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## Review Article

# Role of Yoga Prana Vidya (YPV) system in the successful management of metabolic diseases: A Review

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## ABSTRACT

Metabolism is the complicated chemical reaction in the body's cells that changes food into energy. Nutrition and metabolism are correlated. Metabolic syndrome, a spectrum of metabolic disorders such as obesity, diabetes, cholesterol, blood pressure, etc., is a significant public health problem in India. Prevention and control of metabolic disorders is the focus of healthcare systems. This paper presents a review of recent research on how the Yoga Prana Vidya (YPV) System of Healing protocols have successfully resolved metabolic issues.

This study uses a literature review method to identify relevant research articles and synthesize the results. A total of 9 eligible research articles meeting the criteria were selected and the combined sample was 257 people. 2 papers have case studies with a sample of 3 and the remaining 7 have a sample of 254 people who improved metabolic well-being. In 4 out of the 7 studies, the sample of 207 patients experienced statistically significant improvements in body weight, BMI, and waist size within 1 to 7 days of healing camp. Results from the remaining 3 studies with a sample of 47 show marginally significant improvements. The evidence gathered from this study validates the YPV system as a performing therapy to effectively prevent and manage metabolic disorders. Further research with appropriate samples and methodologies is recommended.

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## 1. Introduction

Nutrition and metabolism are closely related processes that have a significant impact on human health:

1. Nutrition is the process of obtaining nutrients from the environment.
2. Metabolism is the process of converting nutrients into substrates.

The relationship between nutrition and metabolism can be affected by overnutrition or undernutrition. For example, obesity is a condition of overnutrition that has led to a rise in metabolic diseases.

Metabolic disease is the name given to any disease or disorder that disrupts normal metabolism, the process of converting food to energy on a cellular level. Thousands of enzymes participating in numerous interdependent metabolic pathways carry out this process. Metabolic diseases affect the ability of the cell to perform critical biochemical reactions that involve the processing or transport of proteins (amino acids), carbohydrates (sugars and starches), or lipids (fatty acids).<sup>1</sup>

Metabolic syndrome (MS) is stated to be a cluster of conditions that occur together, increasing the risk of heart disease, stroke, and type 2 diabetes.<sup>2</sup>

The criteria developed by experts to diagnose metabolic syndrome include<sup>3</sup>:

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1. Abdominal obesity (Waist circumference above 40 inches for men and 35 inches for women)
2. BMI above 25
3. High triglycerides (>150 mg/dL)
4. Low HDL cholesterol. (Less than 40 mg/dL for men and less than 50 mg/dL for women is considered low)
5. High blood pressure (higher than 120/80 or using medicine to lower blood pressure)
6. High fasting blood glucose (= or > 100mg/dL)
7. Increased blood clotting.(Metabolic syndrome can lead to a chronic low-grade inflammatory state that can cause blood clots)
8. Insulin resistance

The prevalence of MS in India varies depending on the study but is generally high.<sup>4</sup> Studies in urban India have found that the age-adjusted prevalence of MS is around 25%.<sup>4</sup> A meta-analysis found that the prevalence of MS in India is 30%.<sup>5</sup> A nationally representative study found that the prevalence of MS in India is 4.83%, but this is likely an underestimate due to poor diagnosis rates.

MS is a significant public health problem in India. It is characterized by chronic low-grade inflammation and is caused by genetic and environmental factors. Other risk factors for MS include:

1. Older age
2. Female gender
3. General obesity
4. Inadequate fruit intake
5. Hypercholesterolemia
6. Middle-to-high socioeconomic status<sup>6</sup>

The Gender distribution of MS in India is estimated in a study.<sup>7</sup> The pooled prevalence of MS among adult females in India was 35% (95%CI: 31%-38%); while for males, the pooled prevalence was 26% (95%CI: 22%-29%).<sup>7</sup>

MS is a global pandemic involving millions of people in different regions of the world. The primary goal of the management is to identify and treat the risk factors and reduce the cardiovascular complications of MS. The management of MS can be divided into lifestyle modifications and medical management.<sup>2</sup>

Experience and research have shown that the Yoga Prana Vidya System which is an integrated and holistic system based on ancient knowledge adapted to the present times, has been effective as a Complementary and Alternative Medicine (CAM) in the management and prevention of various diseases and health conditions. This study aims to review the literature relevant to healing treatments using YPV system protocols and similar biofield energy healing systems.

