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EFFECTIVENESS OF YOGA PRANA VIDYA PRACTICE PROTOCOLS FOR HEALTH IMPROVEMENTS AND BOOSTING IMMUNITY OF SENIORS – A REVIEW

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ABSTRACT

Introduction: Life for senior citizens, in all cultures globally, is very challenging - physically, mentally and emotionally, leading to a gradual decline in physical and mental capacity with a risk of disease ingress, and an earlier death. Yoga Prana Vidya (YPV) is one integrated system that offers a set of easily practicable protocols to help older population maintain physical and mental health holistically. In the context of COVID 19, available data reveals that most of the patients deceased are seniors and 85 to 90% deceased had comorbid conditions such as diabetes and hypertension. *Methods:* Review method is used to identify, collect and synthesize available evidence in respect of the effective applications of YPV for seniors and how it can help them aging successfully. Eight published articles are reviewed on the effectiveness of YPV for various diseases and health conditions of seniors. *Findings:* This review confirms positive effects of practicing YPV with controlled diet by older people, such as cognitive abilities, emotional stability, weight reduction and control of BMI, less relapse and less new disease proneness, body flexibility, mobility, and boosted immunity to counter infections. Regular practice of YPV protocols enables balancing left and right brains achieving balance between emotion and cognition. *Conclusion:* YPV as an integrated, holistic and safe system is appropriate approach for older people to stay healthy and fit, and additionally it develops spiritual dimension also through meditations.

Keywords: Yoga Prana Vidya, YPV, older population, healthy aging, integrated system, holistic

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INTRODUCTION

People worldwide are living longer (WHO, 2018). Presently, for the first time in history, most people can expect to live into their sixties and beyond. By 2050, the world's population aged 60 years and older is expected to total 2 billion, up from 900 million in 2015. Today, 125 million people are aged 80 years or older. According to WHO (2018), by 2050, 80% of all older people will live in low- and middle-income countries.

Life for seniors, such as those for example aged 65 years and above, is generally very challenging, physically and mentally, in all cultures. Ageing of human body at the biological level results from accumulated damage at molecular and cellular level impacting in course of time. This leads to a gradual decline in physical and mental capacity with a risk of disease ingress, and ultimately, death. These changes are normally associated with a person's age in years through sixties and above. While some seventy year-olds enjoy extremely good health and functioning, most other seventy year-olds are relatively weaker and require significant help from others. Yoga Prana Vidya (YPV) is one integrated

system that offers a set of easily practicable protocols to help this kind of

older population to maintain physical and mental health holistically.

Considering additional risks such as in the context of COVID 19, the data collected from hospitals in Indore, India on the patients indicated that most of those died are seniors and 85 to 90% deceased had comorbid conditions such as diabetes and hypertension (Roy/Free Press Indore, 2020). Experience shows that regular practice of Yoga Prana Vidya (YPV) protocols, which is non-drug and non-touch process, cures diseases and boosts immunity. Therefore, the purpose of this review is to collect and synthesize available evidence in respect of the effective applications of Yoga Prana Vidya for seniors and how it can help them aging successfully minimising risk factors practically.

Materials and Methods

This paper uses a review method. A search of published articles on applications of YPV to various cases and samples is made, and a total of 8 articles as shown in table 1 are reviewed to assess the effectiveness of YPV particularly in cases of older people.

