

How the participants of a Yoga Prana Vidya (YPV) eye camp experienced vision improvements: A case study

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Abstract

Introduction: Yoga Prana Vidya (YPV) system based on ancient yogic practices, is an integrated approach known from experience to heal diverse human diseases and sicknesses holistically. This case study presents the outcomes of vision improvements of participants through Yoga Prana Vidya (YPV) healing techniques by conducting a two-week eye healing camp at Bangarpet, Karnataka.

Materials and Methods: This is a case study method going into details of how the YPV eye camp was conducted. The YPV team collaborated with eye doctors of the local Government hospitals who screened and helped to identify a sample of 27 eye patients. YPV healers performed healing daily on each patient. In addition, the patients were trained to practice some YPV techniques on daily basis. Patient feedback reports were also taken at the end of the intervention.

Results: After receiving healing, vision improved for 23 participants from 80% to 100% within 5 to 10 days of healing. Seven of them could read without spectacles. However, for one patient cylindrical and spherical values were found to be higher than at intake, which needed further investigations. Three participants could not participate fully in the camp and discontinued for personal reasons.

Conclusion: It is observed that the YPV process caused other positive effects also besides improvements in vision for most of them, indicating the holistic nature of YPV healing. Participants who regularly attended forgiveness prayer and breathing exercises had better results. A participant who had been suffering from insomnia reported getting quality deep sleep.

Keywords: Eye disorders, Vision impairments, Optometric measurements, Yoga Prana Vidya Healing.

Introduction

Yoga Prana Vidya (YPV) is a non-drug and non-touch healing system that has been a proven and established discipline in healing various ailments, physiological and psychological.¹ It is used as complementary to main stream medicine systems such as Allopathy, Ayurveda, Homeopathy etc., and also used as standalone process in the treatment of certain health conditions. Its popularity in the recent times is attributable to satisfaction expressed by those healed and confirmed by their family members. YPV is also known to heal psychological sicknesses as well as physical sicknesses (authors, 2019a; 2019b)^{2,3}

Literature Survey: Vision Problems

Imperfections in the focusing power of the eye are called refractive errors. There are three primary types of refractive errors: myopia, hyperopia and astigmatism. Combinations of myopia and astigmatism

or hyperopia and astigmatism are common. With age, presbyopia and cataracts can also impair vision (Lasersight, 2019).⁴

Persons with myopia, or near-sightedness, have clear close up vision but have more difficulty seeing distant objects. In Hyperopia, or farsightedness, near vision blurs first and then distance at a later stage. Astigmatism is a distortion of the image on the retina caused by irregularities in the cornea or lens of the eye. Presbyopia is a condition that everyone develops at some point. People over the age of forty suffer from increased difficulty in reading.

Canadian scientists are of the opinion that healthy eyes can prevent the development of dementia in individuals (Arpita De, 2018).⁵ In the literature we come across common eye health problems which are treated through mainstream medicine and also healed through the use of alternative medicine such as Yoga Prana Vidya in this case, called an energy medicine.

Many age-related vision problems stem from a gradual loss of flexibility and tone in the eye muscles, which get locked into habitual patterns and lose their ability to focus at different distances. To maintain existing good eyesight or to improve fuzzy eyesight, evidence suggests that yoga may have a solution (Ruiz, 2007).⁶ The core exercises taught by the late celebrated ophthalmologist William H. Bates are yogic in nature and Bates claimed he could improve visual perception with palming, eyeball rotations, and vision shifting.

Dry eye syndrome is caused by a chronic lack of sufficient lubrication and moisture on the surface of the eye. Its consequences range from subtle but constant irritation to inflammation of the anterior (front) tissues of the eye. Dry eyes are also called keratitis sicca, which means reduced quality or quantity of tears. Similarly Keratoconjunctivitis sicca refers to eye dryness affecting both the cornea and the conjunctiva. Causes of dry eye syndrome may include hormonal changes, natural aging process, side effect of many medications such as blood pressure medications, Parkinson's medications and birth control pills and environmental conditions. Dry, dusty or windy climate may increase risk of dry eyes.

