

## Case Series

# Role of yoga prana vidya healing techniques in successful and speedy recovery of orthopaedic cases of bone injuries and fractures: a multiple case study

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**Received:** 03 November 2021

**Accepted:** 06 December 2021

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### ABSTRACT

Bones form a vital part of the skeletal system providing mechanical support, strength, structure and protection to the human body. Inability of the bone to resist any kind of stress caused accidentally can result in a bone injury or a fracture. This article provides a summary of eleven cases of bone injury and fracture treated successfully by yoga prana vidya (YPV) techniques as a complementary medicine for faster recovery. The study was carried out by two healers who independently healed eleven cases of bone injury and fracture using the bone regeneration techniques of YPV. Further, the data was collected and the results were analysed. By application of YPV healing techniques complementarily, it is observed that full recovery took place within 10 days to 45 days for the 3 hospitalised cases, and within 3 to 8 days for the two patients who had bandage/dressing done at a medical facility. In case of the remaining 6 patients who sought YPV healing help in preference to seeking medical help the recovery took place within 5 to 20 days, helping the patients to lead a normal life thereafter. It is observed that YPV techniques can be used for faster recovery of patients with injured and fractured bones. This paper shows the successful results when the techniques were applied on eleven participants. It is recommended to conduct further studies on a larger scale for the healing of bone related cases such as injury and fractures.

**Keywords:** Orthopaedic cases, Bone fractures and injuries, Protein collagen, Energy healing, Yoga prana vidya system®, YPV®

### INTRODUCTION

#### *Human bone structure*

Bones hold the body structure together. They come in various shapes and sizes and each performing unique functions depending on the location of the bone. There are around 270 bones during birth which combine together to give 206 bones in a healthy human body. The bones are made up of protein collage and 99% of the body calcium is found in the bones and the teeth.<sup>1,2</sup>

The different kinds of bones in a human body include the long bones in the limbs which help in body movement, the

short bones or the wrist and ankle, the sesamoid bones which prevent wear and tear of the tendons like near the knee caps and lastly the other bones like the spine, and bones in the pelvic area which are responsible for protecting the organs of the body.

A fracture is a crack or break in the bone. It can occur as a result of some accident, fall or sport injury. In few cases, a bone injury could be a result of the inability of the bone to resist the shock due to low bone density. These may cause dislocation of the bone or tendon and ligament tear reflecting in the mobility of a person or the structure of a human body.

Bone fracture may result in swelling or unbearable pain or inability to use the limb. The treatment of bone fracture or injury includes plastering of the two pieces of the bone or inserting a metal rod or a plate to bring the pieces together and thereby give a structure to the body.<sup>2</sup>

A bone fracture can be diagnosed by various tests including X-ray, computed tomographic (CT) scan or a magnetic resonance imaging (MRI) test. One may prevent bone injury by avoiding falls and accidents or sudden shock or stress, by staying fit and involving physical exercises and breathing exercises in order to avoid deterioration of the bone or by eating right food to help give the right nutrition to the bones.

### **Yoga prana vidya**

Yoga prana vidya (YPV) is an integrated and a holistic healing technique which has found application in treating a variety of simple and difficult cases both physical and psychological in nature.<sup>3</sup> It is integrated and holistic as it involves not only healing of the energy body but also promotes practicing breathing exercises, physical exercises, meditations and promotes intake of right diet.<sup>4</sup> The purpose of yoga is to achieve oneness or union. This union is achieved by the incarnated soul along with the 3 vehicles namely the energy body, emotional body and the mental body, with the higher soul.<sup>5</sup>

Healing is a process by which the healer cleans the diseased or dirty energy from the energy body or an affected part of a person and fills it with fresh energy thereby accelerating the body's ability to recover. The healing takes place either face to face with the patient or at a distance with an intention that energy follows thoughts. YPV is totally a safe healing modality which does not use any drug or physical contact between a healer and a patient. Literature shows several cases of successful YPV healing of a variety of medical conditions such as management of post-herpetic neuralgia (PHN), exostosis of ear, hypothyroidism, conservative management of CVJ anomaly, a rare case of urinary fistula, and status epilepticus.<sup>4,6-11</sup>

