

Content available at: <https://www.ipinnovative.com/open-access-journals>

IP Journal of Nutrition, Metabolism and Health Science

Journal homepage: <https://www.jnmhs.com/>

Review Article

Role of Yoga Prana Vidya (YPV) system in the successful management of metabolic diseases: A Review

Jayachander Reddy Neravetla¹, Venkata Satyanarayana Nanduri^{1*}

¹Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally, Tamil Nadu, India



ARTICLE INFO

Article history:

Received 09-10-2024

Accepted 09-11-2024

Available online 03-12-2024

Keywords:

Metabolic syndrome/disorders/diseases
Yoga Prana Vidya System®
YPV®

ABSTRACT

Metabolism is the complicated chemical reaction in the body's cells that changes food into energy. Nutrition and metabolism are correlated. Metabolic syndrome, a spectrum of metabolic disorders such as obesity, diabetes, cholesterol, blood pressure, etc., is a significant public health problem in India. Prevention and control of metabolic disorders is the focus of healthcare systems. This paper presents a review of recent research on how the Yoga Prana Vidya (YPV) System of Healing protocols have successfully resolved metabolic issues.

This study uses a literature review method to identify relevant research articles and synthesize the results. A total of 9 eligible research articles meeting the criteria were selected and the combined sample was 257 people. 2 papers have case studies with a sample of 3 and the remaining 7 have a sample of 254 people who improved metabolic well-being. In 4 out of the 7 studies, the sample of 207 patients experienced statistically significant improvements in body weight, BMI, and waist size within 1 to 7 days of healing camp. Results from the remaining 3 studies with a sample of 47 show marginally significant improvements. The evidence gathered from this study validates the YPV system as a performing therapy to effectively prevent and manage metabolic disorders. Further research with appropriate samples and methodologies is recommended.

This is an Open Access (OA) journal, and articles are distributed under the terms of the [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/), which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

For reprints contact: reprint@ipinnovative.com

1. Introduction

Nutrition and metabolism are closely related processes that have a significant impact on human health:

1. Nutrition is the process of obtaining nutrients from the environment.
2. Metabolism is the process of converting nutrients into substrates.

The relationship between nutrition and metabolism can be affected by overnutrition or undernutrition. For example, obesity is a condition of overnutrition that has led to a rise in metabolic diseases.

Metabolic disease is the name given to any disease or disorder that disrupts normal metabolism, the process of converting food to energy on a cellular level. Thousands of enzymes participating in numerous interdependent metabolic pathways carry out this process. Metabolic diseases affect the ability of the cell to perform critical biochemical reactions that involve the processing or transport of proteins (amino acids), carbohydrates (sugars and starches), or lipids (fatty acids).¹

Metabolic syndrome (MS) is stated to be a cluster of conditions that occur together, increasing the risk of heart disease, stroke, and type 2 diabetes.²

The criteria developed by experts to diagnose metabolic syndrome include³:

* Corresponding author.

E-mail address: vsnanduri@yahoo.com (V. S. Nanduri).

1. Abdominal obesity (Waist circumference above 40 inches for men and 35 inches for women)
2. BMI above 25
3. High triglycerides (>150 mg/dL)
4. Low HDL cholesterol. (Less than 40 mg/dL for men and less than 50 mg/dL for women is considered low)
5. High blood pressure (higher than 120/80 or using medicine to lower blood pressure)
6. High fasting blood glucose (= or > 100mg/dL)
7. Increased blood clotting.(Metabolic syndrome can lead to a chronic low-grade inflammatory state that can cause blood clots)
8. Insulin resistance

The prevalence of MS in India varies depending on the study but is generally high.⁴ Studies in urban India have found that the age-adjusted prevalence of MS is around 25%.⁴ A meta-analysis found that the prevalence of MS in India is 30%.⁵ A nationally representative study found that the prevalence of MS in India is 4.83%, but this is likely an underestimate due to poor diagnosis rates.

