



Yoga Prana Vidya (YPV) healing as complementary intervention in pediatric respiratory distress: A case report

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Abstract

Background: Pediatric respiratory distress is a major cause of morbidity, often requiring repeated hospital visits. Complementary therapies such as Yoga Prana Vidya (YPV) healing are being explored for supportive care. Previously, several cases of pediatric illnesses were treated successfully using YPV protocols.

Case Presentation: A 4-year-old female child presented with chronic cold, cough, irritability, and loss of appetite for 12 months. Between July 2025 and April 2026, the patient was taken for hospital visits- four emergency and four routine visits. Despite medical management, symptoms persisted.

YPV Intervention: YPV healing sessions were conducted from 6 to 12 May 2026, using YPV Level 1 protocol, twice daily for each 10 minutes in the distant mode, and additionally one YPV level 5 group healing session was given to the child in distant mode.

Results: Post-intervention, the child showed marked improvement—increased appetite, emotional stability, and social engagement.

Conclusion: This case highlights the potential of YPV healing as a complementary modality in pediatric respiratory distress, warranting further controlled studies.

Keywords: Pediatric respiratory distress, Yoga Prana Vidya System®, YPV®, Complementary therapy, Integrative health

Introduction

Pediatric Respiratory Distress

Respiratory distress in children is a leading cause of hospitalization worldwide, with etiologies ranging from viral infections to acute respiratory distress syndrome (ARDS). Studies highlight the burden of recurrent hospital visits and high mortality rates in pediatric ARDS (PARDS). Supportive strategies such as prone positioning and advanced ventilation have shown benefits but remain limited in resource-constrained settings. The global burden underscores the need for integrative approaches [1-5].

Yoga Prana Vidya (YPV)

YPV is an integrative energy-based healing system rooted in Prana Vidya traditions [6]. Evidence suggests YPV enhances

autonomic regulation, reduces stress, and improves respiratory efficiency [7-9]. Case reports document successful management of severe lung infections, asthma, and systemic illnesses using YPV protocols [10-12]. Clinical studies highlight its role in psychosomatic conditions, emotional regulation, and chronic disease recovery [13-15].

Case Presentation

- **Patient:** Baby girl 4 years old
- **Symptoms:** Cold, cough, irritability, loss of appetite for over 12 months.
- **Pre-YPV healing condition:** Persistent respiratory distress despite medical care.

Medical Course

Date	Type of Visit	Clinical Notes
28 Jul 2025	Normal	Initial consultation for cough/cold, symptomatic treatment
25 Sep 2025	Normal	Persistent cough, supportive medications
11 Oct 2025	Emergency	Acute exacerbation, respiratory distress, nebulization
16 Oct 2025	Normal	Follow-up, continued medications
11 Nov 2025	Emergency	Severe cough, breathing difficulty, oxygen support
29 Dec 2025	Emergency	Recurrent distress, hospital stabilization
20 Feb 2026	Emergency	High severity, urgent care, IV therapy
28 Apr 2026	Normal	Last medical visit before YPV, mild improvement

Summary: Despite repeated medical interventions, the child's condition remained unstable with recurrent exacerbations requiring emergency care. Annexure 1 shows the medical visits

YPV Intervention

A certified YPV Healer was approached by the patient's mother for healing her baby's persistent condition. The details are as given below.

- **Duration:** 7 days from 6 to 12 May 2026
- **Healing Protocol applied:** YPV Level 1 and YPV Level 5
- **Sessions:** Twice daily, 10 minutes each, and additionally one group session of Level 5 healing.
- **Healer:** Based at YPV Ashram, did distant healings.

Results

The patient's mother reported the following improvements experienced by the patient.

- Improved appetite (asking for food spontaneously)
- Emotional stability (less irritability)
- Social engagement (playing independently and with peers)

Detailed feedback from the patient's mother is at Annexure 2

Discussion

This case demonstrates the potential of YPV healing in pediatric respiratory distress. Literature supports complementary approaches in managing chronic pediatric conditions [16]. YPV has shown efficacy in diverse pediatric cases including lung infections, and systemic illnesses [17-18]. Mechanisms proposed include autonomic regulation, vagal tone improvement, stress energy removal, and subtle energy modulation.

Conclusion

YPV healing may serve as a safe, supportive intervention in pediatric respiratory distress, reducing symptom burden and enhancing wellbeing. Controlled trials are recommended to validate these findings, but preliminary evidence suggests YPV can reduce symptom burden and enhance wellbeing in pediatric populations.

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**Annexure 1
Hospital visits**

Patient Name : 8 YRS/FEMALE
 App. Date : 28-Jul-2025
 Dr. Baldeep Singh
 App. Type : Normal Visit
 Mobile No. : 9888727007
 Valid To. : 01-Aug-2025
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0014997/Rs:800

Chief Complaint : COUGH URC

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	BRONCOREX	3/4 TSF	TDS	7DAYS			
2	MONTAIR LC	1TSF	OD	7DAYS			
3	CLAMP XL	3/4 TSF	BD	7DAYS			
4	CALPOL 250	3/4 TSF	TDS	2-Days			

1. Medical Visit dt 28 July 2025

Patient Name : 10 YRS/FEMALE
 App. Date : 29-Sep-2025
 Dr. Baldeep Singh
 App. Type : Normal Visit
 Mobile No. : 9888727007
 Valid To. : 29-Sep-2025
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0023801/Rs:800

