



## Integrative Yoga Prana Vidya (YPV) Healing Support in Treatment of Recurrent Liver Tumor with Cirrhosis and Hepatitis B: A case study

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### ABSTRACT

**Background:**Chronic Hepatitis B infection is a known precursor to liver cirrhosis and hepatocellular carcinoma(HCC). Recurrent hepatic tumors pose significant physical and emotional challenges. This case explores the role of Yoga Prana Vidya (YPV) healing as a complementary intervention in a patient with recurrent liver tumors and cirrhosis.

**Case Presentation:**A 60-year-old male with lifelong Hepatitis B and cirrhosis developed hepatic tumors in April 2024, September 2024, and January 2025, each surgically removed via microwave ablation (MWA). Following the third recurrence, the patient experienced emotional distress and was introduced to YPV healing in April 2025. A Certified YPV and Level 5 healer initiated daily sessions, later joined by a Certified Senior YPV and Level 6 healer for intensive three-times-daily healing from May to July 2025. The protocol included YPV Level 5 and 6 techniques, blood and organ cleansing, psychotherapy, and environmental energy hygiene. The patient also practiced daily salt water baths, breathing exercises, forgiveness sadhana, and weekly Planetary Peace Meditation from YPV Sadhana App.

**Outcomes:**MRI and blood tests conducted on 29 July 2025 and again on 01 November 2025 showed no new tumor formation and normalized parameters. The patient reported improved energy, emotional stability, and resolution of minor ailments without medication.

**Conclusion:**This case suggests that YPV healing may offer valuable adjunctive support in managing chronic hepatic conditions, enhancing emotional resilience, and potentially contributing to tumor non-recurrence. Further clinical studies are warranted to explore its integrative potential in oncology and chronic disease care.

**Keywords:**Liver Cirrhosis, Hepatitis B, Recurrent Liver Tumor, Integrative Healing, Yoga Prana Vidya System®, YPV®.

### INTRODUCTION

Liver cirrhosis is a progressive, irreversible condition characterized by fibrosis and architectural distortion of the liver, often resulting from chronic hepatitis B virus (HBV) infection [1]. Globally, HBV affects over 296 million people and is a leading cause of cirrhosis and hepatocellular carcinoma (HCC) [2]. HCC is the most common primary liver cancer and ranks as the third leading cause of cancer-related deaths worldwide [3]. The incidence of HCC is rising, particularly in Asia and sub-Saharan Africa, with increasing trends observed in Western countries as well [4-5].

Despite advances in surveillance and treatment—including surgical resection, ablation, and liver transplantation—HCC recurrence remains a significant challenge [6]. Emotional distress, fatigue, and reduced quality of life are common among patients with chronic liver disease and cancer [7]. Integrative approaches, including energy-based healing systems, are gaining attention for their potential to complement conventional care and improve patient outcomes [8].

Yoga Prana Vidya (YPV) System is a non-touch, biofield-based healing modality rooted in ancient yogic sciences. It employs techniques such as energy cleansing, breath regulation, forgiveness practices, and meditation to harmonize the body's energy system [9-10]. Emerging evidence suggests YPV may support immune modulation, emotional resilience,

and recovery in chronic and acute conditions [11–13]. This case report presents the integrative management of a patient with recurrent liver tumors and cirrhosis using YPV healing alongside conventional medical interventions.

## **METHOD**

### **Case presentation**

A 60-year-old male with a lifelong history of HBV and liver cirrhosis presented with recurrent hepatic tumors. Tumors were detected via MRI in April 2024, September 2024, and January 2025, each removed through microwave ablation (MWA). Following the third recurrence, the patient experienced emotional distress and was introduced to YPV healing in April 2025.

A Certified YPV and Level 5 healer initiated daily sessions, later joined by a Certified Senior YPV and Level 6 healer for intensive three-times-daily healing from May to July 2025. The intervention included:

- YPV Level 5 and 6 protocols
- Blood and liver energy cleansing and energising.
- Cord cutting and YPV psychotherapy
- Environmental and medicine energy cleansing
- Daily salt water baths, and rhythmic yogic breathing (4×), forgiveness sadhana (1×), and weekly Planetary Peace Meditation (PPM) using free YPV Sadhana App.

Clinical monitoring included MRI and blood tests in July and October 2025.

## **RESULTS**

By July 2025, MRI and blood tests showed no new tumor formation and normalized liver parameters. A follow-up MRI on 01 November 2025 confirmed continued remission. The patient reported improved energy, emotional stability, and resolution of minor ailments (e.g., fever, cold, body aches) without pharmacological intervention. He maintained high adherence to YPV practices and expressed satisfaction with the integrative approach. The patient's feedback is at Annexure 1.

## **DISCUSSION**

This case illustrates the application of YPV healing as an adjunctive therapy in managing chronic liver disease and recurrent tumors. While MWA addressed tumor removal, YPV protocols have contributed to immune support, emotional resilience, and prevention of recurrence. Studies have shown that biofield therapies can influence autonomic regulation, reduce stress, and enhance immune function [14–15]. A Norwegian study on cancer patients found that four out of five participants included in this study used CAM (Complementary and Alternative Medicine) with high satisfaction and low rates of adverse effects. The main reasons for using CAM were to increase quality of life, coping, relaxation or well-being followed by strengthening the body and the immune system [16].

YPV's emphasis on breathwork and forgiveness practices aligns with evidence supporting mind–body interventions in oncology and chronic disease management [17–19]. Case studies have documented its benefits in diabetes, hypertension, and wound healing [20–22].

