



Yoga Prana Vidya (YPV) Healing in Early Kidney Dysfunction: A Longitudinal Case Report of Clinical Recovery and Sustained Wellbeing (2009–2025)

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OPENACCESS

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Received:02-01-2026

Accepted: 05-02-2026

Availableonline: 17-02-2026



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ABS TRACT

Background: Chronic kidney disease (CKD) is a progressive condition associated with high morbidity and mortality. Conventional management focuses on pharmacological and lifestyle interventions, yet complementary therapies are increasingly explored. Yoga Prana Vidya (YPV), an energy-based healing system, has shown promise in integrative health.

Case Presentation: A 41-year-old Chartered Accountant, experienced a sudden health crisis in June 2009 with severe palpitations, sweating, insomnia, and hypertension (BP 170–180/100–110 mmHg). Laboratory investigations revealed elevated serum creatinine (1.6 mg/dL), suggestive of early kidney dysfunction. Initial Ayurvedic therapy failed to improve symptoms. In August 2009, he commenced YPV healing under a certified YPV healer, receiving 210 sessions over 11 months, alongside daily self-practices, as per YPV sadhana App.

Results: Within weeks, symptoms subsided, sleep normalized, and energy improved. By July 2010, serum creatinine returned to 1.1 mg/dL, blood urea 28 mg/dL, and BP stabilized at 130/90 mmHg without medication. Longitudinal follow-up (2010–2025) confirmed sustained renal function (creatinine 0.8 mg/dL, urea 21 mg/dL), normal kidney size on ultrasound, and stable cardiovascular parameters.

Discussion: This case highlights the potential role of YPV healing in reversing early kidney dysfunction and maintaining long-term stability. Mechanisms may involve stress reduction, autonomic regulation, and subtle energy modulation. While anecdotal, the findings align with emerging evidence on YPV's efficacy in diverse conditions.

Conclusion: YPV healing contributed to normalization of renal function and sustained wellbeing in this case. Controlled studies are recommended to further validate its role in integrative nephrology.

Keywords: Chronic kidney disease, Yoga Prana Vidya System®, YPV®, Pranic energy healing, Hypertension.

BACKGROUND

Chronic kidney disease (CKD) affects approximately 10% of the global population and is associated with cardiovascular morbidity and premature mortality. Pathophysiology involves progressive nephron loss, hypertension, and metabolic derangements. Early detection and intervention are critical to delay progression^{1–3}.

Complementary therapies are increasingly recognized for their role in holistic management. Yoga Prana Vidya (YPV) is an energy-based healing system integrating pranic energy healing, meditation, breathing techniques, and forgiveness practices. Evidence suggests YPV improves physiological and psychological outcomes across diverse conditions. Case studies report normalization of kidney function, issues in urinary system, resolution of chronic infections, and improvements in metabolic and ophthalmic disorders^{4–13}.

CASE PRESENTATION

Case study method is applied in this paper, collecting data from the patient medical records, YPV Healer's records and Venkata Satyanarayana Nanduri, *Yoga Prana Vidya (YPV) Healing in Early Kidney Dysfunction: A Longitudinal Case Report of Clinical Recovery and Sustained Wellbeing (2009–2025)*, IASRJ.Med.Pharm.Sci., 6(1): 18-21, 2026

patient feedback.

- **Patient:** Male, 41 years, hypertensive since 2004.
- **Intervention:** YPV healing sessions (Aug 2009–Oct 2010), 210 sessions (daily × 2 months, alternate days × 10 months, 30 min each).
- **YPV Protocols:** Psychotherapy, YPV Level 2 healing, HDP Level 1 healing, stress energy removal, blessings.
- **Self-practice:** Daily as per YPV sadhana App (exercises, breathing, forgiveness Sadhana).
- **Outcome Measures:** Clinical symptoms, BP, serum creatinine, blood urea, ultrasound findings, longitudinal follow-up (2010–2025).

RESULTS

- **Baseline (2009):** BP 170–180/100–110 mmHg, creatinine 1.6 mg/dL, palpitations, sweating, insomnia.
- **Post-intervention (2010):** Creatinine 1.1 mg/dL, urea 28 mg/dL, BP 130/90 mmHg, symptom resolution.
- **Long-term (2010–2025):** Creatinine 0.8 mg/dL, urea 21 mg/dL, BP 130/80 mmHg, normal kidney size, sustained wellbeing. Patient feedback is at Annexure 1, and the lab report at Annexure 2 showing creatinine 0.8 mg/dL.

DISCUSSION

This case demonstrates reversal of early kidney dysfunction with YPV healing. Mechanisms may include autonomic balance, stress reduction, and subtle energy modulation. While anecdotal, findings in this study align with reports of YPV efficacy in renal, metabolic, and psychological conditions^{4–8,10,12–15}

As Complementary and Alternative Medicine (CAM), YPV is widely used and is evidence based. YPV uses no-touch and no-drug system of safe energy healing protocols which are proven as revealed in over 140 research papers found in literature. A unique advantage with YPV system is that the Healers can conduct healing sessions even from a distance, even hundreds of Kilometres away, from patients' location.