## 2. Yoga Prana Vidya (YPV) System

The YPV system offers a set of holistic healing and treatment protocols that address the root cause

of several diseases and often provide a lasting cure. Literature relevant to the YPV system of Healing shows more than a hundred publications with documented evidence. The patients are guided to learn and self-practice modules of physical exercises, rhythmic breathing exercises, Forgiveness Sadhana, and Planetary Peace Meditation (PPM). A trained YPV Healer heals the affected body parts and chakrams and uses infection control protocols where necessary. YPV healing protocols are very effective as alternative medicine without any use of medicines or touch. Some examples of published articles on successful healing include chickenpox,<sup>8</sup> vitiligo,<sup>9</sup> contact dermatitis,<sup>10</sup> allergic and injured skin,<sup>11</sup> ringworm infection,<sup>12</sup> multiple cases of skin ailments,<sup>13</sup> and herpes zoster.<sup>14</sup>

Other published studies include: Some Difficult Medical cases by Jayachander Reddy et al.<sup>15</sup>, case of Post-Herpetic Neuralgia by Rajkumari et al.<sup>16</sup>, Emergency and First Aid cases by Jayachander Reddy et al.<sup>17</sup>; COVID cases by Prajapati et al.<sup>18</sup> Jayachander Reddy et al.<sup>19</sup>; Anxiety and depression cases by Nanduri,<sup>20</sup> Leelavathi Nayak et al.<sup>21</sup>; a case of Discoid Lupus by Asha Anur,<sup>22</sup> Self-care in Health by Jyothi Reddy et al.<sup>23</sup>, a case of crushed hand by Karunambigai et al.<sup>24</sup>, and multiple skin cases healed in a Healing camp by Shantala Hegde et al.<sup>25</sup>

Mind-body and biofield therapies are categorized under Complementary and Alternative Medicine (CAM). This definition confirms the YPV System as a CAM as it contains both Mind-body and bio-field therapies.

## 3. Literature Survey

A literature survey relevant to biofield energy treatments for metabolic diseases/disorders has yielded 10 articles. These are presented in (Table 1).<sup>15,25–32</sup>

The research question this study aims to answer is - How impactful are the Energy healing systems such as Yoga Prana Vidya (YPV) system protocols in the successful management of Metabolic Diseases?

This study has followed the method of literature review of published materials with an examination of recent or current literature, using keywords as in the criteria given below.

### 3.1. Inclusion criteria

Those research articles having the terms “Metabolic syndrome/ disorders/ diseases”, “Energy healing”, “Biofield energy healing” and “Yoga Prana Vidya System of healing”.

### 3.2. Exclusion criteria

Those articles which do not comply with the inclusion criteria.

This study does not include quality assessment of the selected articles. The synthesis is typically narrative. The

**Table 1:** Relevant articles found in literature search

S.No	Year Published	Authors	Therapies used	Metabolic diseases healed	Sample size	Study type
1	2019	Jayachander Reddy N, Nanduri VS <sup>15</sup>	Integrated YPV	Obesity, T2 diabetes	2	In-depth case study
2	2019	Rajagopal AH, Ramya A, Nanduri VS <sup>26</sup>	Integrated YPV	T2Diabetes, Blood Pressure	16	Multiple Camps Outcome Study
3	2019	Vasavda A, Nanduri VS <sup>27</sup>	Integrated YPV	Cholesterol	1	In-depth case study
4	2023	Jayachander Reddy et al. <sup>28</sup>	Integrated YPV	Obesity, BMI	39	Camp Outcome study
5	2023	Karnani et al. <sup>29</sup>	Integrated YPV	BMI, obesity, waist, T2diabetes, hypothyroidism)	30	Camp outcome study
6	2023	Hegde S et al. <sup>25</sup>	Integrated YPV	Obesity, hypothyroidism, T2diabetes	5	Camp Outcome study
7	2024	Jayachander Reddy et al. <sup>30</sup>	Integrated YPV	BMI, obesity, waist circumference	109	Outcome study
8	2024	Jayachander Reddy et al. <sup>33</sup>	Integrated YPV	Obesity, T2diabetes	29	Outcome study
9	2024	Karnani et al. <sup>31</sup>	Integrated YPV	Obesity, T2diabetes	26	Outcome study
10	2018	Parulkar et al. <sup>32</sup>	Biofield energy Healing	Vitamin D3 metabolism	Lab sample	Laboratory study
					9 papers with Total number of human sample	257