MS is a significant public health problem in India. It is characterized by chronic low-grade inflammation and is caused by genetic and environmental factors. Other risk factors for MS include:

1. Older age
2. Female gender
3. General obesity
4. Inadequate fruit intake
5. Hypercholesterolemia
6. Middle-to-high socioeconomic status⁶

The Gender distribution of MS in India is estimated in a study.⁷ The pooled prevalence of MS among adult females in India was 35% (95%CI: 31%-38%); while for males, the pooled prevalence was 26% (95%CI: 22%-29%).⁷

MS is a global pandemic involving millions of people in different regions of the world. The primary goal of the management is to identify and treat the risk factors and reduce the cardiovascular complications of MS. The management of MS can be divided into lifestyle modifications and medical management.²

Experience and research have shown that the Yoga Prana Vidya System which is an integrated and holistic system based on ancient knowledge adapted to the present times, has been effective as a Complementary and Alternative Medicine (CAM) in the management and prevention of various diseases and health conditions. This study aims to review the literature relevant to healing treatments using YPV system protocols and similar biofield energy healing systems.

2. Yoga Prana Vidya (YPV) System

The YPV system offers a set of holistic healing and treatment protocols that address the root cause

of several diseases and often provide a lasting cure. Literature relevant to the YPV system of Healing shows more than a hundred publications with documented evidence. The patients are guided to learn and self-practice modules of physical exercises, rhythmic breathing exercises, Forgiveness Sadhana, and Planetary Peace Meditation (PPM). A trained YPV Healer heals the affected body parts and chakrams and uses infection control protocols where necessary. YPV healing protocols are very effective as alternative medicine without any use of medicines or touch. Some examples of published articles on successful healing include chickenpox,⁸ vitiligo,⁹ contact dermatitis,¹⁰ allergic and injured skin,¹¹ ringworm infection,¹² multiple cases of skin ailments,¹³ and herpes zoster.¹⁴

Other published studies include: Some Difficult Medical cases by Jayachander Reddy et al.¹⁵, case of Post-Herpetic Neuralgia by Rajkumari et al.¹⁶, Emergency and First Aid cases by Jayachander Reddy et al.¹⁷; COVID cases by Nanduri et al., Prajapati et al.¹⁸ Jayachander Reddy et al.¹⁹; Anxiety and depression cases by Nanduri,²⁰ Leelavathi Nayak et al.²¹; a case of Discoid Lupus by Asha Anur,²² Self-care in Health by Jyothi Reddy et al.²³, a case of crushed hand by Karunambigai et al.²⁴, and multiple skin cases healed in a Healing camp by Shantala Hegde et al.²⁵

Mind-body and biofield therapies are categorized under Complementary and Alternative Medicine (CAM). This definition confirms the YPV System as a CAM as it contains both Mind-body and bio-field therapies.

3. Literature Survey

A literature survey relevant to biofield energy treatments for metabolic diseases/disorders has yielded 10 articles. These are presented in (Table 1).^{15,25–32}

The research question this study aims to answer is - How impactful are the Energy healing systems such as Yoga Prana Vidya (YPV) system protocols in the successful management of Metabolic Diseases?

This study has followed the method of literature review of published materials with an examination of recent or current literature, using keywords as in the criteria given below.

3.1. Inclusion criteria

Those research articles having the terms “Metabolic syndrome/ disorders/ diseases”, “Energy healing”, “Biofield energy healing” and “Yoga Prana Vidya System of healing”.

3.2. Exclusion criteria

Those articles which do not comply with the inclusion criteria.

This study does not include quality assessment of the selected articles. The synthesis is typically narrative. The

Table 1: Relevant articles found in literature search

S.No	Year Published	Authors	Therapies used	Metabolic diseases healed	Sample size	Study type
1	2019	Jayachander Reddy N, Nanduri VS ¹⁵	Integrated YPV	Obesity, T2 diabetes	2	In-depth case study
2	2019	Rajagopal AH, Ramya A, Nanduri VS ²⁶	Integrated YPV	T2Diabetes, Blood Pressure	16	Multiple Camps Outcome Study
3	2019	Vasavda A, Nanduri VS ²⁷	Integrated YPV	Cholesterol	1	In-depth case study
4	2023	Jayachander Reddy et al. ²⁸	Integrated YPV	Obesity, BMI	39	Camp Outcome study
5	2023	Karnani et al. ²⁹	Integrated YPV	BMI, obesity, waist, T2diabetes, hypothyroidism)	30	Camp outcome study
6	2023	Hegde S et al. ²⁵	Integrated YPV	Obesity, hypothyroidism, T2diabetes	5	Camp Outcome study
7	2024	Jayachander Reddy et al. ³⁰	Integrated YPV	BMI, obesity, waist circumference	109	Outcome study
8	2024	Jayachander Reddy et al. ³³	Integrated YPV	Obesity, T2diabetes	29	Outcome study
9	2024	Karnani et al. ³¹	Integrated YPV	Obesity, T2diabetes	26	Outcome study
10	2018	Parulkar et al. ³²	Biofield energy Healing	Vitamin D3 metabolism	Lab sample	Laboratory study
					9 papers with Total number of human sample	257

