



## Yoga Prana Vidya (YPV) healing in the resolution of frequent psychosomatic stomach pain: A case report

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### Abstract

**Background:** Psychosomatic illnesses often manifest as chronic pain and gastrointestinal disturbances, exacerbated by occupational stress and family conflict. Conventional medical management provides temporary relief but may fail to address underlying psychosocial factors.

**Case Presentation:** A 52-year-old male school bus driver experienced persistent stomach pain for two years, worsening after age 50. Pain was aggravated post-defecation and lasted several hours daily. Despite medical consultations and analgesics, symptoms persisted. Colonoscopy findings were normal.

**Intervention:** The patient sought Yoga Prana Vidya (YPV) healing from a certified Healer. Over nine weeks, 70 sessions were conducted using digestive system protocols, YPV psychotherapy, stress-energy removal, and blessings. He was instructed to do rhythmic yogic breathing, forgiveness, meditation, and YPV exercises.

**Results:** Within one month, pain reduced significantly. By February 2026, symptoms resolved completely. The patient reported improved emotional well-being, reduced stress, and no recurrence of stomach pain.

**Conclusion:** This case highlights the efficacy of YPV healing in resolving psychosomatic gastrointestinal pain where conventional treatment was insufficient. YPV provided holistic relief by addressing both physiological and psychosocial dimensions. Further controlled studies are warranted to establish YPV's role in integrative healthcare.

**Keywords:** Psychosomatic illness, Yoga Prana Vidya®, YPV®, gastrointestinal pain, energy healing

### Introduction

Psychosomatic illnesses are conditions where psychological stress manifests as physical symptoms, often involving the gastrointestinal tract, cardiovascular system, or musculoskeletal system. Chronic stress, anxiety, and unresolved emotional conflicts are known contributors to functional gastrointestinal disorders such as irritable bowel syndrome (IBS) and unexplained abdominal pain [1-4]. Occupational stress, particularly in professions requiring high responsibility and time pressure, has been linked to psychosomatic manifestations [5, 6].

Yoga-based interventions have demonstrated efficacy in reducing stress, improving autonomic regulation, and alleviating psychosomatic symptoms [7-9]. Yoga Prana Vidya (YPV) is a structured, non-touch energy healing system integrating pranic cleansing, energizing, and psychotherapy techniques. Evidence suggests YPV benefits conditions ranging from musculoskeletal pain to psychosomatic disorders [10-13]. Case studies document improvements in chronic illnesses, stress-related conditions, and emotional well-being [14-20]. This paper presents a case of a school bus driver with psychosomatic stomach pain unresponsive to conventional treatment, successfully resolved through YPV healing.

### Case Presentation

The patient, a 52 years old male school bus driver, reported persistent stomach pain for two years. Pain was triggered post-defecation, lasting 3-4 hours, and later became continuous. Medical consultations and analgesics provided temporary relief. Colonoscopy on 17 January 2026 was normal (See Annexure 1). The Healer's detailed discussions with him revealed that stress from occupational

responsibilities and family conflicts contributed to his condition (See annexure 2).

### Medical Treatment Attempts

The patient consulted multiple doctors and used painkillers, which provided only transient relief. Despite normal colonoscopy findings, symptoms persisted, indicating a psychosomatic etiology.

### YPV Intervention

He approached a Certified YPV Healer, who began giving YPV healing sessions from 20 December 2025. The YPV Protocols used by the Healer included:

- YPV Psychotherapy
- Digestive system cleansing and energizing
- Stress energy removal
- Blessings after each session

A total of 70 sessions (30 minutes each) were conducted over nine weeks. Patient was instructed to practice on his own the modules from YPV Sadhana mobile App such as rhythmic yogic breathing, forgiveness, meditation, and YPV exercises.

### Results

By February 2026, stomach pain had subsided completely. The patient reported improved emotional stability, reduced stress, and no recurrence of symptoms. He expressed interest in continuing weekly psychotherapy and learning YPV practices himself.

### Discussion

This case illustrates the psychosomatic nature of gastrointestinal pain, where occupational stress and family

conflict were key contributors. Conventional medical treatment failed to provide lasting relief, consistent with literature on functional gastrointestinal disorders. Yoga-based interventions (7-9), including YPV, address both physiological and psychological dimensions as is evidenced by many controlled studies. Studies show yoga reduces cortisol levels, enhances vagal tone, and improves gastrointestinal function. YPV specifically integrates energy cleansing, forgiveness, meditation, and stress-release techniques, which may explain the patient's holistic recovery [10-13]. Comparable case reports demonstrate YPV's efficacy in managing psychosomatic disorders, anxiety, and chronic pain [14-20]. This case adds to growing evidence that YPV can serve as an integrative modality in psychosomatic illness management.

