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Yoga Prana Vidya (YPV) Protocols in Reversing End-Stage Kidney Failure: Cases on Creatinine Normalization and Dialysis Avoidance

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Abstract

Introduction: Two male patients aged 29 and 66, respectively, were diagnosed with kidney-related issues marked by extremely high creatinine levels, leading to stoppage of urination, severe weakness, inability to eat, and persistent stress. Due to the critical nature of their condition, they were unable to perform routine day-to-day activities and required continuous medical attention. Both patients had a prior history of kidney problems. Upon coming in contact with a Yoga Prana Vidya (YPV) healer, they chose to undergo YPV Healing as a complementary and alternative medicine (CAM). This paper presents and discusses these two cases of kidney disorders successfully managed using the structured YPV Healing Protocols.

Creatinine is a waste product of the muscles. In a healthy body, the kidneys filter creatinine from the blood and excrete it through the urine. High levels of creatinine can indicate kidney issues [1]. Effective diagnosis and treatment of this disease depend on the application of accepted standards. This paper represents the two cases of different age groups who suffered from this condition and were both cured by using the Yoga Prana Vidya modality as a complementary method.

Method: This study follows a case study approach, presenting a detailed analysis supported by medical reports documenting both patients' health conditions before and after Yoga Prana Vidya (YPV) healing, applied as a complementary and alternative medicine system. The cases involve two male patients aged 29 and 66, respectively, diagnosed with kidney-related issues at different periods. Their initial symptoms included stoppage of urination, inability to eat, severe weakness, stress, and abnormally high creatinine levels. The condition became critical, resulting in complete urinary obstruction and hospitalization due to dangerously elevated creatinine levels. Both patients were undergoing intensive medical treatment, including heavy medication and regular dialysis as prescribed by their doctors during the acute phase.

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Result: A detailed review of patients' health status and medical records before and after treatment indicates significant recovery from kidney-related issues. The findings demonstrate that patients experienced healing and improvement through the application of the Yoga Prana Vidya (YPV) healing system.

Conclusion: Yoga Prana Vidya healing has been shown to be an effective method that supports rapid recovery. It has also demonstrated potential in managing certain disease conditions as a complementary and alternative treatment approach, helping patients avoid dialysis or kidney transplantation. To further validate these outcomes, additional studies with larger and appropriately selected samples can be done.

Keywords: Kidney Failure, High Creatinine Levels, Dialysis, Yoga Prana Vidya System®, YPV Healing.

1. Introduction:

1.1 High Creatinine levels:

Creatinine is a waste product that occurs naturally in your body when your muscle tissues break down.

Measuring creatinine levels can provide insights into how your kidneys are functioning. Your kidneys filter creatinine and other waste products from your blood, which are then excreted through urine.

A doctor may want to confirm these values by using a urine test or by repeating the blood test.

Creatinine levels	Males	Females
Low	below 0.7 mg/dL	below 0.5 mg/dL
Normal	0.7 to 1.2 mg/dL	0.5 to 1.0 mg/dL
High	Above 1.2 mg/dL	above 1.0 mg/dL

Causes of High Creatinine Levels:

In general, high creatinine levels can indicate that your kidneys aren't working well.
There are many possible causes of high creatinine, some of which may not be related to your kidneys. These may include:

- being dehydrated
- having a high protein diet
- exercising regularly
- being pregnant
- taking the supplement creatine

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However, other causes of high creatinine may be a sign of an underlying health condition that could require medical treatment. Many of these conditions can cause damage or disease that impacts kidney function.

These may include:
- drug toxicity (drug-induced nephrotoxicity)
- kidney infection (pyelonephritis)
- glomerulonephritis
- diabetes
- high blood pressure
- heart disease, such as atherosclerosis or congestive heart failure
- blockage of the urinary tract
- kidney failure, both acute and chronic

Symptoms that can accompany high creatinine:
Kidney failure occurs when your kidney function is less than 15%. It's a common cause of high creatinine.