Table 2: Summarized results from the 9 selected studies

Study No	Study type	Therapies used	Metabolic diseases healed	Sample size	Results
1	In-depth case study	Integrated YPV	Obesity, T2 diabetes	2	Weight and BMI reduced 10 and 21% respectively. WC reduced by 13% for one.
2	Multiple Camps outcome study	Integrated YPV	T2Diabetes Blood Pressure	16	Blood glucose levels reduced by 5% to 57%
3	In-depth case study	Integrated YPV	Cholesterol	1	Reduced to normal in 9 months
4	Camp Outcome study	Integrated YPV	Obesity, BMI	39	Significant reduction
5	Camp outcome study	Integrated YPV	*BMI, *obesity, *waist, #(T2diabetes, hypothyroidism)	30	*Significant reduction in weight, BMI, waist. #(reduced 10%)
6	Camp Outcome study	Integrated YPV	Obesity, hypothyroidism, T2diabetes	5	5 to 10% improvement
7	Outcome study	Integrated YPV	BMI, obesity, waist circumference	109	Significant reduction in weight and waist size
8	Outcome study	Integrated YPV	Obesity, T2diabetes,	29	Significant reduction in weight, BMI, V-fat, waist size
9	Outcome study of 7-day camp	Integrated YPV	Obesity, T2diabetes	26	Weight reduced by 1.88%, BMI reduced by 1.66%
				Total human sample	257

analysis is conceptual and thematic.³⁴ This review attempts to collate all empirical evidence that fits pre-specified eligibility criteria to answer the research question.

3.3. Data for review

A search of the relevant literature has revealed 10 research articles on the effects of biofield energies on human metabolism. These are presented in (Table 1). Of these, 9 articles are based on YPV protocols and therapies, and one article is based on biofield energy distant healing of a laboratory sample, with a distant healing module like the distance healing module of the YPV System.

For this study analysis, 9 studies with human samples only are considered. The results extracted from the 9 studies are summarised in (Table 2). Synthesis of all data collected shows that the combined sample size of this analysis is 257 patients who resolved their metabolic health issues successfully through YPV healing treatments.

It may be observed that 2 out of the 9 studies have case studies with a combined sample of 3 patients. The remaining 7 studies have a combined sample size of 254 patients, who were treated in 7 healing camps conducted at different times by different YPV healers.

Of these 7 camp studies, 4 studies with a combined sample of 207 people yielded statistically significant improvements in weight, BMI, and waist size, within a time duration varying from 1 to 7 days of the healing camp. The results from the remaining 3 studies show that there were noticeable improvements though statistically not significant, because the focus of healing was directed towards other health issues reported by the patients including pain and mobility issues.

4. Discussion

The results synthesized and summarised from the analysis of the selected 9 studies show that the YPV protocols and practices, as CAM therapies, impacted most of the patients treated. The topics of metabolic syndrome and diseases are highly researched topics in mainstream medicine and CAM therapies. The main advantage of the YPV system is that there is no medicine or touch used in the procedures applied to treat the patients. Additionally, the norms followed by YPV healers include patient education with courses to learn self-healing to maintain good health needed by every individual, and later on becoming a trained energy healer capable of healing others, such as family and friends. Another advantage patients experience is that there are no side effects arising out of using YPV healing, while there are side effects from the use of medicinal treatments in mainstream medicine.

YPV system is an integrated system and includes a set of simple physical exercises, Rhythmic yogic breathing exercises, several meditation techniques, and energy healing

protocols. Rigorous procedures of training and certification of healers at various levels are ensured to maintain the high standards of competencies needed. This explains how consistent results were obtained by different healers at different times as observed in the sample of the 9 studies evaluated in this review. The research question is thus answered through the summarised results of this study which confirm the impact the YPV System has made in improving metabolic conditions.

5. Conclusion

In view of the evidence gathered from this study confirming the positive impact YPV has made, further research is recommended relevant to the impacts of YPV healing protocols on human metabolism disorders using appropriate samples and methodologies.

6. Source of Funding

None.

