



**Article Type:** Case Report

## **Yoga Prana Vidya Healing in the Management of Migraine: A Case Study of a 15-Year-Old Female**

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**Conflict of interest:** Nil

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### **Abstract**

**Background:** Migraine is a prevalent neurological disorder characterized by recurrent, disabling headaches often accompanied by nausea, photophobia, and phonophobia. Conventional pharmacological management provides symptomatic relief but is frequently associated with side effects and incomplete resolution. Complementary and integrative therapies, including energy-based modalities, are increasingly explored for their potential benefits. Yoga Prana Vidya (YPV) is an integrative healing system emphasizing pranic energy regulation, breathing practices, and meditation, with emerging evidence of efficacy in diverse clinical conditions.

**Case Presentation:** A 15-year-old female student diagnosed with migraine headaches persisting for three years. Despite multiple medical consultations and pharmacological interventions there was not significant improvement besides several side effects, including memory impairment. Following referral by an Ayurvedic physician, she underwent YPV healing sessions

administered by a certified YPV healer and trainer. The intervention comprised YPV L-5 healing, psychotherapy (YPV L-3), and YPV L-2 protocols, delivered over two phases totalling 56 hours across 112 sessions. The patient practiced YPV sadhana components from YPV Sadhana App, including rhythmic yogic breathing, forgiveness sadhana, Planetary Peace Meditation (PPM) and physical exercises.

**Results:** Progressive reduction in headache intensity, frequency, and duration was observed. Sleep quality improved, and by the end of the second intervention phase, the patient reported complete resolution of migraine symptoms. Follow-up indicated sustained remission, with the patient resuming normal academic activities.

**Conclusion:** This case highlights the potential of YPV healing as a complementary therapy for migraine management. Structured energy-based interventions, combined with patient adherence to YPV practices, may offer safe, effective, and sustainable outcomes. Further

controlled studies are recommended for wider validation of findings.

**Keywords:** Migraine, Yoga Prana Vidya system ®, YPV ®, Complementary therapy, Integrative health

## Introduction

### Migraine

Migraine is a chronic neurological disorder characterized by recurrent episodes of severe headache, often unilateral and pulsating, lasting from hours to days. It is frequently accompanied by nausea, vomiting, photophobia, and phonophobia, significantly impairing quality of life. The global prevalence of migraine is estimated at 14–15%, with peak incidence among adolescents and young adults<sup>1</sup>. Pathophysiology involves complex neurovascular mechanisms, cortical spreading depression, trigeminovascular activation, and altered neurotransmitter dynamics<sup>2</sup>. Conventional management includes pharmacological interventions such as triptans, NSAIDs, and prophylactic agents, but these are limited by side effects, incomplete efficacy, and risk of medication overuse headache<sup>3</sup>.

The main goal of treatment for migraine is to reduce the severity and duration of the migraine attack. Other objectives include restoring functioning ability, reducing the use of rescue medications and promoting overall management with no or minimal side effects.<sup>4</sup>

### Yoga Prana Vidya (YPV)

Yoga Prana Vidya (YPV) is an integrative healing system rooted in yogic and pranic traditions<sup>5</sup>. It emphasizes regulation of pranic energy through specific protocols, breathing techniques, meditation, and forgiveness practices<sup>6</sup>. YPV has been applied in diverse clinical contexts, including chronic pain<sup>7</sup>, metabolic disorders<sup>8</sup>, and psychosomatic conditions<sup>9</sup>. Emerging evidence suggests that YPV facilitates energy balance, stress

reduction, and improved physiological functioning, making it a promising complementary modality in integrative healthcare<sup>10-13</sup>.

### Method

Case study method is used in this study by collecting data from the patient and the YPV healer.

### Patient Information

The patient was a 15 years old female student.

### Pre-YPV Medical Condition

The patient had recurrent migraine headaches since January 2020. Despite consultations with multiple physicians and neurologists, pharmacological interventions provided only temporary relief. Side effects included memory impairment. Ayurvedic treatment was attempted but proved insufficient.