Kidney failure can be either acute or chronic. The symptoms of acute kidney failure can come on quickly, while those of chronic kidney failure develop over time. Some symptoms of kidney failure to watch for include:
- Fluid retention, particularly in your lower body
- Passing low amounts of urine
- Feeling weak or fatigued
- Headache
- Confusion
- Nausea
- Trouble sleeping
- Muscle cramping
- Feeling itchy
- Shortness of breath
- Chest pain

In cases of kidney failure, dialysis may be required in addition to medications to help filter toxins and waste products from your blood. In severe cases or end-stage cases, a kidney transplant may be required [2]

1.2 Yoga Prana Vidya (YPV) System:

Yoga Prana Vidya (YPV) is an integrated, holistic system that combines breathing techniques, forgiveness, meditation, yoga, and energy healing to address physical, emotional, mental, and spiritual well-being. It emphasizes self-healing by enabling individuals to overcome internal

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blocks and utilize latent potential. The system includes simple physical exercises, rhythmic breathing, forgiveness, meditation, and structured healing practices.

As a no-touch, no-drug modality, YPV can be administered both in person and at a distance. Evidence suggests its effectiveness as a complementary and alternative therapy across a range of physical and psychological conditions, including complex medical cases [3–14]. Its simplicity and accessibility have contributed to its growing acceptance, particularly for rapid and sustained pain relief.

Yoga Prana Vidya (YPV) is a holistic energy healing system rooted in ancient techniques that is structured for systematic healing of patients for treating various diseases. 166 published research articles show consistent results of recovery for patients, and many more are in the pipeline. For example, managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [3], healing treatment of a female patient suffering from kneecap dislocation [4]. Successful self-healing of vitiligo condition and overcoming psychosocial stresses [5], Successful healing treatment of adenomyosis [6], A case of Unilateral multi-cystic dysplastic Kidney in a 7 – month fetus - Successful healing [7], Successful Healing Treatment of Renal Calculi (Kidney Stones) [8], A Case of Chocolate Ovarian Cyst Successful Healing [9]. Varicose Vein with Perforator Incompetence And Ulcerative Gangrene [10], Herpes Zoster Infection [11], Treatment of Small Intestinal Bacterial Overgrowth (SIBO) [12], Bedwetting treated using 10AM online Group Healing [13], A similar study on a Randomized Control Trial using 10PM Online Divine Group Healing was done for Well-Being of IT professionals [14].

Patients with high creatinine face a very painful, unfortunate and worrisome journey from diagnosis to treatment, and it has shown that it is only when the condition becomes critical that the patient starts thinking of acting upon corrective actions. Such a condition can also become critical, because in such a situation, medical doctors go for dialysis due to kidney dysfunction. Based on medical reports, doctors conclude the prescription and medical line of action.

It has been observed Yoga Prana Vidya System® (YPV®), which is a no-touch, no-drug, bio-energy healing method, has been used to successfully heal patients having simple to complex and multiple medical conditions. This paper presents case studies of two patients having high serum creatinine levels and dysfunction of the kidney, successfully healed by Yoga Prana Vidya protocols.

2. Case History:

Patient's information:

Case 1: A 29-year-old married male, residing in Ahmedabad city of Gujarat state, India, doing a private job, and at that time his wife was 7 months pregnant.

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Case 2: A 66-year-old male residing in Deesa town of Gujarat state, India, a small town farmer, married and has three children.

Pre-YPV condition:

Case 1: The patient presented with acute urinary retention despite having a single functioning transplanted kidney (transplant performed two years prior). Medical evaluation indicated that dialysis would be required if urine output did not resume. Laboratory findings revealed a markedly elevated serum creatinine level of 10.64 mg/dL, causing significant distress to the family. The patient exhibited severe psychological stress, characterized by fear of death, loss of appetite, and depressive symptoms. His emotional state was further aggravated by concerns about his pregnant wife and unborn child, as he perceived his health condition to be rapidly deteriorating.

Case 2: The patient was admitted to the intensive care unit (ICU) following acute cessation of urine output and markedly elevated serum creatinine levels (10.2 mg/dL), necessitating the initiation of dialysis. Clinically, he presented with persistent severe vomiting, inability to tolerate oral intake, and profound generalized weakness, indicating significant systemic compromise. The severity of his condition and the need for intensive management caused considerable emotional distress among family members.

