

Case Report: Acute Kidney Injury of A 22-Year-Old Male Managed Successfully with Yoga Prana Vidya (YPV) Healing as a Complementary Therapy

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ABSTRACT

Background: Acute Kidney Injury (AKI) is a critical condition characterized by a sudden decline in renal function, often requiring hospitalization and dialysis. Integrative approaches combining conventional nephrology with complementary therapies may enhance recovery outcomes. Yoga Prana Vidya (YPV) healing is an energy-based system that incorporates breathing practices, meditation, and structured healing protocols.

Case Presentation: A 22-year-old male student presented with severe back pain and was diagnosed with AKI in March 2018. Laboratory investigations revealed elevated creatinine levels, and nephrologists recommended dialysis and biopsy. The patient was admitted to KMC Jyothi Hospital, Mangalore. Alongside conventional treatment, Certified YPV Healer Mohandas Baliga initiated healing sessions using YPV Level 2, 3, and 5 protocols, and HDP Level 1. A total of 110 sessions were conducted over three months, initially twice daily, later tapered. The patient also practiced Rhythmic Yogic Breathing as instructed.

Results: Within 25–30 days, medical reports demonstrated normalization of renal function. Dialysis and biopsy procedures were completed smoothly, and the patient was discharged. By one month, physicians confirmed recovery with positive test results. Healing continued for three months to sustain energy balance. The patient subsequently learned YPV Level 1 for self-healing and reported long-term well-being, including employment and marriage.

Conclusion: This case highlights the potential role of YPV healing as a complementary modality in the management of AKI. When integrated with conventional nephrology, YPV may accelerate recovery, enhance patient resilience, and support sustained health outcomes.

KEYWORDS: Acute Kidney Injury, Yoga Prana Vidya System ®, YPV ®, Dialysis, Complementary Medicine

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INTRODUCTION

Acute Kidney Injury

Acute Kidney Injury (AKI) is a clinical syndrome characterized by a rapid decline in renal function, leading to accumulation of nitrogenous waste products and disturbances in fluid, electrolyte, and acid–base balance. Previously known as acute renal failure, AKI denotes a sudden and often reversible reduction in kidney function, as measured by increased creatinine or decreased urine volume. It is associated with high morbidity and mortality, particularly in hospitalized patients [1,2]. The Kidney Disease: Improving

Global Outcomes (KDIGO) guidelines define AKI based on changes in serum creatinine and urine output, and emphasize early recognition and management to prevent progression [3]. Conventional treatment strategies include fluid resuscitation, avoidance of nephrotoxins, and renal replacement therapy such as dialysis when indicated [4,5].

Despite advances in nephrology, recovery from AKI can be prolonged, and patients remain at risk of developing chronic kidney disease (CKD) [6]. Integrative approaches combining conventional medicine with complementary therapies have

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gained attention for their potential to enhance recovery and improve patient resilience [7].

Yoga Prana Vidya (YPV) System

Literature shows more than 160 studies revealing application of Yoga Prana Vidya System protocols as complementary and Alternative medicine resolving various disease and ill-health conditions. YPV healing is an energy-based system that incorporates breathing practices, meditation, and structured healing protocols designed to balance and energize the body's subtle energy systems [8, 9]. Case reports have documented its effectiveness in managing chronic kidney disease, hypertension, diabetes, and other systemic conditions [10-15].

This report presents the case of a young male patient aged 22 years with AKI who received YPV healing alongside conventional nephrology care, resulting in normalization of renal function and sustained recovery.

METHOD

Case presentation

Patient Information

- Aged 22 years, male, student, based in Mangalore, India.

