

## Yoga Prana Vidya Distance healing intervention for COVID-19 patients: An outcome case study

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### ABSTRACT

**Introduction:** There is no definitive proven treatment for COVID -19. For prevention of COVID-19, some vaccines have recently been developed and being administered to people in phases. Yoga Prana Vidya (YPV) system of healing, a non-touch non-drug healing treatment, known to be complementary and alternative medicine was administered to over 1600 COVID-19 patients between April 2020 and March 2021 in India and few abroad, The large number of frontline workers and others from many institutions and organizations were healed and supported as a preventive measure. **Material and Methods:** The retrospective chart review (RCR) used in this inquiry to reveal the patterns of recovery using documented data from 412 cases of COVID-19 positive or suspected positive who were given YPV healing between April 2020 and March 2021 as complementary treatment and also as alternative in some situations. The healing teams used distance healing modality for all patients. A group of 75 healers from different towns and cities formed 6 groups and conducted healing sessions to the patients distantly 3-4 times per day for 20-25 minutes for each patient. In each healing session all the required protocols were followed. **Results:** It shows that most hospitalised patients recovered within 15 to 17 days. About 18% of them recovered within 3 to 7 days. In case of quarantined patients, most recovered within 7 to 10 days. Few patients with comorbidities took 3 to 4 weeks to recover. Qualitative analysis shows that all patients at start of YPV healing were found severely worried, stressed and with depression. After healing started, they experienced miraculous changes and improvements day after day, and experienced rapid recovery and relief and many could get on to work immediately. Further, self-help practices by using YPV Sadhana app helped them improve and sustain their condition. **Conclusions:** Yoga Prana Vidya (YPV) system of healing has worked well as complementary medicine to hospitalised patients and alternative medicine to quarantined patients in treating and saving the lives of COVID affected people. YPV healing practice is helpful to boost immunity at low cost and ease of access without barriers. Targeted scientific research on the application of YPV system with large sample of COVID/other infected patients is recommended.

**Keywords:** COVID 19, Yoga Prana Vidya, alternative medicine

### INTRODUCTION

As per the WHO (World Health Organization) Corona Virus (COVID) Dashboard, the incidence of confirmed cases in India started with zero (0) on Jan 3, 2020 rising slowly and steadily to 93 confirmed cases on 23 March, and then steeply from 22March reached its peak on 17 September with 97, 894 confirmed cases.<sup>[1]</sup> This steep rise has taken place despite national lock down and social distancing rules.

This steep period, needing strict lockdown rules and panic among general public and those patients affected with the disease.

On 11 March 2020, the WHO formally declared the novel coronavirus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) outbreak a pandemic with the publication of some public health guidelines to guide the pandemic response. Accordingly, the Government of India introduced various

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measures including 'lockdown' on 23 March 2020 with 'social distancing' and 'self-isolation' strategies, recommended shielding of at-risk individuals and hospitalisation of serious illness for ventilator support. Measures were taken to reduce the risk of person-to-person viral transmission during the COVID-19 pandemic. The lockdown measures reduced the movement of individuals and consequently has had a significant impact of daily life of Indian people with disruption of economic, social norms and access to healthcare facilities.

This has made people fearful, anxious, and sometimes they have found it difficult to access emergency treatment. India has both government and private sector healthcare facilities for providing medical care. Due to fear and to avoid the risk of spreading the novel coronavirus SARS-CoV-2 infection, many hospitals have closed their doors to patients who have been trying to avail these facilities. This has led to restlessness, irritation and sometimes despair when trying to find medical help. As a consequence, people got frustrated and there were several instances of verbal abuse and threatening to physically assault doctors and other healthcare workers. Doctors and healthcare workers who are responding to a global health crisis trying to protect individuals, families and communities in adverse situations with stretched resources, shortage of personal protective equipment (PPE) and other equipment, have found themselves as unexpected non-relevant targets in the fight against COVID-19.<sup>[2]</sup>

### **Yoga Prana Vidya (YPV) healing support for COVID patients**

In the context of COVID 19 pandemic stated above, YPV Ashram organised help with voluntary response of group healing interventions to the affected patients seeking help to recover. Simultaneously, YPV ashram conducted live online programmes of integrated YPV techniques for helping people to boost physical immunity and psychological stability.

