



ISSN: 2456-2912  
NAAS Rating (2026): 4.61  
VET 2026; 11(4): 87-90  
© 2026 VET  
[www.veterinarypaper.com](http://www.veterinarypaper.com)  
Received: 02-01-2026  
Accepted: 09-02-2026

**Chaithali**  
YPV Healer, Sirsi, Karnataka,  
India

**Dr. Shalini C**  
BAMS, MD(Ayu), Associate  
Certified YPV Healer and Arhat  
Yogi, Mysuru, Karnataka, India

## Complementary application of yoga prana vidya (YPV) healing in a case of bovine mastitis: A case report

**Chaithali and Shalini C**

**DOI:** <https://www.doi.org/10.22271/veterinary.2026.v11.i4b.3168>

### Abstract

**Introduction:** Mastitis, an inflammation of the mammary gland, is a major disease affecting dairy cattle, leading to reduced milk yield, poor milk quality, and significant economic losses. Effective management requires timely diagnosis and appropriate treatment. With increasing concerns about antimicrobial resistance, complementary approaches are being explored alongside conventional therapies. This case report evaluates the role of Yoga Prana Vidya (YPV) healing, a non-invasive energy-based modality, in managing mastitis in a domestic cow.

**Methods:** Case details were obtained from the animal owner. The subject was a 5-year-old domestic cow in the early postpartum period, presenting with udder swelling, pain during milking, and reduced milk yield. Yoga Prana Vidya (YPV) healing was administered by a trained practitioner as a complementary intervention, with daily sessions conducted over a period of 21 days, targeting the affected mammary region along with systemic energy balancing.

**Results:** After 21 days of healing, the cow showed significant improvement. There was marked reduction in teat swelling and hardness, along with relief from pain during milking. Milk production improved in both quantity and consistency. The cow also demonstrated better appetite, increased activity, and return to normal behavior, indicating overall recovery.

**Conclusion:** This case demonstrates the potential of YPV healing as a complementary approach in managing mastitis in dairy animals. The findings suggest that YPV may help reduce inflammation, support recovery, and improve overall well-being. Furthermore, YPV healing not only benefits humans but can also be effectively applied to animals through their energy body and affected region, supporting holistic healing and health.

**Keywords:** Bovine mastitis, dairy cattle, yoga prana vidya, energy healing, complementary medicine, animal health

### 1. Introduction

Dairy products, particularly milk, are among the most essential food sources worldwide. The increasing global demand for dairy has led to efforts to enhance milk yield through genetic selection, improved nutrition, and better management practices [1]. However, one of the major challenges affecting productivity is poor udder health, especially due to mastitis [2].

Mastitis, defined as inflammation of the mammary gland, is one of the most prevalent diseases in dairy cattle [3, 4, 5]. It significantly reduces milk yield and quality, leading to substantial economic losses for farmers [6, 7, 8, 9, 10, 11]. The condition is commonly caused by a variety of gram-positive and gram-negative bacterial pathogens and is characterized by inflammation of the mammary tissue, along with physical, chemical, and bacteriological changes in milk and pathological alterations in glandular tissue [12].

Milk from mastitis animals is often contaminated and unsuitable for human consumption, and may serve as a source for transmission of zoonotic diseases such as tuberculosis, brucellosis, leptospirosis, and Q fever [13].

Conventional management of mastitis primarily involves antibiotic therapy, including intramammary infusions and systemic treatment targeting specific pathogens, often supported by anti-inflammatory drugs to reduce pain and inflammation. Early diagnosis using tests such as the California Mastitis Test (CMT), along with proper hygiene and preventive measures like

**Corresponding Author:**  
**Dr. Shalini C**  
BAMS, MD(Ayu), Associate  
Certified YPV Healer and Arhat  
Yogi, Mysuru, Karnataka, India

dry cow therapy, are essential for effective control [14, 15, 16]. However, the high use of antimicrobials in mastitis management raises concerns regarding antimicrobial resistance, highlighting the need for complementary and alternative approaches.