**Table 2:** Summarized results from the 9 selected studies

Study No	Study type	Therapies used	Metabolic diseases healed	Sample size	Results
1	In-depth case study	Integrated YPV	Obesity, T2 diabetes	2	Weight and BMI reduced 10 and 21% respectively. WC reduced by 13% for one.
2	Multiple Camps outcome study	Integrated YPV	T2Diabetes, Blood Pressure	16	Blood glucose levels reduced by 5% to 57%
3	In-depth case study	Integrated YPV	Cholesterol	1	Reduced to normal in 9 months
4	Camp Outcome study	Integrated YPV	Obesity, BMI	39	Significant reduction
5	Camp outcome study	Integrated YPV	*BMI, *obesity, *waist, #(T2diabetes, hypothyroidism)	30	*Significant reduction in weight, BMI, waist. #(reduced 10%)
6	Camp Outcome study	Integrated YPV	Obesity, hypothyroidism, T2diabetes	5	5 to 10% improvement
7	Outcome study	Integrated YPV	BMI, obesity, waist circumference	109	Significant reduction in weight and waist size
8	Outcome study	Integrated YPV	Obesity, T2diabetes,	29	Significant reduction in weight, BMI,V-fat, waist size
9	Outcome study of 7-day camp	Integrated YPV	Obesity, T2diabetes	26	Weight reduced by 1.88%, BMI reduced by 1.66%
				Total human sample	257

128 analysis is conceptual and thematic.<sup>34</sup> This review attempts  
129 to collate all empirical evidence that fits pre-specified  
130 eligibility criteria to answer the research question.

### 131 3.3. Data for review

132 A search of the relevant literature has revealed 10 research  
133 articles on the effects of biofield energies on human  
134 metabolism. These are presented in Table 1. Of these, 9  
135 articles are based on YPV protocols and therapies, and  
136 one article is based on biofield energy distant healing of a  
137 laboratory sample, with a distant healing module like the  
138 distance healing module of the YPV System.

139 For this study analysis, 9 studies with human samples  
140 only are considered. The results extracted from the 9 studies  
141 are summarised in Table 2. Synthesis of all data collected  
142 shows that the combined sample size of this analysis is  
143 257 patients who resolved their metabolic health issues  
144 successfully through YPV healing treatments.

145 It may be observed that 2 out of the 9 studies have case  
146 studies with a combined sample of 3 patients. The remaining  
147 7 studies have a combined sample size of 254 patients, who  
148 were treated in 7 healing camps conducted at different times  
149 by different YPV healers.

150 Of these 7 camp studies, 4 studies with a combined  
151 sample of 207 people yielded statistically significant  
152 improvements in weight, BMI, and waist size, within a time  
153 duration varying from 1 to 7 days of the healing camp. The  
154 results from the remaining 3 studies show that there were  
155 noticeable improvements though statistically not significant,  
156 because the focus of healing was directed towards other  
157 health issues reported by the patients including pain and  
158 mobility issues.

### 159 4. Discussion

160 The results synthesized and summarised from the analysis  
161 of the selected 9 studies show that the YPV protocols and  
162 practices, as CAM therapies, impacted most of the patients  
163 treated. The topics of metabolic syndrome and diseases are  
164 highly researched topics in mainstream medicine and CAM  
165 therapies. The main advantage of the YPV system is that  
166 there is no medicine or touch used in the procedures applied  
167 to treat the patients. Additionally, the norms followed by  
168 YPV healers include patient education with courses to  
169 learn self-healing to maintain good health needed by every  
170 individual, and later on becoming a trained energy healer  
171 capable of healing others, such as family and friends.  
172 Another advantage patients experience is that there are no  
173 side effects arising out of using YPV healing, while there  
174 are side effects from the use of medicinal treatments in  
175 mainstream medicine.

176 YPV system is an integrated system and includes a set  
177 of simple physical exercises, Rhythmic yogic breathing  
178 exercises, several meditation techniques, and energy healing

179 protocols. Rigorous procedures of training and certification  
180 of healers at various levels are ensured to maintain the high  
181 standards of competencies needed. This explains how  
182 consistent results were obtained by different healers at  
183 different times as observed in the sample of the 9 studies  
184 evaluated in this review. The research question is thus  
185 answered through the summarised results of this study  
186 which confirm the impact the YPV System has made in  
187 improving metabolic conditions.

### 188 5. Conclusion

189 In view of the evidence gathered from this study confirming  
190 the positive impact YPV has made, further research is  
191 recommended relevant to the impacts of YPV healing  
192 protocols on human metabolism disorders using appropriate  
193 samples and methodologies.

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### 196 7. Conflict of Interest

197 None.

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