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## Multidimensional Transformation through Yoga Prana Vidya (YPV) Healing: A Case Study of Relationship, Health, and Financial Recovery

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### Abstract

**Background:** Yoga Prana Vidya (YPV) is an integrative energy healing system that combines ancient yogic and energy principles with contemporary therapeutic applications. This case study explores the transformation of a couple facing severe relational discord, the husband facing chronic illness, and financial instability as a result.

**Objective:** To document and analyse the impact of YPV healing protocols on the emotional, physical, and financial wellbeing of the client (the husband) and the indirect healing effects on his wife,

**Methods:** A longitudinal case study was conducted with a YPV intervention of seven and half months, involving 160 healing sessions, counselling, and spiritual education. Healing protocols included relationship psychotherapy, rheumatoid arthritis treatment, financial healing, and group meditation.

**Results:** The client experienced complete remission of rheumatoid arthritis, and gains of emotional regulation, and financial recovery. The couple reconciled after 32 months of conflicts and separation, with his wife showing significant emotional and behavioural changes.

**Conclusion:** YPV healing demonstrated holistic efficacy in resolving complex biopsychosocial challenges. This case offers scope and support for further research into YPV as a complementary modality in integrative healthcare.

**Keywords:** Marital relationship Healing, Financial healing, Rheumatoid Arthritis, Yoga Prana Vidya System®, YPV®.

### Introduction

Yoga Prana Vidya (YPV) is a non-invasive, spiritually grounded healing system that integrates ancient yogic wisdom with modern therapeutic frameworks. Contemporary therapeutic frameworks such as Yoga Prana Vidya (YPV) Healing, were reviewed in a study by Sadhvi Devpriya, Shilpi Verma [1]. Their review revealed successful clinical applications of YPV in chronic illness and mental health. Rooted in the regulation of pranic energy, YPV employs techniques such as physical and breathing exercises, forgiveness sadhana, planetary peace meditation, and targeted healing protocols to address physical, emotional, and relational imbalances [1]. Emerging literature of over 130 research papers supports its efficacy in managing various types of diseases and health domains including chronic illnesses, psychosomatic disorders, and interpersonal conflicts[2-4].

This case study presents the transformation of the client and his wife, whose marriage was marred by emotional estrangement, legal disputes, and familial opposition. At the same time the client suffered also from rheumatoid arthritis and financial instability. Despite astrological predictions of incompatibility, the couple moved on, and experienced reconciliation and holistic recovery through YPV healing. The study aims to illustrate the multidimensional impact of YPV and its potential role in integrative healthcare.

### Method

This study uses case study method, by collecting data from the YPV healer, and the case Client. This was a longitudinal case study conducted from January 17 to August 30, 2025

*The client*

The client is a 42-year-old male, who faced severe relationship conflicts with his wife aged 40 years. As a result, and at the same time, he faced health challenges, and financial instability as well.

He hailed from a family with four generations in the army. His upbringing in an all-boys Army Hospital School influenced his limited exposure to women and relationships. He was highly involved in boxing and military service yet exhibited limited emotional awareness and relational experience.

He, married through an arranged marital alliance, was not deeply interested in the marital relationship from the beginning, particularly in the physical dimension.

Their relationship was troubled with frequent conflicts, periods of separation, police complaints, and family interference. Both sides of the family expressed strong disinterest in sustaining the marriage, often persuading them toward separation and supporting divorce decisions. In addition, to make matters worse, an astrologer predicted that the couple was unlikely to live together harmoniously, and it reinforced the belief that their relationship had no future. After five years, they had a son, but emotional and physical bonding remained minimal.

The consequences

Emotional eruptions: such as

- Anger issues and aggression toward his wife.
- Lack of understanding about women’s emotions and needs, due to his background.
- Extreme frustration, leading to violent outbursts.

As a result, his physical Health was also affected, and he suffered from rheumatoid arthritis and associated health problems.

