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### RESEARCH ARTICLE

#### PRANIC HEALING: A STRESS BUSTER FOR CANCER PATIENTS.

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#### Abstract

Pranic healing is a highly developed and tested system of energy based healing techniques that utilizes "Prana" to balance harmonize and transform the body's energy processes. "Prana" is a Sanskrit word that means "Life-force" This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health. In acupuncture, the Chinese refer to this subtle energy as "Chi". It is also called "Ruah" or the "Breath of life" in the old testament. Pranic healing is a simple yet powerful and effective no touch energy healing. It is based on the fundamental principle that the body is a "Self-repairing" living entity that possesses the innate ability to heal itself. Pranic healing works on the principle that the healing process is accelerated by increasing the life force or vital energy on the affected part of the physical body. Pranic healing influences this natural life force to being about a healthier physical body. Pranic healing is applied on the bio-electromagnetic field known as the aura, which contains the mold and blueprint of the physical body. This bioplasmic body absorbs life energy and distributes it to the organs and glands. Disease first appear as energetic disruption in the energy field before manifesting as ailments in the physical body. With all diseases including cancer the first objective is to understand that the cause is thoughts one's own guilt or harmful thoughts and feeling created by one's upon himself. To heal from cancer one must fully cleanse the physical, emotional and mental layers of body system.

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#### Introduction:-

Hearing and witnessing the horrors of cancer, most people believe that cancer is a powerful invader. Actually cellular biology tells us that the opposite is true. A cancerous cells is, in fact, a weak and confused cell with incorrect genetic information, genetic predisposition carcinogenic substances, radiation, diet and more important than any of these the mental and emotional factors form the major etiological factors for cancer, stress suppresses the immune defense system and allows the cancer cells to rapidly reproduce themselves into a life threatening tumor. Thus, in cancer there is unlimited growth of some tissues at the cost of entire organism. If the immune

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defense is restored to its normal level, cancerous cells get destroyed to restore the cancer patient to normal health.

### **Why Cancer ?**

The cause and development of cancer are multifactorial with diet, tobacco, alcohol consumption, occupational/ environmental exposure to carcinogens, radiation, infections (viral) genetic; sexual and reproductive factors plays a key role. However, the exact reason and process of cancer formation and metastatic spread is not clearly understood even today. Cancer is more often a psychological disease with respect to both its etiology and its onset. The concept that cancer is related to stress and a spectrum of emotional factors is probably as old as the history of recorded medicine itself.

Galen, as far back as in the second century observed that women who manifest depressions seemed more inclined to develop breast cancer than those with less melancholic dispositions. Down the centuries clinicians have related the occurring of cancer to stress and life events such as grief, bereavement, depression and personality traits. Very few understand that the cause of all issues in the physical body in the energetic bodies and not in the physical layer. To heal from cancer or other such diseases one must fully cleanse the physical, emotional and mental layers of your system.

### **Stress and Cancer**

Research studies throughout the world are continuing to amass evidence and suggesting that nervous stress is a major contributing factor in the development of cancer. Mental and emotional stress are implicated in most of the diseases to which man succumbs, and the medical community is becoming increasingly aware of the potential of yoga and meditation practices in both the prevention and treatment of these diseases.

What are the mechanisms by which long term mental and emotional stress produce disease states in the tissues and organs of the body? The pioneer work on the effects of stress in the body was conducted by Dr. Hans Selye in the 1950's and 60's. He found that mammals counteract stress by flooding the body with the stress hormones - adrenalin and noradrenalin, released from the adrenal glands in response to sympathetic nervous system stimulation. Long term excessive levels of these hormones produce pathological, degenerative changes in susceptible tissues and organs throughout the body.