Blurry vision is always a concern for diabetes, whether transient or longer lasting. It may be indicative of blood sugar being too high or too low, and should be checked immediately (Pietrangelo, 2016).⁷ Although blurry vision may be a result of diabetes, there are other reasons you might have blurry vision. Some common causes include:

- Dry eyes
- Near-sightedness
- Low blood pressure
- Inflammation, or infection
- Certain prescription drugs

If you spend a lot of time in front of a computer monitor or handheld electronic device, you may find your vision getting blurry. This is called digital eye strain. Your eyes may be feeling the strain of poor lighting or the glare of the digital screen. If you're not seated at the proper viewing distance, that can add to the problem. Other signs of digital eye strain include headache, dry eyes, and neck or shoulder pain. You

may be able to correct the problem by adjusting your workspace and taking frequent breaks.

Blurred vision can also be a symptom of certain immune system disorders, such as multiple sclerosis and lupus. Treating the disease may ease symptoms like blurry vision.

Symptoms of eye infections may include redness, itching, swelling, discharge, pain, or problems with vision. Treatment depends on the cause of the infection and may include compresses, eye drops, creams, or antibiotics. (Medlineplus, 2016).⁸

Amblyopia is the medical term used when the vision in one of the eyes is reduced because the eye and the brain are not working together properly. The eye itself looks normal, but it is not being used normally because the brain is favouring the other eye. This condition is also sometimes called lazy eye (National Eye Institute, 2013).⁹

Squint [Strabismus] is a condition in which there is a misalignment of the eyes (Dr. Agarwal's Eye Hospital, 2019).¹⁰ In other words, the two eyes are pointed in different directions. One eye may be looking straight ahead while the other is turned inward, outward, upward or downward. Muscles of the eye control movements of the eye. If one muscle is stronger than the other, the eye will be turned towards that direction. This is how a squint is formed. To treat this, one has to weaken the stronger muscle and strengthen the weaker muscle.

Yoga for healthy eyes can help improve their functioning and even overcome various eye-related problems such as short-sightedness and long-sightedness. Our eyes are one of the most important organs in the human body, allowing us to view the world around us. However, we often neglect to take care of them, but yoga exercises for eyes aim to improve various disorders that affect eye muscles (Andre, 2017).¹¹

Benefits of yoga for vision improvement has been studied by some investigators.¹²⁻¹⁴ Relaxation appears to be the single most important element of eye health. In an experiment applying the muscle relaxant curare to the eyes, patients experienced dramatic eyesight improvement (Ruiz, 2007).⁶

Methods and Materials

This is a case study method and examined all aspects of the YPV eye camp conducted and made qualitative assessment of the outcomes of vision and other conditions of the selected patients. The camp organisers obtained ethics clearance of the Institutional Ethics Committee of the Host Institution for field work.

The eye healing camp & screening of patients

The Eye camp was conducted from 5 December 2018 to 20th December 2018 in Bangarpet in Kolar District of Karnataka (India). The camp organiser requested and obtained help of an Ophthalmologist from the local government hospital to work with the YPV team collaboratively for taking and recording sight measurements at the beginning, middle and end of the camp.

Camp demographics

A total of 27 eye-screened persons were registered for healing at the camp. There were 18 females and 9 males. Age of the participants ranged from 6 years to 64 years. The children were 7 and remaining 20 were adults. Out of the 27 registered, 24 participants completed full programme and gave final feedback. The other three participants could not complete the full programme because of personal reasons, and their data is incomplete and not included in this study.

Induction and orientation day programme

On the first day of the camp, induction and orientation of duration 2½ hours was conducted with brief introduction, and informing participants about the camp objectives and the schedule of activities. The participants were also educated to understand basic Eye Anatomy and health and YPV system. Participants learned Rhythmic yogic breathing, Forgiveness prayer, Metta meditation, Eye strengthening exercises, and Positive affirmations. Three demo healings were also done (with before and after vision readings)

Daily Healing programme

Daily program in the healing camp started with a session of about 45 minutes of practicing of the following YPV techniques by all participating patients and YPV practitioners.

1. Rhythmic yogic breathing
2. Forgiveness prayer
3. Metta meditation
4. Eye strengthening exercises
5. Positive affirmations

Subsequently individual participants were given healing sessions by the healers to treat following ailments by YPV healing processes.

1. Astigmatism
 2. Myopia
 3. Presbyopia
- Hyper myopia
1. Blurred vision
 2. Eye infection
 3. Computer vision syndrome
 4. Dryness of eyes
 5. Squint
 6. Lazy eye

The process of healing included sensing the condition of relevant chakras, cleansing, energising and securing the energies of the chakras relevant with eyes. This process was repeated day after day to a point when the patient expressed satisfaction and recorded measurements corroborated by the eye doctors.