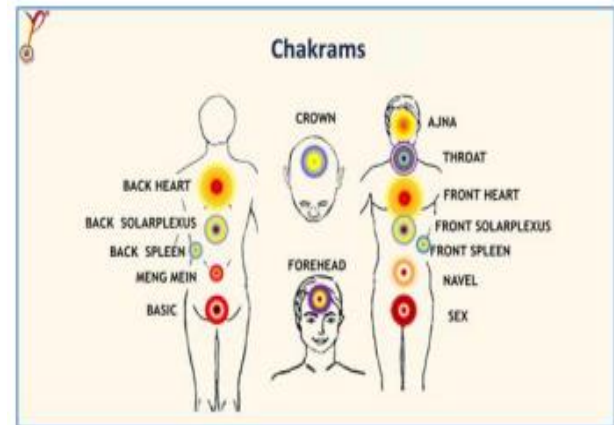
### **Chakrams or energy centres**

As shown in Figure 1, there are 11 major chakrams and many mini and minor chakrams in our energy body. These chakrams have special functions depending on which organ or part of the body they control and energize. They are responsible for absorbing the fresh energy from the environment and they also expel the diseased and the dirty energy from the organ which they control.<sup>3</sup>

### **Chakrams controlling the skeletal system of the body**

The basic chakram is the most important chakram which controls the skeletal and the muscular system of our body. It is responsible for maintaining the vitality or energy of our body and also controls the production of blood in the

body through the bone marrow. The basic chakram along with the minor chakrams of the legs and the hands are responsible for the proper functioning of the skeletal system of our body giving proper structure and strength to the person.



**Figure 1: Chakrams or energy centres.**

The other chakrams which control the bones and muscles of the human body include the solar plexus chakram which is the centre of lower emotions. Hence, application of YPV level 3 techniques becomes important. The spleen chakrams which absorb the energy from the environment and distribute it to the entire energy body and the navel chakram. The navel chakram controls all the lower chakras which are responsible for the proper functioning of the physical body. Lastly, the ajna chakram also substantially controls the skeletal and muscular system of the human body.

In this case study, for the eleven cases of bone injury and fracture, the above all chakrams were treated along with level 3 protocol. The bone regeneration technique of YPV healing was additionally applied to the affected bone and the muscle for faster recovery.

The anatomy of the energy body consists of many chakrams which have certain functions and help in cleaning and energizing the whole body or part of it. The chakrams are like energy pumps as they absorb the fresh energy and also expel the toxic or diseased energy from the organ or part of the body that it controls.

### **Method**

This is a case series study with data of 11 patients of bone injury and fracture, successfully healed by YPV healers, and patients fully recovered. All available data was collected, analysed and presented as follows.

### **CASE SERIES**

Table 1 shows demographic details of a total of 11 patient cases of bone injury and fracture occurred, of which 9

cases were of limbs, one case of spine and one case of collar bone. This sample consists of 6 adult males aged 18 to 55 years, 4 adult females aged 23 to 55 years and one female child 6 years old.

**YPV interventions**

Healing was carried out for these eleven cases by two healers independently. The healing was carried out once a day for about 20 to 30 min for each patient.

The data was collected including the photographs (for some of them where possible), and the results were then analysed and presented as follows.

From the collected data, the patients are categorised into three categories (categories 1, 2 and 3) and presented in Tables 2-4.

**Category 1**

This category consists of three patients who were hospitalised and had undergone surgeries. YPV healing was given to these patients as complementary medicine. Their data analysis is presented in Table 2.

**Category 2**

This category consists of 2 patients who visited the hospital for bandage and dressing. They approached for YPV healing and their data is presented in Table 3.

**Category 3**

This category consists of six patients who did not visit a clinic or hospital as they did not find the need of consulting a doctor, but approached for YPV healing. Their data is given in Table 4.