More recently, it has been found that psychic, environmental and emotional stresses are also modulated into the nervous system through stimulation of the hypothalamus in the brain. Raised hypothalamic activity leads to activation of the pituitary gland, the master control gland formed as an outgrowth from the under surface of the hypothalamus. Secretion of the pituitary hormones into the bloodstream activates the endocrine glands of the body, including the thyroid gland, the gonads, and the cortex of the adrenal glands, lying at the upper poles of the kidneys. The adrenal cortex releases corticosteroids into the blood. These steroids help to preserve body tissues from the damaging effects of a continuously maintained high stress level. More recent research reports from Stanford University and Valley Medical Centre, USA, indicate that mental and emotional stress also affects the body's immune defense system. This is the body's surveillance system, responsible for resistance to disease and infections. Much recent cancer research has been directed toward seeking ways of manipulating the immune system, attempting to mobilize the body's own defenses and direct them against rebellious cancer cells. These attempts have been largely unsuccessful, however, the underlying principle, that cancer results from a breakdown of the body's self surveillance system, appears to be correct.

Working with experimental animals, a Californian team has shown that stress weakens both cellular and humoral responses of the immune system. They postulate that enough stress at a critical period in life can cause an immune deficit, which paves the way for cancer or tumour development. Then, even if this mental or emotional stress is eventually alleviated, the malignant tumour may be far enough advanced to overwhelm the immunological resistance. A recent Australian study of the bereavement reaction found that in the weeks immediately following the death of a spouse, the surviving partner's immune system was significantly depressed. In another study at New York's Sloan-Kettering Institute, researchers observed the development of cancer in both members of 1400 couples and suggested that the emotional stress, when one member of the partnership develops cancer or dies of it, may lead to the development of cancer in the partner.

Evidence from a study of patients at the University of Virginia Medical School, USA, has shown that behavioral and personality factors alone can be used to accurately predict which patients were suffering from lung cancer and which

were not.

Scientists know that stress can trigger the body's "fight-or-flight" response, in which the adrenal glands churn out powerful hormones that divert blood flow from internal organs (such as the intestines or liver) to the brain, muscles, and heart. Once the danger subsides, blood rushes back into the oxygen-starved internal organs, Courtney says. That burst of oxygen-rich blood may lead to increased production of free radicals and DNA lesions.

In addition, stress weakens the immune response. A vigorous immune response should kill damaged cells ? However, if the immune system is compromised, a malignant cell might escape, spewing a tumor.

#### **How Stress Cause Malignancy as a Major Cause and as a side effect of Conventional Treatments**

When factors like stress and personality are combined, they lead to feeling of hopelessness, helplessness and depression. The onset of cancer often follows a period of psychological stress or interruption of established patterns of defense and adaptation. Various retrospective studies have implicated stressful life events and personality traits as a cause for development of cancer. The impact of mental states on neuro-hormonal events and competency of immune system are extensively studied. Sklar and Anisman in their review on stress concluded that several forms of neoplasia are the products of negative life events. The perception and appraisal of these life events by an individual enhances the negative effects in generating biological changes through disturbed physiological functioning and stress-induced immunosuppression increasing Vulnerability. Further the personal meaning of the event and personality factors determine the strategies of coping. Cancer prone personality types a have also been identified. Type-C personalities is characterized by submission, unassertiveness, inhibition of emotions and high compliance and are more susceptible prone to c1.

#### **The Diagnosis and treatment of cancer can produce considerable intrapsychic and inter reactional stress**

The stress of having cancer is quite different from the everyday type of stress. For patients with malignant disease stress occurs at many levels. First, there is the physical stress of the disease itself developing within the body. Secondly there is the physical effect of treatment such as surgery, chemotherapy, radiotherapy and hormonal treatment with serious side effects such as nausea and energy depletion leading to distress, decreased functional activity isolation and image changes leading to low self esteem altered sexuality and social withdrawal. Third, physical symptoms trigger psychological stress; pain for example is compounded by the psychological stress. Pain for example is compounded by the psychological stress of interpreting the pain as a possible indicator of disease recurrence and progression. Cancer patients constantly have to live with reminders that they have a serious and perhaps terminal disease.