YPV Healing Intervention:

Case 1: On 11 May 2021, an urgent request for YPV Healing intervention was received from the patient's family due to the critically deteriorating clinical condition of the patient. Intensive healing sessions were administered at two-hour intervals during the first 24 hours. By the early hours of 12 May 2021, the patient demonstrated the onset of urine output, indicating an improvement in renal function. The attending physician subsequently advised that dialysis was not required at that stage. This development was clinically significant, particularly in light of the previously uncertain prognosis.

YPV Healing was continued regularly over a period of 10 days. During this time, serial biochemical assessments revealed a progressive reduction in serum creatinine levels, ultimately reaching the normal range. This outcome is noteworthy given that the patient had a single functioning transplanted kidney, a condition typically associated with a higher risk of renal compromise and limited recovery potential. The observed improvement suggests a possible supportive role of YPV Healing in enhancing renal function in critical cases, warranting further systematic investigation.

Case 2: On 15 May 2021, the patient's family contacted a YPV healer, reporting a critical deterioration in the patient's condition, notably the cessation of urine output, severe vomiting and weakness. An intensive healing protocol was initiated, with sessions administered four times daily during the first two days. Following this intervention, the patient exhibited restoration of

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urine output and cessation of vomiting, indicating clinical improvement. The attending physician subsequently advised that dialysis was not required at that stage, suggesting stabilization of renal function.

Considering the patient's advanced age, the observed recovery was clinically noteworthy and not anticipated under the prevailing circumstances. YPV Healing was continued over a total duration of 18 days, during which serial biochemical monitoring demonstrated a progressive decline in serum creatinine levels, ultimately reaching the normal range. These findings suggest a potential adjunctive role of YPV Healing in supporting renal function recovery in critically ill patients, meriting further systematic and controlled investigation.

Healing protocols used in both cases:

YPV Psychotherapy, Internal organ and blood cleansing techniques of YPV Healing.
Kidneys were treated with greater focus by using combinations of colour pranas of YPV Healing.

3. Result:

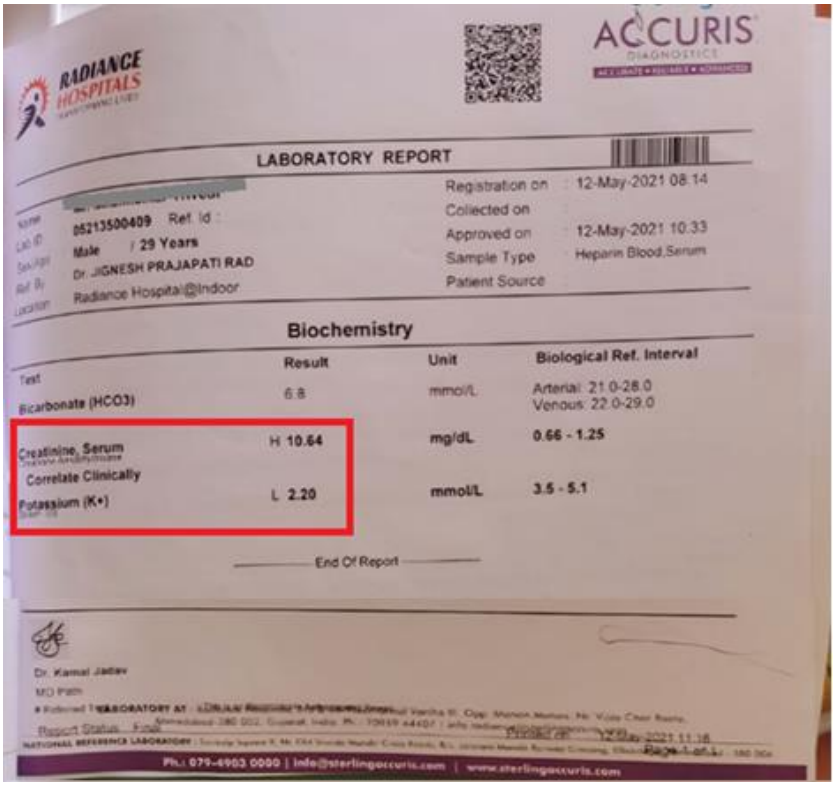
After YPV intervention:

