

Integrative energy healing for cervical insufficiency in pregnancy: A case study on Yoga Prana Vidya (YPV) intervention

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Abstract

Background: Cervical insufficiency is a known risk factor for second-trimester pregnancy loss and preterm birth. This case study presents the integrative application of Yoga Prana Vidya (YPV) healing techniques in managing a high-risk pregnancy complicated by cervical shortening and funnelling, despite prior medical intervention.

Case presentation: A 32-year-old female software engineer with a history of miscarriage at 18 weeks was diagnosed with cervical shortening during her second pregnancy at 12 weeks gestation. A cervical cerclage was placed, but funnelling was later observed, prompting complete bed rest. From the 12th week of gestation, the patient received regular YPV healing sessions, including Level 5 healing, energy knot techniques, and psychotherapy. The intervention was intensified after funnelling was detected at 24 weeks. Complementary practices such as Rhythmic Yogic Breathing, Soul Affirmation, and Forgiveness Sadhana were also incorporated.

Results: The patient reported reduced stress and pain, improved energy levels, and emotional stability. Follow-up diagnostic imaging on 4 August 2025 confirmed the resolution of funnelling. The pregnancy was successfully carried to 36 weeks, culminating in the birth of a healthy 2.8 kg baby via caesarean section. Postpartum YPV healing facilitated rapid recovery from surgical pain and wound healing.

Conclusion: This case underscores the potential role of YPV as a supportive, non-invasive adjunct to conventional obstetric care in managing high-risk pregnancies.

Keywords: Yoga Prana Vidya, Cervical Insufficiency, High-Risk Pregnancy, Energy Healing, Integrative Therapy

Introduction

Cervical insufficiency, defined as painless cervical dilation in the absence of labour, is a significant contributor to second-trimester pregnancy loss and preterm birth. A cervical length of less than 25 mm before 24 weeks gestation is associated with increased risk of spontaneous preterm birth (sPTB) [1-2]. Risk factors include prior mid-trimester losses, cervical trauma, and congenital uterine anomalies. Management strategies include cervical cerclage, vaginal progesterone, and activity modification [3-4].

Yoga Prana Vidya (YPV) is a non-touch, no-drug energy healing modality rooted in ancient yogic and pranik traditions. It integrates breath regulation, energy cleansing & energising, and affirmations to harmonize the body's energy field and promote healing [5-7]. Recent case studies and clinical reports have demonstrated the efficacy of YPV in managing a range of physical and psychological conditions, including chronic infections, endocrine disorders, and antenatal complications [8-10]. YPV healing has been shown to reduce stress, enhance vitality, and support recovery in both acute and chronic conditions [11-14].

Case Presentation

Patient Profile: A female aged 32, software engineer, resident in Bengaluru, Karnataka, India

- **Obstetric History:** Previous miscarriage at 18 weeks (Sept 2024)
- **Current Pregnancy:** Cervical shortening at 12 weeks (April 2025); cerclage placed at 13 weeks; funnelling noted at 24 weeks (24 Jun 2025)

Medical Management

- Cervical cerclage performed on 30 April 2025
- Funnelling observed above the stitch on 24 June 2025
- Advised complete bed rest

YPV Healing Intervention

This was conducted by a team of two YPV healers – One YPV healer and Arhat Yoga Practitioner, and the second one was a Certified YPV Healer and Senior YPV trainer.

- Initiated on 2 May 2025 by YPV Healer H1
- Intensified from 25 Jun 2025 by YPV Healer H2 after funnelling detection.

Techniques used

- YPV Level 5 Healing
- Energy Knot Technique (applied above the stitch area with golden energy)
- Psychotherapy and energy cleansing of the fetus

Duration: Daily sessions of 30 minutes from 2 May to mid-September 2025

The patient, who is also a trained healer, self-practiced the following YPV modules:

- Rhythmic Yogic Breathing
- Soul Affirmation
- Forgiveness Sadhana

Patient reported reduced stress, improved energy, and pain relief

Outcome

- Imaging (Annexures 1 & 2) confirmed funneling on 24 June 2025; resolved by 4 August, 2025
- Pregnancy maintained safely until 36 weeks (7 October 2025)
- Delivered a healthy 2.8 kg baby via cesarean section
- Postpartum YPV healing continued for one month, aiding in pain reduction and wound healing

Patient's feedback is at Annexure 3.

Discussion

This case highlights the potential of YPV healing as a complementary approach in managing cervical insufficiency. The resolution of funneling and successful near-term delivery suggest that energy-based interventions may positively influence maternal stress, uterine energetics, and healing outcomes. Similar case reports have documented the role of YPV in supporting pregnancies complicated by genetic anomalies and endometriosis [10, 15-17]. Broader reviews on yoga and energy healing during pregnancy also indicate improved maternal-fetal bonding, reduced anxiety, and enhanced physiological resilience. YPV's mechanisms may involve modulation of the autonomic nervous system, improved pranic flow, and psychosomatic balance. While further controlled studies are needed, this case adds to the growing body of evidence supporting integrative therapies in obstetric care.

Conclusion

YPV healing, when integrated with standard medical care, may offer a safe, supportive approach to managing cervical insufficiency and preventing preterm birth. This case contributes to the growing body of evidence supporting the role of energy healing in maternal-fetal medicine.

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Conflicts of interest

There are no conflicts of interest.

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