### **Yoga Prana Vidya (YPV) / Energy body of Animal**

Energy healing approaches such as Yoga Prana Vidya (YPV) are based on the understanding that living beings possess not only a physical body but also a subtle energy body or bioplasmic body, which regulates physiological and psychological functions. In humans, this energy body contains energy centers known as chakras, which absorb, distribute, and regulate life energy (prana) within the body. In animals, however, YPV healing primarily focuses on the aura and the affected physical regions or organs rather than specific chakras. Animals are highly receptive to energy-based interventions, and healing is generally performed through cleansing and energizing of the aura, organs, and affected parts. This approach aligns with the broader "biofield" concept, defined as a complex electromagnetic and subtle energy field that regulates biological processes [17].

Animals, due to their instinctive nature and relatively minimal mental interference, are highly sensitive to environmental energies and subtle vibrations. Scientific evidence supports that many animals possess advanced sensory mechanisms, including the ability to detect electromagnetic fields and environmental changes, which aid in navigation, survival, and behavioral responses [18, 19]. This heightened sensitivity can be interpreted as an increased responsiveness of the energy body to surrounding energy conditions.

Like humans, animals may experience disturbances in their energy body due to stress, environmental influences, or emotional factors. These disturbances can manifest as behavioral changes such as fear, anxiety, aggression, or depression, as well as physical symptoms. Studies have shown that environmental stressors, including electromagnetic influences, can affect animal physiology and behavior [20]. In YPV healing, such disturbances are understood as imbalances or congestion in the energy body, resulting in improper flow and distribution of prana within the body.

YPV healing utilizes non-touch, no-drug techniques such as cleansing (removal of diseased or congested energy) and energizing (projection of fresh prana) to restore balance in the energy body. These standardized techniques aim to normalize energy flow and support the body's inherent capacity for self-healing. A growing body of literature indicates that more than 160 research articles have reported successful applications of Yoga Prana Vidya (YPV) healing in human subjects, with continued contributions to the field expected. Published case reports have documented beneficial outcomes across a wide range of conditions, including the management of difficult medical cases, diabetes control, and non-surgical resolution of arterial blockages, as well as improvements in vision among eye camp participants and enhanced holistic well-being and immunity following structured YPV programs [21, 22, 23, 24, 25].

Further evidence highlights the role of YPV in first aid and emergency care, improved health outcomes among senior citizens, accelerated recovery in COVID-19 patients, management of hypothyroidism, reduction of academic anxiety with improved performance, and life-saving interventions in critical conditions such as snakebite [26, 27, 28, 29, 30, 31]. Additional reports demonstrate improvements in cognitive abilities and social behavior among mentally challenged children, effective management of chemotherapy-

related side effects in cancer patients, and recovery in musculoskeletal conditions [32, 33, 34].

### **Case Report**

A 5-year-old dairy cow, following its second calving, developed hardness in one teat, accompanied by reddish discoloration, a localized wound, and pus accumulation. The milk expressed from the affected teat was reddish in color and reduced in quantity. For these complaints, the owner consulted a veterinary hospital and the cow received appropriate conventional treatment. Simultaneously, homeopathic treatment was also administered; however, there was no significant improvement in the cow's condition or milk production.

Over time, the cow exhibited reduced feed intake and showed reluctance to allow milking even from the other three unaffected teats. In view of the persistent symptoms and lack of satisfactory response to treatment, the owner subsequently consulted a Level 1 Yoga Prana Vidya (YPV) healer in Sirsi, explained the condition, and sought healing intervention. The cow then underwent YPV healing for a duration of 21 days.

### **Healing Protocol**

During the healing process, the YPV healer initially performed scanning of the cow's aura and the affected udder region by sensitizing the palms to assess areas of congestion or depletion in the energy field. Following this, general sweeping of the aura was performed first using white prana to remove diseased or congested energy and to balance the overall energy field. This step helped in clearing generalized energetic disturbances before addressing the local condition. Subsequently, localized cleansing of the affected teat and surrounding udder region was carried out repeatedly until a reduction in diseased energy was perceived. After adequate cleansing, the affected area and corresponding organs were energized with fresh prana to facilitate restoration of normal energy flow and support the natural healing process. Healing was focused on the aura, affected parts, organs, and systems, without specific emphasis on chakras, in accordance with YPV animal healing guidelines. In situations of distress or discomfort, additional general sweeping was performed to support calming and stabilization. Healing sessions were conducted three times daily, each lasting approximately 30 minutes, over a period of 21 consecutive days. The frequency and duration of healing were adjusted based on the condition and responsiveness of the animal.

