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Supportive Role of Yoga Prana Vidya (YPV) Healing as a Complementary Therapy for a Primigravida woman in Reducing Labour Anxiety and Facilitating Normal Vaginal Delivery: A Case Study

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Abstract

Background: Primigravida women often experience heightened anxiety and fear related to labour pain and childbirth, which can negatively affect maternal outcomes. Complementary interventions such as Yoga Prana Vidya (YPV) healing may provide emotional and psychological support alongside standard obstetric care.

Case Presentation**:** A 34-year-old primigravida at 37 weeks and 6 days gestation presented with significant anxiety, musculoskeletal discomfort, and fear of labour. Prenatal scans revealed low amniotic fluid, raising concerns about possible caesarean delivery.

Intervention**:** The patient received regular YPV healing sessions from April 7 to April 30, 2026, including psychotherapy protocols for fear reduction, uterine healing, and emotional relaxation techniques. Healing was administered during the antenatal period, throughout labour, and postpartum.

Results: The patient reported reduced anxiety, improved emotional preparedness, and enhanced confidence during labour. Labour progressed spontaneously under epidural analgesia, culminating in a normal vaginal delivery of a healthy female infant (2.6 kg). Postpartum recovery was uneventful, with satisfactory maternal and neonatal outcomes.

Conclusion: YPV healing served as a supportive complementary intervention, reducing fear and anxiety, and promoting emotional stability during childbirth. This case highlights the potential of YPV as an adjunct to conventional obstetric care.

Keywords: Primigravida, Labour anxiety, , Complementary therapy, Vaginal delivery, Yoga Prana Vidya System®, YPV®

I. Introduction

Primigravida women frequently experience heightened anxiety and fear regarding labour pain and childbirth, which can adversely affect maternal and neonatal outcomes. Studies show that maternal anxiety is associated with prolonged labour, increased analgesic use, and higher rates of caesarean section [1,2]. Psychological preparedness and emotional support are critical in improving maternal confidence and delivery outcomes [3]. Interventions such as relaxation therapy, counselling, and complementary practices have been explored to mitigate these challenges [4,5].

Yoga Prana Vidya (YPV) is an integrative energy healing system that combines pranic healing, meditation, and psychotherapy techniques to balance physical and emotional wellbeing. Previous studies have demonstrated YPV's effectiveness in reducing anxiety, improving emotional resilience, and supporting recovery in pregnancy [6-8] and various other clinical contexts [9–15]. Research has also highlighted YPV's role in managing psychosomatic conditions, enhancing patient coping mechanisms, and complementing conventional medical care [16–17]. This paper presents a case of a Primigravida woman suffered from anxiety, fear and stress of pregnancy and childbirth, who was healed using YPV protocols resulting in peaceful normal childbirth.

Case Presentation

Patient Profile: A 34-year-old primigravida at 37 weeks and 6 days of gestation presented with intermittent labour pains and spontaneous rupture of membranes with clear liquor draining.

Clinical Presentation: On admission, her vitals were stable (BP: 100/70 mmHg, PR:

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90/min), and physical examination revealed a term uterus with a cephalic presentation. Pelvic examination showed a cervix 75% effaced, 4 cm dilated, with the vertex at -2 station.

Medical Course

- Labour and Delivery Course: The patient underwent spontaneous labour supported by epidural analgesia for pain management. The first stage of labour lasted approximately 8 hours. Following a second stage of 1 hour and 20 minutes, she delivered a live term female infant via normal vaginal delivery assisted by a left medio-lateral episiotomy.

YPV Intervention

Start date of the intervention**:** April 7, 2026

Details of the intervention**:**

YPV Protocols Used:

- Healer Developmet Porotcols Level 1 psychotherapy protocol, for overcoming fear of labour before delivery with mild Brilliant white Prana.
- Miraculous healing for the uterus, uterine mouth, and navel during labour.
- Healing of Basic chakra (with Red colourprana); Menmeign chakra (with Gold colour prana) for strengthening
- YPV Level 5 healing for Navel and Sex chakras
- Environment blessings and shielding Psychic Self ProtectionTechniques for healthy baby and smooth delivery.
- Supportive healing for emotional relaxation and psychological preparedness.
- Healing to reduce fear, anxiety, and labour-related stress.

Details of healing sessions**:**

Regular YPV healing sessions were given from April 07, 2026 onward during the antenatal period, during labour, and after delivery as supportive complementary sessions. The sessions were intended to provide emotional reassurance, promote relaxation, support psychological preparedness for childbirth, and help the patient feel soothed throughout the childbirth process.

End date of the intervention: April 30, 2026

Patient progress with patient response**:**

During the antenatal period, the patient reported subjective improvement in emotional comfort and reduction in anxiety. The supportive energy healing helped her manage fear of labour and the childbirth process and supported her emotional readiness for delivery. It also helped soothe the process and provided both emotional support and physical support. During labour, when mild labour pains began around 10:00 a.m. on 22 April, a supportive YPV healing session was provided for relaxation and emotional support. Labour progressed spontaneously under standard obstetric management, and the patient received pain relief as needed. Cervical dilatation progressed from about 3 cm at admission to 7–8 cm later in labour. A healthy female infant was delivered by normal vaginal delivery at approximately 8:20 p.m., about 15 days before the expected date of delivery. Birth weight was 2.6 kg.

Results Summary

The YPV healing sessions were used as a supportive complementary intervention helped reduce fear of labour, ease anxiety, and improve emotional preparedness before delivery. During labour, the healing supported relaxation, emotional stability, and physical comfort, along with standard medical care. Postpartum, the healing sessions supported recovery, comfort, and mobility. The patient had satisfactory clinical recovery by postpartum day 3 and was ambulatory, comfortable, active, and stable. The mother and baby remained clinically stable after delivery.

Follow-up

On postpartum day 3, and a week later, follow-up assessments indicated satisfactory clinical recovery. The mother was ambulatory, able to sit and walk comfortably, active, and in stable general condition.

Patient Final Feedback

"I felt calmer and more emotionally prepared for childbirth after receiving the supportive YPV healing sessions from the Healer. The sessions made me feel positive, supported, and emotionally reassured throughout my pregnancy, labour, and recovery. Before delivery, the energy healing helped me reduce fear of labour and the childbirth process and soothed me emotionally. It also gave me emotional support and physical support during delivery. Despite the increasing pain and intensity of contractions during labour, I felt more confident and emotionally stable. Post delivery also, the healing sessions helped me in my early recovery."

II. Discussion

This case demonstrates the supportive role of YPV healing in reducing labour anxiety and facilitating normal vaginal delivery. Complementary therapies such as YPV enhance maternal emotional resilience, reduce fear, and improve delivery outcomes when integrated with standard obstetric care. Previous studies using YPV protocols have reported successful pregnancy and child birth outcomes with comparable results[6-8]. Similar findings have been reported in other studies on relaxation therapies and energy healing in obstetrics [18–20].

III. Conclusions

YPV healing served as a supportive complementary intervention, reducing fear and anxiety, and promoting emotional stability during childbirth. This case highlights the potential of YPV as an adjunct to conventional obstetric care.

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Ethics Statement

Informed consent was obtained from the patient for inclusion in this case study.

Conflicts of Interest

The authors declare no conflicts of interest.

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