Results

After receiving healing for 5 to 10 days, vision improved from 80 % to 100% for 23 persons healed. Seven of them could read without spectacles. However, one patient in whose case cylindrical and spherical values were found to be higher than at intake, was referred for further investigation. A participant, who had been suffering from insomnia prior to attending this healing camp, reported that he is getting quality deep sleep. Five participants have stopped using spectacles after 3 days of healing.

The case summaries of the 23 participants are presented in Tables 1 & 2.

Table 1: Case summaries

S. No	Patient	PRE-YPV symptoms	POST-YPV Camp Healing effects	Effects after 3 months of Healing
1	Boy 6 years age	Eyes blinking, difficulty in reading even with glasses. Myopia, Astigmatism, dry eye	Before healing, eye blinking was too much whole day. After healing blinking reduced 40%. He used to read the books from very close, now he is able to read from quite good distance.	Now he is able to read from quite good distance. Before he was not confident to dance and play without using spectacles. Now he is very confident in involving in activities without wearing glasses.
2	Girl 16 years age	Myopia, Astigmatism	Vision improved by 80%. Neck pain and shoulder pain stopped. Able to see without glasses for up to 12 hours. Able to see from third floor in college clearly, before it was not so.	Same effects maintained.
3	Female 47 years age	Myopia, Astigmatism, watering of eyes due to infection	Eye watering stopped. Back pain reduced by 90%	Same effects maintained.
4	Boy 15 years age	Myopia, Astigmatism, blurred vision	Blurred vision reduced by 80%, could see the black board in class clearly. knee swelling subsided completely (had this due to fall), feeling more energetic in classroom	Could see the black board in class clearly. Not wearing glasses
5	Male 43 years age	Myopia, Astigmatism, refractive error	Blurring reduced, getting good sleep after many years, emotionally feeling good	Same effects maintained as previously stated.
6	Female 42 Years age	Compound (hyper w-) astigmatism	Blurred vision completely healed. Could read newspaper without glasses. 70% knee pain reduced.	No blurring of vision
7	Female 21 years age	Myopic Astigmatism	Blurring reduced by 55%. Could read without glass. Headache completely healed. Could view a movie in the big screen without glasses. Not wearing glasses since healing started.	Same report maintained. Feeling very healthy.
8	Male 18 years age	Myopia, Astigmatism, refractive error	Could stay without glass for 2 to 3 hours. Happy with the healing,	No further improvements. Mentally feeling good. Continuing daily meditation with mother.
9	Female 19 years age	myopia, astigmatism, refractive error	75% eye irritation healed. Brightness in the eyes increased. Could see without glasses whole day. Even can see projector for the whole day.	Eye irritation completely healed. Feeling good with meditation & forgiveness practice
10	Female 37	Kerato, refractive error	Vision improved. Physically and mentally relaxed and active.	Not much change seen in eye condition. Physically and mentally

	years age		Physical pains completely healed. Could do all physical exercises easily compared to before.	relaxed and active. Physical pains completely healed
11	Female 21 years age	myopia, astigmatism, refractive error	Eyes are relaxed, Could see without spectacles for 3 hours. Blurredness reduced. Physically and mentally feeling energized, feeling better in all sense.	Eyes are relaxed, Could see without spectacles for few hours. Blurredness reduced. Physically and mentally feeling energized, feeling better in all sense.

Table 2: Case summaries (Continued)

S. No	Patient	PRE-YPV symptoms	POST-YPV Camp Healing effects	Effects after 3 months of camp Healing
12	Female 18 years age	Myopia, unreadable	Did not wear glasses after healing. Could stay without glasses for all work. Not wearing glasses for last 13 days.	Did not wearing glasses after healing. Could stay without glasses for all work. Not wearing glasses from the December. Doing forgiveness & affirmations daily
13	Male 25 years age	Compound myopic astigmatism, unreadable	Very comfortable without glasses for whole day. Could stay without glasses for the whole day. Not been wearing glasses for last 14 days.	Very comfortable without glasses for whole day. Could stay without glasses for the whole day. Not been wearing glasses from last December
14	Female 46 years age	Myopia, Astigmatism refractive error	Sinusitis reduced. 70% breathing improved. Body pain completely healed. Periods pain better	Very comfortable without glasses for whole day. Could stay without glasses for the whole day. Not been wearing glasses from last December.
15	Girl 14 years age	Lack of clear vision	Vision and brightness of eye improved. Could stay without glasses for two hours without blurring. Emotionally calmer, physically feeling strong and getting good sleep.	Vision and brightness of eye improved. Could stay without glasses for two hours without blurring. Emotionally calmer, physically feeling strong and getting good sleep. Periods got normalized. No further dysmenorrhea experienced.
16	Male 23 years age	Blurred vision	Could see positive changes in vision. stress reduced	: No further improvement noticed
17	Boy 15 years age	Lack of vision clarity with glasses. Not comfortable with glasses.	Blurredness reduced, Could stay without glasses for few hours. There is more vision clarity with glasses which was not there before. Now	Blurredness reduced, Could stay without glasses for few hours. There is more vision clarity with glasses which

