

Case Report

Yoga Prana Vidya (YPV) Healing as Complementary Support in Post-Surgical Recovery of Grade 3 Hemorrhoids: A Case Study

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Abstract

Background: Hemorrhoids are common anorectal disorders characterized by swelling of rectal veins, often requiring surgical intervention in advanced stages. Post-surgical pain management remains a major challenge. Yoga Prana Vidya (YPV), an energy-based healing system, has shown promise in accelerating recovery and reducing pain. **Case Presentation:** A 49-year-old male from Bangalore presented with Grade 3 interno-external hemorrhoids and Grade 2+ sphincter involvement. He reported 10 years of pain, swelling, burning sensation, and intermittent rectal bleeding, worsened by prolonged sitting and travel. Rectoscopy confirmed the diagnosis, and surgery was performed in May 2025. **Intervention:** Post-surgery, the patient experienced unbearable pain unrelieved by analgesics. YPV healing was administered daily from May 3 to June 30, 2025 (59 sessions, ~ 30 minutes each), including psychotherapy, organ healing, stress energy removal, and blessings. During acute pain episodes, hourly healing was given. The patient also practiced YPV sadhana components from YPV Sadhana App (breathing, forgiveness, meditation, and physical exercises). **Results:** Within two hours of intensive healing, pain reduced significantly. By the next day, the patient was pain-free, and within 10 days, he had fully recovered. He reported improved relaxation, positivity, and sustained well-being. **Conclusion:** This case highlights YPV's potential as a complementary modality in post-surgical hemorrhoid recovery, offering rapid pain relief and enhanced healing. Controlled studies are warranted to validate these findings.

1. Introduction

Hemorrhoids

Hemorrhoids are vascular cushions in the anal canal that become symptomatic when swollen or prolapsed. They affect millions worldwide, with risk factors including chronic constipation, prolonged sitting, and straining, and exact data on the prevalence is not known [1]. However, one study estimated the prevalence rate of 11 to 17% in India [2]. Often, grade 3 Hemorrhoids require surgical intervention, but postoperative pain and recurrence remain challenges [3]. Conventional management includes analgesics, stool softeners, and lifestyle modifications [4, 5].

Yoga Prana Vidya (YPV)

Yoga Prana Vidya is an integrative energy healing system focusing on pranic energy regulation through specific protocols [6]. Research demonstrates YPV’s role in autonomic regulation, immune modulation, stress reduction, and psychosomatic healing [7–9]. Clinical applications include cardiovascular recovery, chronic pain management, hypertension, depression, and accelerated wound healing [10–14]. Its holistic approach combines breathing techniques, forgiveness, meditation, and physical exercises, promoting systemic resilience and emotional stability [15–17]. This paper presents a case of Hemorrhoids (piles) successfully healed by a certified YPV Healer.

2. Case Presentation

The patient, a 49-year-old male, presented with Grade 3 interno-external hemorrhoids and Grade 2+ sphincter involvement. He had 10 years of pain, swelling, burning sensation, and intermittent rectal bleeding.

The patient was examined at a Super Specialty Hospital for suspected colo-ano-rectal pathology. The diagnostic images dated 22 April 2025 shown at Annexure 1 includes endoscopic and clinical images documenting rectal mucosa and anal region findings. Visual evidence shows mucosal changes with altered coloration and texture, indicating possible inflammatory or pathological lesions. The sequence of images captures both internal rectal tissue and the external anal area, providing comprehensive documentation. This report serves as a baseline diagnostic record for evaluating disease progression and guiding therapeutic intervention. Recto-scopy confirmed the diagnosis, and surgery was performed in May 2025.

YPV Intervention

At the request of the healer, a Certified YPV healer commenced healing sessions on May 2, 2025. Protocols included psychotherapy, organ healing, stress energy removal, and blessings. Daily sessions (30 minutes) continued until June 30, totalling 59 healings. During acute post-surgical pain, hourly healing was administered. The patient practiced YPV Sadhana components, including breathing exercises, forgiveness meditation, and physical exercises from YPV Sadhana App.

3. Results

It is observed that the immediate effect of YPV healing (Day1) in this case was pain reduction. Post surgery, pain reduced within two hours of intensive YPV healing. The patient experienced complete pain relief the next day.

Within 10 days, full recovery was achieved, with improved sleep and ability to sit comfortably. Healings were continued up to Jun 30 to sustain the improvement. During a follow up after one year, the patient reported relaxation, positivity, and sustained well-being.

The infographic at Figure 1 shows patient recovery times comparing normal conventional recovery of 4 to 6 weeks and YPV assisted recovery of 10 days.

