



## Integrative Healing of Anal Fissure (Piles) Using Yoga Prana Vidya (YPV) Energy Healing Protocols: A Case Study

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### Abstract

**Background:** *Haemorrhoids (Piles) and anal fissures are common anorectal disorders causing pain, bleeding, and impaired quality of life. Conventional management includes dietary modification, pharmacotherapy, and surgery. Complementary approaches such as biofield energy healing are increasingly explored.*

**Objective:** *To document the clinical course and outcomes of a patient with piles treated using Yoga Prana Vidya (YPV) healing protocols alongside lifestyle modifications.*

**Methods:** *A 35-year-old male presented with anal fissure symptoms including pain, itching, and bleeding. He had a history of alcohol use and irregular lifestyle. Medical consultations provided partial relief. His wife referred him to a certified YPV trainer. Daily 30 minutes healing sessions were conducted for 60 consecutive days using specific YPV protocols targeting the rectal region and associated chakras.*

**Results:** *Within 8 sessions, symptoms reduced by 20%. By the end of two months, pain and itching resolved, and alcohol intake decreased. Follow-up after 3 ½ years confirmed sustained recovery, with no recurrence of symptoms. Patient reported improved lifestyle, emotional balance, and spiritual growth through meditation and gratitude practices.*

**Conclusion:** *This case highlights the potential role of YPV biofield healing as an adjunct to conventional management of anorectal disorders. Integrating mind-body-spirit practices may enhance recovery, reduce recurrence, and improve holistic wellbeing. Controlled studies are recommended to validate efficacy.*

**Keywords:** *Anal fissures, Piles, Haemorrhoids, Yoga Prana Vidya System®, YPV®*

### Introduction

Haemorrhoids and anal fissures are prevalent anorectal conditions affecting millions worldwide. Haemorrhoids are dilated vascular structures in the anal canal, while fissures are painful tears in the anal mucosa. Risk factors include constipation, straining,

sedentary lifestyle, and poor diet. Symptoms include pain, bleeding, itching, and swelling, often impairing quality of life.<sup>[1]</sup> Notably, a considerable number of people with haemorrhoids do not complain about symptoms. In addition, a high BMI can be regarded as an independent risk factor for haemorrhoids<sup>[2]</sup>.

Conventional management ranges from dietary fibre supplementation and sitz baths to pharmacological agents and surgical interventions. Despite these, recurrence and incomplete relief are common<sup>[3]</sup>.

### Yoga Prana Vidya and Biofield Healing

Biofield therapies are recognized as complementary approaches that may regulate physiological and psychological states<sup>[4-5]</sup>. Yoga Prana Vidya (YPV) is a structured integrated system of energy healing (biofield therapy) that uses pranic energy to cleanse and energize the biofield<sup>[6-7]</sup>. It has been applied in diverse conditions including diabetes, cardiovascular disease, infections, and psychosomatic disorders<sup>[8-13]</sup>.

### Case Presentation

**Patient:** Male, 35 years, resident in Melbourne, Australia.

**Condition:** Anal fissure with pain, itching, bleeding, aggravated by alcohol use and irregular lifestyle.

**Medical History:** Multiple consultations, medications, ointments, sitz baths. Partial relief only.

### YPV Intervention

- The YPV Healer is a Certified YPV Healer and YPV Level 1 trainer based at YPV Ashram, Tamil Nadu, India at the time of healing intervention.
- Healing sessions started on 14 May 2022.
- YPV healing Protocols applied: Healer Development Program Level 1 (HDP L1), + extra cleansing of rectum, anus, wound, perineum, sex chakra using colour Pranas including inside anal place.

**Duration:** Daily 30 minutes healing session for 60 sessions (2 months).

### Results

- After 8 sessions: 20% reduction in pain and itching.
- After 60 sessions: complete resolution of symptoms. The patient reduced alcohol intake. Annexure 1 shows photographs taken before and after YPV healing intervention.

### Follow-up:

- A follow up 3 ½ years later (Feb 2026) revealed that the patient reported sustained recovery, no recurrence, improved lifestyle, meditation practice, gratitude, emotional balance. Annexure 2 shows the verbatim feedback.

### Annexure 1: Photographs



Before YPV Healing



After YPV Healing

### Annexure 2: Follow up feedback

After 3 ½ years of YPV healing intervention: Email dt 04 February 2026

“I am writing to share my personal journey of dealing with piles (haemorrhoids), including how the condition developed, the treatments I followed, and most importantly, the spiritual healing and meditation practices that supported my full recovery. I hope this experience is meaningful and helpful. I first began experiencing symptoms around March 2022. These included pain and discomfort during bowel movements, itching, swelling, and occasional bleeding. At that phase of my life, I was dealing with

irregular eating habits, constipation, prolonged sitting, and mental stress. Over time, I realized that both physical imbalance and mental stress contributed to the condition.

After consulting a doctor, I was diagnosed with piles and advised to follow medical treatment along with lifestyle changes. I followed a fiber-rich diet, increased my water intake, avoided straining, and used prescribed medicines and ointments. I also practiced warm sitz baths regularly, which helped relieve physical discomfort and supported the natural healing process.

Alongside medical treatment, I consciously turned towards spiritual healing. I began daily meditation, mindful breathing, and moments of silence to calm my mind and reconnect with my inner self. Through meditation, I learned to listen to my body, release fear and stress, and cultivate patience and self-awareness. This inner calm helped regulate my digestion and brought balance to my daily routine.

I also practiced gratitude and positive affirmations during meditation, trusting my body's natural ability to heal. This spiritual approach helped me stay emotionally strong and hopeful throughout the recovery period. I strongly believe that healing is not only physical, but also mental and spiritual, and addressing all three played a vital role in my recovery.

Gradually, I noticed clear improvement. Pain and bleeding reduced, swelling subsided, and bowel movements became comfortable. With consistent medical care, spiritual discipline, and inner healing practices, the condition healed completely within approximately e.g., 4–6 weeks, without the need for any surgical or invasive procedures.

After recovery, I continued my spiritual practices, including meditation, mindful living, and a balanced lifestyle. These practices have helped maintain long-term health and harmony. I am grateful to share that the condition has not repeated since recovery, and I continue to feel healthy, balanced, and at peace.

Overall, this experience taught me the importance of aligning the body, mind, and spirit in the healing journey. Please feel free to contact me if further information or clarification is required.”

## Discussion

This case demonstrates integrative healing combining conventional and complementary approaches. The patient's recovery aligns with literature emphasizing YPV healing lifestyle modification and stress reduction in similar anorectal disorders<sup>[14-15]</sup>. Biofield healing may have contributed to symptom resolution by modulating energy imbalances and psychosomatic stress.

## Conclusion

YPV healing protocols, combined with lifestyle changes and meditation, facilitated complete recovery in a patient with anal fissure/piles. Sustained improvement over 3.5 years suggests long-term benefits. This case supports further clinical trials to evaluate YPV as an adjunct therapy in anorectal disorders.

**Acknowledgments:** The authors thank the patient and healer for their cooperation and consent.

**Conflicts of Interest:** None declared.

**Funding:** No funding received.

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