

## Case Report

# Experiences of a 50-year-old Breast Cancer Survivor: Role of Yoga Prana Vidya Protocols as Complementary Therapy to Overcome Trauma and Side Effects of Cancer Treatment

Rajni Pinjani<sup>1</sup>, Shalini Pinjani<sup>1</sup>, Venkata Satyanarayana Nanduri<sup>2</sup>

<sup>1</sup>Yoga Prana Vidya Ashram, Sri Ramana Trust, Doddaubbanur, Thally, <sup>2</sup>Research and Publications, Self-employed, Hyderabad, Telangana, India.

### \*Corresponding author:

Venkata Satyanarayana  
Nanduri,  
Research and Publications,  
Self-employed, Hyderabad,  
Telangana, India.

[vsnanduri@yahoo.com](mailto:vsnanduri@yahoo.com)

Received : 26 September 2022

Accepted : 14 November 2022

Published : 04 May 2023

### DOI

10.25259/ICAJ\_14\_2022

### Quick Response Code:



## ABSTRACT

Breast cancer (BC) is one of the common types of cancer and its rise in India is alarming. Patients of this dreaded disease need full support starting from detection to recovery following treatment therapies and side effects. This paper presents a case of a BC patient who had undergone mastectomy, chemotherapy and radiation therapy and was fully supported with Yoga Prana Vidya (YPV) healings and practice protocols, to recoup mental and emotional strength for facing painful side effects of treatments. This is an in-depth case study, going through patient medical records, healers' records and patient's detailed feedback. From the beginning of YPV healings, the patient experienced substantial mental and emotional strength and reduction in stress with fast recovery. Practicing YPV protocols such as rhythmic breathing, forgiveness sadhana and planetary peace meditation enabled the patient to achieve significant positive changes made her strong enough mentally to cope with physical problems, positively taking all ailments. The patient's anxiety level decreased, and she started feeling optimistic about achieving full recovery sooner. Documented evidence has shown that YPV protocols have been successfully applied to treat various diseases as complementary and alternative medicine with effective patient results. There is immense scope for further research on this topic using appropriate methodology and sample size. Recommendations include training frontline medical personnel to gain working knowledge of YPV healings and practice protocols.

**Keywords:** Breast cancer, Mastectomy, Chemotherapy, Radiation therapy, Yoga Prana Vidya

## INTRODUCTION

### Breast cancer (BC)

BC is among the most common types of cancer in all societies globally. As per the Globocan data 2020, BC accounted for 13.5% of all cancer cases and 10.6% of all deaths in India. The current trends indicate that the rise of BC is alarming in India and several governmental and non-governmental bodies are working hard to spread the awareness and prevention plans.<sup>[1]</sup>

According to Mehrotra and Yadav,<sup>[2]</sup> the BC burden is rising at a rate much faster than it was a decade ago. BC is one of the foremost cancers in India now, and the first step would be towards making people cognizant of the disease.

Not only potential and current patients under treatment, but also those who have survived through treatment also need appropriate support to accept the new norm of life and adopt an appropriate new lifestyle to prevent a fresh incidence of cancer. Many patients suffer from depression and anxiety also, along with a haunting fear of relapse.<sup>[3]</sup>

### Yoga Prana Vidya (YPV) system

It is observed from published literature of over 60 research articles that YPV system concepts and protocols act as complementary medicine and offer simple and easy-to-follow support system that helped greatly some cancer patients such as, Hodgkin lymphoma<sup>[4]</sup> and metastatic BC<sup>[5]</sup> from diagnosis through treatment and also post-treatment normalisation of life.

YPV treats and heals both physical body and energy body, known as bioplasmic energy body or Aura, which surrounds the physical body. [Figures 1 and 2] depict typical energy bodies of a healthy person and sick person, respectively.

YPV system does not use any drugs nor touch. The healer acts as a channel to draw in and transmit by projecting Pranic energy to the patient's physical body parts as well as to the respective Chakrams of the energy body which distribute the given energy to the physical body.

The chakrams healed in YPV practice are shown in [Figure 3] and the process of healer channelising and projecting Pranic energy (bioplasmic energy) to the patient is shown in [Figure 4]. Proximal healing happens when the patient and healer are in the same room facing each other. Distal healing is when the healer has situated far away from the patient, even hundreds or even thousands of kilometres away. Their energy bodies are within the energy body of earth and energy transference from healer to patient happens almost instantaneously. Radin *et al.*<sup>[6]</sup> investigated scientific evidence of distance healing intention therapies and found that significant experimental effects have been observed.