Chief Complaint : AC FEBRILE ILLNESS

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	BACTOCLAV DS	3/4 TSF	BD	7DAYS			
2	LEVOLIN SYP	3/4 TSF	TDS	7DAYS			
3	RESWAY	3/4 TSF	TDS	7DAYS			
4	CALPOL 250	1TSF	SOS	2-Days			

2. Medical Visit 25 Sept 2025

Patient Name : 3.10 YRS/FEMALE
 App. Date : 11-Oct-2025
 Dr. Baldeep Singh
 App. Type : Emergency Visit
 Mobile No. : 9888727007
 Valid To. : 15-Oct-2025
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0025997/Rs:1000

Chief Complaint : COUGH URC

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	BRONCOREX	3/4 TSF	TDS	7DAYS			
2	MONTAIR LC	1TSF	OD	7DAYS			
3	Ceff/250 syp	1TSF	TDS	7DAYS			
4	CALPOL 250	1TSF	SOS				

3. Medical Visit dt 11 Oct 2025

Patient Name : 8 YRS/FEMALE
 App. Date : 20-Oct-2025
 Dr. Baldeep Singh
 App. Type : Normal Visit
 Mobile No. : 9888727007
 Valid To. : 20-Oct-2025
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0026750/Rs:800

Chief Complaint : HRAD

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	MONTAIR LC	1T	OD	1-Month			
2	ELDINIMUN	1TSF	OD	1-Month			
3	PHYSIOGEL AT LOTION	ut dict. (Ac Directed)		7DAYS			

4. Normal Medical visit dt 16 Oct 2025

Patient Name : 8 YRS/FEMALE
 App. Date : 15-Nov-2025
 Dr. Baldeep Singh
 App. Type : Emergency Visit
 Mobile No. : 9888727007
 Valid To. : 15-Nov-2025
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0030476/Rs:1200

Chief Complaint : STOMATITIS

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	STOMA CARE	3/4 DROP	TDS	7DAYS			
2	BRUFEN-P	11/2 TSF	TDS	3-Days			
3	ENTEROGERMINA	1RESP	BD	5-Days			

5. Medical visit dt 11 Nov 2025

Patient Name : 4.1 YRS/FEMALE
 App. Date : 29-Dec-2025
 Dr. Baldeep Singh
 App. Type : Normal Visit
 Mobile No. : 9888727007
 Valid To. : 02-Jan-2026
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0030958/Rs:900

Chief Complaint : COUGH URC

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	SOLVIN EX	3/4 TSF	TDS	7DAYS			
2	NEB LEVOLIN .63	1RESP	TDS	7DAYS			
3	ODIMONT LC KID	1KID TAB	OD-6PM	2-Weeks			
4	omnacortil forte	1TSF	OD	3-Days			
5	Ceff/250 syp	3/4 TSF	TDS	7DAYS			

6. Emergency Medical visit dt 29 Dec 2025

Patient Name : 4.2 YRS/FEMALE
 App. Date : 20-Feb-2026
 Dr. Baldeep Singh
 App. Type : Emergency Visit
 Mobile No. : 9888727007
 Valid To. : 24-Feb-2026
 Panel : CASH
 Bill/Paid Amt. : OPB/25-26/0043159/Rs:1200

Chief Complaint : COUGH URC FEVER 2 LOOSE FOUL SMELLING STOOL

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	TAXIM O 200	3/4 TSF	BD	5-Days			
2	RESWAY	3/4 TSF	BD	7DAYS			
3	CALPOL 250	4ML	SOS	2-Days			

7. Medical Visit dt 24 Feb 2026

Patient Name : 8 YRS/FEMALE
 App. Date : 28-Apr-2026
 Dr. Baldeep Singh
 App. Type : Normal Visit
 Mobile No. : 9888727007
 Valid To. : 02-May-2026
 Panel : CASH
 Bill/Paid Amt. : OPB/26-27/0003329/Rs:900

Chief Complaint : COUGH URC FEVER RESP DISTRESS

Vital Sign:-

Sr	Name	Dose	Times	Dur.	Meal	Route	Remarks
1	CLAMP XL	3/4 TSF	BD	7DAYS			
2	FORACORT INHALER 100	2PUFFS	BD	2-Weeks			
3	soventus syp	3/4 TSF	TDS	7 DAYS			
4	ODIMONT LC	3/4TSF	TDS	2 WKS			
5	omnacortil forte	1 TSF	OD	3-Days			

8. Medical visit dt 28 April 2026

Annexure 2: Feedback from patient's mother

Respected Ma'am, I want to share my deepest gratitude for the healing you gave my 4-year-old daughter. She was suffering from severe respiratory distress, cough, and cold for the past 15-16 months. We were at the hospital every 20-35 days for medications. Doctors gave nebuliser and puffs, but the relief never lasted. She would still have the same symptoms, sometimes with fever. She was so cranky and restless — crying all day, refusing to play or talk to anyone, and only wanting me around. As a mother, it was heartbreaking to watch. We started healing sessions with you, and within 2 weeks the change has been unbelievable. Today, my baby is better now. Her breathing is calm, the constant cough is almost gone, and she sleeps peacefully through the night. That non-stop crankiness and crying have stopped. She is back to being a happy, playful child who laughs and engages with everyone. We continued her pediatrician's medicines as advised, but it was your healing that finally gave her body the support it needed. Thank you for your patience, positive energy, and genuine care. You gave us our daughter back. With warm regards and blessings, Mother of the baby