International Journal Dental and Medical Sciences Research
Volume 8, Issue 5, Sep.-Oct 2026 pp: 92-95 www.ijdmsrjournal.com ISSN: 2582-6018

Yoga Prana Vidya (YPV) Healing in the Management of Hyperhomocysteinemia: A Case Report

[1.] Sushma Gupta
Associate Certified YPV Healer, Delhi

[*2.] Venkata Satyanarayana Nanduri
Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally-635118, Tamil Nadu

Date of Submission: 14-09-2026 Date of Acceptance: 26-09-2026

Abstract

Background**:** Hyperhomocysteinemia is an independent risk factor for cardiovascular and neurological disorders. Conventional management includes vitamin supplementation and lifestyle modification. Complementary therapies such as Yoga Prana Vidya (YPV) may offer additional benefits.

Case Presentation**:** A 28-year-old male engineer presented with markedly elevated homocysteine (61.36 µmol/L). Family history included stroke and cardiovascular disease.

Medical Course**:** Initial laboratory investigations confirmed hyperhomocysteinemia. The patient was prescribed vitamin supplementation.

YPV Intervention**:** The patient underwent 33 YPV healing sessions over five months, including psychological healing, internal organ cleansing, blood purification, and daily self-practice using YPV Sadhna App (breathing, forgiveness, meditation, physical exercises).

Results: Progressive improvements were noted: enhanced mental clarity after two sessions, improved sleep after one month, increased energy after two months, and resolution of weakness and leg pain after three months. By five months, the patient reported sustained happiness, improved social activity, and health-conscious lifestyle changes. Homocysteine levels reduced from 61.36 µmol/L to 9.54 µmol/L, within normal limits.

Conclusion: YPV healing demonstrated significant clinical and biochemical improvements in hyperhomocysteinemia, warranting further controlled studies.

Keywords: Hyperhomocysteinemia, Yoga Prana Vidya System®, YPV®, Integrative therapy, Energy healing

I. Introduction

Homocysteine and Clinical Significance

Homocysteine is a sulphur-containing amino acid formed during methionine metabolism. Elevated plasma homocysteine (hyperhomocysteinemia) is associated with vascular endothelial dysfunction, oxidative stress, and increased risk of cardiovascular disease, stroke, and neurodegenerative disorders [1,2]. Levels above 15 µmol/L are considered high-risk, with >65 µmol/L posing severe cardiovascular risk [3]. Genetic predisposition, vitamin B12 and folate deficiency, and lifestyle factors contribute to elevated levels [4,5].

Yoga Prana Vidya (YPV)

YPV is an integrative energy healing system combining pranic energy regulation, meditation, breathing practices, and lifestyle interventions. It has been studied for its role in reducing stress, improving cardiovascular parameters, and enhancing immune function [6–8]. Clinical case reports document improvements in diabetes, hypertension, and psychosomatic disorders [9,10]. Mechanisms include modulation of autonomic nervous system activity, reduction of oxidative stress, and improved pranic energy circulation [11,12].

Case Presentation

A 28-year-old male engineer residing in London presented with elevated homocysteine (61.36 µmol/L). He reported emotional sensitivity since childhood. Family history included stroke and cardiovascular disease.

Medical Course

- 27 Sept 2024**:** Homocysteine measured in a lab test was 61.36µmol/L (Annexure 1). This was followed by Neurology consultation; vitamin supplementation prescribed.

YPV Intervention

The patient approached an Associate Certified YPV Healer to conduct an appropriate YPV healing intervention to normalise his Hyperhomocysteinemia condition. The healer conducted distal healing protocols as per the following details.

- Duration**:** About 5 months (27 Sept 2024–01 Mar 2025).
- Sessions**:** Total 33 healing sessions (15–20 minutes each). First month thrice a week, second month twice a week, further months once a week
- Protocol: Psychological healing, internal organ cleansing, blood purification, affected area healing.
- Self-practice**:** Breathing exercises, forgiveness, meditation, physical exercises using YPV Sadhna App.

II. Results

- Improved mental clarity after 2 sessions in the first week.
- Sleep improved after one month.
- Energy levels increased by two months.
- Resolution of weakness and leg pain by 3 months.
- Sustained happiness, improved social activity, and health-conscious lifestyle after 5 months.
- 01 March 2025**:** Repeat test showed homocysteine reduced to 9.54 µmol/L., within normal limits (Annexure 2).