According to Kubler Ross the failure of the cancer patients to adopt to these stresses and inability of them to cope with new stresses impinged by diagnosis takes them through various phases of stress such as denial (negative their diagnosis initially), followed by anxiety (about their survival, recurrence of cancer etc.) bargaining (for their survival and milder treatment options), then depression and lastly acceptance with despair and hopelessness in their minds, such emotional turmoil only tends to increase the rate of disease progression, degree of incapacitation and poor response to medical treatment in cancers. A more favorable medical to come has been found for cancer patients who initially react to their cancer diagnosis with denial or fighting spirit compared with those who reacted with topic acceptance, helplessness, or hopelessness suggesting the appraisal of situation may affect immune response. Behavioral and psychological conceptualization of cancer and its treatment involve many concepts emphasizing the interaction between environmental factors, stress and individual's biological vulnerability (i.e., genetics, constitutional factors).

#### **Probable role of pranic healing**

Different pranic healing techniques to purify an energy field center that is chakra are there. These are the conscious process for raising us from our animal instincts to normal discrimination and elevating us to manifest the immune potentialities elements in us. These not only work to bring fitness and vigor to the physical body but also happiness, our will and emotions and to expand our power of analysis, insight and vision. Thus, these are becoming ore and more popular is becoming relevant even for cancer.

The first level is at the body level to use techniques of relaxation. Simple asanas provide mastery over different groups of muscles by increasing the elasticity of the muscle fibers and releasing tensions and stresses. The release of stress at body level will give deep rest to all the organs and system in our body. Thereby, the basic defense system will have much greater opportunity for a faster recoup and revitalization than in a stressed up condition.

The second level operation is slowing and balancing of death. Sukhasana, Pranayama, Bramari can slow down the breath effectively and restore balance of breath between the two nostrils. Associating a feeling of deep relaxation can work wonders especially in cancer cases.

The third level handling is at the emotional and mental levels. Reduction of hypersensitive reactions causing great anxieties by slowing down and balancing breaths strengthen the immune system. This is done through devotional sessions, yoga Nidra and cyclic meditation. When the emotions subside and mind gets into a state of deep rest, a resolve is made. That strengthens the will and thus the immune defense.

The fourth level approach is to use the upanishadic wisdom, which corrects our wrong notions about happiness, misery, death etc. and offers to unravel power hidden within us. Sravana, Manana and Nididhyasana (contemplating meditating and allowing the mind to dwell in that state of silence) are the progressive steps towards bringing about such basic corrections in our notions. Notional corrections help in eradicating the deep-rooted fear of death and other emotional imbalances causing stress and tensions. A will to live for achieving a life mission is mandatory to turn tables.

#### **Pranic healing during Chemotherapy and Radiotherapy –**

Regional relaxation just offer chew and radio was there. Patients were asked to feel deeply and visualize n the part treated to kill only the dangerous cancer cells and sparing the healthy cells. Deep relaxation has helped to minimize he side effects and enhance the effectiveness of the drugs used. There was an improvement in subjective symptoms and general stamina. It was shown the unambiguous ind- body connection.

#### **For cancer Pain**

Pain is a subjective feeling and the duration and severity of the distress can vary greatly, according to the psychological stability of the individual. A technique of deep relaxation followed by resolution in which the person uses his strengthened will or self-confidence to learn to ignore the painful parts has been usefully practiced by many cancer pain patients.

#### **Rehabilitation After cancer treatment -**

Adding suggestions of self-confidence and strengthening of the will to live and survive while practicing Savasana makes a big difference in the quality of life during the post-treatment phase in these patients with early or late cancer.

#### **For terminal cases -**

To accept and face death with a cheerful mind requires the coverage, emotional stability and detachment of a giant, which is real aim of any practice.

#### **Summary and conclusion:-**

Thus, it can be concluded that pranic healing is effective in reduction of stress, which is cause itself, & a major side effect of cancer.

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