Healer Information

- Certified YPV Healer, Level 5 Healer, Senior Trainer
- Location: Mangalore, India

Pre-YPV Medical Condition

- Diagnosis: Acute Kidney Injury (AKI) (See Annexure 1)
- Symptoms: Severe back pain, elevated creatinine levels, worsening renal function requiring hospitalization.
- Hospitalization: Mangalore.
- Medical Recommendation: Dialysis and biopsy were advised by treating nephrologists.
- Contact with YPV Healing: referral by a former client

YPV Healing Intervention

- **Start Date:** 20 March 2018
- **End Date:** 19 June 2018
- **Protocols Used:**
 - YPV Level 5, Level 2, Level 3
 - HDP Level 1
- **Healing Sessions:**
 - Total: 110 sessions
 - Duration: ~30 minutes each
 - Frequency: Twice daily for the first 15 days, then continued regularly for 3 months.
- **Patient Participation:**
 - Practiced Rhythmic Yogic Breathing as instructed.

- Followed healer's guidance diligently.

Clinical Progress

- Within a week of start of healing sessions, there was 95% improvement in kidney condition (See Annexure 2)
- Dialysis and biopsy procedures were completed smoothly.
- By one month, doctors confirmed normalization of kidney function.
- Healing continued for three months to sustain recovery and stabilize energy balance.

Outcome

- Patient achieved complete recovery from Acute Kidney Injury.
- No further complications reported.
- Learned YPV Level 1 course for self-healing in 2018.
- As of September 2018, patient was healthy, and employed in a multinational company.

Patient Testimonial (Excerpt)

"I had been suffering from Acute Kidney Injury in March 2018... The doctors told me I was in need of dialysis. I immediately contacted Senior YPV healer [REDACTED] who started healing me. The dialysis & biopsy went smoothly and I was discharged soon. The YPV healing definitely helped me a lot. After a month the doctor told me that my condition was back to normal with all the test reports showing positive results." (full testimonial is at Annexure 3)

DISCUSSION

This case illustrates the potential role of Yoga Prana Vidya healing as a complementary modality in the management of Acute Kidney Injury. The patient required hospitalization and dialysis, consistent with standard nephrology practice (1-3). However, the integration of YPV healing appeared to accelerate recovery, with normalization of renal function documented within one month. The patient's active participation in Rhythmic Yogic Breathing and subsequent training in self-healing further contributed to resilience and empowerment, aligning with evidence that mind-body practices can improve physiological outcomes in renal disease.

Energy-based healing modalities such as YPV are hypothesized to work by cleansing and energizing affected organ systems, thereby facilitating repair and regeneration (10,11). While the precise mechanisms remain to be elucidated, studies on meditation and yogic breathing have demonstrated reductions in stress, improvements in autonomic balance, and modulation of inflammatory pathways, all of which may support renal recovery.

Importantly, this case underscores that YPV healing was not used as a substitute for conventional nephrology but as an adjunct. Dialysis and biopsy were performed as medically

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indicated, and YPV healing was integrated to sustain energy balance and enhance recovery. Such integrative approaches may reduce symptom burden, improve patient satisfaction, and support long-term health maintenance.

Further research, including controlled clinical trials, is warranted to evaluate the efficacy and mechanisms of YPV healing in AKI and other renal disorders. Nonetheless, this case contributes to the growing body of evidence supporting integrative medicine in nephrology.

Conclusion

Yoga Prana Vidya healing, when used alongside conventional nephrology, demonstrated positive outcomes in the management of Acute Kidney Injury. This case underscores the potential of integrative approaches in enhancing recovery, patient satisfaction, and long-term health maintenance.

Acknowledgments

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Conflicts of interest

None declared

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Annexure 1 Lab report 19 March 2018

KASTURBA MEDICAL COLLEGE
MANGALURU
(A constituent institution of MAHE, Manipal)

KMC Laboratory Services

NAME: Mr. [REDACTED]
AGE/SEX: 22 Years / Male
REF BY: [REDACTED]
LAB NO: 481011 / Sample no: 3569
PATIENT OP/IP/BILL NO: 10026777-OR1803190576/18

DATE OF REGISTRATON: 19/03/2018
DATE OF RECEIPT: 19/03/2018 13:28
DATE OF REPORT: 19/03/2018 16:25
LOCATION: T2 401
HOSPITAL NO: 090617855