Detailed feedback from the Patient is at Annexure 3.

III. Discussion

This case demonstrates the potential of YPV healing in managing hyperhomocysteinemia. Elevated homocysteine is linked to endothelial dysfunction and oxidative stress [1,2]. Conventional therapy focuses on vitamin supplementation, but psychosocial stress remains a contributing factor [3,4].

YPV practices, including forgiveness meditation and breathing techniques, may reduce stress and modulate autonomic balance [6,7]. Energy healing protocols may enhance systemic circulation and biochemical regulation [8,9]. Case studies have shown YPV's efficacy in cardiovascular health [7], and diabetes [9]. A study of yoga on reducing Homocysteine was explored, and stated that incorporating gentle yoga, meditation, and deep breathing (*pranayama*) helps lower stress hormones that contribute to vascular inflammation [13]. Small studies indicate that an 8-week regular yoga intervention can significantly reduce serum homocysteine levels and improve endothelial (blood vessel) function. [14].

The observed reduction in homocysteine from 61.36 µmol/L to 9.54 µmol/L suggests YPV's adjunctive role in biochemical normalization. While causality cannot be established from a single case, the findings warrant systematic clinical trials.

IV. Conclusion

YPV healing contributed to significant clinical and biochemical improvements in a patient with hyperhomocysteinemia. Integrative approaches combining conventional therapy with YPV may enhance outcomes in cardiovascular risk management.

Acknowledgments

Grateful thanks to the patient for sharing case data on condition of anonymity, and to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission to use their copyright terms Yoga Prana Vidya System® and YPV®.

Ethics Statement

Written informed consent was obtained from the patient for publication of this case report.

Conflict of Interest

The authors declare no conflict of interest.

Funding

No external funding was received for this study.

References

[1]. Refsum H, Ueland PM, Nygård O, Vollset SE. Homocysteine and cardiovascular disease. Annu Rev Med. 1998;49:31-62. doi: 10.1146/annurev.med.49.1.31. PMID: 9509248.

[2]. Wald DS, Law M, Morris JK. Homocysteine and cardiovascular disease: evidence on causality from a meta-analysis. BMJ. 2002;325(7374):1202. doi: https://doi.org/10.1136/bmj.325.7374.1202

[3]. Humphrey LL, Fu R, Rogers K, Freeman M, Helfand M. Homocysteine level and coronary heart disease incidence: a systematic review and meta-analysis. Mayo Clin Proc. 2008 Nov;83(11):1203-12. doi: 10.4065/83.11.1203. PMID: 18990318.

[4]. Selhub. 1999. HOMOCYSTEINE METABOLISM. Annual Review of Nutrition 19:217-246. https://doi.org/10.1146/annurev.nutr.19.1.217

[5]. Clarke R, Daly L, Robinson K, et al. Hyperhomocysteinemia: an independent risk factor for vascular disease. N Engl J Med. 1991;324(17):1149-55. DOI: 10.1056/NEJM199104253241701

[6]. Neravetla JR, Balaji AS, Shah DS, M Atheesh Kumar. Nanduri VS. . An experimental study of the effects on participants of the one-week Ashram based YPV Arhat Yoga Intensive Program on their BMI, energy and stress levels, brain wave

activity and heart rate variability (HRV). International Journal of Yoga and Allied Sciences, 2023;12(1):13-30

[7]. Ramya A, Nanduri VS. Cardiac Case Study: Successful Healing Treatment of a 48-Year-Old Male with Block in Heart, Using Yoga Prana Vidya (YPV) Healing System. Saudi J Nurs Health Care, 2019; 2(11): 353-356..https://www.yogapranavidya.com/about-ypv-research/publications/successful-healing-treatment-of-a-48-year-old-male-with-block-in-heart-using-ypv/

[8]. Neravetla J, Nanduri VS. A study of the effects of Yoga Prana Vidya one-month intensive residential programme for participants on their physical health, psychological well-being and improved immunity. International Journal of Research and Analytical Reviews, 2020;7(2): 18-27.