### **Results**

Following 21 days of Yoga Prana Vidya (YPV) healing, administered at a frequency of three sessions per day (increased to four sessions on select days), progressive clinical improvement was observed.

By day 4, the cow demonstrated improved feed intake and no longer exhibited discomfort during milking from the unaffected teats, although the wound over the affected teat persisted. By day 7, the wound showed signs of drying, accompanied by a reduction in pus discharge. By day 15, complete healing of the wound was noted, with absence of pus and a marked reduction in teat hardness. By day 21, the affected teat had functionally recovered, with resumption of milk secretion of normal color and consistency. At 45-day follow-up, the cow remained clinically stable and was producing approximately 5 liters of milk collectively from all four teats.

The detailed clinical progression is summarized in Table-1

**Table 1:** Clinical progression and recovery of a dairy cow with mastitis following Yoga Prana Vidya (YPV) healing over 45 days

Day	Feed Intake	Wound Status	Pus Discharge	Teat Hardness	Milk from Affected Teat	Milk from Other Teats	Remarks
Day 0 (Before YPV)	Reduced	Present (reddish, inflamed)	Present	Marked hardness	Absent / minimal, reddish	Reduced, reluctance	Severe condition
Day 4	Improved	Present	Present	Hardness persists	Not resumed	Normal, no discomfort	Early improvement
Day 7	Normal	Drying	Reduced	Slightly reduced	Not resumed	Normal	Healing phase begins
Day 15	Normal	Healed	Absent	Significantly reduced	Not resumed	Normal	Tissue recovery evident
Day 21	Normal	Absent	Absent	Minimal / resolved	Resumed, normal color	Normal	Functional recovery
Day 45 (Follow-up)	Normal	Absent	Absent	Normal	Normal	Normal	Full recovery; ~5 L total milk

## Discussion

The present case demonstrates a progressive and sustained recovery in a dairy cow with mastitis following Yoga Prana Vidya (YPV) healing, suggesting its potential role as a complementary therapeutic modality in veterinary conditions. The observed clinical improvements, including wound healing, reduction in pus discharge, normalization of teat consistency, and restoration of milk production, indicate possible enhancement of tissue repair and physiological regulation.

These findings are supported by previously reported YPV-based veterinary cases. A case report describing recovery in a pet dog following a cobra bite highlights the potential role of YPV healing in acute and life-threatening conditions<sup>[35]</sup>. In addition, a multiple case study on canine pets has documented successful healing outcomes using YPV protocols across a range of clinical conditions, suggesting broader applicability in animal care<sup>[36]</sup>. Further support is provided by a multiple case study on sick sports horses, which reported successful healing outcomes using YPV healing protocols as a complementary approach, indicating the applicability of such energy-based interventions across different animal species and conditions<sup>[37]</sup>.

Collectively, these reports, along with the present case, indicate that YPV healing may serve as a supportive, non-invasive modality in veterinary practice. It is noteworthy that the healing in the present case was performed by a Level 1 YPV healer, utilizing only basic cleansing and energizing protocols as per standard YPV practice, learned in just 15 hours workshop. Despite the use of fundamental techniques, the case demonstrated a complete and sustained recovery. This observation suggests that even basic YPV interventions may have significant therapeutic potential. It may be hypothesized that more advanced YPV protocols could further enhance clinical outcomes.

## Conclusion

This case report demonstrates the successful recovery of a dairy cow with mastitis following Yoga Prana Vidya (YPV) healing, with marked improvement in clinical symptoms and restoration of milk production. The findings suggest that YPV may serve as a complementary, non-invasive modality in veterinary care, supporting natural healing processes and functional recovery. Notably, the positive outcome was achieved using only basic Level 1 healing protocols, indicating the potential effectiveness of even foundational YPV practices.

However, as this is a single case report, the results should be interpreted with caution. Further research involving larger sample sizes and controlled study designs is warranted to

validate these findings and to explore the scope and mechanisms of YPV healing in animal health.