YPV Distant healing Interventions were conducted by a task force specially set up to receive calls, collect patient data and condition and carry out multiple healings daily. In an earlier report, it has been stated that a YPV intervention enabled speedy recovery of 12 COVID patients successfully healed by a task force team and progress monitored.<sup>[3]</sup> The

present study is conducted on data of 412 patients healed during the period April 2020 to March, 2021 by YPV healing task teams.

### **Yoga Prana Vidya (YPV) System of Healing**

The techniques of Yoga Prana Vidya healing have been found to successfully treat and cure difficult medical cases<sup>[4]</sup>, self-healing of high blood cholesterol levels and asthma,<sup>[5]</sup> addressing eye problems and achieving improvements of Vision,<sup>[6]</sup> treating EXOSTOSIS of ear without surgery,<sup>[7]</sup> successful management of Post-Herpetic Neuralgia (PHN),<sup>[8]</sup> treatment of heart block case patient without surgery,<sup>[9]</sup> management and control of diabetes.<sup>[10]</sup> A one-month intensive YPV residential programme enabled the participants to improve physical and mental health parameters.<sup>[11]</sup>

YPV system is integrated and holistic with a wide range of healing protocols, and includes physical exercises, breathing techniques, right diet, forgiveness sadhana, meditation and energy-based healing.<sup>[12]</sup> By using this system, for example in case of a heart patient, three effects take place simultaneously: (1) heart will function properly, (2) experience peace within, and (3) strengthening of body's immune system, recovery happening at all levels. Human physical body is contained within the energy body, which is also called Bio-Plasmic body and this energy body comprises of 5 major units, known as inner aura, outer aura, health rays, chakras and Nadis.<sup>[13]</sup> Similar to pumps and channels in a farm field to circulate irrigation water, there are energy pumps and energy channels in the energy body. The energy pumps are called chakrams and the pipelines are called NADIs or meridians. One's energy body shrinks when one is sick or injured, and thereby cracks and holes occur in the energy body (see Fig. 1 & 2), resulting in leaks and loss of energy. The sick person's health rays are entangled, flow of energy is reduced considerably in nadis and chakras. The YPV techniques consist of cleaning the affected part and increasing energy flow around the aura, and energizing the affected part. Till the basic chakram (shown in Fig.3) is working well, a person can survive. Till the Heart chakram (shown in Figure 3) is big, the patient's heart has chances of survival. To reduce the stress or tension, the Surya Chakra (Solar Plexus) (Figure 3) is to be treated.

A GDV camera is used to capture a picture of the energy body (Figure 4) and scientifically visualize one's energy body to find out the differences before and after YPV healing. This technique, known as BEO GDV (full form: Biological Emission and Optical Radiation Stimulated by Electromagnetic Field Amplified by Gaseous Discharge with Visualization by Computer Processing") gives BEO-grams or GDV-grams. The GDV Camera device is accepted and certified in some countries such as Russia as a medical tool and can be used in hospitals and medical centers without limitations and certification process is taking place in Europe as well.<sup>[14]</sup>

Till the basic chakram is alive and active, nothing unfortunate will happen to the patient. Simple YPV techniques such as, Rhythmic Yogic Breathing (RYB), proper diet, Forgiveness sadhana (to forgive everyone and ask for Forgiveness), and Planetary peace Meditation (to bless the planet earth and its inhabitants for bringing peace on the planet Earth) will make the Heart chakram bigger. Preventive YPV healing can also be complementary healing when a subject is at such a place where medical help cannot be reached.

YPV System places high importance on consuming right food. During illness people should take light food; preferably fruit diet, raw diet, minimum boiled food and avoid salt, fried food and refined sugar (all refined products must be avoided). Food from mineral kingdom has less energy than food from plant kingdom. YPV emphasises that patients and sick people should essentially go on fruit diet.

