

Yoga Prana Vidya Healing as Alternative Therapy in the Resolution of Hemorrhoids And Dysmenorrhea: A Case Study

Leelavathi Nayak¹, Venkata Satyanarayana Nanduri²

¹Certified YPV healer and Trainer, Mangalore, Karnataka, India

²Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally-635118, Tamil Nadu, India

ABSTRACT

Background: Hemorrhoids and dysmenorrhea are common conditions that impair quality of life. Conventional treatments often provide partial relief and carry risks of recurrence. Yoga Prana Vidya (YPV), an integrative energy-based healing system, has shown promise in managing chronic conditions.

Case Presentation: A 39-year-old female presented with chronic hemorrhoids, dysmenorrhea, headaches, and disturbed sleep. Symptoms persisted despite dietary modifications and self-practice of pranayama. She consulted a certified YPV healer in January 2026.

Intervention: Daily YPV healing sessions (20 minutes, twice daily for one month, then once daily for two weeks) were administered. Protocols included YPV Level 5 healing, cord-cutting, psychotherapy, colour therapy, internal organ cleansing, and blood cleansing. The patient also practiced self-help components of YPV sadhana App and followed a fibre-rich vegetarian diet.

Results: From the first session, improvements were noted in sleep quality, headache reduction, and relief from itching. Over 39 days, hemorrhoid symptoms resolved completely, dysmenorrhea improved, and psychological well-being was enhanced.

Discussion: This case aligns with prior reports of YPV efficacy in hemorrhoids and menstrual disorders. Literature suggests YPV promotes autonomic regulation, stress reduction, and improved circulation, complementing conventional care. Compared to surgical or pharmacological approaches, YPV offers a non-invasive, holistic alternative with sustained outcomes.

Conclusion: YPV healing demonstrated effective resolution of hemorrhoids and dysmenorrhea in this patient, highlighting its potential as alternative therapy. Further research with controlled studies is warranted.

KEYWORDS: Hemorrhoids, Dysmenorrhea, Yoga Prana Vidya system ®, YPV ®, Alternative therapy,

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INTRODUCTION

Hemorrhoids affect 5–10% of adults, with peak prevalence between 45–65 years, causing pain, bleeding, and impaired quality of life [1-3]. Conventional treatments range from lifestyle changes to surgical hemorrhoidectomy, but recurrence and complications remain common [4-6]. Dysmenorrhea, affecting up to 90% of adolescents and 25% of adult women, is often managed with NSAIDs or hormonal therapy, which carry side effects [7-9].

Yoga Prana Vidya (YPV) is an integrative healing system combining energy healing, psychotherapy, and lifestyle

practices [10]. Evidence shows YPV improves autonomic regulation, reduces stress, and supports recovery in chronic conditions [11,12]. Previous case studies document successful YPV interventions in hemorrhoids and anal fissures [14-16].

CASE PRESENTATION

The patient, a 39-year-old housewife, reported constipation, hemorrhoids (See Figure 1), dysmenorrhea, headaches, and disturbed sleep. Symptoms persisted despite dietary changes

and pranayama. She consulted a certified YPV healer on 5 January 2026.

INTERVENTION

The Certified YPV Healer began conducting healing sessions with Healing protocols including:

- YPV Level 5 healing and cord cutting
- YPV psychotherapy for stress reduction
- Colour therapy for affected part and to balance chakras
- Internal organ and blood cleansing techniques

Sessions: Twice daily for 30 days, then once daily for 16 days (total 46 days). Patient also practiced self-help components of YPV sadhana App and followed a fibre-rich vegetarian diet.

RESULTS

- Headache and sleep disturbances improved from the first session.
- Hemorrhoid symptoms (itching, burning, fissure pain) resolved completely (See Figure 2).
- Dysmenorrhea symptoms reduced during subsequent cycles.
- Psychological well-being improved, with enhanced emotional resilience.

Patient feedback is at annexure 1.

DISCUSSION

This case demonstrates YPV's holistic impact, consistent with prior reports. For dysmenorrhea, YPV aligns with evidence supporting yoga-based therapies in reducing prostaglandin-mediated pain and stress[8] . Compared to conventional hemorrhoid treatments (diet, sclerotherapy, surgery), YPV offered non-invasive relief without recurrence [14-16].

CONCLUSION

YPV healing effectively resolved Hemorrhoids and dysmenorrhea in this patient, highlighting its role as alternative therapy. Future randomized controlled trials are recommended to validate outcomes.

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Ethics Statement

Informed consent from patient obtained.

Conflicts of Interest

None declared.

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Figure1: Before YPV healing

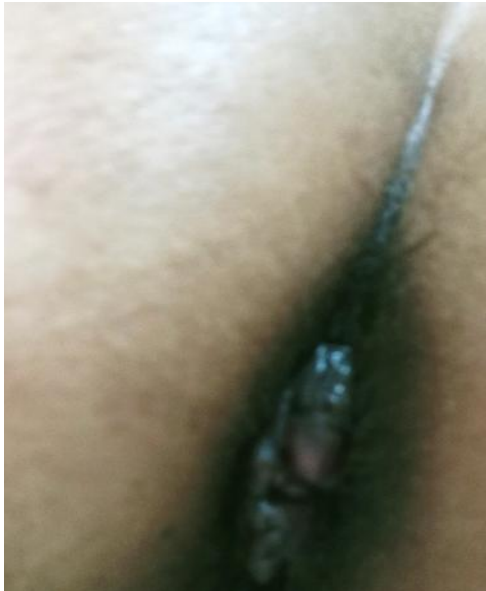


Figure 2: After YPV healing



Annexure 1

Feedback from patient is given below:

“I had been suffering from headache and dysmenorrhea for 2 years because of stress, personal problems, and hemorrhoids in the last one year. Tried for self-remedies but did not find much relief. Then consulted YPV healer through my friend, As I found improvements from 1st day of healing session itself, I requested her to continue healings for one month, and now I am relieved from all symptoms. Meanwhile I was practicing YPV sadhana and taking diet suggested by my healer, Now I am Feeling very happy, mentally strong, and continuing YPV sadhana practices which are very helpful experiences, and known from podcasts. I am heartily thankful to healer madam and YPV system for changes in me at all levels.”