### Conclusion

YPV healing provided complete relief in a case of psychosomatic stomach pain unresponsive to conventional treatment. By addressing stress, emotional conflict, and energy imbalance, YPV offered holistic recovery. Controlled clinical trials are recommended to validate these findings.

### Acknowledgments

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### Conflicts of Interest

None declared.

### Ethics Statement

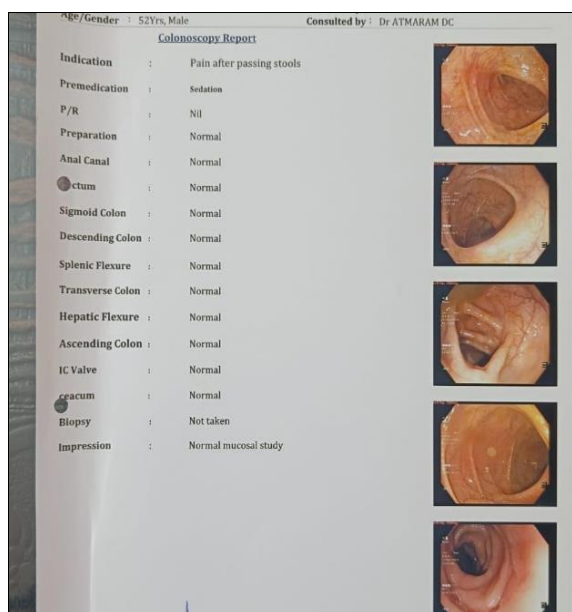
Informed consent was obtained from the patient for publication of this case report without revealing patient identity.

### Funding

No funding was received.

### Annexures

Annexure 1: Colonoscopy Report dated 17 January 2026



Annexure 2: Transcript of the interview of Patient

1) What is your age and academic background:

A: my age: 52, Education: SSLC

2. What did you do earlier?

A: I was a driver, school trip driver.

3. Work experience as driver?

A: At age 19, started school trip work as a driver, since 33 years.

5) What about family?

A: Full family, parents, siblings, joint family.

6) Financial condition?

A: It was not good, now better, okay.

7) Was there any stress in work related?

A: Yes, so much stress, fear, worry, tension.

8. What kind of fear?

A: Every academic year children changed, some finished in that school, some got transferred, so every year starting there was tension about finding students.

8) Why stress?

A: Have to pick up students on time and drop to school in time. Due to traffic, even 5 minutes late means parents started calling and asking.

10) How was your health condition / migraine?

A: Due to stress and anxiety I developed headache. Started taking tablets. Sometimes acidity, burning sensation and stomach pain.

11) Any chronic problem?

A: No, but every day one or another, suffering from pain.

12) Any family issues?

A: Yes. After marriage there was always conflict/fight with my mother and wife. That made me worried. Day by day it became worse. Lastly my parents stayed in a separate house. It was painful for me. They stayed alone. I used to go there and support them. Felt very sad.

13) When did your stomach pain start?

A: Two years back. It was coming and going. But after I crossed 50 years, it became regular and started at a particular time.

14) Why after 50 years?

A: Because after 50 years I started thinking that life is going toward old age, how to maintain my house and business. I became mentally stressed and worried. It is still there in my mind.

After 50, due to more worry, I started getting stomach pain every morning when getting ready for duty.

Then after some days I felt frequent urge for motion, but it was difficult because my duty was on the road. It developed day by day.

After motion passed forcefully, stomach pain started and stayed till afternoon, reducing slowly by evening.

Again after motion, stomach pain came and stayed till night. It disturbed my work because of pain.

Then I went from doctor to doctor and hospital to hospital. When they gave medicine, till that time pain reduced and I felt relaxed. But after stopping medication the same problem returned.

One doctor suggested colonography/colonoscopy. The result was normal.

Then I searched for other modalities and connected to a healer. Started taking psychotherapy and physical healing.

The healer suggested breathing exercises, physical exercise and prayer/energy healing.

After 2 months of healing, now I am feeling better. No stomach pain, no frequent urge for motion. Happy and very thankful to the healer.

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