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Yoga Prana Vidya (YPV) Intervention in Severe Anxiety Disorder with Claustrophobic Features and Hyperactive Airway Disease in an Adolescent Male: A Case Study

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ABSTRACT

Case presentation: A 15-year-old male presented with acute chest discomfort, palpitations, dyspnoea on exertion, and swallowing difficulties, initially diagnosed as hyperactive airway disease with anxiety disorder. Despite hospital-based interventions including IV fluids, antibiotics, nebulisation, and counselling, symptoms persisted, severely impairing daily functioning.

YPV intervention: Yoga Prana Vidya (YPV) healing protocols were initiated, including psychotherapy, lung cleansing, chakra cleansing, and heart ailment protocols.

Results: Within 15 days, the patient demonstrated progressive recovery: improved sleep, normalized breathing, resolution of swallowing difficulties, and enhanced mobility. Additionally, by day 11, vision improved unexpectedly, enabling reading without spectacles. The patient resumed school attendance within two weeks.

Conclusions: This case highlights the potential of YPV as an integrative therapy for severe anxiety disorder with somatic manifestations, offering rapid symptomatic relief and functional recovery.

KEYWORDS: Anxiety disorder, Claustrophobia, Hyperactive airway disease, Integrative healing, Yoga Prana Vidya System®, YPV®.

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INTRODUCTION

Severe anxiety disorders in adolescents often manifest with somatic symptoms such as chest pain, palpitations, and dyspnoea, complicating diagnosis and management. Claustrophobia, a situational anxiety disorder, can exacerbate respiratory distress in enclosed environments such as air-conditioned buses, as seen in this case. Literature indicates that anxiety disorders in adolescents are associated with impaired academic performance and quality of life (1–3). Claustrophobia specifically has been linked to autonomic dysregulation and heightened somatic symptomatology (4–6).

Yoga Prana Vidya (YPV) is an integrative healing modality combining energy-based interventions, breathing techniques, and lifestyle modifications [7]. Previous studies have documented YPV's efficacy in managing psychosomatic conditions, cardiovascular disorders, and respiratory illnesses (8–12). Case reports have demonstrated improvements in anxiety, depression, and functional recovery through YPV interventions (13–15). The present case adds to this growing evidence base, highlighting YPV's role in adolescent anxiety disorder with respiratory manifestations.

CASE PRESENTATION

The patient, a 15-year-old male student, presented with chest discomfort, palpitations, dyspnoea, and swallowing difficulties. Several initial hospital evaluations ruled out acute cardiac pathology, attributing symptoms to anxiety and hyperactive airway disease. Despite supportive care, symptoms persisted, including inability to sleep, difficulty swallowing, and restricted mobility.

Medical Course

- **16 Aug 2026:** Severe chest pain and dyspnoea during bus travel; evaluated at two hospitals reported normal.

- **17 Aug 2026:** Admitted to another hospital; investigations included abdominal scan, chest X-ray, echocardiogram, blood and urine tests. Diagnosed with hyperactive airway disease/anxiety disorder. Treated with IV fluids, antibiotics, nebulisation, and counselling.
- **Post-discharge:** The patient showed persistent weakness, breathing difficulty, swallowing impairment, insomnia despite sedatives.

YPV Intervention

At the request of the patient's father, A certified YPV healer commenced healing sessions for the patient, starting from 19 Aug 2026

The YPV healer applied the following YPV Protocols:

Standard YPV psychotherapy, lung cleansing, chakra cleansing (solar, navel, heart), internal organ strengthening, healing using pebbles, as part of YPV crystal healing..

The healing sessions were conducted twice daily for one week, once daily for oneweek, and alternate days thereafter for one more week.

Several Lifestyle adjuncts were administered such as **s**alt baths, enema, fruit diet, steam inhalation, hydration.

RESULTS

The following results were observed in the patient through the YPV intervention.

- **Day 1:** 20% improvement; partial sleep achieved.
- **Day 3:** 40% improvement; swallowing and breathing improved.
- **Day 7:** 70% improvement; able to climb stairs without dyspnoea.
- **Day 11:** 90% improvement; breathing normalized, vision improved (reading without spectacles). Feedback from patient's father is at Annexure 1.
- **Day 15:** The patient resumed going to school for appearing in examinations.

DISCUSSION

This case demonstrates the rapid recovery of an adolescent with severe anxiety disorder and hyperactive airway disease through YPV intervention. Conventional management provided limited relief, whereas YPV facilitated progressive improvement in sleep, breathing, swallowing, and mobility. The unexpected improvement in vision suggests possible systemic effects of energy healing.

Anxiety disorders in adolescents are often resistant to conventional therapy alone (1–3). Claustrophobia exacerbates somatic symptoms, complicating management (4–6). Integrative approaches such as YPV provide holistic benefits, addressing both psychological and physiological dimensions (7–12). Previous YPV case studies have documented improvements in psychosomatic disorders, cardiovascular health, and respiratory function (13–15). This case adds evidence for YPV's role in adolescent anxiety with somatic manifestations.

CONCLUSIONS

YPV intervention facilitated rapid and sustained recovery in an adolescent with severe anxiety disorder and hyperactive airway disease, enabling functional reintegration within two weeks. This case underscores the potential of YPV as an adjunctive therapy in adolescent psychosomatic disorders, warranting further controlled studies.

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Ethics Statement

Informed consent was obtained from the patient's guardians.

Conflicts of Interest

None declared.

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Annexure 1: Feedback from Patient's father: Audio Transcript

"I am his father, came to see the Certified Healer ma'am for healing on 19th evening.

We took him to hospital on 18th and they gave medicines from hospital and gave sleeping tablets. After taking those medicines, he was discharged from hospital on 18th. After coming back, the issue continued. So we came here on 19th evening. We came to see ma'am for breathing issue and Sleeping issue.

On 19th evening, he went home after healing He was normal on that day and slept well. There were no issues.

Followed fruit diet and others as ma'am said. Taking Enema two times daily. Drank water 3 litres daily.

After 2-3 days gave solid food – Rasam rice and buttermilk rice. Pain was felt. So stopped rice intake.

Came for direct healing the next day and continued fruit diet.

We have now come on 29th , today for receiving healing in person. He is better now. Breathing and sleeping has improved. No issues till now.

On first day, there was 10% improvement. Earlier, he was able to sleep only after taking medicines. On 3rd, 4th day there was 40% improvement. Today is 11th day of healing, no issues for past 4-5 days. He is perfect now. His vision improved and able to read without spectacles, If he takes Rice food, we have to see how he is.

(Audio feedback was received till 11th day and further feedbacks were received through phone calls)