As integrated system, YPV applies three categories of protocols, these are: (1) Physical and rhythmic breathing exercises and forgiveness sadhana for patient self-practice either by oneself or in groups, (2) guided meditations for practice of patients by oneself or in groups including joining the group healing sessions online and (3) energy healing, either self-healing or by externally trained healer. This way, a person's physical, mental and emotional domains are simultaneously healed enabling holistic treatment of coexisting conditions. Protocols of YPV are applied to successfully treat and heal a variety of illnesses such as for example, some difficult medical cases, diabetes and arterial heart block.<sup>[7-9]</sup>

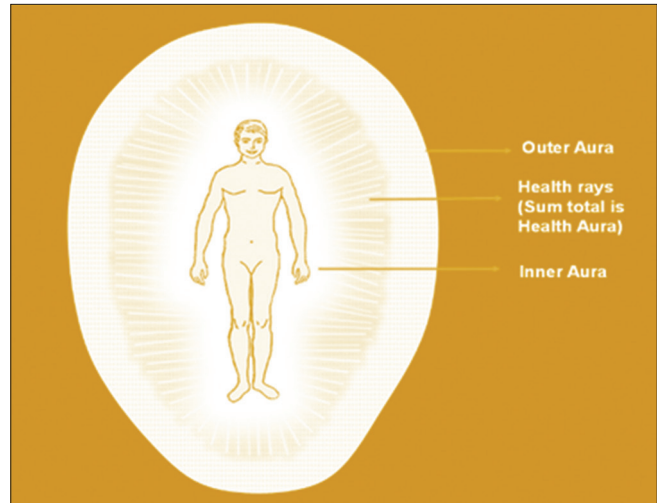


Figure 1: Energy body of a healthy person.

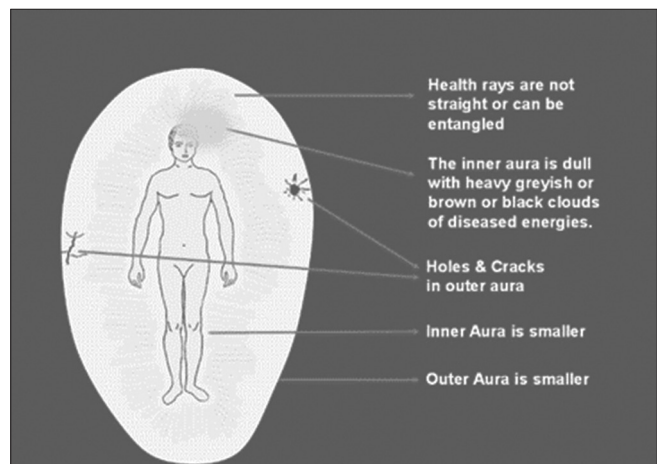


Figure 2: Energy body of a sick person.

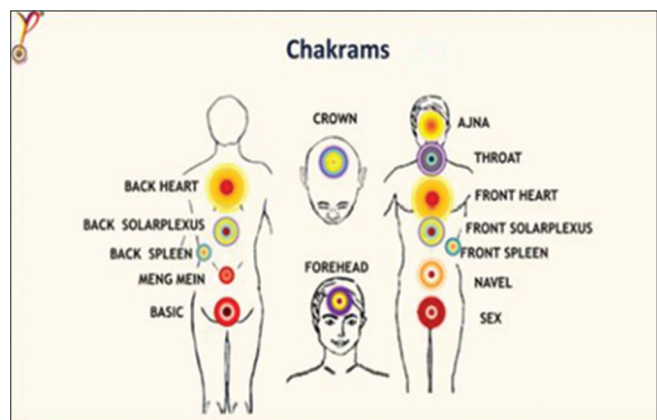
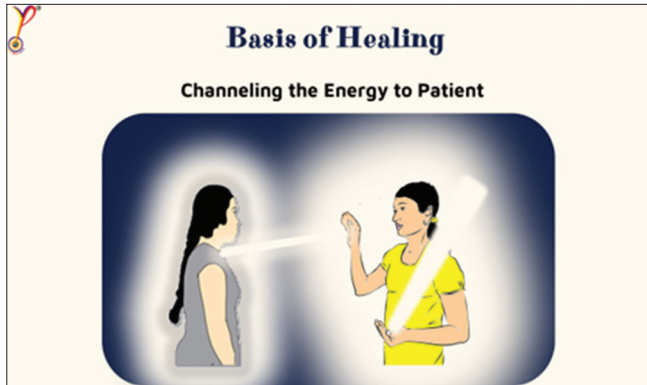


Figure 3: Chakram of the energy body.