**Table 1: Case demographic details.**

S. no.	Gender	Age (years)	Is the person a YPV healer?	Healing needed for
Case 1	Male	37	No	Left leg (below the knee) fracture due to accident
Case 2	Male	55	Yes	Right hand (lower arm) has multiple fractures due to bike accident
Case 3	Male	18	No	Right upper arm fracture
Case 4	Male	23	No	Broken right thigh bone
Case 5	Male	25	Yes	Twist in the left ankle with swelling
Case 6	Female	6	No	Fracture in left collar bone
Case 7	Male	45	Yes	Right hand wrist twisted due to accident, also swelling
Case 8	Female	25	No	Left ankle twisted with a crack and swelling
Case 9	Female	50	No	Crack in right wrist
Case 10	Female	23	No	Spine hair line fracture in 10 and 11 spine vertebrae
Case 11	Female	55	No	Wound in right knee and swelling

**Table 2: Category 1- three patients hospitalised for treatment of bone fractures and undergone surgeries.**

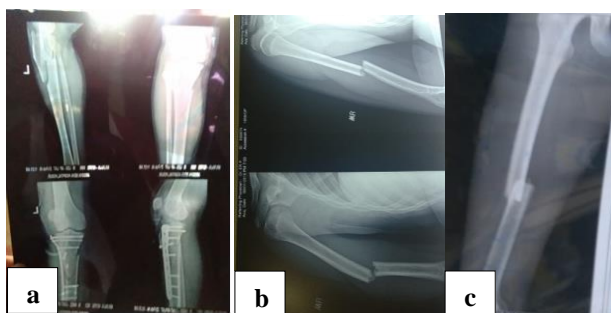
S. no.	Case 1	Case 3	Case 4
No. of days healing done	45 days	25 days	10 days; later, his father continued with the healing
No of times healing done in a day	1	1	1
Time duration of the healing (min)	30	30	30
% improvement	90	100	100
Improvement seen within number of days	30	20	8
Estimated number of days it would have taken to recover without YPV healing	6 months	30 days	25 days
Feedback	Patient was able to walk in 45 days without any support, recovery was quicker than expected	Completely improved with fast recovery; came back to normal routine faster	Completely improved; able to walk
Photos available	Yes	Yes	Yes

**Table 3: Category 2 – two patients who visited the hospital for bandage/dressing.**

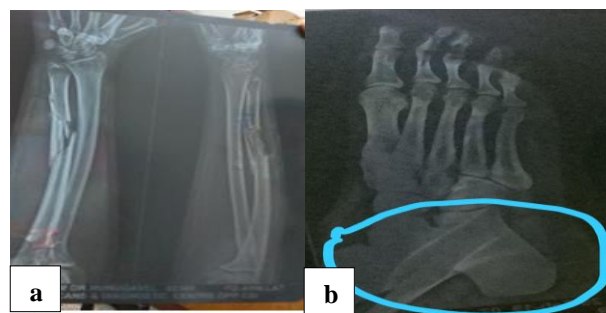
S. no.	Case 2	Case 8
No. of days healing done	10 days; later continued by the patient for 20 more days	5 days
No. of times healing done in a day	1	1
Time duration of the healing (min)	30	20
% improvement	100	100
Improvement seen within number of days	8	3
Estimated number of days it would have taken to recover without YPV healing	15	7
Medicines/hospitalized	Visited the hospital for dressing	Visited the hospital for dressing
Feedback	Completely improved	Completely cured
Photos available	Yes	Yes

**Table 4: Category 3 – six patients who did not visit a doctor, but approached a YPV healer as an alternative.**

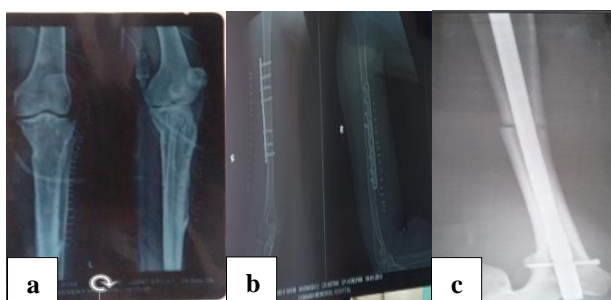
S. no.	Case 5	Case 6	Case 7	Case 9	Case 10	Case 11
No. of days healing done	8	7; later mother continued	7	7	30	7
No. of times healing done in a day	1	1	1	1	1	1
Time duration of the healing (min)	25	25	30	20	30	20
% improvement	90	100	100	70	80	100
Improvement seen within number of days	6	6	5	5	20	5
Estimated number of days it would have taken to recover without YPV healing	10	10	10	10	60	15
Feedback	Completely cured	Completely cured; able to move her shoulder without any pain	Completely cured	Pain reduced significantly	Could stand without pain	Completely cured
Photos available	Yes	Yes	Yes	Yes	No	Yes



