

Original research Article

The outcome of a Yoga Prana Vidya® health and healing camp conducted in Indri village, Haryana

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ABSTRACT

Background: Free health checkup and treatment camps help villagers with health awareness and management of illnesses at no cost. This paper presents one such health camp conducted by Yoga Prana Vidya® (YPV®) healing team for 5 days in a village in the state of Haryana, India and with documented data and successful outcomes to the participants in the camp.

Methods: An intervention with YPV® system healings was conducted, and patient data and feedback collected before and after the healings in the camp.

Results: A total of 216 patients were registered in this camp with 20 types of illnesses identified for which treatment was sought by the patients. A group of 11 healers rendered healing services to all registered patients successfully.

Conclusions: The camp served the intended purpose of rendering free service to the villagers in health awareness and improvements through YPV® healing techniques and protocols. Continuous increase in the number of participants in the camp and its popularity confirms the relief people got through healing during the camp. Many people got major relief in the ailments they were suffering over a time. It is the achievement of quick relief which drove many students' and teachers' interest in learning the healing techniques, and the teachings of YPV® were received by them with great enthusiasm.

Keywords: Health camps, Rural health, Yoga Prana Vidya® system, YPV®, Energy healing

INTRODUCTION

Free health checkup camps help and serve the needy communities with educating, checking and treatment of illnesses at no cost to the people. This paper presents a Health check-up and healing camp that was organised for villagers in Indri village, Haryana by Yoga Prana Vidya® (YPV®) healing team from New Delhi in collaboration with the volunteers of national service scheme, BVCOE NSS Unit of New Delhi during April 2018. With the help of YPV® integrated system and its holistic healing approach, the camp was planned to study the general health problems of the villagers with a view to conducting

healing treatment and imparting health education and awareness. Three senior YPV® healers and trainers, had planned and executed this camp along with their fellow YPV healers.

Yoga Prana Vidya® system

YPV® is an integrated and holistic system of complementary and alternative medicine used in the treatment of physical and mental illnesses. It is based on Pranic energy principle, and is a no-touch no-drug treatment modality. YPV® system deals with healing the energy body, and in turn heals the physical body through

systematic healing protocols and techniques including patient self-practice tools such as physical exercises, rhythmic breathing, forgiveness sadhana, and planetary peace meditation. The energy body, also known as Pranamayakosa, surrounds the physical body as shown in Figure 1-2 and consists of an inner aura, an outer aura and health rays connecting the inner aura and the outer auras. By comparing the Figures 1-2, one can visualize the difference in the energy body of a sick person in contrast to the energy body of a healthy person.

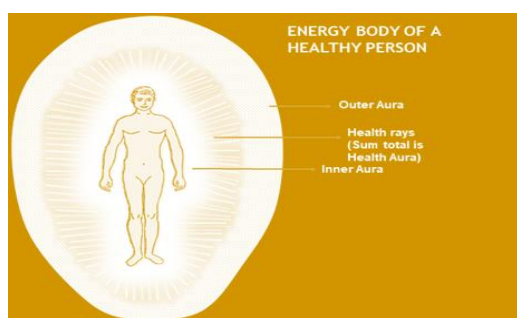


Figure 1: Energy body of a healthy person.

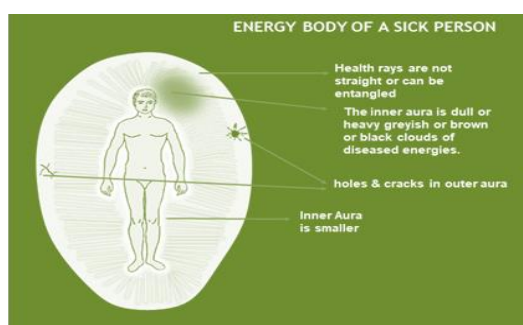


Figure 2: Energy body of a sick person.

The energy body consists of energy centers or chakrams (wheels) as shown in (Figure 4), and Nadis (channels) to distribute the energy to various chakrams and body parts. A picture of the energy body obtained from a GDV (Gas discharge visualisation) camera is shown in Figure 3.

