

Accelerated Recovery in Dengue Fever with Yoga Prana Vidya (YPV) Healing: A Case Report of a 16-Year-Old Male

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ABSTRACT

Background: Dengue fever is a mosquito-borne viral illness characterized by fever, thrombocytopenia, and systemic complications. Conventional management is supportive, with recovery often taking 2–3 weeks. Complementary therapies such as Yoga Prana Vidya (YPV) may enhance recovery.

Case Presentation: A 16-year-old male from Tirupur, Tamil Nadu, presented with high fever (104°F), chills, urinary infection, abnormal behaviour, dehydration, and confirmed dengue with critically low platelets (65,000/μL). Liver and kidney viral infection was noted on abdominal scan.

YPV Intervention: Alongside medical care, YPV healing was initiated on March 26, 2026, using fever, blood cleansing, infection, and psychological stability protocols. Twenty-five sessions were conducted over 17 days, including intensive cleansing and energising every two hours during peak fever.

Results: Fever resolved by March 30. Despite critically low platelets on March 31, the patient regained mobility and appetite. Platelets rebounded to 1.64 lakhs by April 4, with full normalization and emotional stability. Recovery occurred in 8 days, significantly faster than typical clinical course.

Conclusion: YPV healing appeared to accelerate platelet regeneration, immune recovery, and emotional regulation, complementing medical treatment. This case highlights the potential role of YPV as an adjunctive therapy in dengue fever. Further controlled studies are warranted.

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INTRODUCTION

Dengue fever is a major global health concern, with an estimated 390 million infections annually[1]. Clinical features include high fever, myalgia, thrombocytopenia, and in severe cases, hemorrhage and organ dysfunction[2-5]. Supportive care remains the mainstay of treatment, as no specific antiviral therapy exists [6].

Recovery typically requires 2–3 weeks, with platelet counts often taking 7–10 days to normalize. Severe thrombocytopenia (<50,000/μL) poses risks of bleeding and prolonged hospitalization[7]. Studies highlight the unpredictable course of dengue, with platelet nadirs often occurring between days 4–6 of illness [8]. Supportive interventions such as hydration and monitoring are critical, but recovery is slow and complications frequent[9].

Yoga Prana Vidya (YPV) is an integrative energy healing system that has shown promise in accelerating recovery in infectious and systemic illnesses [10-12]. By cleansing and energizing subtle energy fields, YPV may enhance immune function, tissue repair, and emotional stability [13].

Literature search shows many case reports and pilot studies suggesting YPV's complementary role in managing infections, wound healing, and psychosomatic disorders [14-16]. Its protocols for fever, infection, and psychological stability have been applied in

diverse clinical contexts such as H1N1, COVID 19 etc with reported improvements in recovery times and patient well-being [17-20].

CASE PRESENTATION

The patient, a 16-year-old male student, presented with fever, urinary infection, and abnormal behaviour.

Medical treatment summary

The patient was admitted to a hospital on 27 March 2026. Dengue was confirmed on March 29, with platelets dropping to 65,000/ μ L by March 31. Liver and kidney viral involvement was noted., The treatments given included:

- *I/V Fluids*: Maintained hydration and circulatory stability.
- *I/V Antibiotics (2N)*: Prevented secondary bacterial infection.
- *Antipyretics*: Controlled fever and improved comfort.
- *Supportive Care*: Included monitoring, rest, and nutritional support.

Physician Review was obtained during hospitalization for clinical oversight and before discharge on 02 April 2026.

Complementary YPV Intervention

At the request of the patient's parents, a certified YPV Healer started healing sessions on March 26, 2026. YPV Protocols included Psychological healing protocol, Healer Development Level 1 protocols, fever protocol, blood cleansing protocol, infection protocol, Specialised healing protocol and environment cleansing. The duration of each healing session was 30 minutes, and 25 total number of such sessions were conducted over 17 days. Intensive healing including organs healing, every two hours was performed during peak fever.

RESULTS WITH TIMELINE

- **March 27–28**: Shivering stopped; abnormal behaviour resolved.
- **March 29–30**: Fever subsided; platelets began rebound.
- **March 31**: Despite platelets at 65,000/ μ L, patient regained mobility and appetite.
- **April 2**: Platelets rose to 71,000/ μ L; emotional stability improved.
- **April 4**: Platelets normalized to 1.64 lakhs; patient discharged.

A Follow-up revealed that the patient resumed normal school life.

The graphic at Fig1 shows the recovery timeline and how YPV intervention complemented recovery process.