Table 1: Published Yoga Prana Vidya (YPV) articles analysed in this review

S.No.	Title	Authors	Sample who practiced YPV and got healed	Outcomes for the sample
[1]	A study of the effects of Yoga Prana Vidya one month intensive residential programme for participants on their physical health, psychological well-being and improved immunity	Reddy NJ & Nanduri VS (2020)	12 female participants with average age 44.15	1. weight reduction 2. Right BMI 3. Brain wave balance 4. improved Spirometry results 5. Emotional balance 6. Cognitive abilities
[2]	Successful healing treatment of high blood cholesterol levels and asthma using Yoga Prana Vidya (YPV) system: A case study of self-healing.	Nanduri, VS & Vasavada, A (2019)	One male aged 33, Symptoms: Asthma & High cholesterol	Self-healing and YPV practice cured the diseases within 6 months
[3]	How the participants of a Yoga Prana Vidya YPV eye camp experienced vision improvements: A case study	Nanduri, VS & Chaitra, N (2019)	3 Patients aged 42, 43 and 64 out of 27 participants.	Blurred vision improved.
[4]	A case report of the Exostosis of ear of an elderly female: Successful healing with Integrated Yoga Prana Vidya(YPV)healing approach as alternative to surgical intervention	Gupta, K & Nanduri, VS (2019)	A 64 year old female patient suffering from Exostosis of the ear	She was healed and cured without surgery
[5]	Management of Post-Herpetic Neuralgia (PHN) by Yoga Prana Vidya Healing (YPV): A case study	Sachdeva R & Nanduri, VS (2019)	A 45year old male patient suffering from Post herpetic neuralgia	Within a week the patient was completely relieved of the pain.
[6]	Cardiac Case Study: Successful Healing Treatment of A 48-Year-Old Male with Arterial block in Heart , Using Yoga Prana Vidya (YPV) Healing System	Ramya A & Nanduri VS (2019)	A 48 year old male patient diagnosed with arterial block in heart	Medical investigation after YPV healing confirmed that the arterial blocks disappeared after healing sessions.
[7]	Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System	Ashalatha HR, Ramya A & Nanduri VS (2019)	Sample of 19 patients , mean age 59 years, known diabetics	YPV healing and protocols practiced for 2 to 3 months improved patient condition by 80%
[8]	A study into successful treatment of some difficult Medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine	Neravetla, J & Nanduri VS (2019)	Sample cases of male 54, Male 67, Female 49 and male 23 year old , having difficult medical conditions	All were treated fully and they are now living normal life.

Results & Discussion

The analysis shows that majority of the cases reported successfully cured by use of YPV protocols and healing are older patients (above middle age). The patients had several diseases such as, diabetes type 2, hypertension (high BP), organ problems, arterial heart block, PHN(Post-herpetic neuralgia), Exostosis of the ear, Eye (vision) problems, high cholesterol, Asthma, obesity and over-weight (high BMI), emotional disturbances and cognitive incapacities (mild).

The integrated YPV treatment protocols comprise of some self-practice items, specified fruit and veg diet at least one time daily, and some healing sessions by a practitioner. YPV self-practice protocols used by the patients consist of physical exercises including super brain asana, rhythmic breathing exercises, forgiveness sadhana, PPM (Planetary peace meditation). The special vegetarian diet consists of salt-less food, with plenty of fruit and vegetables, at least once daily. Additionally, qualified YPV healers give healings to the energy body and affected parts of the patients over a number of sessions, each session taking approximately 15 to 20 minutes, spread over several days and weeks depending on the severity and type of each case. The patient health conditions are holistically healed, i.e. physically, mentally and emotionally which a very balanced for social health too.

In all cases, medical reports before and after YPV treatment interventions are

obtained to ensure satisfactory improvements and treatments. In addition, patient feedback in writing, either from the patient directly, or from a close relative accompanying the patient, is obtained for records. Further instructions to be followed after return to home are also given for follow up of the patient to check how the patient is sustaining the changes in life style.

Yoga generally implies to various body postures and most of these postures are not convenient to older people to learn and practice comfortably. In contrast, Yoga Prana Vidya is a proven integrated system of simple physical exercises, rhythmic breathing exercises and meditation techniques of Forgiveness and planetary peace. As stated in the YPV Sadhana App (2020), the physical exercises are simple to learn and practice and help people to gain mobility and flexibility without causing strain. The older people can gain more balance of physical body without risk of fall. Rhythmic breathing exercises enable increasing lung capacity and the blood gets detoxicated and oxygenated. This Rhythmic breathing process normalizes the energy centre connected with emotions thus reducing stress and its adverse effects. It is widely known that Forgiveness is therapeutic, and forgiving one-self and others is important for good health. Lastly, Planetary Peace meditation is very powerful and potent meditation that enables personal transformation and harmonious relations all around. YPV is thus observed to be an integrated system that works holistically for

people of all age groups, and more so for older people regardless of their gender. When practiced in group this system is more effective than practiced alone.

CONCLUSION

The results obtained from this review confirm the positive effects of practicing YPV by older people in particular, with respect to maintaining cognitive abilities, less relapse and less new disease proneness, body flexibility, and mobility. It is also evident that regular practice of YPV protocols enables balancing left and right brains achieving cognition-emotion balance. Weight reduction and BMI maintenance at normal levels, together with controlled diet, contributes to mobility and overall health. Finally, the comfortable and ideal approach for older people to stay healthy and fit is to regularly practice integrated system like YPV that additionally develops spiritual dimension also through the forgiveness and planetary peace meditations. They will consequently experience boosted immunity to counter bacterial and viral attacks.

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CONFLICT OF INTEREST

The author confirms that this study was conducted with own resources and without external financial support, and consequently no conflicts of interest exist in the publication of this article.

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