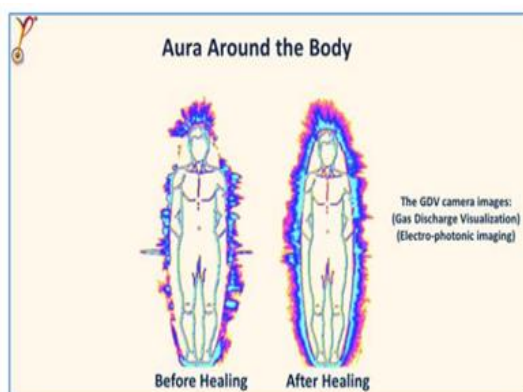


Figure 3: Picture of the energy body taken using GDV camera.

From Figure 3, we can see the effects of YPV® energy healing that removes the defects in the energy body, thereby treating the physical body parts. Trained and certified healers practice the skills of scanning the wheels (energy centres) and aura and carry out cleansing and energizing the wheels and affected body parts of the sick person. Patients usually experience recovery and relief from illness within a few healings given by the healer. Depending upon an individual's health condition, a healing session may last for 10 to 20 minutes, and one or more sessions per day as decided appropriately by the healer.

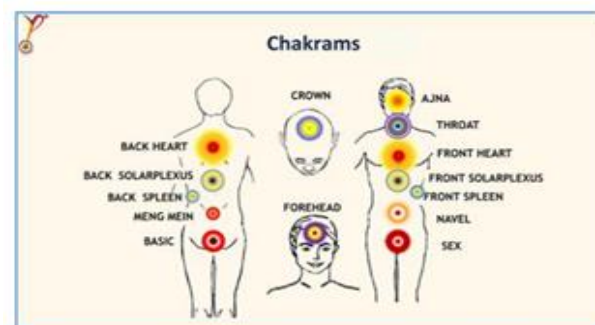


Figure 4: Chakrams (wheels) in the energy body.

Thus, YPV® system uses ancient techniques of energy healing and its protocols are structured for systematic healing of patients for treating various illnesses. More than 30 published research articles are available which show consistent results of recovery for patients. For example illnesses successfully dealt with by YPV® system and documented publications include difficult medical cases, diabetes, arterial heart block case, post-herpetic neuralgia, exostosis of ear, vision improvements, high blood cholesterol and asthma, Improved wellbeing and immunity, cases of first-aid and emergency, speedy recovery of COVID-19 patients, hypothyroidism, serious snakebite.¹⁻¹² Some empirical studies successfully conducted by YPV® researchers include, reduction in anxiety and depression of corporate employees, improved wellbeing and reduced criminal attitude of under-trial prisoners, improvement of IQ and social behaviour of mentally retarded children.¹³⁻¹⁵ One study on improvement of academic performance by the use of planetary peace meditation of over 100 high school students was also among the published literature.¹⁶ A conference paper of over 400 documented COVID-19 patients healed resulting in speedy recovery successfully was presented and is taken for publication.¹⁷

METHODS

A YPV® healing camp was conducted as an intervention in Indri village of Haryana to carry out health check-ups and conduct healing sessions to treat the patients having various illnesses. Patients' data were captured by the healers and volunteers which are used in the analysis and preparation of this outcome report.

Healing camp details

The following procedure was used in this healing camp: Registration of patients (demographic and clinical condition details of the patient), guiding the patient about YPV healing, first healing healer development programme level-1 (HDP level-1) protocols, second healing- advanced healing, post healing instructions, breathing and walking, feedback of the patient, guiding the patient to continue YPV practices to sustain the benefits. The camp was conducted for 5 days from 20th April 2018 to 24th April 2018 starting from 10 am to 4.30 pm on each day of the camp.

Healers present in the camp

There were totally 11 healers including 3 Senior YPV® Healers and 8 HDP Level-1 healers. Totally 216 patients were given healing treatment during this camp for various illnesses. These healers were supported by 55 volunteers from BVCOE NSS volunteers who rendered support services to the villagers and YPV® healers in smoothly conducting the 5-day camp activities.

RESULTS

The illnesses of patients screened and healed in this camp are given in (Table 1). From the above table it is seen that there were twenty categories of illnesses healed by the YPV® healers. Of these 20 categories, pain of some kind (Table 1) is the most prevalent condition, as explained below.

Table 1: Illnesses healed during the camp vs. number of cases.