Figure 1: Energy body of a healthy person



Figure 2: Energy body of a sick person

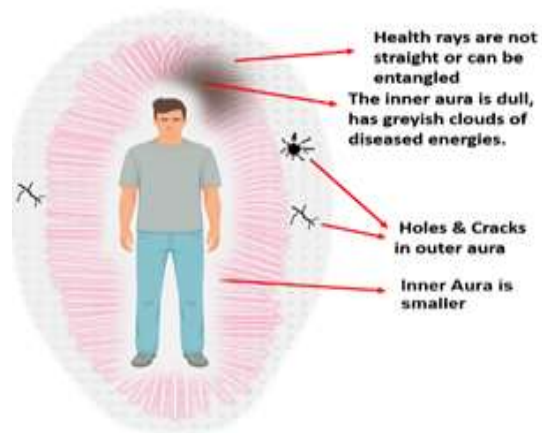


Figure 3: Chakrams or Energy Centres

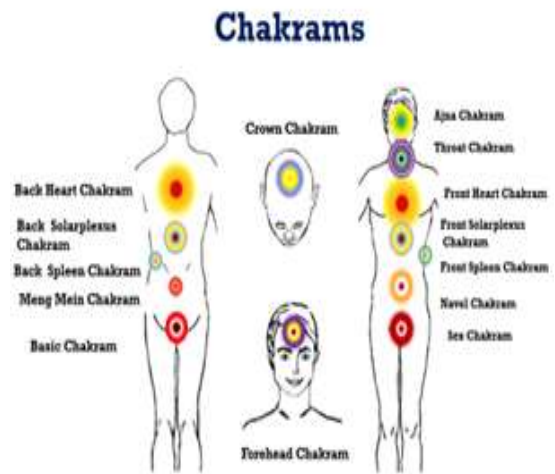
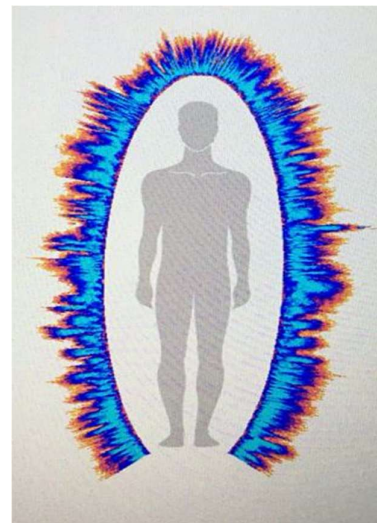


Figure 4: Picture of Human Aura taken with GDV camera



(Source for Figures 1, 2, 3 & 4: YPV Research)

Psychological and associated symptoms such as anxiety, depression and stress are dealt with by YPV healing, as these conditions arise due to various factors and also associated with any sickness or injury. Common indicators of high stress are sweating, hands shaking and heart palpitation, and a mind not in control. YPV aims to bring the mind in control as a first step by administering Rhythmic Yogic Breathing (RYB). Thus Yoga Prana Vidya (YPV) healing is a science that offers a range of proven techniques in dealing with emergencies as stand alone, or complementarily with other systems such as Allopathy.

YPV healing is delivered in two modes – proximal (healer in proximity of the patient) and distal (healer at a distance away from the patient). A meta-analysis of Distance Healing Intention (DHI) modalities explored diverse practices and concluded that some significant experimental effects of distance healing have been observed.<sup>[15]</sup>

**MATERIALS AND METHOD**

The retrospective chart review (RCR) used in this inquiry to reveal the patterns of recovery using documented data from 412 cases of COVID-19 positive or suspected positive patients who were given YPV healing between April 2020 and March 2021 as complementary treatment and also as alternative in some situations. These cases were from different towns and cities in India. The patients or their relatives approached YPV healing task teams to give healing treatment

*Common physical symptoms stated by patients:* Fever, cough, loose stools, breathing difficulty, general weakness and body pain, low oxygen saturation, high blood pressure, headache, throat pain and irritation, and sleeplessness.

*Common psychological and emotional symptoms felt by patients:* Severe stress, anxiety, restlessness and irritation, lack of confidence, hopelessness, depression, nervousness

The coordinators of the YPV healing task teams were in constant contact with each other and with the patients and their caretakers, attendants/family members through mobile phones collecting patient data and enquiring the status of each patient from the time of engagement till full recovery/symptom free or case disposal as the case might be. Informed

consent was obtained from patients and their family members for data collection and confidentiality is ensured about their identities and data.

*Healing Intervention:* The healing teams used distance healing modality for all patients. A group of 75 healers from different towns and cities formed 6 groups and conducted healing sessions to the patients distantly 3-4 times per day for 20-25 minutes for each patient. In each healing session all the required protocols were followed. That means each and every patient got powerful divine healing, group blessings from grand mentor and senior healers and also individual healings from ashram as well.