This paper presents the experiences of a 50-year-old female patient, who sought YPV healers' help for energy healing and other protocols for becoming stronger mentally,



**Figure 4:** Healer projecting Pranic energy to patient.

emotionally and physically with faster healing and is a successful survivor.

## CASE REPORT

### Patient background information

Patient is a 50-year-old housewife named Shakthi (pseudonym used to hide identity) who had no other health issues until incidence of BC was detected.

### Pre-YPV condition of the patient

After receiving the Mammography report on 17 October 2019, Shakthi consulted her doctor who advised her to obtain USG of breast. In that report, it was stated that she was having a small cyst of size 5.6–11.6 mm in the left breast. Her doctor prescribed Evion capsules for 6 months. She used to have mild pain on the left breast. However, doctor suggested her to continue same medicine and later fixed date for USG on 25 March 2020, but due to COVID lockdown, she could not get the test done. Doctor advised self-examination every month, and if the size of cyst increased, to go for further examination. Thereafter, she got the USG done on 8 May 2020 and the report stated that her cyst size increased to 11.6–20.5 mm, and so she was suggested to get Fine-needle aspiration cytology test done, report of which revealed suspected cancer. She was advised to go for biopsy and the report dated 18 May 2020 stated that she was having second stage cancer and she was told by doctor to undergo surgery within 7 days. She felt shattered and began worrying too much about this situation, but then her family and friends supported her to gain strength. On 27 May 2020, her mastectomy surgery on the left breast was done.

Biopsy report post-surgery clarified that her three lymph nodes were positive and she will have to take chemotherapy and radiation therapy. Her chemotherapy started on 20 June 2020. As a consequence, she was not feeling strong enough mentally and emotionally.

### YPV intervention

At this stage, as suggested by her doctor, she contacted a longstanding YPV trainer and healer, who assured the patient that she would be able to come out of it with YPV self-practices and distance healing. Two healers were assigned to do distance healing from day 1 of chemo. The patient used to share her post-operative problems and chemo side effects, so that the healers matched healing sessions and regularly healed using distal healing protocols.

The healers explained how to do rhythmic yogic breathing (RYB), planetary peace meditation (PPM), forgiveness sadhana and other YPV practices. Her treatment was going on and that was pandemic time. Some family issues were disturbing the patient a lot. However, with regular guidance of YPV healers and sharing spiritual quotes, she used to feel better.

From the first chemotherapy, her YPV healings were given. Furthermore, the patient learned and started doing RYB, forgiveness sadhana, PPM and positive affirmations. She started also attending daily morning sadhana conducted online by the Grand Mentor of YPV which also includes group healing.

Healing sessions were given to the patient 2–3 times a day, with each session of duration approximately 25 min.

Details of healing protocol used are as follows.

1. Standard YPV psychotherapy – All major chakras healed using brilliant violet colour Prana
2. Blood cleansing – Treatment of heart, lungs, spleen, liver and kidneys with appropriate colour Prana
3. Internal organ cleansing – Cleaning and energising of stomach, small and large intestine, appendix, gall bladder and pancreas using the appropriate colour Prana
4. Deep thorough cleaning and then energising of all chakrams such as solar plexus, Meng Mein, basic and perineum with appropriate colour Prana
5. Treatment of affected parts with appropriate colour Prana
6. Healing for chemotherapy and its side effects – Treatment of affected area and brain, lungs, heart, liver and thymus gland with colour Prana
7. Healing for radiation treatment – Before radiation, affected part (left breast) cleaned and wrapped with Gold Prana. Also used Gold Prana to protect other nearby organs such as heart, lungs and thymus gland
8. Cleansing of food, medicine and environment
9. Healings for overcoming side effects of chemotherapy and radiation therapy such as sleep issue, body pain, headaches, itching and throat pain: Cleaning and then energising the affected part and related chakras with appropriate colour Prana.

In her experience, the best things making her calm and positive were YPV forgiveness sadhana and PPM. Regular distance healing done by healers was working like God's blessing for



her. Positive thinking during chemo side effects as well as rhythmic breathing helped her a lot in recovery. YPV healings were given to her for the period 20 June 2020–27 December 2020 through nearly 6 months. Her chemotherapy ended on 18 November 2020 (after 5 months). Her radiotherapy started on 7 December 2020 and ended on 25 December 2020 and her healing sessions were given till that date.

