

Successful Healing Treatment of Lumbar Scoliosis – the Spinal Postural Deformity Using Yoga Prana Vidya (YPV) System

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Abstract

Introduction: A 21-year-old female, while performing her regular morning yoga and stretching exercises, developed sudden pain and postural deformity. She was not able to walk because of the intensity of pain. The patient did not have any prior history of such pain or injury. She came in contact with Yoga Prana Vidya (YPV) healer and decided to go for YPV Healing. This paper presents the case of a female whose postural scoliosis got treated successfully using YPV Healing Protocol.

Methods: This is the case study method with detailed analysis of posture photos of patient's spine condition pre- and post-YPV healing applied as alternative treatment. This is the case of a 21-year-old female diagnosed with Postural (lumbar) scoliosis in May-June (28th May to 10th June) 2023. Symptoms were severe lower back ache, postural deformity (curvature of spine, tilted shoulders and torso), inability to sit for longer than 5 minutes, and difficulty in walking even for a few feet. Doctor estimated the recovery time to be of about 4-6 months, and she was prescribed pain killers and physiotherapy and then chiropractor.

Results: Analysis of the patient's health condition and medical case documents pre- and post-treatment shows that she got cured with Yoga Prana Vidya (YPV) healing method for lumbar scoliosis.

Conclusion: This case study documents the evidence on the effective use of YPV in treating postural scoliosis. There is ample scope to conduct further controlled research studies on the application of YPV as alternatively effective and low-cost treatment for various medical conditions.

Keywords: Scoliosis, Lumber Pain, Spinal Deformity, Postural Deformity, Yoga Prana Vidya System®, YPV Healing

1. Introduction:

1.1 What is scoliosis? [1]

Scoliosis is an abnormal side-to-side curvature of the spine. Instead of the spine being straight when viewed from behind, it curves into a “C” or “S” shape.

Typically, the spine also involves a rotational component in more advanced cases.

Most scoliosis cases are mild and may not need treatment; more severe curves may lead to posture changes, pain or other complications.

1.2 Lumbar Scoliosis

This is a specific form of scoliosis.

Lumbar scoliosis refers to a scoliotic curve whose apex (or primary curvature) is in the lumbar spine (lower back) region. It can vary in severity. Also, most of the adult scoliosis curves are usually in the lumbar region (lower spine).

1.3 How does lumbar scoliosis occur?

For lumbar scoliosis, one or more of the mechanisms that maintain normal alignment of the spine must fail. Following may be some of the contributing factors:

- Degenerative changes: In adults, degeneration of discs, facet joints, ligaments and vertebral bodies in the lumbar spine weakens alignment and may lead to a lateral curvature.
- Structural factors: Though many cases remain idiopathic (unknown cause), for lumbar curves, structural changes or trauma, infection, or degenerative conditions may play a role.
- Location-specific vulnerability: The lumbar spine bears much of the body’s weight, is the pivot for trunk movement, and supports the upper body. These mechanical demands make the lumbar region more prone to misalignment when degeneration or instability occurs.

1.4 How does lumbar scoliosis affect the body?

When the lumbar spine develops a scoliotic curvature, a number of physical and functional effects can follow:

- Posture & asymmetry: Uneven hips, a tilted pelvis, uneven shoulder height, or leaning to one side are common signs.
- Pain & discomfort: Especially in adults, lumbar scoliosis can be associated with back pain, leg pain or nerve symptoms because the altered alignment and possible rotation of vertebrae can stress muscles, ligaments, discs and nerve roots.
- Neurological symptoms: Due to nerve compression or irritation in the lumbar region (for example, radiating pain down the legs, i.e., sciatica). A progressing lumbar scoliosis can squeeze the sciatic nerve.
- Reduced mobility & function: Because the lumbar spine is key for bending, twisting, lifting and stabilising, a deformity in this region can impair these movements and lead to muscle fatigue, gait changes or instability.

- Long-term structural changes: If untreated, a lumbar scoliosis curve may worsen, causing further degeneration, disc wear, more asymmetry and even spinal imbalance.

1.5 Symptoms of Lumbar Scoliosis [2]

Patients with lumbar-region scoliosis may present with a spectrum of signs and symptoms — depending on curvature severity, patient age and structural involvement. Mild cases may even be asymptomatic.

- Uneven shoulders and hips.
- A noticeable asymmetry in the lower back.
- Back pain and/or leg pain.
- Changes in walking pattern and balance disturbances.
- Curves in the mature spine (adult-onset) may lead to nerve symptoms such as numbness, tingling, heaviness in back/hips/legs.

Importance of the Problem

Lumbar scoliosis is clinically important because of its potential to progress and cause functional, mechanical and neurological complications over time. Key aspects include:

- Because lumbar curves may impose asymmetric loading of vertebrae, intervertebral discs, facets and ligaments, this may lead to accelerated degeneration, pain, instability, and nerve-root compression — conditions that impact mobility, quality of life and may necessitate more invasive treatment if detected late.
- Early intervention is emphasised as even mild lumbar curves may progress, so recognising the importance of timely diagnosis and management helps reduce the risk of further structural change, symptom escalation and more complex treatment in the future.
- Scoliosis can put pressure on nerves in and around the spine, leading to pain, numbness, tingling or heaviness in the back, hips, legs — especially when the curvature causes spinal imbalance or nerve compression.

