV may serve as a safe, cost effective and integrative adjunct in the management of throat ulcers, particularly in cases unresponsive to conventional therapy. Further clinical studies are recommended to validate these findings and underlying mechanisms.

**Keywords -** Throat ulcers, complementary & Alternative therapy, energy healing, Yoga Prana Vidya System ®, YPV®

## I. INTRODUCTION

Throat ulcers are painful sores from infections (viral/bacterial), acid reflux, injury, stress, or nutrient deficiency, causing difficulty swallowing/speaking, redness, and pain, diagnosed via examination and history. If persistent, a medical evaluation helps for healing or specific treatment. Oral ulcers are common and can have many causes, making diagnosis challenging. Factors such as duration, pattern of recurrence, clinical appearance, mucosal location, and presence or absence of systemic symptoms are useful clues to determining an ulcer's cause [1].

If an ulcerative lesion lasts for two weeks or longer, it is considered chronic; otherwise, it is regarded as an acute ulcer [2]. Ulcers and membranous lesions may be present due to various underlying pathologies. So, proper diagnosis through detailed history, clinical examination and investigations are warranted to find out cause and

initiating treatment [3]. In Indian population oral lesions are very common due to various systemic diseases, addictions and low socio-economic state. A patient with oral mucosal lesion therefore, should be examined thoroughly as early diagnosis of the precancerous and cancerous conditions is the key factor for their effective and timely management [4].

Scientific research on using "energy healing" methods specifically for healing throat ulcers is extremely limited or non-existent in prominent medical and scientific databases. No dedicated study papers or clinical trials were found linking specific energy healing modalities (like Reiki, Pranic Healing, or therapeutic touch) to the direct treatment of throat ulcers.

This article presents a case study of a 53 years old female patient who suffered throat ulcers was healed successfully using Yoga Prana Vidya (YPV) protocols.

## II. METHOD

### *Case presentation*

The patient is a 53 years old female, a school teacher. She is a student learner of YPV healing during the time of this event.

### *Pre-YPV medical condition of the patient*

Diagnosed with throat ulcers, Hyper uric patches. On 26-11-2025

Medical evaluation of the patient's clinical case is done based on the prescription from Hospital dated 26/11/2025:

### *Medical History*

The patient has multiple chronic conditions: Hypertension, Hypothyroidism, Liver cirrhosis, and Type 2 diabetes

### *Presenting Complaints*

Pain in the throat, difficulty in swallowing, difficulty in talking, No vomiting but intermittent burning sensation. These symptoms suggest possible upper gastrointestinal or oropharyngeal irritation, possibly linked to reflux or mucosal inflammation.

### *Clinical Findings on Examination:*

- Dry ulceration
- Hyperemia (increased blood flow/redness)
- Hyperemic patches in Vocal structures

These findings point to mucosal inflammation, possibly due to acid reflux, infection, or nutritional deficiency.

Specialist Referral, Gastroenterology consult, was advised, likely due to liver cirrhosis and throat symptoms suggestive of reflux or esophageal irritation.

Medications were prescribed.

Clinical summary states that this is a complex case involving:

Multisystem chronic disease: Liver cirrhosis, diabetes, hypothyroidism, and hypertension.

Upper GI and ENT symptoms: Likely due to reflux or mucosal compromise.

Nutritional and symptomatic support: Through vitamins, antiseptics, and acid suppression

### *YPV Intervention*

The patient was a learner of YPV system at the time of this event. The YPV healer started healing sessions from 29-11- 2025

YPV Protocols Used:

The Healer did Psychotherapy, blood cleansing technique and used Miraculous healing protocol from Healer Development Protocol Level 1 of YPV on the affected part. Each session was for 30 minutes duration, twice a day for two days.

End date of the Intervention: December 1, 2025

### III. RESULTS

Within two days of healing with 4 sessions each of 30 minutes, the throat ulcer got healed. Burning sensations and pain in throat was relieved and the patient was able to start talking and eating food normally.

Prior to this, she was not able to eat food or talk to others for a week, because of the ulcers.

#### *Patient final feedback*

Written feedback from the patient after the healing treatment is at Annexure 1.

### IV. DISCUSSION

This paper has presented a case of a 53 years old female who suffered from throat ulcers was healed successfully within two days with 4 sessions each of 30 minutes duration. There is scanty literature on this topic of healing of throat ulcers using energy healing.

Yoga Prana Vidya System is an integrated and holistic system that includes prescribed set of physical exercises, rhythmic breathing (RYB) exercises, forgiveness sadhana, meditation techniques and pranic energy healing protocols. A well-trained healer recommends these protocols appropriate to the patient's sickness conditions. This system does not include any medicines or drugs, and adherence to salt-free diet is an essential feature. Literature shows more than 140 research papers with documented evidence of treating many types of diseases by YPV system as complementary and alternative medicine. Some examples as alternative medicine are: successful healing of some difficult medical cases [5], diabetes [6], heart block [7]. As complementary medicine YPV has been successfully applied in treating cancer patients avoiding side effects of medical treatments [8] [9] [10] [11] [12] [13]. Some studies show evidence of successfully treating urinary system related diseases as complementary medicine [14] [15] [16].

A study by Agnihotri et al (2020) [17] states that unless associated with some underlying systemic component, the condition generally takes 10 to 14 days to resolve, sometimes to recur soon. During the active disease phase, it affects eating, drinking and swallowing, thus affecting the quality of life. The treatment is generally symptomatic and is limited to the use of analgesics, antibiotics and topical application of steroids. The use of these drugs can sometimes lead to severe adverse effects. They argue that herbal medicaments provide a safer and efficacious alternative to synthetic drugs. They presented a review of the most commonly used herbal medicines and investigate their efficacy in treating oral ulcers as alternative medicine [17].

### V. CONCLUSION

This study has demonstrated that Yoga Prana Vidya energy healing techniques have offered rapid relief to patient with throat ulcers without any need of medicines or herbal formulations. The simplicity and ease of YPV Healing techniques have been appreciated by patients and indicating their preference for YPV Therapy. Further research is recommended using appropriate methodology and sample.

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#### *Conflicts of interest*

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Annexure 1: Patient final feedback

"Recovery Report:

Healing from Throat Ulcers with YPV Healer's Regular Healing Sessions"

"I've been through a challenging time dealing with throat ulcers, but thanks to the healer's regular healing sessions, I'm happy to report that I've made a full recovery. Here's a brief overview of my experience:

**\*Symptoms and Treatment:\***

- I was experiencing severe throat pain, difficulty swallowing, and inflammation.

- Healing sessions involved energy healing.

- Regular sessions helped alleviate symptoms and promote healing

Advantages of Healing with This Healer:

- **\*Holistic approach\***: Healing sessions addressed the root cause of the

issue, promoting overall well-being- **\*Non-invasive\***: No medication or

surgery was required, reducing the risk of side effects- **\*Personalized care\***:

Healer tailored the sessions to my specific needs, ensuring effective

treatment- **\*Faster recovery\***: Regular sessions accelerated the healing

process, getting me back to normal in no time- **\*Improved overall health\***:

The healing sessions also helped boost my immune system and reduce stress