[9]. Rajagopal AH, Ramya A, Nanduri VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System, Journal of Biology and Life Science, 2019; 10(02) :106-120

[10]. Girija H, Nanduri VS. Yoga Prana Vidya (YPV) healing in the resolution of frequent psychosomatic stomach pain: A case report. International Journal of Medicine Research, , 2026; 11 (02):12-14 Doi: DOI: https://doi.org/10.66856/ijmr.2026.11.2.1102 5

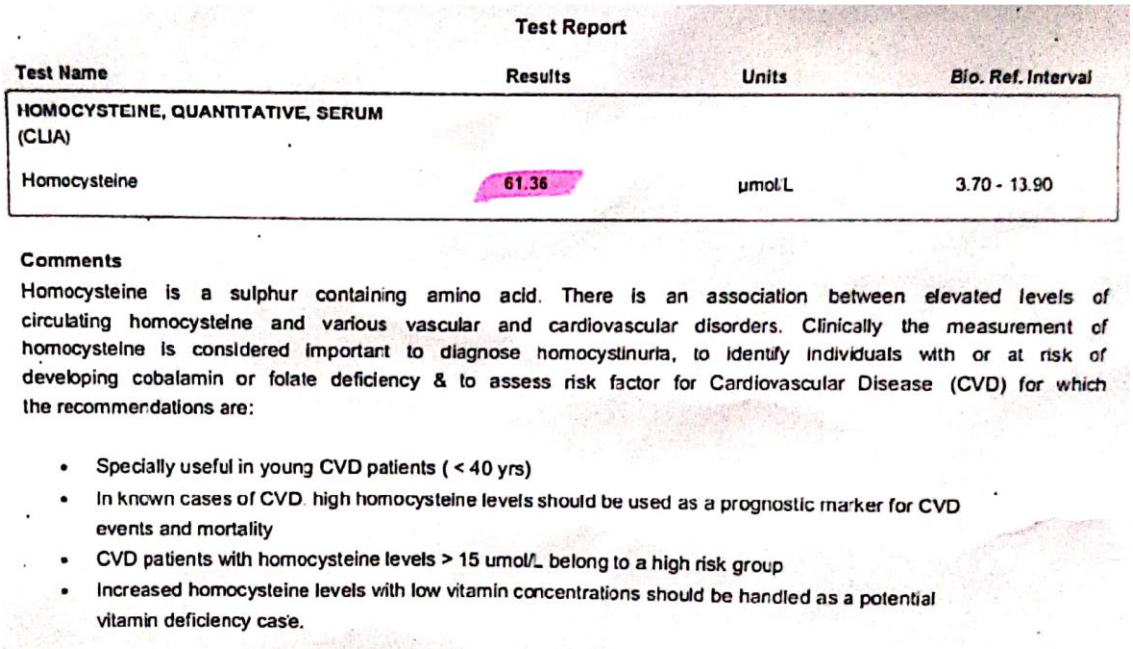
[11]. Kataria R, Kataria U, Nanduri VS. Yoga Prana Vidya Healing for Rapid Recovery in Acute Neurological Collapse: A Paediatric Case Report of a 13 years old boy. Journal of Applied Health Sciences and Medicine, 2026;6(3):18–21 https://doi.org/10.58614/jahsm633

[12]. Renuka MS, Nanduri VS. A patient case of Adnexal mass with malignant cells healed successfully using Yoga Prana Vidya Energy Healing Techniques as Complementary Therapy. Inno J of Med Health Sci 13 (02), 2050-2055(2023, DOI: https://doi.org/10.52845/IJMHS/2023/13-02-1

[13]. U. Yamuna, Vijaya Majumdar, Apar Avinash Saoji. Effect of Yoga on homocysteine level, symptomatology and quality of life in industrial workers with Chronic Venous Insufficiency: Study protocol for a randomized controlled trial. Advances in Integrative medicine, 2022. DOI:10.1016/j.aimed.2022.02.002

[14]. Chien LW, Chang HC, Liu CF. Effect of yoga on serum homocysteine and nitric oxide levels in adolescent women with and without dysmenorrhea. J Altern Complement Med. 2013 Jan;19(1):20-3. doi: 10.1089/acm.2011.0113. Epub 2012 Sep 10. PMID: 22963270.