Healing was given to the patient throughout their stay in the hospital, for some patients healing is extended for few more days based on the requirement. During healing the patients who got tested positive again after their family member got affected, then immediately it was informed to YPV healer and got healing sessions again,

YPV Protocols followed by the healers were - YPV Psychotherapy, respiratory system related chakras cleansing and strengthening, blood cleansing, lungs cleansing and strengthening, affected part cleansing and strengthening and infection protocol.

**RESULTS**

The total of 412 COVID-19 patients who were administered YPV as shown in table 1 below. It is observed that there were more males than females. Depending on the patient situation during healing period, the following 3 categories were identified for purposes of comparative analysis.

- A: Hospitalised patients (serious cases)
- B: Quarantined, tested COVID-19 positive
- C: Quarantined but COVID-19 negative

Table 1: Sample of YPV healed patient cases

Category	Total	Male	Female
A - Hospitalised	189	134	55
B – Quarantined Tested positive	82	44	38
C – Quarantined Tested negative	141	74	67
Total	412	252	160

**Age group analysis**

In table 2 breakdown of age groups is given. From this it appears that highly affected groups are in 30 to 50 and above 60 age groups.

Table 2: Age group analysis

Age Group	Male	Female	Total
0-18 years	9	12	21
18-30 years	28	26	54
30-50 years	95	51	146
50-59 years	53	22	75
Above 60 years	67	49	116
Total	252	160	412

**Category-wise data analysis is given below**

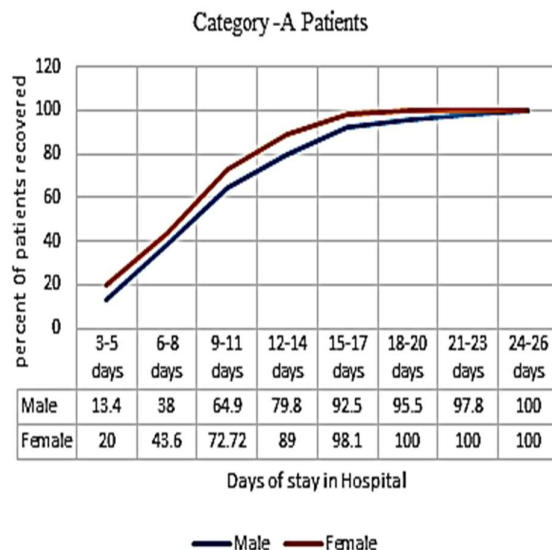
*Category –A: Hospitalised*

Duration of stay in hospital from admission to discharge of the 189 patients is given in table 3.

Table 3: Duration of stay in Hospital (n = 189)

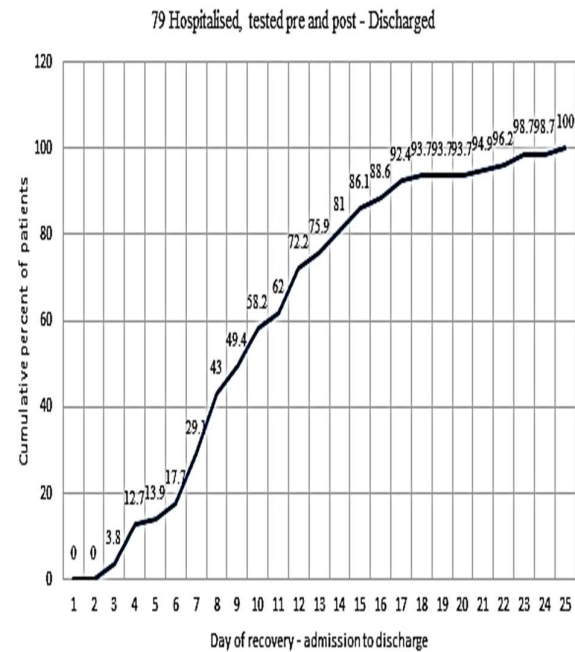
Duration of stay in hospital	No. of male	No. of female
3-5 days	18	11
6-8 days	33	13
9-11 days	36	16
12-14 days	20	9
15-17 days	17	5
18-20 days	4	1
21-23 days	3	0
24-26 days	3	0

Figure 5 Number of days vs. percentage of Category-A patients healed and recovered of COVID



From the data in table 3, an analysis is made as to what percent of patients, men and women separately, versus the number of days of stay in hospital (in the range of three days) and presented in figure 5. From this figure it is evident that all women patients recovered and cleared faster than men. And, 80 to 90 % of all hospitalized patients recovered within 14 to 17 days.