## Acknowledgements

The authors would like to express sincere thanks to the owners of the cow healed for sharing the case details and feedback. The authors also thank Sri Ramana Trust (Thally-635118, Tamil Nadu, India) for granting permission to use the copyrighted term Yoga Prana Vidya System®.

**Conflicts of Interest:** None

**Funding:** Nil

## Financial Support

Not available

## References

- Lucy MC. Reproduction loss in high-producing dairy cattle: where will it end? *J Dairy Sci.* 2001;84:1277-1293.
- De Vlieghe S, Fox LK, Piepers S, McDougall S, Barkema HW. Mastitis in dairy heifers: nature of disease, potential impact, prevention and control. *J Dairy Sci.* 2003;95:1025-1040.
- Ruegg PL. Investigation of mastitis problems on farms. *Vet Clin North Am Food Anim Pract.* 2003;19:47-73.
- Halasa T, Huijps K, Østerås O, Hogeveen H. Economic effects of bovine mastitis management: a review. *Vet Q.* 2007;29:18-31.
- Jamali H, Barkema HW, Jacques M, Levallée-Bourget E, Malouin F, Saini V, *et al.* Incidence, risk factors, and effects on clinical mastitis recurrence in dairy cows. *J Dairy Sci.* 2018;101:4729-4746.
- Philpot WN. A backward glance—a forward look. In: *Proceedings of the 42nd British National Conference, Annual Meeting; 2003; Houston, TX, USA.* p. 144-155.
- Ullah S. Effect of mastitis on milk composition in buffaloes under field conditions [master's thesis]. Faisalabad (Pakistan): University of Agriculture; 2004.
- Heikkilä AM, Nousiainen JI, Pyörälä S. Costs of clinical mastitis with special reference to premature culling. *J Dairy Sci.* 2012;95:139-150.
- Bezman D, Lembierskiy-Kuzin L, Katz G, Merin U, Leitner G. Influence of intramammary infection of a single gland in dairy cows on milk quality. *J Dairy Res.* 2015;82:304-311.
- Sánchez-Macías D, Morales-delaNuez A, Torres A, Hernández-Castellano LE, Jiménez-Flores R, Castro N, *et al.* Effects of somatic cells in caprine milk on cheese