7. Conflict of Interest

None.

8. Acknowledgments

We are grateful to all authors who contributed to the 9 studies reviewed in this study. We are thankful to Sri Ramana Trust (Thally-635118, Tamil Nadu, India) for the permission given to use their copyright terms Yoga Prana Vidya System® and YPV®.

References

1. Enns G. Metabolic disease. Encyclopedia Britannica; 2019. Available from: <https://www.britannica.com/science/metabolic-disease>.
2. Swarup S, Ahmed I, Grigorova Y. Metabolic Syndrome. StatPearls Publishing; 2024. p. 346.
3. Hopkins J. What is Metabolic Syndrome? and others, editor;. Available from: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/metabolic-syndrome>.
4. Bhalwar R. Metabolic syndrome: The Indian public health perspective. *Med J Armed Forces India*. 2020;76(1):8–16.
5. Krishnamoorthy Y, Rajaa S, Murali S, Sahoo J, Kar SS. Association Between Anthropometric Risk Factors and Metabolic Syndrome Among Adults in India: A Systematic Review and Meta-Analysis of Observational Studies. *Prev Chronic Dis*. 2022;19:E24.
6. Prasad DS, Kabir Z, Dash AK, Das BC. Prevalence and risk factors for metabolic syndrome in Asian Indians: A community study from urban Eastern India. *J Cardiovasc Dis Res*. 2012;3(3):204–11.
7. Krishnamoorthy Y, Rajaa S, Murali S, Rehman T, Sahoo J, Kar SS. Prevalence of metabolic syndrome among adult population in India: A systematic review and meta-analysis. *PLoS ONE*. 2020;15(10):240971.
8. Atheeshkumar M, Shah SD, Nanduri VS. A CASE STUDY OF SUCCESSFUL TREATMENT OF VARICELLA-ZOSTER VIRUS (CHICKENPOX) INFECTION USING YOGA PRANA VIDYA HEALING. *WJ P I s*. 2021;7(12):185–9.
9. Mahajan PS, Nanduri VS. Successful self-healing of vitiligo condition and overcoming psychosocial stresses of a female patient using Yoga