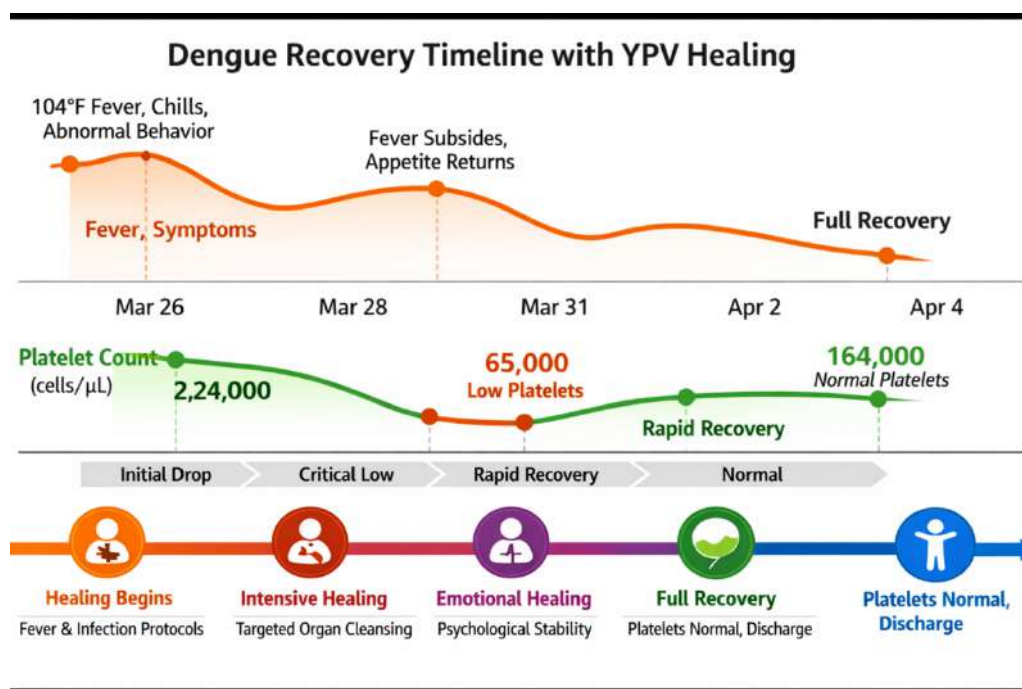


Fig 1: Graphic showing recovery timeline

Patient family feedback

Family reported that healing gave him strength and hope for the family from a rise in platelets and quick walking ability. Physicians observed the asymptomatic state amid such low counts. The patient felt energised, without any fear or weakness. He started to go to school normally.

DISCUSSION

This case documents application of complementary YPV healing alongside and supporting standard conventional treatment for improving overall outcome for the patient. Observed results in this case show rapid recovery from dengue fever with complementary YPV healing, achieving normalization of platelets and clinical stability in 8 days when compared with the typical 2–3 weeks. The patient's ability to walk and regain appetite despite critically low platelets suggests enhanced physiological resilience.

Energy healing modalities like YPV may influence immune regulation, reduce systemic inflammation, and accelerate hematological recovery. Similar reports document YPV's role in patient recovery from viral attacks [19-20] and systemic illnesses, supporting its potential as a complementary therapy.

Study limitations include single case study with reliance on clinical observation and absence of randomized controls. It may be further noted that a complementary therapy is not a replacement for standard medical treatment modality, but offers scope for enhancement of patient wellbeing. Future research may incorporate controlled trials with laboratory endpoints to validate YPV's efficacy as complementary therapy.

CONCLUSION

YPV healing facilitated accelerated recovery in dengue fever, complementing medical care and avoiding complications. This case supports further exploration of YPV as an adjunctive therapy in infectious diseases.

Ethics statement

Informed consent was obtained from the patient's father for collecting case data with assurance of maintaining patient's anonymity.

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We thank the patient and family for their cooperation in sharing case data maintaining anonymity. Our thanks are also to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission to use their copyright terms Yoga Prana Vidya System® and YPV®.

Conflicts of Interest

None declared.

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Annexure 1: Hospital Discharge Summary

DISCHARGE SUMMARY		
Patient's Name: [REDACTED]	Age: 16	Sex: M
Address:		P Number: 88/3/26
DOA: 27/3/26	DOB: [REDACTED]	DOD: 02/4/26
Diagnosis: Hemorrhagic Fever		
H/O Illness: nil		
Treatment Given: I/V Fluids. 2W Antibiotic, Antipyretics and Supportive care given physician opinion obtained.		
Treatment Advised		
Review On 4/26/26		