			very comfortable with glass. Feeling energetic in class and physical exhaustion completely healed.	was not there before. Now very comfortable with glasses. Feeling energetic in class (no sleepy days in school) and physical exhaustion completely healed.
18	Girl 10 years age	Eye infection. She used prescription glasses	In School she didn't used glasses, able to see black board easily. Eye infection completely healed. Could stay without glasses for whole day. Not used glasses since 14 days	In School she didn't used glasses, able to see black board easily. Eye infection completely healed. Could stay without glasses for whole day now from December.
19	Female 33 years age	Refractive Error, Myopic astigmatism	Blurredness substantially reduced. Headache healed. Eye irritation reduced by 20%. Headache completely healed. Emotionally stronger. Could stay without glasses since 5 days.	Blurring substantially reduced. Migraine Headache healed completely, not encountered since December. Eye irritation reduced by 50%. Emotionally stronger. Could stay without glasses December. Doing regular PPM breathing, forgiveness.
20	Female 42 years age	Blurredness of Vision	Blurring reduced. Leg pain reduced. 50% reduction in the size of the growth around thyroid gland. (dominantly seen)	Leg pain reduced. 50% reduction in the size of the growth around thyroid gland. (dominantly seen)
21	Male 18years age	Blurredness of Vision	Eye condition improved. Can manage multiple task without taking stress. Could stay calmer.	Can manage multiple task without taking stress. Could stay calmer. No further changes with eye condition.
22	Female 64 years aged	Blurredness of vision	Vision blurredness healed by 45%. Body pain 90% reduced, getting good sleep. Could achieve good bladder control.	Vision blurredness healed by 45%. Body pain 90% reduced, feeling better with physical strength. Getting good sleep after healing, continuing with occasional healings. Could achieve good bladder control. Does Rhythmic Yogic breathing daily
23	Female 34 years aged	Refractive Error, Myopic astigmatism	Able to read newspaper without glasses comfortably. I could see a movie without	Able to read newspaper without glasses comfortably. I could do

			glasses comfortably. Reduced fear, could stay without glasses. Headache reduced. Fear of travelling and trauma reduced. Now able to travel.	all screen work without glasses comfortably, could stay without glasses from December. Headache reduced. Fear of travelling and trauma reduced. Now able to travel.
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What went well: From participants’ experiences

From the feedback interviews given by the participants at the end of the camp, the following responses were recorded.

1. “more relaxed after healing”
2. “greater mental clarity”
3. “improved ability to focus”
4. “feeling more energetic while at school/work”
5. “feeling stronger”
6. “marked reduction in pain”
7. “100% improvement in blurred vision”
8. “Better sleep at night”
9. “Eye itching completely cured”
10. “Excessive blinking of eyes normalized”

Other outcomes of the camp

As a spinoff of this camp, the team was invited to conduct similar camps in two other towns. Many of the participants expressed interest in learning YPV healing. New healers who involved in camp, and gaining overall experience in healing camp and seeing its success, they showed interest in Arhat yoga & higher classes. The principal organiser, also the YPV instructor, gained hands-on experience in clearly documenting the results of eye healing camp and introduced YPV Sadhana app to camp participants.

Discussion

In this two-week eye camp study, the Yoga Prana Vidya healing methods and techniques were applied on patients screened by ophthalmologists thereby the results and outcomes were verifiable. Also, patient feedback reports at the end of the camp corroborated with outcomes. In addition, follow up enquiries conducted on the patients and their relatives 3 months after the camp ended, enabled to assess the

improvements and other outcomes sustained over a period.

Conclusions

It is found from this study that the YPV process of healing worked well to improve vision problems for most participants. It also noted other positive effects besides improvements in vision, indicating the holistic nature of YPV healing. Some participants who regularly attended forgiveness prayer and breathing exercises had better results. Further studies may be conducted with targeted research methodologies for generating wider evidence base in the successful use of YPV for healing eye disorders.

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Conflict of Interest

None.

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