- quality. *Int Dairy J.* 2013;29:61-67.
11. Sánchez-Macías D, Hernández-Castellano LE, Morales-delaNuez A, Herrera-Chávez B, Argüello A, Castro N. Somatic cells: a potential tool to accelerate low-fat goat cheese ripening. *Int Dairy J.* 2020;102:104598.
  12. Radostits OM, Gay CC, Hinchcliff KW, Constable PD. Mastitis. In: *Veterinary medicine: a textbook of the diseases of cattle, sheep, pigs, goats and horses.* 10th ed. London: Baillière Tindall; 2007:674-762.
  13. Sharif A, Umer M, Muhammad G. Mastitis control in dairy production. *J Agric Soc Sci.* 2009;5:102-105.
  14. Tommasoni C, Fiore E, Lisuzzo A, Gianesella M. Mastitis in dairy cattle: on-farm diagnostics and future perspectives. *Animals (Basel).* 2023;13(15):2538. <https://doi.org/10.3390/ani13152538>
  15. Pyörälä S. Treatment of mastitis during lactation. *Ir Vet J.* 2009;62(Suppl 4):S40-S44. <https://doi.org/10.1186/2046-0481-62-S4-S40>
  16. Li X, Xu C, Liang B, Kastelic JP, Han B, Tong X, Gao J. Alternatives to antibiotics for treatment of mastitis in dairy cows. *Front Vet Sci.* 2023;10:1160350. <https://doi.org/10.3389/fvets.2023.1160350>
  17. Rubik B. The biofield hypothesis: its biophysical basis and role in medicine. *J Altern Complement Med.* 2002;8(6):703-717.
  18. Cucurachi S, *et al.* A review of the ecological effects of radiofrequency electromagnetic fields (RF-EMF). *Environ Int.* 2013;51:116-140.
  19. Jain S, Hammerschlag R, Mills P, *et al.* Clinical studies of biofield therapies: summary, methodological challenges, and recommendations. *Glob Adv Health Med.* 2015;4(Suppl):58-66.
  20. National Research Council (US). Possible health effects of exposure to residential electric and magnetic fields. Washington (DC): National Academies Press; 1997.
  21. Neravetla J, Nanduri VS. A study into the successful treatment of some difficult medical cases using Yoga Prana Vidya healing system as alternative medicine. *Int J Sci Eng Res.* 2019;10(7):882-887.
  22. Rajagopal AH, Ramya A, Nanduri VS. Diabetes management and control using Yoga Prana Vidya healing system. *J Biol Life Sci.* 2019;10(2).
  23. Ramya A, Nanduri VS. Cardiac case study: successful healing treatment of a 48-year-old male with heart block using Yoga Prana Vidya healing system. *Saudi J Nurs Health Care.* 2019;2(11):353-356.
  24. Nanduri VS, Chaitra N. Vision improvements in participants of a Yoga Prana Vidya eye camp: a case study. *J Community Health Manag.* 2019;6(4):139-146. <https://doi.org/10.18231/j.jchm.2019.028>
  25. Neravetla J, Nanduri VS. Effects of Yoga Prana Vidya one-month intensive residential programme on physical health, psychological well-being and immunity. *Int J Res Anal Rev.* 2020;7(2):18-27.
  26. Neravetla J, Nanduri VS. Role of Yoga Prana Vidya healing techniques in emergency and first aid: a summary of case reports. *Int J Med Sci Health Res.* 2020;4(3):133-146.
  27. Nanduri VS. Effectiveness of Yoga Prana Vidya practice protocols for health improvements and immunity in seniors: a review. *J Bio Innov.* 2020;9(4):583-588.
  28. Nanduri VS, Karnani V. Successful recovery of COVID-19 patients using Yoga Prana Vidya healing. *COVID.* 2020;1(4):78-82. <https://doi.org/10.18231/j.covid.2020.005>
  29. Revathi R, Janani N, Nanduri VS. Successful treatment of hypothyroidism using integrated Yoga Prana Vidya healing approach: case reports. *J Prev Med Holist Health.* 2020;6(1):1-7.
  30. Ramya A, Kraleti P, Gopal KVT, Nanduri VS. Effect of planetary peace meditation on academic performance of high school children: a case study. *Indian J Psychol Educ.* 2020;10(2):59-64.
  31. Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: successful treatment using Yoga Prana Vidya healing system. *Int J Med Sci Health Res.* 2021;5(1):101-110. <https://doi.org/10.51505/ijmshr.2021.5111>
  32. Rajkumari K, Bembalkar S, Nanduri VS. Effects of Yoga Prana Vidya protocols on social behaviour, cognitive abilities and IQ of mentally challenged children. *Pediatr Rev Int J Pediatr Res.* 2021;1:7-15.
  33. Jain V, Bindal S, Bhatia PK, Nanduri VS. Managing pain and side effects in a Hodgkin lymphoma patient using Yoga Prana Vidya system: a case report. *Int J Med Sci Acad Res.* 2021;2(5):5-11.
  34. Dholakia M, Tandon I, Dholakia D, Nanduri VS. Successful treatment of patellar dislocation using Yoga Prana Vidya protocols without surgery: a case report. *Acta Sci Womens Health.* 2021;3(11):15-20.
  35. Nayak L, Nanduri VS. A case study of a pet dog bitten by snake healed using Yoga Prana Vidya energy healing. *Int J Sci Eng Res.* 2019;10(7).
  36. Lingappa N, Girija H, Nanduri VS. Successful healing treatment of canine pets using Yoga Prana Vidya protocols: a multiple case study. *Int J Sci Eng Res.* 2020;11(1).
  37. Gupta V, Kundalia M, Nanduri VS. Successful treatment of sick sports horses using Yoga Prana Vidya healing protocols as complementary medicine: a case series report. *Int J Vet Sci Anim Husb.* 2025;10(2):413-418.

**How to Cite This Article**

Chaithali, Shalini C. Complementary application of yoga prana vidya (YPV) healing in a case of bovine mastitis: A case report. *International Journal of Veterinary Sciences and Animal Husbandry.* 2026;11(4):87-90.

**Creative Commons (CC) License**

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.