Annexure 1: Test report before YPV healing on 27 Sep 2024



Test Report

Test Name	Results	Units	Bio. Ref. Interval
HOMOCYSTEINE, QUANTITATIVE, SERUM (CLIA)			
Homocysteine	61.36	µmol/L	3.70 - 13.90

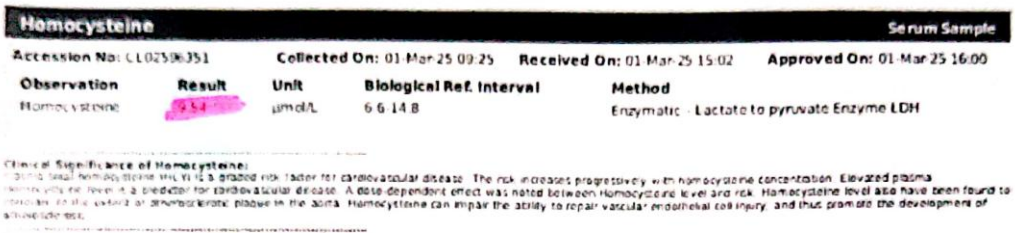
Comments

Homocysteine is a sulphur containing amino acid. There is an association between elevated levels of circulating homocysteine and various vascular and cardiovascular disorders. Clinically the measurement of homocysteine is considered important to diagnose homocystinuria, to identify individuals with or at risk of developing cobalamin or folate deficiency & to assess risk factor for Cardiovascular Disease (CVD) for which the recommendations are:

- Specially useful in young CVD patients (< 40 yrs)
- In known cases of CVD, high homocysteine levels should be used as a prognostic marker for CVD events and mortality
- CVD patients with homocysteine levels > 15 umol/L belong to a high risk group
- Increased homocysteine levels with low vitamin concentrations should be handled as a potential vitamin deficiency case.

International Journal Dental and Medical Sciences Research
Volume 8, Issue 5, Sep.-Oct 2026 pp: 92-95 www.ijdmsrjournal.com ISSN: 2582-6018

Annexure 2: Test report after YPV Healing on 01 Mar 2025



Homocysteine — Serum Sample

Accession No: CL02506351 | Collected On: 01-Mar-25 09:25 | Received On: 01 Mar 25 15:02 | Approved On: 01-Mar-25 16:00

Observation	Result	Unit	Biological Ref. Interval	Method
Homocysteine	9.54	µmol/L	6.6-14.8	Enzymatic - Lactate to pyruvate Enzyme LDH

Clinical Significance of Homocysteine:

Annexure 3: Patient feedback.(Dt 26 May 2026)

_____

"…I have a hereditary history of high homocysteine levels. My grandmother suffered a brain stroke and is also a heart patient. Because of this family medical history, my mother has always been very cautious and attentive towards my health.

On 25 September 2024, I underwent a complete medical check-up. My mother specifically advised me to get my homocysteine levels tested. The test results were shocking—my homocysteine level was 61.36.

Naturally, my mother became extremely worried. Searching online further increased our fear and anxiety. I then started the medication prescribed by my doctor.

On 26 September 2024, I began YPV healing sessions with Healer …"

Changes Observed During the Healing Process

- After just a few sessions, I experienced improved mental clarity.
- After one month, my sleep pattern improved significantly.
- After two months, my energy levels increased noticeable, and I no longer felt weakness in my body.
- After three months, I stopped experiencing leg pain even after brisk walking.
- After four months, I started remaining in a consistently happy and calm mood.
- After five months, I felt happier, more energetic, confident, and socially active.

Positive Changes in My Mindset

- I became more health-conscious.
- More mindful about my diet.
- More aware of maintaining a healthy weight.
- Developed a positive, calm, and environment-friendly outlook towards life.

My homocysteine level, which was high at 61.36, came down to 9.54 on 1 March 2025, within just six months. Since then, my levels have remained stable at around 9, which is a remarkable improvement.

I am now consciously trying to remain consistent with the healthy habits and lifestyle changes I have adopted.

I express my heartfelt gratitude to YPV Healing Techniques and my Healer for bringing such positive and transformative changes in my physical, mental, and emotional well-being."