**Figure 2: Before surgery – (a) case 1, (b) case 3, and (c) case 4.**



**Figure 4: Before surgery – (a) case 2 and (b) case 8.**

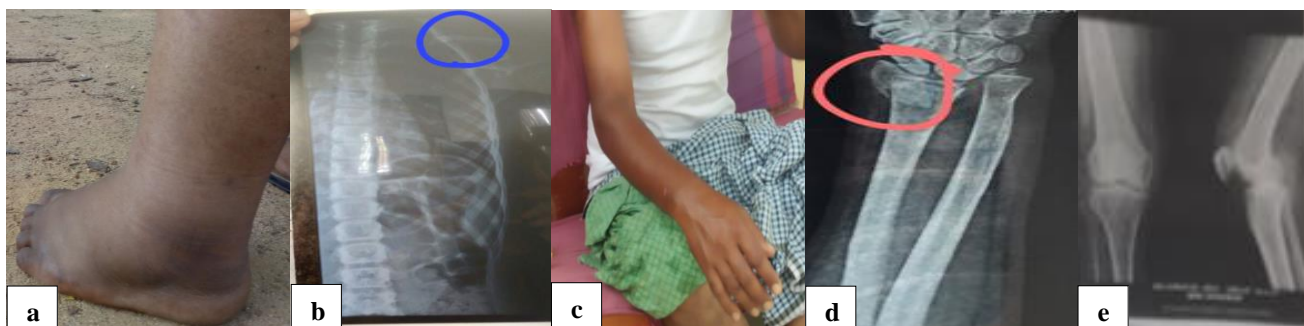


**Figure 3: After surgery – (a) case 1, (b) case 3, and (c) case 4.**



**Figure 5: After surgery – case 2.**





**Figure 6: Before surgery – (a) case 5, (b) case 6, (c) case 7, (d) case 9, and (e) case 11.**



**Figure 7: After surgery – (a) case 5, (b) case 7, (c) case 9, and (d) case 11.**

## DISCUSSION

From this study it is observed that YPV healing played a major role of eliminating the pain and enabled faster recovery of patients without touch or use of drugs. It is necessary to treat the broken bones to join and maintain the body structure, aid movement and give strength. All complicated and serious bone fractures would require surgery and medical assistance. An untreated bone fracture can cause infection in the bone or the bone marrow. This can affect production of blood cells thereby resulting in various other ailments. An untreated bone injury or fracture can also lead to long term nerve damage which can lead to decreased sensitivity or difficulty in movement. If a broken bone is not fixed correctly it can result in visible deformity hence the bones sometimes may be replaced by a rod or a plate to set the structure of the body right. Unattended bone injury can lead to stress on the muscles or ligaments thereby damaging them too.<sup>2</sup>

There are various other ways of treating an orthopaedic case, such as Ayurvedic, natural herbal treatment, and homeopathy. However, YPV healing seemed to be a better option for the patients due to its underlying advantages of being a no drug treatment and also its ability to work from a distance. This makes it easier for the patients to get help of healing by contacting healers through a phone call.

## CONCLUSION

From this case study, it follows that YPV healing protocols worked well to eliminate the pain and helped in faster recovery of the patients in bone fracture and injury,

producing favourable results in all 11 reported cases. The healers independently handled their respective cases using appropriate and standard YPV protocols, and this confirms repeatability of the designated YPV protocols. However, further treatment may be carried out by a medical practitioner in case a rod is required to be inserted or an operation or dressing is needed. It is thus recommended that YPV protocols can be effectively used as complementary medicine for orthopaedic patients to eliminate pain and to help the patients lead a normal life soon without drugs as a preliminary treatment paving the way for a medical practitioner to also do the needful in terms of surgical operation or plastering as needed.

## ACKNOWLEDGEMENTS

Authors would like to acknowledge the patients for sharing case details for this study and thankful to Sri Ramana Trust (Thally, Tamilnadu, India) for using their registered copyright terms Yoga Prana Vidya System ® and YPV ®.

*Funding: No funding sources*

*Conflict of interest: None declared*

*Ethical approval: Not required*

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**Cite this article as:** Shah SD, Atheesh KM, Nanduri VS. Role of yoga prana vidya healing techniques in successful and speedy recovery of orthopaedic cases of bone injuries and fractures: a multiple case study. *Int J Res Orthop* 2022;8:88-93.