Financial struggles emerged as he took voluntary retirement from the army to care for his son, as he depended solely on pension, with no additional income sources.

Ended up as a broken family. His wife was distant and even demanded a divorce through legal channels. His son was primarily attached to him, while his parents showed little support for his marriage.

The Turning Point came in January 2025 when he was introduced to a certified Yoga Prana Vidya Healer and Trainer, who conducted an intervention and provided both counselling and healing sessions. Though initially reluctant, the client agreed to try YPV healing for him.

**YPV intervention**

Counselling:

Intensive one-on-one counselling sessions were given by the YPV Healer-Trainer to identify basic causes of conflicts, and address anger management, respect toward women, and gratitude for his wife.

YPV Healing sessions were conducted for him starting from 17 January 2025.

The client received a total of 160 healing sessions, initially administered daily and later on alternate days. Each session lasted approximately 20 minutes and was conducted remotely, as the client resided in Bangalore and his wife resided in a distant city.

Healing Protocols Applied:

- **Relationship Healing:** Included psychotherapy for both partners, environmental healing, divine blessings for family members, and forgiveness sadhana.
- **Financial Healing:** Focused on removing energy blockages and attracting professional opportunities.
- **Rheumatoid Arthritis Treatment:** Applied YPV HDP1 healing protocol and targeted for treating upper and lower joints from 17 January 2025 to 20 April 2025.
- **Spiritual Education:** The sessions emphasized the Law of Karma, emotional regulation, and humility.

In addition, the client participated in group sessions of planetary peace meditation and completed Level 1 YPV course conducted by the trainer in July, 2025.

**Results**

Over the seven and half -month intervention, the client experienced significant improvements across all domains. His rheumatoid arthritis symptoms, confirmed by high RA factor in January 2025 (Lab report in Annexure 1), were fully normalised by April (Lab report in Annexures 1&2).

Emotional transformation included reduced aggression, increased patience, and the development of unconditional love. Financially, he attracted new opportunities in his boxing profession with additional income, thereby resolving his pension-dependent struggles.

Despite not receiving direct healing, his wife exhibited marked behavioural changes. She re-engaged emotionally and physically with husband, contributed financially, and supported his professional needs. The couple reunited in August 2025, after 32 months of separation, defying astrological predictions and familial resistance. Their son, previously attached only to father, began connecting with mother also, receiving balanced parental care.

Table 1: Marked changes - Before vs After Healing.

Aspect	Before Healing	After Healing
Relationship	Fights, separation, legal complaints	Reconciliation, intimacy, mutual respect
Mental State	Aggression, hopelessness	Calm, forgiving, emotionally aware
Health (Rheumatoid Arthritis)	RA factor positive	Complete remission
Finances	Pension-dependent	New clients, stable extra income
Wife’s Attitude	Withdrawn, unsupportive	Loving, financially contributing
Family	Separation, Opposition	Reunited, relocated

**Summary**

In Table 1 are given marked changes in the client before and after healing.

The YPV intervention catalysed a profound transformation in the client’s physical health, emotional stability, and

financial condition. His rheumatoid arthritis was completely healed within three months, and his temperament shifted from aggression to compassion. Financially, he transitioned from dependency to earning extra income from professional services. The relationship,

previously strained by legal disputes and familial opposition, was restored through consistent healing and counselling. His wife, though not directly treated, responded positively to the energetic shifts, becoming emotionally available and financially supportive. Their reunion marked a turning point, demonstrating the systemic and indirect benefits of YPV healing. The case underscores the potential of YPV as a holistic modality for complex life challenges.

### Discussion

The case highlights the multidimensional efficacy of YPV healing. The client's recovery from rheumatoid arthritis aligns with prior studies demonstrating YPV's impact on chronic conditions and general well-being [5–7]. Emotional transformation was facilitated through forgiveness practices and karmic education, consistent with psychospiritual healing models [8–10].

Financial healing contributed to professional reintegration, supporting evidence that energy-based interventions can influence economic outcomes through manifestation techniques [11].