### Post-YPV healing results

As soon as healing started, the patient experienced substantial mental and emotional strength and reduction in stress. She also felt that with regular healing, her recovery was fast and she could manage easily the side effects of chemotherapy. Although she was confronted with body aches, throat pain, upset stomach, acidity, itching etc. regular healing enabled her to manage it positively.

She had not faced any major side effects from radiation treatment. Although she was initially told to undergo 25 sessions of radiation therapy for her condition, her treatment of radiation therapy concluded with only 15 sessions due to fast progress. YPV healing and techniques helped her a lot in reduction of pain of cancer treatment, and also, she could face the situation positively. Mammography report of Shakthi dated 9 October 2021 showed that there was no evidence of abnormal microcalcification or focal lesion.

The patient gave a detailed account of her experiences related to chemo and radiation therapies and the side effects during chemo sessions as narrated by her are –

*‘During my chemo days, initially there was no pain during chemo sessions, but post-chemo, side effects were there. During chemo days, many unnecessary thoughts and questions were on my mind, those thoughts used to make my morale down.’*

*‘Physical problem after my first chemo was weakness, head reeling and throat pain. I was unable to swallow hardly anything. Haemoglobin, WBC count was reduced, admitted within a week after chemo as I needed antibiotics and blood to increase Haemoglobin level. I had to deal with headache and constipation, gums were swollen, could not chew anything. Brushing teeth was hurting. Had to grind and swallow food, could not chew. Lack of sleep at night, needed sleeping pills. Chemo effects caused hair fall. Taste buds not giving proper taste of food. Yet, managed to eat proper healthy diet, no spice and no oily as guided.’*

*- ‘At the time of second chemo, I had head shaved, no hair, no hair fall and feeling comfortable with shaven bald head.’*

She expressed her experiences of the YPV healings and practices as quoted below.

*‘After second chemotherapy, my problems reduced, throat pain, swollen gums, headache and constipation all were reducing, feeling quite ok.’*

*‘Most significant change I felt during chemotherapy was due to YPV practices, due to which I was feeling strong enough mentally to cope with physical problems. It gave me lot of strength which helped me to take all ailments positively. My anxiety level decreased and started feeling that I will get well soon. Rhythmic breathing thrice a day and forgiveness and planetary peace meditation used to make me feel so relaxed. I used to do these three practices daily.’*

*‘Healing helped me a lot to strengthen my mental and emotional health which of course helped me bear the pain relatively. These days I am daily practicing rhythmic breathing. For all these improvements, healing was helping me a lot.’*

Shakthi recalled, how YPV healers helped during chemo days.

*‘Whenever I was facing extra problems, I was given double healings. At all chemo sessions, I discussed my problems with healers. After my fourth chemo, medicines were changed, these drugs were having different side effects, and post-chemo side effects were reduced. Side effects included itching in whole body and neuropathy problems, injections and capsules were given to subside them.’*

*‘Besides medicines, healing helped me, and I was feeling better. My eighth chemo was on 18 November, and it was last chemo. I was feeling very relaxed, dealing happily with all side effects. Afterward, radiation was suggested.’*

The following quote gives Shakthi’s reflections on how she experienced YPV during radiation therapy,

*‘Now comes the time for radiation. I was worried, thinking about possible new side effects. On 7 December 2020 my radiation therapy started. Five days a week, Rest on Friday, and Saturday. Radiotherapy did not experience many big side effects. And everything went smoothly. After 15 sessions, my last radiation was on 25 December 2020. Side effects were throat-related and skin irritation. This was manageable with minimum medications and regular YPV healing’. ‘Radiation, I was initially suggested 25 sessions, but the doctor reduced it to 15’.*

On the overall experience of YPV intervention, Shakthi stated as quoted below.

*‘Regular healing and feedback were taken from me on how I was feeling physically and emotionally. Thanks to my dear friend and YPV trainer-healer. -- She guided me on every step of my treatment. Thanks to the duo of healers for distance healing. Thanks to the chief mentor of YPV and the entire YPV team for doing such noble work for entire planet.’*

## DISCUSSION

Several academic research studies investigated lived experiences of BC patients.<sup>[10-15]</sup> The findings show that all surviving patients had in common, lack of awareness, fear

and frustration with financial burden during their diagnosis and treatment. They felt depressed due to body changes, but the support they received from their partners and family helped them to come out of those feelings. However, they still live with the fear of recurrence of cancer. Furthermore, they expressed need for counselling, quality of interactions and reviewed cultural norms. The findings further revealed that BC diagnosis influences women significantly as they acknowledged that it was the most traumatic experience of their life. However, with time, they started to accept the reality and made use of various methods to cope with their illness. D'Souza *et al.*<sup>[3]</sup> observed that a diagnosis of cancer in India is associated with cultural and social stigma, social distancing and isolation.