1.6 Yoga Prana Vidya (YPV) System as an alternative modality:

Yoga Prana Vidya (YPV) is a comprehensive and holistic energy-based healing system that functions as a complementary and alternative approach for addressing both physical and mental health issues. It combines scientific breathing techniques, energy healing methods, and meditation practices to support overall well-being. The system is founded on the principle of Pranic or bio-plasmic energy. YPV focuses on cleansing and balancing the energy body, which subsequently promotes healing in the physical body. This is achieved through structured healing protocols and techniques, supported by self-practice methods such as simple physical exercises, rhythmic yogic breathing, forgiveness sadhana, and Planetary Peace Meditation.

The YPV system is based on time-tested ancient energy healing methods, with well-defined protocols designed to ensure a structured and effective healing process for a wide range of health

conditions. Over 140 published research studies have demonstrated consistent and positive recovery outcomes in patients. For example, illnesses successfully dealt with by YPV system and documented publications include some difficult medical cases [3], Diabetes management & control [4], removing arterial block in heart without surgery [5], vision improvements for participants of an Eye Camp [6], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive program [7], Role of Yoga Prana Vidya in first aid and emergency [8], improvements of health and immunity of senior citizens [9], speedy recovery of COVID patients [10], treatment of hypothyroidism [11], Lowering academic anxiety and enhancing academic performance of high school children [12], saving life of a snake-bitten human female [13], improvements in the cognitive abilities and social behavior of mentally challenged children [14], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [15], healing treatment of a female patient suffering from kneecap dislocation [16]. A case study of a pet dog bitten by snake (cobra) healed successfully and brought to life [17], A case of Discoid Lupus of a female patient healed successfully [18], A Successful Confirmed Pregnancy Case of IVF(In vitro fertilization) Patient [19], Successful self-healing of vitiligo condition and overcoming psychosocial stresses [20], Successful healing treatment of adenomyosis [21], A case of Unilateral multi-cystic dysplastic Kidney in a 7 – month fetus - Successful healing [22], Successful Healing Treatment of Renal Calculi (Kidney Stones) [23], Exploring Manifestation Theory And Its Connection With Psychology Analysis of Results Of Yoga Prana Vidya YPV

Model of Intentional Manifestation Through Case Studies [24]. A case of a female patient having Non displaced lateral malleolus fracture, pre-diabetic and hypothyroidism healed successfully [25]. A Case of Chocolate Ovarian Cyst Successful Healing [26]. A case of diabetic retinopathy with blurred vision healed successfully [27], Overcoming Academic Anxiety and Depression [28], Ringworm Infection: A case of successful cure [29], Self-care in Health [30], A Pediatric Bronchopneumonia case: Successful healing with speedy recovery [31], A Case Report of Isolated Left Zygomatic Arch Fracture [32], Pediatric autism spectrum disorder [33], Anal Fissures [34], Chronic Addiction to Tobacco [35], skin ailments: A multiple case study [36], Varicose Vein With Perforator Incompetence and Ulcerative Gangrene [37], Esophageal Varices and Post-evl [38], Herpes Zoster Infection [39], A case of accidentally crushed hand [40], A study on a Randomized Control Trial using 10 PM Online Divine Group Healing was done for Well-Being of IT professionals [41], Bed-Wetting of two girl child aged 6 and 8 respectively [42]. Healing Small Intestinal Bacterial Overgrowth –SIBO [43].

As a holistic therapy, Yoga Prana Vidya (YPV) has a potential to relieve both the physical and psychological suffering in people having postural scoliosis.

One such example of postural scoliosis in one patient, it has been observed that Yoga Prana Vidya® (YPV®), which is a no touch, no drug, bio-energy healing method, has been used to successfully heal patients having simple to complex and multiple medical conditions [37]. This

paper presents one case study of a 21-year-old female patient having postural scoliosis, successfully healed by YPV®.

2. Method

2.1 Patient's background information

A 21-year-old unmarried female residing with family in Vadodara city of Gujarat state, India, a working IT professional, having moderate body build up, weight 56 Kg, with no history of severe back pain and scoliosis.

2.2 Pre-YPV medical history

On 28 May 2023, a 21-year-old female developed sudden, severe lower back pain within 30 minutes of performing her routine morning yoga and stretching exercises, rendering her unable to sit for longer than five minutes. Shortly thereafter, an observable lateral curvature of the lumbar spine emerged, with asymmetry noted on the right side. The patient also exhibited visible pelvic and shoulder asymmetry with truncal tilt. She reported severe pain causing significant distress. There was no prior history of back pain, trauma, or known spinal abnormality.