Case 1:
On 11 May 2021, the patient's serum creatinine level was recorded at 10.64 mg/dL, indicative of severe renal impairment. Following the YPV intervention period, a substantial decline in serum creatinine was observed, reaching 1.81 mg/dL on 19 May 2021 and 1.78 mg/dL on 20 May 2021, values approaching the normal reference range. This degree of improvement is clinically significant, particularly in the context of a single functioning transplanted kidney, where recovery potential is typically limited. Given the critical presentation, the treating physicians had initially expressed concern regarding the possibility of systemic infection and an unfavorable prognosis.

In addition to the biochemical improvements, there was a noticeable reduction in psychological distress, including stress, fear, and depressive symptoms, coinciding with the normalization of clinical parameters. The temporal association between the intervention and both physiological and psychological improvements suggests a potential integrative benefit. Laboratory reports documenting pre- and post-intervention creatinine levels are provided to substantiate these findings.

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RADIANCE HOSPITALS

ACCURIS DIAGNOSTICS

LABORATORY REPORT

Registration on 12-May-2021 08:14
Collected on
Approved on 12-May-2021 10:33
Sample Type Heparin Blood,Serum
Patient Source

05213500409 Ref. Id :
Male / 29 Years
Dr. JIGNESH PRAJAPATI RAD
Radiance Hospital@Indoor

Biochemistry

Test	Result	Unit	Biological Ref. Interval
Bicarbonate (HCO3)	6.8	mmol/L	Arterial: 21.0-28.0 Venous: 22.0-29.0
Creatinine, Serum	H 10.64	mg/dL	0.66 - 1.25
Correlate Clinically			
Potassium (K+)	L 2.20	mmol/L	3.5 - 5.1

End Of Report

Dr. Kamal Jadav
MD Path

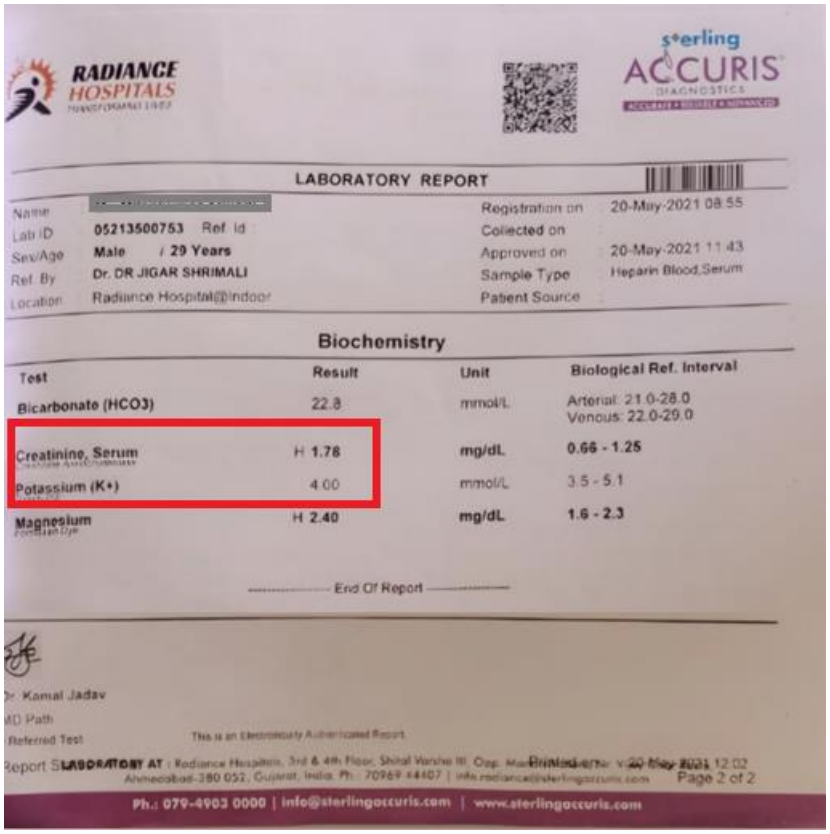
Report Status Final

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Before Healing (12-May-2021)