- Prana Vidya protocols with persistence and determination: an in-depth case study. *Int J Res Dermatol.* 2022;8(4):403–10.
10. Nayak L, Nanduri VS. A case of successful yoga prana vidya energy healing treatment of Contact Dermatitis caused by *Hologarna ferruginea* Marchand. *Int J Res.* 2023;9(2):81–5.
 11. Thirumani M, Nanduri VS. Skin Allergy and Injury: A Case Series Study of Successful Healing Using Yoga Prana Vidya (YPV) Healing Protocols. *Int J Med Sci Dent Res.* 2023;6(3):1–10.
 12. Mukesh S, Nanduri VS. Ringworm infection: A case of Successful cure using Yoga Prana Vidya Healing Protocols as complementary medicine. *Int J Med Sci Dent Res.* 2023;6(4):12–9.
 13. Shah SD, Atheeshkumar M, Balaji S, Kotian S. Role of Yoga Prana Vidya healing techniques in successful and speedy recovery of skin ailments: A multiple case study. *World J Adv Pharm Med Res.* 2023;5(1):1–8.
 14. Lingappa N, Nanduri VS. Herpes Zoster Infection: Effective Management Using Yoga Prana Vidya Healing Protocols. *Int J Med Sci Dent Res.* 2023;6(5):204–8.
 15. Neravetla J, Nanduri VS. A study into the successful treatment of some difficult Medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine. *Int J Sci Eng Res.* 2019;10(7):882–7.
 16. Rajkumari S, Nanduri VS. Management of Post-herpetic Neuralgia (PHN) by Yoga Prana Vidya (YPV) healing: A case study. *AmJ Bio-med Life Sci.* 2019;7(6):174–8.
 17. Reddy J, Nanduri N. Role of Yoga Prana Vidya (YPV) Healing Techniques in Emergency and First Aid: A Summary of Case Reports. *Int J Med Sci Health Res.* 2020;4(3):133–46.
 18. Prajapati R, Nanduri VS. Successful healing and recovery of a COVID-19 female patient using Yoga Prana Vidya advanced Protocols as complementary medicine: An in-depth case study. *IAIM.* 2021;8(10):45–51.
 19. Reddy J, Karnani N, Nanduri V. Yoga Prana Vidya Distance healing intervention for COVID-19 patients: An outcome case study. *Indian J Psychiatr Soc Work.* 2022;13(1):1–8.
 20. Nanduri VS. A Study on the Effects of Yoga Prana Vidya System (YPV) Intervention at workplace for Corporate Employees and Executives to alleviate Anxiety, Depression and Burnout; and participants' perceptions and experiences of the YPV Intervention. *Int J Indian Psychol.* 2020;8(3):374–90.
 21. Leelavathi N, Nanduri VS. Overcoming Academic Anxiety and Depression Using Yoga Prana Vidya Healing Protocols: A detailed case study. *World Wide J Multid Res Dev.* 2023;9(7):69–72.
 22. Anur A, Nanduri VS. A case of Discoid Lupus of a female patient healed successfully using Yoga Prana Vidya energy healing techniques. *J Med Sci Cli Res.* 2022;10(6):1–8.
 23. Reddy J, Janani N, N, Ramya U, Nanduri VS. Self-Care in Health: Role of Yoga Prana Vidya Healing Protocols as Complementary and Alternative Medicine. *Int j integr med res.* 2006;10(03):89–94.
 24. Karunambigai S, Nanduri VS. A case of accidentally crushed hand: effectiveness of Yoga Prana Vidya (YPV) healing as complementary therapy in speedy recovery. *Int J Integr Med Res.* 2023;10(4):126–32.
 25. Hegde S, Koorse S, Bhat K, Shirali C, Ashwin R. Venkata Satyanarayana Nanduri. An outcomes study of a 3-day Yoga Prana Vidya (YPV) healing camp conducted in Sirsi, Karnataka in 2022. *Int J Adv Res Commun Health Nurs.* 2023;5(2):82–6.
 26. Rajagopal AH, Ramya A, Nanduri VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System. *J Biol Life Sci.* 2019;10(2):106–20.
 27. Nanduri VS, Vasavda A. Successful healing treatment of high blood cholesterol levels and asthma using Yoga Prana Vidya (YPV) system: A case study of self-healing. *Panacea J Med Sci.* 2019;9(3):131–7.
 28. Reddy J, Balaji N, Shah AS, Nanduri M, Kumar A. An experimental study of the effects on participants of the one-week Ashram based YPV Arhat Yoga Intensive Program on their BMI, energy and stress levels, brain wave activity and heart rate variability (HRV). *Int J Yoga All Sci.* 2023;12(1):13–30.
 29. Karnani V, Reddy J, Balaji N, Nanduri AS. A Study of the Outcomes of a Yoga Prana Vidya Wellness healing camp conducted at YPV Ashram in July, 2022: Health improvements experienced by Participants. *Indian J of Ancient Yoga.* 2023;16(2):59–71.
 30. Reddy J, Karnani N, Nanduri V, S V. Excessive body weight and fat: a study of the effects of yoga prana vidya protocols and techniques in reducing body weight and waist circumference safely without medicines or surgery. *World J Adv Healthcare Res.* 2024;8(4):104–13.
 31. Karnani V, Nanduri VS. A Study of the Outcomes of a Yoga Prana Vidya (YPV) 7-Day Healing Camp for Health & Wellness Conducted at the YPV Ashram, Sri Ramana Trust in. *Int J Pharm Bio Med Sci.* 2023;4(6):523–31.
 32. Parulkar VR, Trivedi MK, Branton A, Trivedi D, Nayak G, Gangwar M. Improved Metabolism of Vitamin D3 in Human Osteoblasts Cells After Biofield Energy Healing Treatment. *Am J Lab Med.* 2018;3(1):11–9.
 33. Reddy N, Nanduri VS. A study of the health benefits of the Yoga Prana Vidya healing camp conducted at YPV Ashram in December 2022. *Int J Community Med Public Health.* 2024;11:2312–2318.
 34. Grant MJ, Booth A. A typology of reviews: an analysis of 14 review types and associated methodologies. *Health Inf Lib J.* 2009;26(2):91–108.

Author's biography

Jayachander Reddy Neravetla, Founder

Venkata Satyanarayana Nanduri, Consultant and Publication
<https://orcid.org/0000-0003-0978-6823>

Cite this article: Neravetla JR, Nanduri VS. Role of Yoga Prana Vidya (YPV) system in the successful management of metabolic diseases: A Review. *IP J Nutr Metab Health Sci* 2024;7(4):136-140.