The indirect healing of the wife enabled a reach of healing energy beyond the primary recipient, her husband. Her behavioural shifts, emotional engagement, and financial support reflect a deep energetic alignment, possibly facilitated by the husband's forgiveness sadhana and divine healing protocols [3–4].

This case challenges limiting beliefs such as astrology and familial conditioning, advocating for self-responsibility and spiritual growth. It also underscores the importance of integrating energy healing with counselling and meditation for sustained transformation [12–15].

### Conclusion

Yoga Prana Vidya healing demonstrated holistic efficacy in resolving chronic illness, emotional dysfunction, and relational discord. The case presented illustrates the potential of YPV as a complementary and alternative modality in integrative healthcare. Future research should explore its systemic effects, indirect healing mechanisms, and long-term outcomes across diverse populations.

### Acknowledgments

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### Conflicts of interest

The authors declare that there are no conflicts of interest.

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There is no funding in conducting of this study.

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Annexures

Annexure 1: Lab report dt 17 Jan 2025

**AARTHI SCANS & LABS**  
LARGEST INTEGRATED DIAGNOSTIC CHAIN  
SIEMENS (GERMANY) MRI & CT SCANNERS | FULLY AUTOMATED ROBOTIC LAB | NABL ACCREDITED CENTRAL LAB

Patient : **G VIVEK**  
Age / Sex : 40 Y / Male  
Referrer : ECHS - BANGALORE (CREDIT)  
Branch : INDIRANAGAR - HUB

SID : 25039450  
Reg Date & Time : 17/01/2025 10:04:19  
Coll Date & Time : 17/01/2025 15:39:25  
Report Date & Time : 17/01/2025 10:04:19

**Partial Test Report**

INVESTIGATION / METHOD	RESULT	UNITS	BIOLOGICAL REFERENCE INTERVAL
<b>HAEMATOLOGY</b>			
<b>Erythrocyte Sedimentation Rate(ESR)</b> (Westergren Method)			
1 Hour ( Specimen: EDTA WHOLE BLOOD)	7	mm/hr	5-15
<b>BIOCHEMISTRY</b>			
CRP (C-reactive protein) ( Method : Nephelometry ) ( Specimen: SERUM)	<5.0	mg/L	<5.0
RA Factor (Rheumatoid Factor) ( Method : Nephelometry ) ( Specimen: SERUM)	42	IU/ml	<30

End of the Report

**DR NIKITHA KAIRANNA**  
Pathologist

Annexure 2: Lab report dt 08 Apr 2025

**AARTHI SCANS & LABS**  
LARGEST INTEGRATED DIAGNOSTIC CHAIN  
SIEMENS (GERMANY) MRI & CT SCANNERS | FULLY AUTOMATED ROBOTIC LAB | NABL ACCREDITED CENTRAL LAB

Patient : **G VIVEK**  
Age / Sex : 40 Y / Male  
Referrer : ECHS - BANGALORE (CREDIT)  
Branch : INDIRANAGAR - HUB

SID : 32057620  
Reg Date & Time : 08/04/2025 09:10:43  
Coll Date & Time : 08/04/2025 09:10:43  
Report Date & Time : 08/04/2025 14:58:30

**Partial Test Report**

INVESTIGATION / METHOD	RESULT	UNITS	BIOLOGICAL REFERENCE INTERVAL
<b>HAEMATOLOGY</b>			
<b>Erythrocyte Sedimentation Rate(ESR)</b> (Westergren Method)			
1 Hour ( Specimen: EDTA WHOLE BLOOD)	7	mm/hr	5-15
<b>BIOCHEMISTRY</b>			
CRP (C-reactive protein) ( Method : Nephelometry ) ( Specimen: SERUM)	<5.0	mg/L	<5.0
RA Factor (Rheumatoid Factor) ( Method : Nephelometry ) ( Specimen: SERUM)	8	IU/ml	<30

End of the Report

**DR NIKITHA KAIRANNA**  
Pathologist