Among 189 hospitalised YPV healed patients, 79 patients whose data is presented in Figure 6 were tested COVID positive before admission and tested COVID negative at discharge. Remaining 110 were tested positive before admission and post COVID tests were not done by the hospitals. The data in figure 6 reveal that 80 to 85 % were recovered from COVID within 15 days, and 90 to 95% were treated and recovered from COVID from 17 to 21 days from the time of admission.



**Category – B: Quarantined**

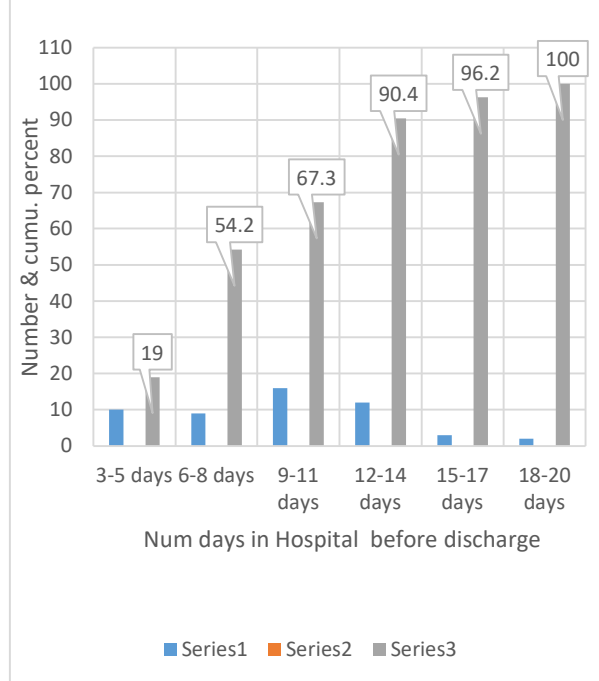
This category is YPV healed 82 patients who were *quarantined*, and *tested positive* at start of quarantine. Only 30 out of 82 were tested again before discharge. The remaining 52 were cleared after observing no symptoms for 3 days, *without testing*. Data of these 30 patients is given in Table 4.

Table 4 30 healed patients - time taken from positive to negative test report

S. No	Age in years	M/F	Recovered in days
1	24	F	11
2	80	F	11
3	68	F	7
4	73	F	15
5	50	F	8
6	58	F	12
7	67	F	10
8	55	F	4
9	55	F	17
10	55	M	9
11	30	M	8
12	59	M	13
13	71	M	11
14	44	M	12
15	77	M	7
16	42	M	4
17	55	M	14
18	56	M	17
19	31	M	12
20	66	M	3
21	23	M	6
22	52	M	7
23	62	M	11
24	55	M	9
25	73	M	12
26	40	M	11
27	74	M	14
28	52	M	8
29	53	M	17
30	49	M	7

It can be observed from figure 7 that about 85% of the 30 *quarantined* YPV healed patients recovered within 14 days of healing, and all recovered within 17 days. Analysis of the remaining 52 shows that about 90 % recovered within 14 days and all recovered in 20 days (figure 8).

Figure 8 Data of 52 Quarantined and healed but not COVID tested at Discharge



Category C: *Quarantined but not tested*

This category consists of 141 patients who were *quarantined* based on symptoms but *not tested* for COVID.

Figure 7 30 YPV healed quarantined and pre-post tested people - recovery days Vs. percent people