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RADIANCE HOSPITALS

sterling ACCURIS DIAGNOSTICS

LABORATORY REPORT

Name
Lab ID 05213500753 Ref. Id
Sex/Age Male / 29 Years
Ref. By Dr. DR JIGAR SHRIMALI
Location Radiance Hospital@Indoor

Registration on 20-May-2021 08:55
Collected on
Approved on 20-May-2021 11:43
Sample Type Heparin Blood,Serum
Patient Source

Biochemistry

Test	Result	Unit	Biological Ref. Interval
Bicarbonate (HCO3)	22.8	mmol/L	Arterial: 21.0-28.0 Venous: 22.0-29.0
Creatinine, Serum	H 1.78	mg/dL	0.66 - 1.25
Potassium (K+)	4.00	mmol/L	3.5 - 5.1
Magnesium	H 2.40	mg/dL	1.6 - 2.3

End Of Report

Dr. Kamal Jadav
MD Path

This is an Electronically Authenticated Report

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After Healing (20-May-2021)

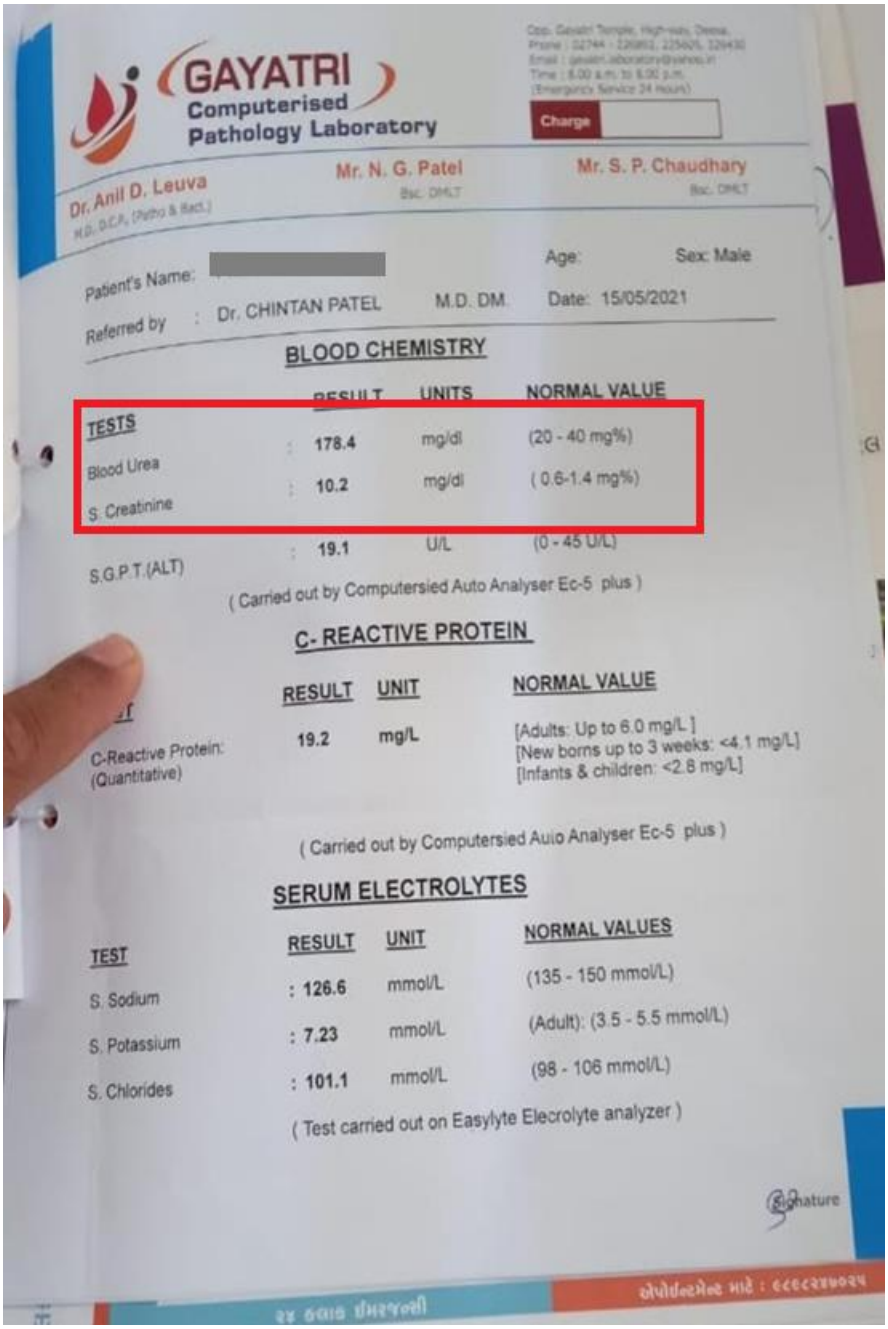
Case 2:

