International Research Journal of Pharmacy and Medical Sciences
ISSN (Online): 2581-3277

Yoga Prana Vidya (YPV) System Intervention as a Complementary Therapy for Knee Pain: A Retrospective Study of 50 Patients

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***Abstract*—Background**: *Knee pain is a common musculoskeletal complaint affecting mobility and quality of life, particularly in older adults. Conventional management often includes analgesics, physiotherapy, and surgery, but complementary therapies are increasingly explored.* **Objective**: *To evaluate the outcomes of Yoga Prana Vidya (YPV) healing interventions in patients presenting with knee pain.* **Methods**: *A retrospective study was conducted on 50 patients (2008–2018) whose case files documented knee pain as the primary complaint. Data included demographics, occupation, number of healing sessions, and outcomes. Interventions were delivered at different places and different times by 37 trained YPV healers using standardized YPV protocols.* **Results**: *Of 50 patients (42 females, 8 males; mean age 55.6 years, range 23–85), 60% reported complete reduction of pain, 30% reported 70–90% improvement, and 10% reported partial relief (pain reduction, improved mobility). Improvements included ability to climb stairs, sit on the floor, walk without support, and resume daily activities.* **Conclusion**: *YPV healing demonstrated significant benefits in reducing knee pain and improving functional outcomes. This study highlights the potential of YPV as a complementary therapy for musculoskeletal conditions.*

***Keywords*—** *Knee pain, Yoga Prana Vidya system®, YPV®, Complementary therapy, Energy healing.*

I. Introduction

Knee pain is a prevalent musculoskeletal disorder, often associated with osteoarthritis, trauma, or degenerative changes. It significantly impairs mobility and quality of life, especially in aging populations. Epidemiological studies report that knee osteoarthritis affects nearly 22% of individuals over 40 years globally, with higher prevalence among women [1]. Conventional management includes pharmacological therapy, physiotherapy, and surgical interventions, but these approaches may have limitations such as side effects, cost, and incomplete recovery [2].

Recent studies highlight how complementary and alternative medicine (CAM) can help with musculoskeletal issues. Mind-body interventions, yoga, and energy healing have shown promise in reducing pain and improving function [3,4]. Integrative approaches are increasingly recognized in clinical practice for their holistic benefits [5].

II. Literature Review on YPV System

Yoga Prana Vidya (YPV) is a non-touch, energy-based healing modality rooted in yogic traditions. It emphasizes cleansing, energizing, and balancing the body's energy system to promote physical and psychological well-being. Clinical applications of YPV have been documented across diverse conditions including psoriasis, liver cirrhosis, sciatica, throat ulcers, and respiratory illnesses [6–9].

Studies highlight YPV's role in accelerating recovery, reducing dependency on medication, and improving quality of life [10]. Case reports demonstrate its effectiveness in chronic pain, and psychosomatic disorders (11,12). Systematic reviews of energy healing modalities support its potential as a complementary therapy (13).

YPV integrates physical exercises, breathing techniques, meditation, and energy healing protocols. Its holistic approach addresses both physical and psychological dimensions of illness, aligning with integrative medicine principles (14–15). Several cases of Musculo-skeletal issues previously healed by YPV healers are found in literature [16,17].

III. Methodology

This retrospective study analysed 50 patient case files from 2008–2018. All patients presented with knee pain as the primary complaint. Data included age, gender, occupation, number of healing sessions, and outcomes.

- Sample size: 50 patients
- Gender distribution: 42 females, 8 males
- Age range: 23–85 years
- Mean age: 55.6 years
- Intervention: Standardized YPV knee pain protocols administered by 37 Trained YPV healers.
- Data source**:** Recorded unpublished case files maintained over 10 years.

YPV Intervention

All healers applied standardized YPV protocols for knee pain management, including energy cleansing, energizing, psychological healing, and specific musculoskeletal protocols. The number of sessions varied from 1 to 60 per patient.

Jyothi N, Janani N, Ramya U, and Nanduri VS, "Yoga Prana Vidya (YPV) System Intervention as a Complementary Therapy for Knee Pain: A Retrospective Study of 50 Patients," *International Research Journal of Pharmacy and Medical Sciences (IRJPMS)*, Volume 9, Issue 6, pp. 109-111, 2026.

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ISSN (Online): 2581-3277

IV. Results

Out of 50 patients (42 females, 8 males; mean age 55.6 years, range 23–85), the following outcomes were observed:

Outcome Category	Number of Patients	Percentage (%)	Key Functional Improvements
Complete Healing	30	60%	Pain-free mobility, climbing stairs, sitting on floor, walking without support
Significant Improvement (70–90%)	15	30%	Reduced pain, improved walking, bending knee, resuming daily activities
Partial Relief (≤70%)	5	10%	Pain reduction, swelling reduced, improved comfort but not full recovery

The following functional gains were documented:

- Climbing stairs without pain: 3 patients
- Sitting on floor and performing exercises: 4 patients
- Walking without support: 6 patients
- Reduction of swelling and pain: 7 patients

Overall, 90% of patients achieved complete or significant improvement, demonstrating the effectiveness of YPV protocols in knee pain management.

These outcomes are shown in the infographic at Fig 1.

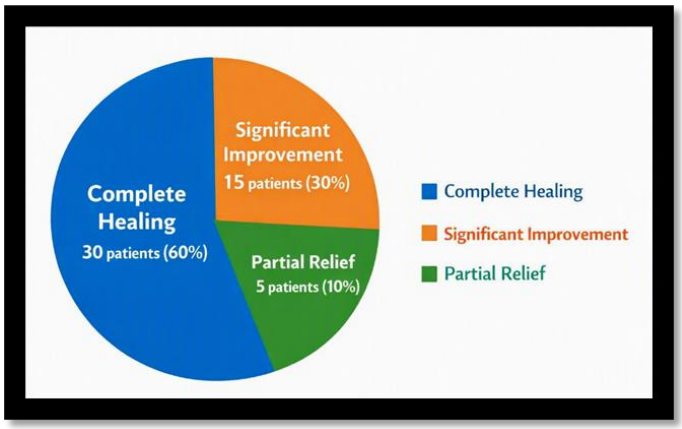


Fig. 1: Infographic of outcomes

V. Discussion

The results show that YPV healing works well for knee pain, with 90% of people saying they had either full or major relief. These findings match other research that shows yoga and energy-based treatments can be helpful for musculoskeletal problems [16,17].

Energy healing modalities are thought to influence biofield regulation, reduce stress, and enhance self-healing mechanisms [18-20]. The holistic nature of YPV, integrating physical, psychological, and energetic dimensions, may explain its efficacy.

Limitations include retrospective design, reliance on case records, and absence of control group. Future randomized controlled trials are warranted.

VI. Conclusion

YPV healing demonstrated substantial benefits in reducing knee pain and improving functional outcomes. This retrospective study supports YPV as a promising complementary therapy for musculoskeletal conditions.

Acknowledgments

We thank the YPV healers and patients whose case records contributed to this study. Our thanks are also to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission to use their copyright terms Yoga Prana Vidya System®, and YPV®.

Ethics Statement

This retrospective study used anonymized patient records with consent obtained during treatment.

Conflicts of Interest

None declared.

Funding

No external funding received.

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