



Treatment of thermal injury (skin burn) cases using yoga prana vidya (YPV) healing protocols: A review

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Abstract

Introduction: This is a short review article highlighting the importance of Yoga Prana Vidya energy healing Protocols found very useful as first aid and for the complete treatment of small to moderate burn injury cases without medicine or surgery. In this article a sample of four small to medium size burn cases are presented that were healed fully by applying YPV healing protocols.

Method: A short review method is used in this study showing 2 current and 2 previously healed cases. In the sample, there were 3 females and one male. The injuries occurred at their respective homes while doing household chores.

Results: In the case of 3 sample patients with small injuries, full healing was achieved from 2 to 5 days. In one case of severe burn injuries, full healing was achieved after 3 ½ months of daily healing and holistic care.

Conclusion: The YPV Energy healing protocols have been established to be very viable Complementary and Alternative Medicine (CAM) in the treatment of a variety of disease conditions. Further studies with appropriate methodologies and samples are recommended.

Keywords: Skin burn injuries, Complementary and Alternative Medicine (CAM), first aid, yoga prana vidya®, YPV®

Introduction

Skin burns and thermal injuries are significant medical concerns due to their potential for severe physical and psychological impacts. These injuries can result from various sources, including fire, hot liquids, steam, and contact with hot objects.

Treatment of burns in YPV system of healing

The Yoga Prana Vidya (YPV) System offers a comprehensive approach to healing and addressing a wide range of physical and mental health issues, incorporating breathing techniques, meditation, and more for a complete wellness solution. This system addresses all aspects of an individual – physical, emotional, mental, and spiritual – and aims to empower people to heal themselves and unlock their full potential by accessing untapped inner resources. Participants in YPV training programmes are instructed in various techniques, including simple physical exercises, Rhythmic Yogic Breathing, Forgiveness, and Planetary Peace Meditation, as well as the values and principles of energy healing practices.

YPV is a comprehensive healing system that incorporates various holistic approaches. Numerous cases of physical and psychological illnesses have been effectively treated with YPV as a complementary and alternative medicine. Over 100 research articles have been published, highlighting successful applications of Yoga Prana Vidya. These include challenging medical cases ^[1], diabetes treatment ^[2], vision enhancement ^[3], improved well-being and immunity ^[4], first aid and emergency cases ^[5], enhanced health in senior citizens ^[6] swift recovery of COVID patients ^[7], and management of anxiety and depression ^[8].

The Yoga Prana Vidya System involves a healing process that does not involve touch or drugs, and it can be administered by a trained healer to a patient who is nearby

or located hundreds or even thousands of kilometres away. Patients find certain simple YPV techniques very popular due to their simplicity and effectiveness in quickly and sustainably reducing pain in any part of the body.

YPV Healing protocols to treat burn injuries

The following are the protocols generally used by trained YPV healers in the treatment of burn injuries.

Fresh minor burn injuries

Green and Blue Pranas are used in such cases. The affected part is to be scanned before the first healing session, and again during and end of the treatment.

Alternate sweeping of the affected part is to be done with light whitish green and light whitish blue prana. The affected part is to be energized thoroughly using light whitish green prana, followed by more light whitish blue prana. The sweeping and energizing actions are to be repeated alternately till the patient is relieved of the pain and discomfort. Then the patient's energy condition is secured.

Old minor burns injuries

1. Examine and scan the area that is impacted. Then, while giving treatment, rescan.
2. Apply light whitish green and light whitish orange localized sweeping techniques alternately on the affected area. Avoid using orange prana on the head region or near any sensitive area. It is sufficient to use light whitish green prana when sweeping delicate areas.
3. For calming effects, energize the afflicted area with light blue prana (for localising) Then, light whitish green prana. Apply a light whitish red prana after that for quick healing. Alternatively, for optimal effects, energize with light yellow-green and light yellow-red pranas (ratios should roughly be in equal parts). Light

whitish red should be substituted with ordinary light whitish violet if the affected area is in the head or sensitive region.

4. To speed up the healing process even more, apply localized sweeping to the navel and basic chakras. After that, light whitish red will be used to energize the area.
5. Secure the projected pranic energy and release.
6. For the next few days, the aforementioned procedure must be repeated.

Old severe burns

1. Examine and scan the patient before and during the treatment.
2. Use localized sweeping techniques on the affected area using light whitish green and light whitish orange alternately. Orange prana should not be applied to the head or any other sensitive area. When sweeping delicate areas, light whitish green prana is sufficient.
3. Then energizing is to be done for the affected part with light whitish green prana, followed by light whitish blue prana, and then with ordinary light whitish violet. This is done to soothe pain, to minimize infection and to speed up the healing process.

Steps 2 & 3 are to be repeated several times a day.

4. Light whitish-green prana should be applied to the affected area after a few days when the pain has

significantly subsided. For quicker healing, light whitish red prana should then be applied for energizing. Light whitish red should be substituted with regular light whitish violet if the affected area is on the head or sensitive area.

5. To speed up the healing process even more, localized sweeping should be used to cleanse the navel and basic chakras. White prana should then be used to energize them.
6. Secure the projected pranic energy.
7. For the next few days, the above-stated procedure must be repeated once or twice daily as long as necessary.

In addition to the above steps to heal the burn injuries, the healers apply YPV psychotherapy protocols to reduce anxiety and depression levels in all burn cases.

The authors are presenting four case reports of burn injuries that healed successfully using YPV healing protocols.

