



Yoga Prana Vidya Healing as Complementary Intervention in Pediatric Rickets: A Case Report

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Abstract

Introduction: Rickets is a pediatric skeletal disorder caused by defective bone mineralization, primarily due to vitamin D deficiency, resulting in bone deformities and impaired mobility. Conventional management includes supplementation of vitamin D and calcium, but complementary approaches are increasingly explored. Yoga Prana Vidya (YPV), an energy-based healing modality, has shown promise in integrative health care.

Case Presentation: This case report documents the application of YPV healing in a 2-year-old female child diagnosed with rickets, presenting with bent knees, brittle bones, and difficulty in standing or walking. Her parents approached two certified YPV healers who conducted daily sessions for 90 days, employing psychotherapy, chakra cleansing especially lower chakras and group healing.

Results: Progressive improvement was observed within six weeks, with the child able to stand and walk without discomfort by the end of three months. Parents reported complete recovery, with sustained improvements in mobility and bone alignment.

Conclusions: This case highlights the potential of YPV healing as a supportive intervention in pediatric rickets, complementing conventional care. While anecdotal, the findings suggest scope for further controlled studies to evaluate YPV's role in bone health and pediatric rehabilitation.

Keywords: Rickets, Vitamin D deficiency, Yoga Prana Vidya System®, YPV®, Pediatric Complementary Healing therapy.

Introduction

Rickets

Rickets is a disorder of defective bone mineralization in children, often due to vitamin D deficiency, leading to skeletal deformities, pain, and impaired growth. It remains prevalent in low- and middle-income countries despite preventive strategies.

Nutritional rickets is the most common form, though genetic variants also exist. Management typically involves vitamin D and calcium supplementation, alongside lifestyle modifications [1-3].

Yoga Prana Vidya (YPV)

YPV is an integrative energy healing system rooted in yogic traditions, emphasizing pranic energy

regulation for physical and psychological well-being [4]. Research with over 160 studies has documented YPV's effectiveness in diverse conditions including Alopecia Areata, ulcerative colitis, cancer, asthma, and trauma recovery^[5-8]. Case studies highlight its role in enhancing physiological resilience, reducing stress, and supporting recovery through chakra cleansing and energising, YPV psychotherapy, and group healing^[9-14]. YPV's holistic approach aligns with modern integrative health paradigms, warranting exploration in pediatric bone disorders.

Case Presentation

- **Patient:** Female child, diagnosed with rickets. Parents approached YPV healers in April 2020 when the child was 2 years and 3 months.
- **Symptoms:** Bent knees, brittle bones, difficulty standing/walking (See Fig 1).
- **Conventional treatment:** The child was undergoing medical treatment for Vitamin D and calcium deficiency without notable improvement.
- **YPV Intervention:** At the request of the parents, starting from 20 April 2020, the YPV healers conducted Daily YPV healing (15 minutes) for 90 days, including YPV psychotherapy, chakra cleansing especially lower chakras including leg minor chakras, and applied group healing.
- **Progress:** Improvement noted after 6 weeks; by 3 months the child could walk, stand, and dance without discomfort.

Results

- **Outcome:** Complete recovery in mobility and bone alignment within 3 months.
 - **Parental feedback:** High satisfaction, relief, and confidence in child's future schooling.
 - **Sustainability:** Improvements sustained post-intervention.
- Figure 2 shows improved condition of the legs after YPV healing.



Figure 1: Before YPV healing



Figure 2: After YPV healing

Discussion

This case demonstrates YPV's potential as a complementary therapy in pediatric rickets. While conventional treatment addresses biochemical deficiencies, YPV may support energy balance and psychosomatic healing. Similar integrative approaches have shown benefits in chronic conditions and rehabilitation^[15,16]. Controlled trials are needed to validate efficacy, mechanisms, and reproducibility.

Conclusion

YPV healing facilitated significant improvement in a pediatric rickets case, suggesting its utility as a supportive intervention. Integration of YPV with conventional care may enhance outcomes in bone health and child rehabilitation.

Acknowledgments

We thank the patient's family for sharing case data on condition of anonymity, and Sri Ramana Trust (Thally-635118) for copyright terms Yoga Prana Vidya System ®, and YPV ®.

Ethics Statement

Informed consent was obtained from the patient's parents.

Conflicts of Interest

None declared.

Funding Statement

No funding was received.

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