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Integrative Role of Yoga Prana Vidya (YPV) Healing in Post-Surgical Recovery of Hip Fracture: A Case Report

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Abstract

Background: Hip fractures are a major cause of morbidity and mortality in elderly populations, often requiring surgical intervention and prolonged rehabilitation. Integrative approaches, including energy-based healing systems such as Yoga Prana Vidya (YPV), have shown promise in enhancing recovery outcomes.

Objective: To document the recovery of a 78-year-old female patient with a left neck of femur fracture following 3 falls on 7 November 2025, and started receiving YPV healing alongside conventional medical management.

Methods: The patient, diagnosed on 8 November 2025, underwent hip surgery on 10 November 2025. No neurological causes of falls were observed during investigations. On patient's request, YPV healing sessions were initiated by a Certified Healer immediately after fallings on 7 November and continued until 10 December 2025. Healing protocols included psychotherapy, cleansing and energizing specific affected chakras, strengthening the spine, and daily affirmations. Sessions were frequent in the initial phase (every three hours for three days), gradually tapering as recovery progressed.

Results: Post-surgery, the patient reported reduced pain, improved mobility, and faster-than-expected rehabilitation. By 5 December 2025, i.e., within 25 days after surgery, she was walking without support, and by 15 December 2025, she resumed normal activities including attending social functions. Physiotherapy outcomes were positive, with enhanced mobility and reduced dependence on assistive devices.



Conclusions: The integration of YPV healing with conventional medical care facilitated smooth recovery, improved patient confidence, and accelerated functional independence. This case highlights the potential of YPV as a complementary therapy in orthopaedic rehabilitation.

Keywords: Hip fracture, Yoga Prana Vidya System, Integrative healing, Elderly rehabilitation, Case report

Introduction

Hip fractures, particularly in the elderly, represent a significant public health challenge due to high morbidity, mortality, and healthcare costs. Surgical intervention remains the standard of care, but recovery is often prolonged and complicated by comorbidities [1-2]. Input from elderly medicine physicians is crucial both pre and postoperatively to optimize patients for surgery, manage acute medical pathologies, assess falls risks, investigate for osteoporosis, and aid with patient's on-going medical needs while rehabilitating. The orthopaedic surgeon really only plays a small role in the management of patients with an acute hip fracture [3].

A quasi-experimental study by Surve et al (2025) demonstrated that Pranic healing therapy is effective in reducing pain, particularly in the initial sessions. The findings support its use as a complementary therapy for pain management [4].

Literature shows Yoga Prana Vidya (YPV) system protocols have been successfully applied as complementary therapy in multiple cases of bone fractures and injuries. [5].

Yoga Prana Vidya (YPV) is an integrative energy healing system that emphasizes cleansing and energizing chakras, self-affirmations, and holistic wellbeing. Emerging literature suggests YPV can complement conventional medicine by accelerating recovery, reducing stress, and improving patient outcomes [6-13].

This case report documents the role of YPV healing in the recovery of a 78-year-old female patient who suffered hip fracture as a consequence of falling 3 times on a single day, and had undergone successful surgery and smooth and faster recovery.

Case Presentation

Patient is a female, aged 78 years, retired.

- She had 3 falls on 07 November 2025. She consulted an orthopaedic on 08 November 2025 who diagnosed that she suffered Left neck of femur fracture and

recommended surgery. No neurological causes of falls were observed in MRI scan investigations.

- Treatment: Surgery was performed on 10 Nov 2025; hospital discharged on 15 Nov 2025

YPV Intervention:

On patient's request, a Certified YPV Healer initiated healings on 7 Nov 2025, continued until 10 Dec 2025. Protocols included positive affirmations, psychotherapy, affected chakra cleansing (sex, basic, hip minor), energizing with specific colours for affected area, and spine strengthening. Healing frequency tapered from multiple daily sessions to alternate days.

Outcome:

Patient reported smooth surgery, reduced pain, improved mobility, and independence by early December.

Results

- Early mobility achieved within 5 days of surgery.
- By 5 Dec 2025, i.e., within 25 days of surgery, the patient walked without walker/stick or assistance.
- By 15 Dec 2025, she resumed social and functional activities as she would normally do.
- Physiotherapy confirmed satisfactory recovery.
- Patient feedback emphasized reduced anxiety, enhanced confidence, and gratitude for YPV healing.

Discussion

Hip fractures in elderly patients often result in prolonged rehabilitation and increased mortality. Integrative approaches such as YPV enhance recovery by addressing physical, psychological, and energetic dimensions.

YPV has been documented to improve patient resilience, reduce stress, and accelerate healing [14]. In this case, YPV facilitated faster-than-expected recovery, aligning with evidence that complementary therapies can improve surgical outcomes and patient satisfaction. An analysis of a study by Schiltz et al (2012) found that among participants assigned to receive Distant Healing Intention Intervention under blinded conditions, those undergoing reconstructive surgery after breast cancer treatment



reported significantly better change in mood than those who were undergoing purely elective cosmetic surgery [15].

The patient's ability to walk independently within four weeks post-surgery demonstrates the synergistic effect of YPV with conventional physiotherapy. Similar studies highlight the role of energy healing in chronic disease management and rehabilitation [5-13].

Further controlled studies are warranted to validate these findings and establish YPV as a recognized adjunct in orthopaedic recovery.

Conclusions

This case demonstrates that YPV healing, when integrated with conventional medical care, can accelerate recovery from hip fracture surgery, enhance patient confidence, and restore independence.

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