Name of ailment (disease)	N
Leg pain	119
Headache	70
Eye	53
Back pain	47
Allergy, cold, sinusitis, throat infection	32
Pain in arms	32
Body pain	31
Stomach ache	23
Bp	19
Ears	18
Chest pain	15
Digestive problem	15
Psychological problem	13
Fever	11
Neck pain	10
Dizziness	9
Shoulder pain	8
Insomnia	8
Spine pain	4
Menstruation pain	4

Pain

Nearly 50% of the people sought relief from some kind of pain such as leg pain, back pain, pain in arms, body pain, stomach ache, chest pain, Neck pain, shoulder pain, Spine pain, and menstruation pain.

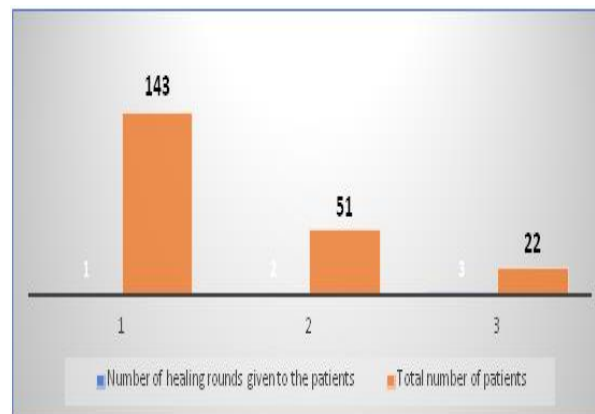


Figure 5: Details of patients and healings given.

Other illnesses

Other illnesses include, headache, eye problems, common allergy, common cold, sinusitis, throat infection, BP, ears/hearing problems, digestive problems, fever, dizziness and insomnia.

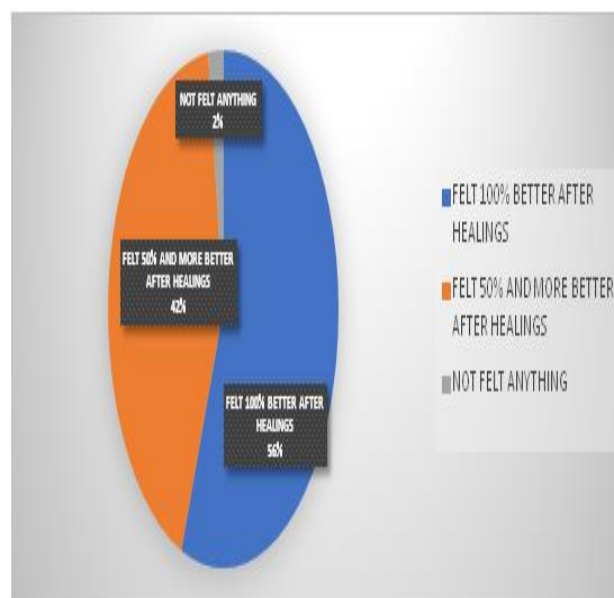


Figure 6: Summary of results from healings of day 1.

Psychological problems

It is observed that few people reported their psychological problems also without feeling stigmatic about it and obtained relief through healing processes.

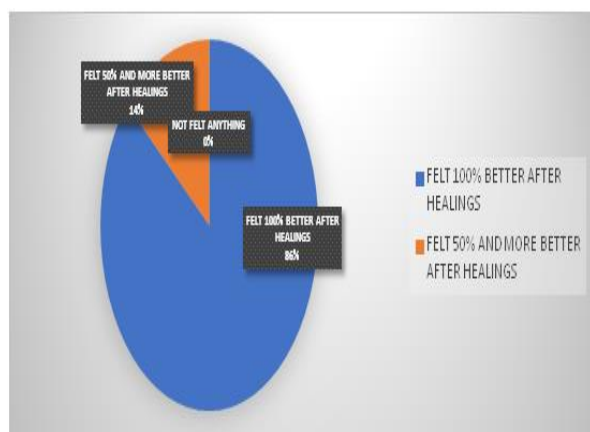


Figure 7: Summary of results from healings of day 2.

