



Opinion

Volume 7 Issue 1 - March 2023
DOI: 10.19080/GJARM.2023.07.555704

Glob J Addict Rehabil Med

Copyright © All rights are reserved by Venkata S Nanduri

A Vision for the future: Role of Yoga Prana Vidya System Protocols as Effective Alternative Medicine to overcome Addiction and Empower Rehabilitation

Venkata S Nanduri*

Consultant, Research & Publications, Yoga Prana Vidya Ashram, India

Submission: March 15, 2023; **Published:** March 23, 2023

***Corresponding author:** Venkata S Nanduri, Consultant, Research & Publications, Yoga Prana Vidya Ashram, Thally-635118, Tamil Nadu, India

Keywords: Yoga prana vidya; Addiction; Empower Rehabilitation; Alternative Medicine

Opinion

Addiction and Rehabilitation

The moral obligation to address substance misuse and substance use disorders effectively for all affected people rests with all societies globally. Substance misuse and substance use disorders are estimated to cost societies globally hundreds of billions of dollars each year in health care costs, lost productivity, and criminal justice cost. A large body of existing research has clarified the biological, psychological, and social underpinnings of substance misuse and related disorders, and described effective prevention, treatment, and recovery support services. [1]

Yoga Prana Vidya Therapy

New research by Dube, Ramya and Nanduri (2022) has revealed that application of Yoga Prana Vidya (YPV) therapy and energy healing techniques yielded excellent results in de-addiction after an in-depth analysis of case series. The YPV system is an integrated and holistic system without any use of drugs, which is an evidence-based system with over 70 research paper publications of cure of various illnesses including psychological and emotional. As an integrated system, YPV applies three categories of protocols, these are:

- a. Physical and Rhythmic breathing exercises, Forgiveness Sadhana for patient self-practice either by oneself or in groups
- b. Guided Meditations for practice of patients by oneself or in groups including joining the Group Healing sessions online

c. energy healing, either self-healing, or by external trained healer. This way, a person's physical, mental, and emotional domains are simultaneously healed enabling holistic treatment of co-existing conditions [2]. The YPV system thus empowers the learners and practitioners in self-care to overcome addictive behaviours.

A study by Dube et al. [2] presented a sample of 30 successful de-addiction cases using YPV therapeutic healing. From this study it is observed that adolescents face challenges of gadget/smart phone addiction, which is very much prevalent in modern times. Most of the male youth, middle and seniors have drinking and smoking as main issue of addiction. In case of female sample, the addiction issues reported were food related, sleeping pill use, and phone addiction. Only a small fraction of female population of the middle age category reported alcohol addiction. Interestingly, isolated male sample reported addiction to movies. Out of these 30 cases, 7 were reachable for a follow up to ascertain how they are sustaining the abstinence from the addiction for which healing therapy was given by YPV healers. The respondents confirmed that they gave up the addictive habit completely and also continue to practicing YPV practice modules for better wellbeing [2].

In almost all cases of addiction there are underlying causes which are effectively addressed by YPV system and persistent application of these techniques enables cure of urge to addiction. Another in-depth case study revealed that a male youth subject in Australia was healed by a YPV healer successfully, and the subject was cured completely of alcohol addiction after 2 weeks of YPV healing. The underlying cause in this case was isolation and loneliness.

Another example is a 50-year-old male patient who had serious relationship issues with his family, suffered from addictions, sleeping disorder, and high blood pressure due to which he was on psychiatric medication and blood pressure medications. He attended a YPV healing camp for 8 days, and experienced tremendous changes in his physical, emotional and mental health. As a consequence, all his medications were stopped and he had zero withdrawal symptoms. He said,

“5 years back when I did my YPV level 1 course my life changed completely as back then I used to smoke 300 cigarettes a day. But, all of this stopped. “Talking about the YPV ashram, you feel content here, the food the environment and in every aspect you feel contented. This is Bliss, there is something higher above us that we experience in this place. When I go back, people will surely ask me what have you done? why do you have this glow on your face? what have you done to change your physical condition? This is because I have the credibility for people to really understand the change that I have been through which is quite visible. I think everyone should know about this. I feel I have been living in a myth earlier and this (YPV) is the actual reality, the actual Spiritual Bliss. I will seriously miss this place and this camp after I go back to Hyderabad. This place has an immense energy and I would recommend people to visit this place to attend courses and the programs conducted here and utilise this priceless opportunity. I would like to show a lot of gratitude to my gurus and the group which I was a part of during my stay here during the healing camp and everyone over here who took good care of us, with all the facilities, and the first thing that I am going to do when I meet my daughter is to make her meditate with me and ask her to learn YPV level 1 as soon as possible.”

A good de-addiction programme should consist of activities including prevention, education, health promotion and harm reduction as well as abstinence-oriented treatment methods. In this regard, Yoga Prana Vidya (YPV) healing protocols, as shown in this case study, have been established to work effectively for the subjects afflicted by harmful addictions of various kinds.

Therefore, the path to progress in this direction is summarised in the following guidelines.

- i. Individuals and Families should reach out if they have a problem

Many individuals and families have kept silent in the past about substance-related issues because of social stigma, shame,

guilt, or fear of exposure or recrimination. Breaking the silence and isolation around such issues is crucial. Such people should know that they are not alone and can openly seek appropriate evidence-based treatment. As with other chronic illnesses, the earlier treatment begins, the better the outcomes are likely to be.

- ii. YPV system is very supportive with periodic follow up to prevent relapse. YPV Shows support toward people in recovery effectively.
- iii. Advocate as an activist for the changes needed in your community.
- iv. Parents should talk to their children about ill effects of alcohol and drugs.
- v. Educators and Academic Institutions implement evidence-based prevention interventions
- vi. Enhance/supplement the skills of health care professionals by training in application of YPV protocols
- vii. Health Care Professionals and Professional Associations to address substance use-related health issues with the same sensitivity and care as any deal with other chronic health conditions.

All should recognize that substance use disorders are medical conditions and not only moral failings. Overcoming the powerful drive to continue substance use can be difficult, and making the lifestyle changes necessary for successful treatment—such as changing relationships, jobs, or living environments—can be daunting. Providing sensitivity, treatment and support using YPV therapies can ease this transition to transformation. Further research is needed as an ongoing process to guide the new public health approaches to substance misuse and substance use disorders.

References

1. Substance Abuse and Mental Health Services Administration (US); Office of the Surgeon General (US). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health [Internet]. Washington (DC): US Department of Health and Human Services; 2016 Nov. Chapter 7, Vision for The Future: A Public Health Approach.
2. Dube N, Ramya A, Nanduri VS (2022) Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction An analysis of case series. *Int J Intg Med Sci* 9(2): 1016-1022.



This work is licensed under Creative Commons Attribution 4.0 License
DOI: [10.19080/GJARM.2023.07.555704](https://doi.org/10.19080/GJARM.2023.07.555704)

**Your next submission with Juniper Publishers
will reach you the below assets**

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission
<https://juniperpublishers.com/online-submission.php>