CAM is widely used by early-stage Chronic Kidney Disease (CKD) patients, with studies showing that up to 54.9% of patients in some regions, particularly those in stages 3–4, use these therapies, often without disclosing them to their doctors. While CAM is used to manage symptoms, improve quality of life, and sometimes in an attempt to reverse kidney damage, many products (especially herbal remedies) can be nephrotoxic. Evidence-based, cautious, and professional guidance is essential to ensure that any alternative therapy does not harm the patient¹⁶.

CONCLUSIONS

YPV healing contributed to normalization of renal function and sustained wellbeing in this case. It may serve as a complementary modality in integrative nephrology. Further research with appropriate sample and methodology is recommended.

ETHICS STATEMENT

Informed consent was obtained from the patient for documentation and publication of this case without revealing the patient's identity.

ACKNOWLEDGMENTS

The authors thank the patient for sharing his medical data and personal experiences for this longitudinal study on condition that his identity is not revealed. Our thanks are also to Sri Ramana Trust (Thally-635118) for permitting to use their copyrighted terms Yoga Prana Vidya System® and YPV®.

Conflicts of Interest: None declared.

Funding: Nil.

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Annexure 1: Summary of Patient feedback

“The great Healing Saga

In June 2009, at the age of 41, I was suddenly struck by severe palpitations, profuse sweating, exhaustion, and high blood pressure readings of 170–180/100-110. I could hear and feel my heartbeat, which left me restless and unable to sleep. Soon after, medical tests revealed that my serum creatinine had risen to 1.6 mg/dl, indicating the onset of kidney disease. This news devastated me and my family.



I tried Ayurvedic medicines like Punarnava and Cystone, but my symptoms persisted. It was then that I was introduced to Sri [REDACTED] in August 2009. From the very first pranic Energyhealing session with him, I experienced deep relaxation, peaceful sleep, and renewed energy. Gradually, my palpitations, sweating, exhaustion, and urinary discomfort disappeared. I was able to return to work and family life with vigour and confidence.

Medical reports confirmed what I was experiencing. By July 2010, my creatinine had normalized to 1.1 mg/dl, blood urea was 28 mg/dl, and my blood pressure stabilized at 130/90. Over the years, these improvements continued. In 2020, my BP remained at 130/90 with a normal pulse of 68, without medication. By 2025, my creatinine was 0.8 mg/dl, urea 21 mg/dl, and BP 130/80. An ultrasound in December 2025 showed both kidneys normal in size—something rare in chronic kidney disease.

Although Sri [REDACTED] stopped treating me in October 2009, the benefits endured. I have continued to seek his healing

for myself and my family whenever needed, always finding it effective and energizing. Inspired by my recovery, I got trained in Yoga Prana Vidya under his guidance, completing Level 1 to 3 and crystal healing. I share this with deep gratitude: YPV pranic healing not only restored my health but gave me back my life, energy, and enthusiasm.”
 (...XXX...)

Annexure 2: Lab report dated 29 Oct 2025

 MRPL HOSPITAL Kuthethoor, Mangalore - 575030			
Patient Name	: [REDACTED]	Age/Sex	: 57Y 9M / M
Patient ID	: 10683	Episode ID	: MHHC25003182
Ref.Doctor	: Dr DUTY DOCTOR	Category	: ONGC MRPL
Sample Received	: 29/10/2025 19:03	Sample Coll.On	: 29/10/2025 19:02
		Reported On	: 30/10/2025 12:09
Test Name	Results	Units	Biological Ref. Interval
LFT(LIVER FUNCTION TEST)			
TOTAL BILIRUBIN (TB)	1.21	mg/dL	0.2 - 1
DIRECT BILIRUBIN	0.40	mg/dL	0.1 - 0.4
INDIRECT BILIRUBIN	0.88	mg/dL	0.2 - 0.8
SGOT&AST	18	U/L	0 - 40
SGPT&ALT	11	U/L	0 - 40
ALKALINE PHOSPHATASE	79	U/L	0 - 270
SERUM PROTEIN	6.32	gm/dl	6 - 8
SERUM ALBUMIN	3.80	gm/dl	3.5 - 5.3
SERUM GLOBULIN	2.52	gm/dl	1.8 - 3.3
A&G RATIO	1.5	gm%	1.5 - 3.3
KIDNEY FUNCTION RFT			
SERUM UREA	21	mg/dL	10 - 50
SERUM CREATININE	0.8	mg/dL	0.5 - 1.4
HAEMATOLOGY			
HB (HAEMOGLOBIN)	10.0	gm%	14 - 18
TC (TOTAL LEUCOCYTE COUNT)	3600	cells/cu.mm	4000 - 11000
ESR	60	mm/1 hr	0 - 12
AMC - BLOOD GROUPING AND RH TYPING	B NEGATIVE	---	---
DC (DIFFERENTIAL COUNTS)			
NEUTROPHILS	46	%	50 - 70
LYMPHOCYTES	43	%	20 - 40
MONOCYTES	02	%	2 - 10
EOSINOPHILS	09	%	1 - 6
BASOPHILS	00	%	0 - 1