On 15 May 2021, the patient's serum creatinine level was recorded at 10.2 mg/dL, indicating severe renal dysfunction. By 17 May 2021, the patient demonstrated adequate urine output, and the attending physician advised that dialysis was not required, suggesting clinical stabilization. A marked reduction in serum creatinine was subsequently observed, reaching 1.57 mg/dL on 20 May 2021, at which point the patient was discharged from the hospital. Follow-up evaluation on 1 June 2021 revealed a further decrease in serum creatinine to 1.09 mg/dL, which falls within the normal reference range.

Considering the patient's advanced age, the rapid and substantial improvement in renal function was clinically unexpected. In parallel with the physiological recovery, notable improvements in psychological parameters, including reductions in stress and anxiety, were observed during the period of Yoga Prana Vidya (YPV) Healing.

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GAYATRI
Computerised
Pathology Laboratory

Dr. Anil D. Leuva
M.D., D.C.P., (Patho & Bact.)

Mr. N. G. Patel
Bsc. DMLT

Mr. S. P. Chaudhary
Bsc. DMLT

Charge

Patient's Name: [redacted] Age: Sex: Male

Referred by : Dr. CHINTAN PATEL M.D. DM. Date: 15/05/2021

BLOOD CHEMISTRY

TESTS	RESULT	UNITS	NORMAL VALUE
Blood Urea	: 178.4	mg/dl	(20 - 40 mg%)
S. Creatinine	: 10.2	mg/dl	(0.6-1.4 mg%)
S.G.P.T.(ALT)	: 19.1	U/L	(0 - 45 U/L)

(Carried out by Computersied Auto Analyser Ec-5 plus)

C- REACTIVE PROTEIN

	RESULT	UNIT	NORMAL VALUE
C-Reactive Protein: (Quantitative)	19.2	mg/L	[Adults: Up to 6.0 mg/L] [New borns up to 3 weeks: <4.1 mg/L] [Infants & children: <2.8 mg/L]

(Carried out by Computersied Auto Analyser Ec-5 plus)

SERUM ELECTROLYTES

TEST	RESULT	UNIT	NORMAL VALUES
S. Sodium	: 126.6	mmol/L	(135 - 150 mmol/L)
S. Potassium	: 7.23	mmol/L	(Adult): (3.5 - 5.5 mmol/L)
S. Chlorides	: 101.1	mmol/L	(98 - 106 mmol/L)