Case reports

In this study, four cases of burn injuries (Table 1) are reviewed to know how YPV techniques and protocols were applied successfully. Cases 1 and 2 are new cases reported recently. The cases 3 and 4 were reported earlier by Raghu *et al.* (2022) [9].

Table 1: Burn cases healed using YPV protocols

| Case no. | Patient gender and age (years) | Affected part | Cause of burns | YPV healing-days | Result | Photo ref |
|----------|--------------------------------|----------------|---------------------------|-----------------------|-----------------|----------------|
| 1 | Male, 74 | Right hand | Boiling water | 5 days | Fully normal | Fig 1 a & b |
| 2 | Female, 42 | left shoulder | Pressure cooker lid blown | 2days | Fully normal | Fig 2 a, b & c |
| 3 | Female, 45 | Body left side | Fire crackers | 105 days (3 ½ months) | Fully recovered | Fig 3 a, b |
| 4 | Female, 53 | Chest area | Hot boiled coffee | 5 days | Fully recovered | Fig 4 |



Fig 1 a: before & **Fig 1 b:** after healing



Fig 2 a: Top (before), b- Right (after 2 days), c- Left bottom (after 5 days)



Fig 3 a: Left hand before

Fig 3 b: after full healing



Fig 4: Right upper arm and chest

It is observed that in all these 4 cases the injured burn patients were either healers themselves or they became healers after experiencing the improvements.

Discussion

A study by Raghu, *et al.* [9] noted that the World Health Organization (WHO) states that burns are a serious public health problem. An estimated 180,000 deaths occur each year from fires alone, with more deaths from scalds, electrical burns, and other forms of burns, for which global data are not available [9].

Classification and pathophysiology of burns

Burns are classified based on their depth and extent:

- **First-degree burns** affect only the epidermis, causing redness and pain.
- **Second-degree burns** extend into the dermis, leading to blistering and more intense pain.
- **Third-degree burns** penetrate through the dermis, destroying tissue and potentially affecting underlying structures like muscles and bones [10].
- **Fourth-Degree Burns**

Fourth-degree burns represent the most severe form of thermal injury, extending through all layers of skin and into underlying structures such as muscle, tendon, and bone. These injuries often necessitate extensive surgical reconstruction and rehabilitation, as well as a multidisciplinary approach to address the complex needs of the patient.

The pathophysiology of burns involves the loss of the skin's barrier function, leading to fluid loss, infection risk, and systemic inflammatory responses.

Severe burns can result in burn shock, characterized by hypovolemia and decreased cardiac output [11].

Medical treatment and management

The primary goals of burn treatment are to stabilize the patient, prevent infection, and promote healing. Key treatment strategies include:

- **Fluid resuscitation** to manage hypovolemia.
- **Wound care** involving debridement and dressing changes.
- **Infection control** through the use of antibiotics and sterile techniques.
- **Pain management** using analgesics and sedatives

Recent advancements in burn care have focused on improving wound healing and reducing scarring. Techniques such as skin grafting, the use of bioengineered skin substitutes, and the application of growth factors have shown promise.

Psychosocial support

The psychological impact of burn injuries can be profound, leading to conditions such as post-traumatic stress disorder (PTSD), anxiety, and depression. Consequently, the provision of psychosocial support is imperative in the burn care continuum.

Rehabilitation and long-term care

Rehabilitation is crucial for functional recovery and includes physical therapy, occupational therapy, and psychological support. Long-term care may involve reconstructive

surgeries and ongoing management of complications such as contractures and hypertrophic scars.

Ayurveda offers various treatments for burn injuries, focusing on both local and systemic healing approaches. These may include the use of herbal preparations, medicated ghee, and specific dietary recommendations to promote healing and prevent scarring [12]. There are so many herbs mentioned in Ayurveda classics that are found to have properties like *Dagdahara*, *Vrana prasamana*, *Pittahara*, *Varnaprasadana*, *Twacya* etc which contributes to burn wound healing. More recently, scientists increasingly rely on modern scientific methods and evidence-based medicine to prove efficacy of herbal medicine and focus on better understanding of mechanisms of their action [12].

Advanced treatment modalities

As the severity of burns increases, so too the complexity of treatment. Advanced treatment modalities encompass a range of interventions designed to promote healing, restore function, and minimize aesthetic deformities.

Debridement, the surgical removal of necrotic tissue, is a critical component of burn management, particularly for third-degree and fourth-degree burns.

Skin grafting is often necessary for the management of extensive burns, particularly those classified as full-thickness

Conclusion

The treatment of thermal injuries, particularly skin burns, necessitates a comprehensive and multidisciplinary approach that encompasses immediate first aid, advanced wound care, surgical interventions, and rehabilitation. The classification of burns into distinct categories facilitates targeted management strategies, while the integration of psychosocial support underscores the importance of addressing the holistic needs of patients. As research continues to evolve in the field of burn management, healthcare professionals must remain informed of the latest advancements and best practices to optimize patient outcomes and enhance the quality of care provided to individuals suffering from thermal injuries. The implications of effective burn treatment extend beyond physical healing, ultimately contributing to the overall well-being and quality of life of affected individuals. By fostering a collaborative approach that includes medical, psychological, and rehabilitative care, we can ensure that burn survivors receive the comprehensive support they need to thrive after their injuries.

Advancements in the understanding and treatment of skin burns and thermal injuries have significantly improved patient outcomes. Ongoing research continues to enhance therapeutic approaches, aiming for better recovery and quality of life for burn patients.

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Conflicts of interest

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