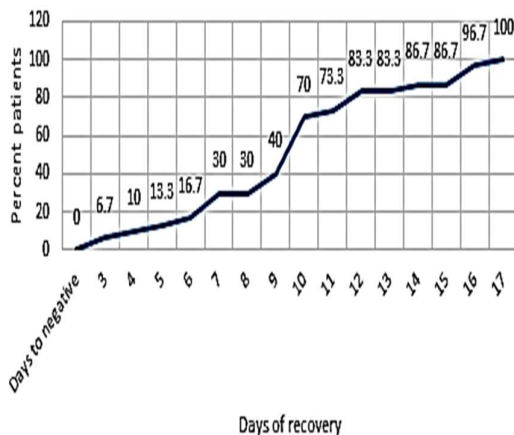
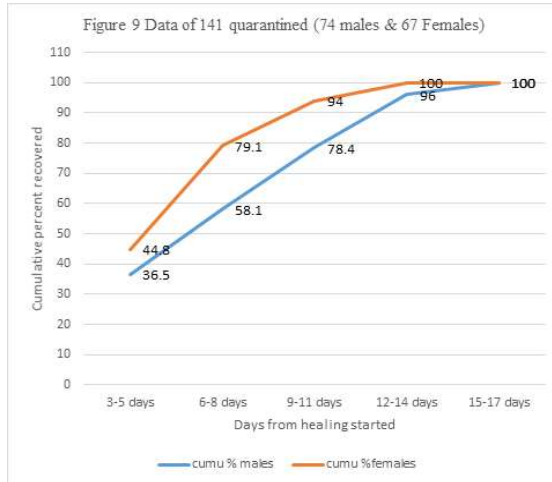


Table 5: Analysis of Category C:141 patients quarantined, and not tested

Duration of Recovery	Male	Female
3-5 days	27	30
6-8 days	16	23
9-11 days	15	10
12-14 days	13	4
15-17 days	3	0
Totals	74	67

The number of days these patients took to become symptom free as a result of YPV healing is given in Table 5 and graphically shown in figure 9.



From the foregoing analysis, it is found that

- (1) YPV healing worked as complementary to hospital treatment for patients admitted. The patient recovery times recorded show that it took about 15 to 17 days for most patients (80 to 90%) to discharge from hospital with no symptoms or tested negative.
- (2) In case of quarantined patients, YPV healing worked as alternative medicine. The patient recovery times for 80 to 90% patients were within the range of 11 to 14 days.

The following is a summary of the general condition of patients post-healing.

*Post-healing Improvements seen in physical level after undergoing healing*

- In most of the patients, fever and loose stools reduced completely after 1-2 days of healing.
- Improvement in cough, weakness and difficulty in breathing within 1 day of healing.
- Saturation of oxygen increased after 2 or 3 healings. (requirement of external oxygen reduced).
- Blood sugar and blood pressure came to normal.
- Increased appetite.
- Sense of smell and taste were regained within 3 days of healings.
- Few patients came out of ventilator within 2 days of healings.
- Sleep quality improved.

*Post healing Improvements seen in psychological level*

- Most of the patients became happy and very much positive, and that motivated other patients also.
- Increased confidence enabled to recover fast.
- Reduction in restlessness.
- Felt lighter and relaxed.

**Qualitative data Analysis**

Qualitative analysis of patient feedback shows that all patients before start of YPV healing were found severely worried, stressed and with depression. After healing started, they experienced miraculous changes and improvements day by day, with rapid recovery and relief. Many of them could get on to work immediately after recovery.

Further, self-help practices by using YPV Sadhana app helped those who practiced to improve and sustain their condition. Many organizations and Institutions of frontline workers and others have given appreciative feedback on using YPV techniques by their members who sustained good health and confidence despite stressful pandemic conditions, and continued their duties efficiently.

**DISCUSSION**

Health professionals have adopted the new guidelines for recovery issued by the ICMR and Ministry of Health and Wellness (MOHW).<sup>[16]</sup> Accordingly, a patient, who has been symptom-free for three days is considered recovered. Patients are no longer being tested before they are discharged and deemed recovered. Following the ICMR guideline of 17 days after the onset of symptoms and minimum of 10 days being symptom-free, there is no testing at the time of discharge. While in home isolation a patient is ought to be monitored for 17 days, in a hospital, three days of stability is the protocol.

**Comorbid conditions and Risk factors**

Besides some patients with pneumonia, few patients were found to be diabetic having fasting blood sugar level as high as 300-320; and patients who had undergone angioplasty and few patients with high blood pressure took more time, i.e., 3 to 4weeks to recover.

## CONCLUSIONS

It is observed that YPV healing has served as complementary as well as alternative method of treatment which worked well in distance mode to restore composite health (physical, emotional and mental) for the patients. It is also established that healing service rendered selflessly by a group of highly skilled healers in concert, regardless of their physical distance from the patients, can heal and alleviate human suffering caused by such calamities as COVID 19. It is highly recommended that opportunities for targeted research on this topic may be created for scientific validation of this phenomenon on a large sample of patients, as YPV would be highly beneficial to society at large with low cost and ease of access without barriers.

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