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Integrated Yoga Prana Vidya (YPV) Healing in the Successful Management of Varicose Veins: A Case study of 54 years aged female

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Abstract

Background: Varicose veins are a chronic venous disorder characterized by dilated, tortuous superficial veins, often associated with pain, swelling, and impaired quality of life. Conventional management includes compression therapy, lifestyle modification, and surgical/endovenous interventions. Complementary approaches such as Yoga Prana Vidya (YPV) healing are emerging as integrative modalities.

Case Presentation: A 54-year-old female homemaker presented with severe leg pain due to varicose veins, impairing her mobility and daily activities. She had no prior medical intervention for varicose veins.

Intervention: The patient underwent daily YPV healing sessions for one month (July–August 2023), including YPV psychotherapy, Level 2 healing protocols, chakra cleansing and energizing, rhythmic breathing, salt baths, and morning sadhana practices.

Results: Pain reduction was reported within two days, with restoration of daily routines within one week. Normalcy restored by one month of healings. Follow up over six months showed normalization sustained below the knees, sustained emotional stability, and enhanced physical endurance.

Conclusion: This case highlights the potential of YPV healing as a safe, noninvasive, and cost-effective adjunct in managing varicose veins. Further controlled studies are warranted to validate these findings.



Keywords: Varicose veins, Yoga Prana Vidya System®, YPV®, Energy healing, Integrative therapy

Introduction

Varicose Veins

Varicose veins are dilated, elongated superficial veins caused by venous valve incompetence and venous hypertension [1]. They affect up to 23% of adults globally, with higher prevalence in women. Risk factors include prolonged standing, pregnancy, obesity, and genetic predisposition [2]. Complications include edema, thrombophlebitis, and venous ulcers[3]. Modern management has shifted toward minimally invasive endovenous therapies, though recurrence remains common [3-4].

Yoga Prana Vidya (YPV)

YPV is an integrative energy healing system rooted in yogic traditions, focusing on pranic energy regulation, meditation, and lifestyle practices[5-6]. It is a non-drug non-touch modality that consists of cleansing and energising various chakras of the human energy body and physical organs using Pranic energy [7-8]. While the main stream medicine works to treat the physical body and its organs, the YPV system of energy healing works on treating the energy body thereby holistic treatment is given to the patients causing balanced improvements. Literature search reveals over 195 studies that have documented successful YPV healing interventions to treat various types of illnesses. This includes several studies achieving faster recovery and holistic results [9-14]. Evidence suggests YPV improves cardiovascular parameters, autonomic regulation, immune function, and psychosomatic health. A previous study [15] has documented successful YPV healing of a 42 years old male suffering from varicose veins

Case Presentation



The patient was a 54 years old female homemaker presented with immense pain in legs, which caused limitations in mobility. As a consequence, she was stressed. As an alternative to undergoing conventional treatment, she opted to undergo YPV healing treatment to normalise her varicose veins condition, eliminate pain and regain normal mobility.

Medical Course

Previously, the patient had sciatica treated in 2016. Later in 2023, she developed varicose veins with severe pain. The patient did not pursue either diagnostic reports or conventional treatment for varicose veins.

YPV Intervention

The patient approached a Certified YPV healer who conducted daily healing sessions for one month during July to August 2023, with sessions of 30 minutes each, using YPV psychotherapy and Level-2 healing protocols, chakras cleansed and energized (basic, sex, navel, knee, sole minor). Supplementary YPV practices done by the patient included rhythmic breathing, salt baths, and forgiveness sadhana.

Results

Within 2 days of starting YPV healing, her pain reduced, with restoration of daily routines within one week of healings. Within one month her varicose veins below knees were fully normalised.

Emotional stability was greatly improved. Patient resumed daily routines and long-distance walking without any discomfort. Follow-up over six months showed normalization sustained below the knees, sustained emotional stability, and enhanced physical endurance.

Visible improvements of these conditions are shown in the photographs (Figures 1 to 3 below.



Fig 1: Before healing

Fig 2: Improvement midway of healing



Fig 3: After complete healing

Discussion

This case demonstrates YPV's role in reducing pain and improving venous function. Literature supports YPV's impact on autonomic regulation, stress reduction, and vascular health. Similar case reports in hypertension, diabetes, and vascular disorders suggest YPV may complement conventional therapies. The results observed in this case are comparable to a previously conducted study of a 42 years old male patient treated for varicose veins successfully using YPV healing protocols {15}. Literature shows several traditional alternative medical approaches were practiced in India. An article [116] discusses the role of traditional systems of medicine under AYUSH, including Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy, in the care of varicose veins.

Conclusions

YPV healing demonstrated significant improvement in varicose vein symptoms, mobility, and emotional well-being. It may serve as a non-invasive adjunct to conventional care. Further validation research is warranted using appropriate sample and methodology.

Acknowledgments

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Ethics Statement

Written informed consent with confidentiality was obtained from the patient.

Conflicts of Interest

None declared.

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