Although this is a single case, the sustained remission and subjective improvements warrant further investigation through controlled studies. Integrating YPV into supportive oncology care may enhance holistic recovery and quality of life.

## **CONCLUSION**

YPV healing, when integrated with conventional medical treatment, may offer significant benefits in managing complex chronic conditions such as liver cirrhosis and recurrent HCC. This case supports the feasibility and potential efficacy of YPV as a complementary modality, meriting further clinical research.

## **Acknowledgments**

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## **Consent Statement**

Written informed consent for publication of clinical details and anonymized patient feedback was obtained from the patient. Identifying information has been removed to protect patient confidentiality.

**Conflicts of Interest:** The authors declare no conflicts of interest.

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**Annexure 1: Patient Feedback pages 1 & 2 in Hindi and its translation in English**

दिनांक 07/08/2025.

मैं, मिथिल गोडबोले, उम्र 60 वर्ष, उज्जैन.

मुझे जन्म से ही Hepatitis-B की बीमारी थी. जिसके कारण मुझे Liver cirrhosis हो गया था. इस बीमारी की दवाई से निरंतर ले रहा हूँ. डॉक्टर की सलाह पर प्रतिवर्ष SONOGRAPHY तथा Blood Test मेरे द्वारा करवाये जाते थे, जो Normal Range में आते थे. माह अप्रैल-2024 में डॉक्टर द्वारा MRI करवाने की सलाह दी गई, जिसमें यह ज्ञात हुआ कि Liver पर एक Tumor develop हो गया है, जो कैंसर का हो सकता है, डॉ. से परामर्श लेकर Tumor को MWA Process से निकलवा दिया गया, जिसके परचाल माह सितंबर-24 में पुनः Liver पर दूसरे स्थान पर tumor हुआ, उसे भी निकलवा दिया गया, माह जनवरी-25 में पुनः MRI करवाने पर बिल्कुल ठोस एक Tumor पुनः develop हुआ, जिसे भी MWA कर निकलवा दिया गया. माह-अप्रैल-25 में मेरे पुत्र द्वारा मुझे मेडम सीमा श्रीवास्तव उज्जैन से YPV Healing [redacted] की सलाह दी गई, माह अप्रैल-25 से मेडम सीमा श्रीवास्तव के द्वारा मेरी Healing शुरू की गई, कुछ दिनों परचाल मेडम द्वारा [redacted] कि 3 माह तक उनकी Senior madam Vishakha Karnani, Indore से भी समानांतर Healing करवाये, अतः दोनों मेडम द्वारा मेरी Healing की गई है. दिनांक 29-07-2025 को जब पुनः मेरी MRI हुई तो उनके डॉ. को कोई नया Tumor नहीं दिखा. अतः YPV [redacted] से मेरी Healing शुरू हो गई. अतः मेरी Healing मेडम सीमा श्रीवास्तव द्वारा की जा रही है. धन्यवाद.

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निश्चय, मैं यह उल्लेख करना चाहता हूँ कि पिछले 6 माहों में मुझे अन्य कई परेशानियाँ हुई, जैसे बुखार, थिर-दर्द, हाथ-पांव दर्द, खींच-खींच चोट, सर्दी-जुकाम इन सभी के लिये मैंने कोई दवा नहीं ली है, यह सब हीलिंग से ही ठीक हुआ है। मेडम के निर्देशानुसार मैं प्रतिदिन श्वसन-क्रिया कर रहा हूँ साथ ही क्षमा-प्रार्थना भी कर रहा हूँ, जिसके फलस्वरूप मुझे बहुत अच्छा महसूस हो रहा है। शरीर में energy feel होती है।

स्थान - उज्जैन.  
दि - 08-11-2025.

Sadhika  
[Redacted]  
2 [Redacted]  
रा [Redacted] स  
उज्जैन - 456010.  
मोबाई [Redacted]

**English translation of the above is given below.**

Dt 07/08/2025

I, [Redacted] aged 60 based in Ujjain.

I am with Hepatitis B disease from Childhood, because of this, Liver cirrhosis happened. For this condition, I am taking chronic medications. On doctor's advice, I have been taking sonography and blood tests every year and the results are in normal range. In the month of April 2024, doctor advised to take MRI test. It was found from the test that there was a tumor on the liver, which may develop into cancer. After medical consultation, the Tumor was removed by MWA process. Afterwards, in September 2024, a new Tumor developed at another place on Liver, And I got this removed. I took new MRI in January 2025 which showed a small tumor appeared again and I got this also removed. In April 2025. From April 2025 I got introduced to madam [Redacted] through my son, who advised me to go through YPV healing.

From April 2025 Madam [Redacted] started healing for me. After few days, Madam [Redacted] advised to do healing for 3 months. Same time, her senior [Redacted] also healed for 3 months from Indore. Thus, both ladies did healing for me.

On 29 July 2025, again MRI was obtained and there was no new tremor. That's how I was benefitted from YPV healing.

Presently Madam [Redacted] is continuing my Healing.

Thank you.

Ujjain 08 Nov 2025

In the past 6 months I experienced several other minor health issues, such as, fever, headache, pain in hands and legs, small injuries, cold and cough, and I haven't taken any medicines for these issues. Only Healing resolved all these issues for me. As advised by Madam [Redacted], I am doing breathing every day, together with Forgiveness sadhana also, because of which I am feeling very good. I am feeling energetic in my body.

[Redacted]  
Ujjain