Further analysis

During this healing camp many of the patients were given more than one healing as per the severity of their disease. We can see (Figure 5) that during the healing camp total 216 patients were registered and healed out of which 143 patients were given one healing as they did not require further healing. Other than this, 51 and 22 patients were given 2 and 3 healings respectively. The results of healing were so miraculous that out of 216 patients, 143 patients were healed only in 1 healing. Out of these 143 patients, 56% patients felt 100% better, relaxed and cured after healing, 42% patients felt 50% better in their condition whereas only 2% patients did not feel any difference for reasons not known. So total 44% patients instructed to take 2nd healing to have better results. There were 51 patients who were given 2 healings based on their medical condition and their feedback. Out of these 51 patients, 86% got 100% better after 2nd healing and the rest of 14% patient felt 50% better in their condition, who were further opted for 3rd healing for complete relief in their condition. There were only 22 such patients who were given 3rd round of healing considering their medical condition and feedback. Out of these 22 patients, 86% patients felt 100% better in their condition and only 14% patients were there who got 50% better in their medical condition.

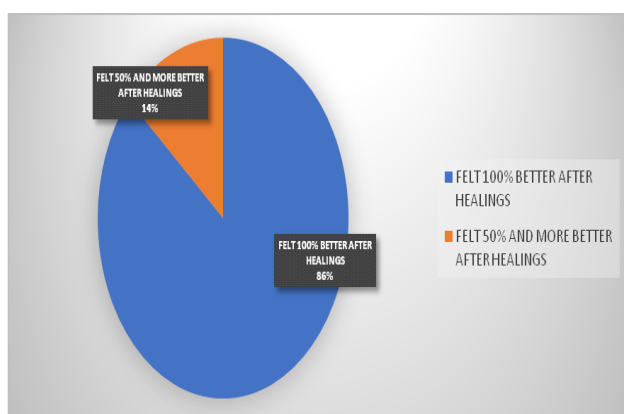


Figure 8: Summary of results from healings of day 3.

Summary of the outcome of the camp

Total 20 types of diseases were healed, a total of 216 patients were registered for the healing, of which 29% were male, and 71% female patients, miraculous healings were performed, as the results show that approximately 70% people were highly satisfied with the healing, a total 311 healings were given during this camp, almost every single person participated was taught and practised YPV rhythmic yogic breathing, forgiveness sadhana and physical exercises to strengthen physical and mental health. They were also helped to download the free YPV® Sadhana app to do these audio guided practices on their own regularly. People had shown greater trust towards YPV® healing and accepted it as other (alternative) treatment modality and people had also shown keen interest in learning these healing techniques.

Follow-ups after the camp

As a consequence of the success of this camp, the YPV® trainers offered YPV® Level 1 class for selected students of 12th class and also to some teachers who were interested in learning these techniques. In all, the YPV® trainers conducted YPV® level 1 class for 19 participants, who after learning, continued healings in the village thereafter.

DISCUSSION

The villagers were informed about the camp details a day prior to the start of the healing camp to prepare them for participation. On day 1, total 28 people registered for various ailments. Though it was a new concept for them but they remained seated patiently for their turn. On day 2, the number attended rose to 49 without any advertisement. On day 3 the attendance was 73 followed by 98 on day 4 and 152 on final day. This increase in number shows that people got benefitted and they recommended others to join. Day 3 onwards, camp was attended by many people from nearby villages also. Published literature shows that YPV® groups in the past successfully conducted a similar camp for general medical issues which produced successful results for the participants, in particular diabetes cases besides other ailments. Another YPV® group conducted a successful eye camp exclusively for people having vision problems.^{2,5} Such camps are gaining popularity in rural areas where medical facilities are scanty. The outcomes from all these camps show that YPV® system is integrated and holistic to maintain and sustain overall health (composite health) in physical, mental and emotional domains of people.

CONCLUSION

The camp served the intended purpose of rendering free service to the villagers in health awareness and improvements in health conditions through YPV® healing techniques and protocols. Continuous increase in

the daily number of participants in the camp shows the relief people got through healing during the camp. Many people got major relief in the ailments they were suffering over a time. It is the relief which drove many students' and teachers' interest in learning the healing techniques and the teachings of YPV® were received by them with great enthusiasm.

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Conflict of interest: None declared

Ethical approval: The study was approved by the Institutional Ethics Committee

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