### YPV intervention

- The Healer was a certified YPV healer and trainer
- Protocols Used:
  - YPV L-5 healing
  - YPV L-3 psychotherapy (removal of stress energy)
  - YPV L-2 healing
- Duration:
  - Phase 1: 3 February 2022 to 26 March 2022 (26 hours)
  - Phase 2: 6 June 2022 to 4 August 2022 (30 hours)
  - Total: 56 hours (112 sessions of 30 minutes each)
- Patient self-Practices: Rhythmic yogic breathing, forgiveness sadhana, Planetary Peace Meditation (PPM) and physical exercises by adherence to YPV Sadhana App.

### Results

- Symptom Reduction: Gradual reduction in headache intensity and frequency during Phase 1.

- **Relapse:** Symptoms recurred during a two-month break due to irregular practice.
- **Complete Resolution:** During Phase 2 healing sessions combined with consistent self-practice, headaches subsided completely.
- **Functional Improvement:** Improved sleep quality, concentration, and academic performance.
- **Sustained Outcome:** At follow-up, the patient reported no recurrence and resumed normal life activities. Detailed feedback from the patient's mother is at Annexure 1.

### Discussion

A study by Amiri et al (2022) observed that globally migraine was the second largest contributor to the disability-adjusted life-years (DALYs) lost due to neurological disorders in 2016, accounting for 16.3% [95% uncertainty interval (UI): 11.7–20.8] of the attributable DALYs. The global age-standardized prevalence of migraine increased by 1.7% (0.7–2.8) from 1990 to 2019, and in 2019 there were 1.1 billion (0.98–1.3) prevalent cases and 525.5 (78.8–1,194) years lived with disability (YLDs) per 100,000 population. In the United States, the economic burden of migraine was significantly higher in patients with migraine, than among those without migraine (\$11,010 vs. \$4,436;  $p < 0.01$ )<sup>14</sup>

Migraine is a disabling condition with recurrent attacks of severe pain, sensitivity to light/noise and nausea/vomiting. Additional treatments are needed, as pharmacological options are often limited by side effects, poor response, and high cost<sup>15</sup>

This case demonstrates the potential of YPV healing in migraine management, while conventional pharmacological approaches often fail to provide sustained relief and may cause adverse effects. Energy-based therapies such as YPV offer a non-invasive,

holistic alternative. Mechanistically, YPV may modulate autonomic balance, reduce stress-related triggers, and enhance pranic energy flow. The patient's adherence to YPV sadhana was critical in sustaining therapeutic outcomes, highlighting the importance of patient engagement in integrative practices.

Comparable studies have reported benefits of YPV in chronic pain, psychosomatic disorders, and stress-related conditions. This aligns with broader evidence supporting mind-body interventions in migraine management, despite being a single-case design. Controlled clinical trials shall be helpful to establish efficacy, mechanisms, and reproducibility.

### Conclusion

YPV healing facilitated complete remission of migraine symptoms in a 15-year-old female patient, with sustained outcomes upon consistent practice. This case underscores the potential role of YPV as a complementary therapy in migraine management. Future research should focus on randomized controlled trials to validate efficacy and explore underlying mechanisms.

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#### Annexure 1: Feedback from patient's mother

“██████████, my daughter, was suffering from severe headache.....It was so stressful for her so that she could not lead normal life with this headache.....Had gone for checkup n doctor prescribed medicine which was recurring after stopping it.....Then we went to the neurologist and he also concluded that it was Migraine...He prescribed medicine for 3 months again....After taking that she started to loose her memory power....

But again headache recurred.....Almost 3 years was spent like this by consulting to different doctors.....Later by God's grace we happened to meet Dr. ██████████, ayurvedic doctor in 1-12-2022.....She gave the medicine but it was also temporary....Later she recommended ██████████ sir.....On 3-2-2023 We went to him and he started the healing.....2 months he did YPV Healing, At that time regularly ██████████ could not do the practices, PPM and Rhythmic breathing 6-3 which was suggested by ██████████ sir, later due to some circumstances we stopped healing in that time she had some relief.....because we took a break, again Headache started and that was making her life miserable....

It was her PUC by then, 6-6-2023...Again I took my daughter to ██████████ sir. Day by day her Headache started subsiding....

By 2 Months she was completely recovered.....and he suggested her PPM and Rhythmic yogic breathing 6-3 6-3 along with healing to avoid recurrence and she did it diligently.....She is doing it now and now it's about 2 year.....No headache and no stressful life because of ██████████ sir's YPV healing....Now she is doing her BDS 1st year....Very grateful to ██████████ sir....Much gratitude” □-██████████ (Mother)