2.3 Medical Treatment Recommended Before YPV

The patient's pain progressively worsened, eventually making ambulation extremely difficult. As the incident occurred on a Sunday, immediate medical consultation was unavailable. She consulted a general physician the following day and was referred to a physiotherapist. Based on clinical assessment, she was diagnosed with postural scoliosis localized to the lumbar region. Management recommendations included complete bed rest for a duration of 4–6 months, strict avoidance of spinal movement, and maintaining a straight sleeping posture to facilitate recovery. Analgesic medication was prescribed for pain management.

2.4 Patient's condition with medication before YPV

The patient was prescribed analgesic medication and a course of physiotherapy for symptom management. However, the analgesics provided only transient relief, lasting less than one hour, after which pain recurred with unchanged intensity. Although physiotherapy was initiated as recommended, the patient experienced clinical deterioration after two to three sessions, with a marked increase in pain severity. Routine movements became significantly painful, limiting ambulation and tolerance to standing, and substantially impairing daily functioning and quality of life.

2.5 YPV Intervention

As the incident occurred on a Sunday, immediate medical consultation was unavailable, resulting in increased discomfort and concern for the patient. In the absence of prompt medical support, she sought assistance from a Yoga Prana Vidya (YPV)–trained healer as an alternative approach

for pain management. YPV healing sessions were initiated immediately, with a focus on pain reduction, calming of the affected region, and facilitation of the body's natural healing response. With continued healing, the patient's discomfort progressively decreased to a tolerable level, enabling improved rest and relaxation. As pain levels became manageable, she discontinued physiotherapy, which had previously exacerbated her symptoms.

During the acute phase, YPV healing was administered four times daily to provide intensive support. With observable clinical improvement, the frequency of sessions was gradually reduced to twice daily and subsequently to once daily. Each session was associated with further pain relief, improved mobility, and reduced spinal stiffness. With consistent adherence to YPV healing protocols, the patient demonstrated steady and sustained improvement, with complete resolution of back pain within one week, allowing her to resume normal activities without discomfort and with enhanced overall well-being. Subsequently, she underwent approximately seven chiropractic sessions.

2.6 Following YPV protocols followed by Patient

1. Rhythmic Yogic Breathing, 3 times a day (As guided in YPV Sadhana App)
2. Forgiveness Sadhana once a day, daily (As guided in YPV Sadhana App)

2.7 YPV Healing by Healer

YPV Psychotherapy

Treating the affected part with appropriate colour prana

Frequency of healing (each healing was about 30 minutes duration):

Four times a day for first 2 days (28th May 2023 to 29th May 2023)

Thrice a day for next 2 days (30th May 2023 to 31st May 2023)

Twice a day for next 2 days (1st June 2023 to 2nd June 2023)

Once a day for 2 days (3rd June 2023 to 4th June 2023)

3. Results

3.1 After YPV intervention

The outcomes of Yoga Prana Vidya (YPV) healing in the management of lumbar scoliosis were encouraging. Treatment effectiveness was evident from comparative pre- and post-intervention photographs, which demonstrated notable improvement. Patient-reported outcomes during the intervention period indicated gradual reduction in persistent pain, restricted mobility, and ongoing discomfort following regular YPV healing sessions, resulting in an overall improvement in quality of life.

In this case, YPV healing was administered without the use of medications or invasive procedures, enhancing patient convenience and compliance. The intervention did not require

hospital or clinic visits, allowing recovery in a home setting. Follow-up observations confirmed that the therapeutic outcomes were stable and sustained, with continued improvement reported even 2.5 years after completion of treatment.

Before and after healing photographs:

Improvement taken place during one week of healing for lumbar scoliosis



Before Healing

After Healing

4. Discussion

Lumbar scoliosis is a musculoskeletal condition characterized by an abnormal curvature of the lower spine. This study observed that Yoga Prana Vidya (YPV) healing played a significant role in reducing symptoms of lumbar scoliosis while enabling the patient to maintain normal daily activities. Regular YPV healing sessions resulted in pain relief, improved flexibility, and enhanced spinal comfort, without any reported adverse effects. Additionally, consistent practice of core YPV techniques, including Rhythmic Yogic Breathing and Forgiveness Sadhana, supported emotional balance, energy regulation, and accelerated recovery. The integrated

approach of healing and self-practice contributed to overall improvement in the patient's physical and mental well-being. YPV therapy, in conjunction with chiropractic sessions, demonstrated effectiveness in managing lumbar scoliosis by providing faster symptomatic relief. Follow-up assessment confirmed that the therapeutic outcomes were stable and sustained, with no recurrence of symptoms over a period of two and a half years, and without the need for medication or physiotherapy.

Conclusion

This case report presents evidence from a female patient demonstrating the effective use of Yoga Prana Vidya (YPV) healing in the management of lumbar scoliosis and its associated symptoms. While further scientific studies are required to elucidate the etiology of lumbar scoliosis and to establish standardized management protocols, findings from this case indicate that YPV may function not only as a supportive therapeutic intervention but also as a viable complementary and preventive approach.

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