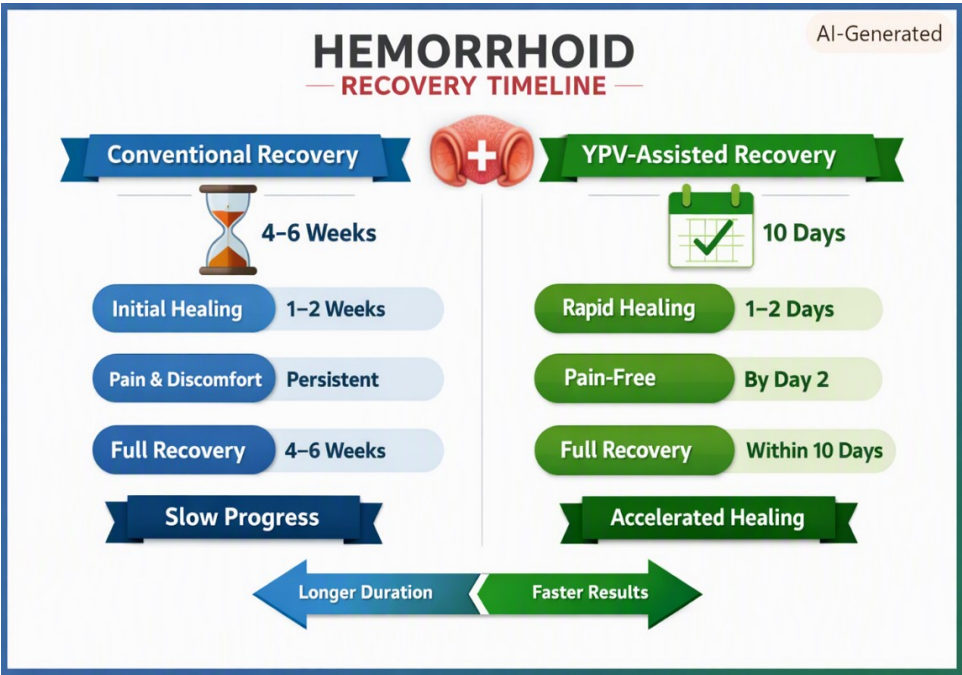


Figure 1: Recovery timeline

4. Discussion

This paper has presented a case of Hemorrhoids healed successfully with faster recovery as a complementary therapy, as shown in Figure 1. A similar case was previously successfully healed by another certified healer with comparable results [18]. Post-surgical hemorrhoid pain is often severe and poorly controlled with analgesics [1–3]. In this case, YPV healing provided rapid relief, suggesting mechanisms of stress

energy removal, autonomic regulation, and accelerated tissue repair. Literature supports YPV's role in pain reduction, immune modulation, and psychosomatic healing, and outcomes such as in cardiovascular and chronic pain conditions [7–17]. Our recommendations include planning and conducting controlled trials to further establish reproducibility and clinical significance.

5. Conclusion

This case demonstrates YPV's potential as a complementary modality in hemorrhoid recovery, facilitating rapid pain relief and enhanced healing. Integration of YPV healing into conventional care offers scope to improve patient outcomes.

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Informed Consent: Written informed consent was obtained from the patient.

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Disclaimer (Artificial Intelligence): The author(s) hereby declare that generative AI was used to create Figure 1 in Section 3. All data and concepts depicted in the figure were fully reviewed and verified by the authors.

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Annexure 1: Colo-rectal Images before Surgery and YPV Intervention



Annexure 2: Patient Final Feedback

“My name is XXXXX and I work for the Government of Karnataka. I reside in Bangalore. I had been suffering from piles for the past 10 years. My doctor believed that my condition was aggravated by prolonged driving, long hours of sitting, and frequent travel, which are part of my job. Over the last three months, the pain became much worse. Although I received medical treatment, there was no improvement.

Instead, the pain continued to increase. During this time, I also started receiving healing sessions. After a rectoscopy, the doctor diagnosed me with Grade 3 piles and recommended surgery. I was admitted to the hospital and underwent the procedure. After the surgery, the pain became extremely severe. The doctors informed me that there was no medicine that could completely stop the pain and advised me to take painkillers until the surgical wound healed. However, even with pain medication, the pain remained unbearable. I was unable to sit or sleep, and I cried out in pain. At that point, my family requested additional healing sessions from the healer. She began giving me healing sessions every hour. Remarkably, within about two hours, the pain reduced significantly. By the next day, I was free from pain, and within 10 days, I had recovered completely. I am sincerely grateful to the healer and YPV for the healing support I received during this difficult time.”