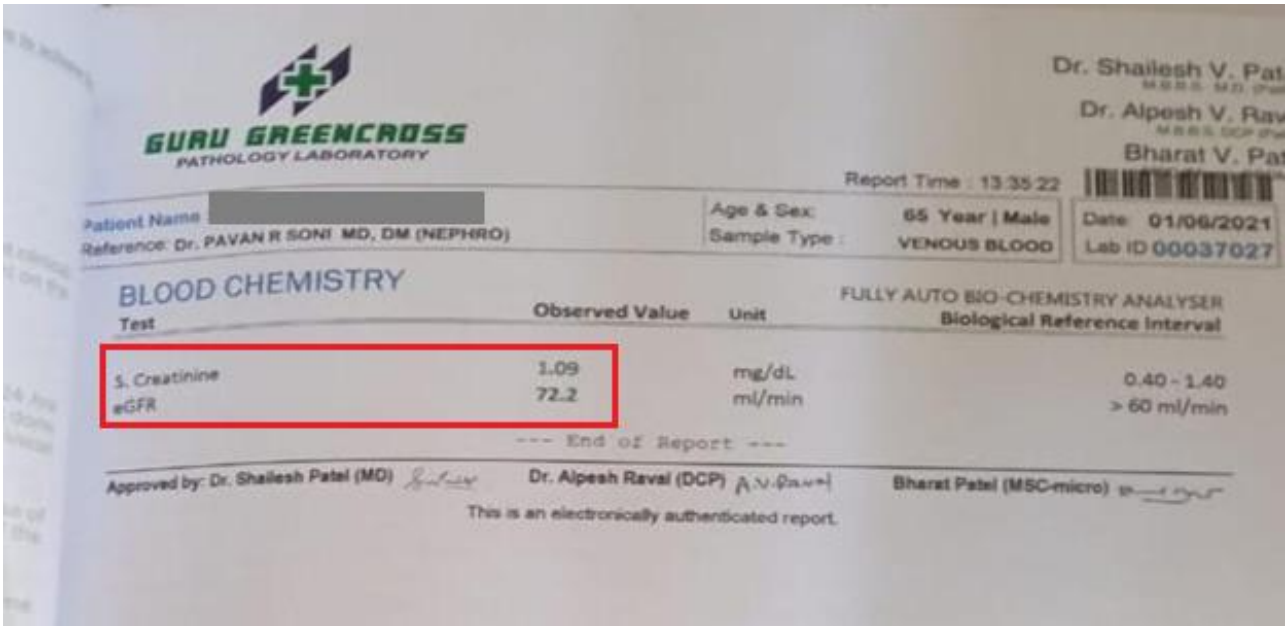
(Test carried out on Easylyte Elecrolyte analyzer)

Signature

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After Healing (01-Jun-2021)

4. Discussion:

The present study documents two cases of elevated creatinine levels that showed marked improvement following the application of Yoga Prana Vidya (YPV) Healing. Serum creatinine is widely recognized as a key biomarker of renal function, and elevated levels are typically associated with impaired kidney function or underlying systemic conditions. Conventional management often involves pharmacological intervention, dietary restrictions and in severe cases, kidney dialysis and renal replacement therapies. In this context, the observed normalization of creatinine levels through YPV Healing presents an interesting complementary approach.

The improvement seen in these cases may be attributed to the holistic framework of YPV, which integrates energy healing techniques, breathing exercises, forgiveness and lifestyle modifications. YPV Healing operates on the principle that imbalances in the energy body can manifest as physical ailments. By cleansing and energizing specific energy centers (chakras), practitioners aim to restore systemic balance, which may in turn support physiological healing processes. The reduction in creatinine levels observed in this case could be linked to improved energy flow in organs associated with excretory and metabolic functions, particularly the kidneys.

However, while the results are promising, this study is limited by its two-case design. The absence of a control group and the potential influence of confounding variables—such as concurrent lifestyle changes or spontaneous recovery—cannot be ruled out. Additionally, the exact biological mechanisms underlying the effects of YPV Healing remain to be elucidated

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through rigorous scientific investigation. Future studies with larger sample sizes, controlled designs, and objective biomarkers are needed to validate these findings.

In conclusion, these two cases suggest that YPV Healing may offer a supportive, non-invasive complementary approach in the management of elevated creatinine levels. While not a replacement for conventional medical care, it has the potential to be integrated as an adjunct therapy, warranting further scientific exploration.

5. Conclusion:

The Yoga Prana Vidya (YPV) technique has been reported by numerous practitioners and patients as a form of complementary and alternative medicine (CAM). It is characterized as a cost-effective and user-friendly biofield-based intervention, with potential to alleviate patient suffering. Observations from the two cases, which presented with markedly elevated creatinine levels, suggest that the YPV Healing System may have applicability not only as an adjunctive therapy but also as a potential alternative therapeutic approach in the management of severe renal disorders.

Further investigations are warranted to evaluate the broader applicability of the YPV Healing System across diverse kidney-related conditions, employing larger sample sizes and more rigorous study designs to substantiate these preliminary findings.

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Nil

Conflict of interest:

None

Ethical approval:

Not required

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