Certificate No. R

INVESTIGATION	RESULT	UNIT	REF. RANGE
UREA (SERUM)	52	mg/dl	10 - 45
Method: Urease-GLDH			
CREATININE (SERUM)	5.5	mg/dl	0.4 - 1.4
Method: Jaffe-Colorimeter			
C.P.K.	271.3	U/L	35 - 186
Method: UF-Enzymatic			
AMYLASE (SERUM)	49	U/L	28 - 100
Method: Ethyldine-G7 PNP			
*C3c LEVEL (SERUM)	95.3	mg/dl	90 - 180
Method: Immunoturbidimetric			
ELECTROLYTES			
SODIUM (SERUM)	134	mmol/L	136 - 149
Method: ISE Indirect			
POTASSIUM (SERUM)	5.13	mmol/L	3.5 - 5.3
Method: ISE Indirect			
CHLORIDE (SERUM)	97.4	mmol/L	98 - 111
Method: ISE Indirect			
BICARBONATE (SERUM)	21.0	mmol/L	23 - 27
Method: PEPC-Enzymatic			

Dr. Reshma K
Consultant Biochemist

Entered By - DR RESHMA
Verified By - DR RESHMA

** END OF REPORT **

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Annexure 2: Lab report dt 25 March 2018

KASTURBA MEDICAL COLLEGE
MANGALURU
(A constituent institution of Manipal University, Manipal)

KMC Laboratory Services

NAME: Mr. [REDACTED]
AGE/SEX: 22 Years / Male
REF BY: ASHOK DHAT
LAB NO: 481011 / Sample no: 4287
PATIENT OP/IP/BILL NO: 10026777-OR1803240965/18

DATE OF REGISTRATON: 25/03/2018
DATE OF RECEIPT: 25/03/2018 06:05
DATE OF REPORT: 25/03/2018 09:24
LOCATION: T2 401
HOSPITAL NO: 090617855

Certificate No. R

INVESTIGATION	RESULT	UNIT	REF. RANGE
UREA (SERUM)	24	mg/dl	10 - 45
Method: Urease-GLDH			
CREATININE (SERUM)	1.4	mg/dl	0.4 - 1.4
Method: Jaffe-Colorimeter			
ELECTROLYTES			
SODIUM (SERUM)	139	mmol/L	136 - 149
Method: ISE Indirect			
POTASSIUM (SERUM)	4.20	mmol/L	3.5 - 5.3
Method: ISE Indirect			
CHLORIDE (SERUM)	96.7	mmol/L	98 - 111
Method: ISE Indirect			
BICARBONATE (SERUM)	24.0	mmol/L	23 - 27
Method: PEPC-Enzymatic			

Dr. Poornima Manjrekar
Consultant Biochemist

Entered By - Dr. Poornima Manjrekar
Verified By - Dr. Poornima Manjrekar

** END OF REPORT **

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Certified Laboratory as per National Accreditation Board for Testing and Calibration Laboratories.
Note: This report is subjected to the terms and conditions mentioned on the back of the report.

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Annexure 3: Patient testimonial

Mangalore
6th Sept 2018

Dear Sir,

I had been suffering from Acute Kidney Injury in March 2018. I had severe back pain one morning and when I went to the hospital, they told me that my creatinine levels had shot up and was more than normal. So I got myself admitted to KMC Jyothi, Mangalore. I was kept under observation for a couple of days but my condition worsened.

The doctors (Dr. G.G. Laxman Prabhu & Dr. Ashok Bhat) told me I was in need of dialysis. I immediately contacted YPV healer Mr. Mohandas Baliga who started healing me. The dialysis & biopsy went smoothly and I was discharged soon. The YPV healing definitely helped me a lot.

After a month the doctor told me that my condition was back to normal with all the test reports showing positive results.

I had attached my 'Before' and 'After' test reports. But I have striked my name out as I do not want to make it public.

For more clarification you can drop me a mail. I will not be available on my cell phone.

I thank YPV healing for its tremendous works on me.

~~Baliga~~
UTSAV BALIGA

...Below is transcript...

Mangalore
6th Sept 2018
Dear Sir,

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For more clarification, you can drop me a mail as I will not be available on my cell phone. I thank YPV healing for its tremendous work on me.

Sd...

X X