## CONCLUSION

In summary, it is observed that YPV system concepts and protocols worked as complementary medicine and greatly helped several cancer patients to cope from diagnosis through treatment and also post-treatment normalisation of life and the present case paper is one such example. Further research may be conducted with appropriate methodology and sample size to gather and document wider evidence. It is worthwhile to consider imparting a working knowledge of YPV to all frontline health-care personnel.

## Acknowledgments

The authors would like to thank Sri Ramana Trust for permission given to use their copyright terms Yoga Prana Vidya System® and YPV® and also to the patient for sharing her medical records and experiences on condition of anonymity.

## Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent.

## Financial support and sponsorship

Nil.

## Conflicts of interest

There are no conflicts of interest.

## REFERENCES

1. International Agency for Research on Cancer. India Source: Globocan. France: International Agency for Research on

Cancer; 2020. Available from: <https://www.gco.iarc.fr/today/data/factsheets/populations/356-india-fact-sheets.pdf> [Last accessed on 2021 Jun 11].

2. Mehrotra R, Yadav K. Breast cancer in India: Present scenario and the challenges ahead. *World J Clin Oncol* 2022;13:209-18.
3. D'Souza, RB, Ghose, JD, Nag, SM. Breast cancer survivorship in India. *Indian J Med Res* 2021;154:177-9.
4. Jain V, Bindal S, Bhatia PK, Nanduri VS. Managing pain and side effects of a Hodgkin lymphoma female patient undergoing chemotherapy using Yoga Prana Vidya system as complementary medicine: A case report. *Int J Med Sci Acad Res* 2021;2:5-11.
5. Sunkari M, Nanduri VS. A case of metastatic breast cancer treated successfully by using Yoga Prana Vidya (YPV) healing methods persistently as complementary medicine and patient self-belief. *Int J Med Sci Dent Res* 2022;5: 37-44.
6. Radin D, Schlitz M, Baur C. Distant healing intention therapies: An overview of the scientific evidence. *Glob Adv Health Med* 2015;4:67-71.
7. Neravetla J, Nanduri VS. A study into the successful treatment of some difficult medical cases using YPV®(YPV) healing system as alternative medicine. *Int J Sci Eng Res* 2019;10:788-95.
8. Rajagopal AH, Ashwin R, Nanduri VS. Diabetes management and control using YPV®(YPV) healing system. *J Biol Life Sci* 2019;10:76-9.
9. Ashwin R, Nanduri VS. Cardiac case study: successful healing treatment of a 48-year-old male with block in heart, using YPV®(YPV) healing system. *Saudi J Nurs Health Care* 2019;2:353-6.
10. Dsouza SM, Vyas N, Narayanan P, Parsekar SS, Gore M, Sharan K. A qualitative study on experiences and needs of breast cancer survivors in Karnataka, India. *Clin Epidemiol Glob Health* 2018;6:69-74.
11. Pappachan B, D'Silva F, Safeekh AT. Life beyond the diagnosis of breast cancer: A qualitative study on the lived experiences of breast cancer survivors. *IJPHRD* 2020;11:73-7.
12. Patel-Kerai G, Harcourt D, Rumsey N, Naqvi H. Exploring the lived experience of breast cancer diagnosis and treatment amongst Gujarati-speaking Indian women. *Divers Equality Health Care* 2015;12:9-17.
13. Barthakur MS, Sharma MP, Chaturvedi SK, Manjunath SK. Experiences of breast cancer survivors with oncology settings in Urban India: Qualitative findings. *Indian J Surg Oncol* 2016;7:392-6.
14. Hamid W, Jahangir MS, Khan TA. Lived experiences of women suffering from breast cancer in Kashmir: A phenomenological study. *Health Promot Int* 2021;36:680-92.
15. Samson B, Bhaskaran J. Lived in experience of women with breast cancer. *Asian J Pharm Clin Res* 2016;9:80-4.

**How to cite this article:** Pinjani R, Pinjani S, Nanduri VS. Experiences of a 50-year-old breast cancer survivor: Role of Yoga Prana Vidya protocols as complementary therapy to overcome trauma and side effects of cancer treatment. *Indian Cancer Awareness J* 2023;2:24-8.