



Received: 10-06-2026
Accepted: 20-07-2026

International Journal of Advanced Multidisciplinary Research and Studies

ISSN: 2583-049X

Role of Yoga Prana Vidya (YPV) Protocols in the Treatment of Mild Hyperopic Astigmatism with Sustained Results and Without Need of Spectacles: A Case of Longitudinal Evaluation Over a 6-year Period

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DOI: <https://doi.org/10.62225/2583049X.2026.6.4.6677>

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Abstract

Case Presentation: A 27-year-old female presented persistent headaches, had undergone ophthalmic evaluation. She was recommended use of spectacles to overcome mild hyperopic astigmatism. After a year of using spectacles, the patient opted to go through YPV healing to do away with using spectacles.

YPV Intervention: The patient, A YPV healer herself, conducted self-healing for a period of 3 months using appropriate YPV healing protocols.

Results: The longitudinal evaluation of this case demonstrates stable ocular health and excellent functional vision over a 6-year period from 2020 to 2026 without use

of spectacles. Initial symptoms of headache resolved with conservative management and use of spectacles, and subsequent follow-up after YPV healing intervention confirmed sustained visual acuity, normal intraocular pressures, and healthy anterior and posterior segments without using spectacles. Continued use of lubricating drops provided symptomatic relief and ocular surface comfort.

Conclusion: This case highlights the effectiveness of YPV healing for improving ocular health. Routine monitoring in young adults ensures early detection of refractive changes while reinforcing the value of preventive ophthalmic care.

Keywords: Ocular Health, Hyperopic Astigmatism, Yoga Prana Vidya System ®, YPV®

Introduction

Hyperopic Astigmatism

Hyperopic astigmatism is a complex refractive error that significantly impacts visual performance. It occurs when one or both of the main eye meridians focus incoming light behind the retina. This misalignment splits single light rays into separate focal lines, creating a geometric interval of Sturm. Patients frequently report varying degrees of blur, constant eye strain, and persistent headaches [1-5]. In pediatric cohorts, uncorrected hyperopic astigmatism strongly correlates with accommodative esotropia. Furthermore, delays in diagnosing severe childhood cases elevate the absolute risk for amblyopia [6].

Managing this condition requires precise optical alignment to minimize the circle of least confusion [4]. Spectacles featuring custom toric lenses serve as the baseline non-invasive optical corrective strategy [3]. Toric contact lenses offer a broader field of view and eliminate lens-induced magnification changes [3].

For permanent correction, corneal refractive procedures provide predictable, stable outcomes. Laser-assisted in situ keratomileusis (LASIK) reshapes the cornea to pull focal lines forward [1, 7]. Advanced wavefront-guided LASIK profiles achieve high precision in low-to-moderate errors.

Phakic intraocular lenses provide an alternative for eyes with thin or irregular corneas [7, 8]. Toric Implantable Collamer Lenses (ICL) effectively manage extreme compound errors [8]. Recent longitudinal data demonstrate excellent safety and high predictability profiles for toric ICLs [8]. Postoperative outcomes indicate significant, stable improvements in uncorrected distance visual acuity [8].

Yoga Prana Vidya System

The Yoga Prana Vidya (YPV) system is an integrated, non-touch biofield energy healing modality that adapts ancient yogic

wisdom to modern holistic healthcare [9]. It operates on the principle that the human energy field directs vibrational data governing physical matter, allowing directed harmonic energy to correct organic distortions [10]. A substantial body of evidence positions YPV as an effective Complementary and Alternative Medicine (CAM) framework [11].

Clinical and empirical investigations demonstrate that YPV effectively manages metabolic and physiological disorders [12]. Literature reviews validate its efficacy in managing metabolic conditions, documenting significant reductions in body weight, body mass index (BMI), and waist circumference through targeted camps [13]. It is further utilized in managing chronic endocrine imbalances, such as hypothyroidism, and serves as a supportive intervention to accelerate healing in complex infectious diseases like COVID-19 and severe lung conditions [14]. Case report data also document its clinical utility in diverse specializations, including visual acuity improvements during eye camps [15].

Case Presentation

A 27-year-old female presented with experiencing a lot of frequent headaches, especially on the right-hand side. Upon checkups, the ophthalmology report dated 02 January 2019 (Annexure 1) revealed that there was power in her eyes. Both eyes showed minimal refractive error, mainly regular astigmatism. No significant change after dilation, suggesting stable refraction.

Ophthalmic diagnosis and treatment

Diagnosis: Mild hyperopic astigmatism in both eyes.

- Ocular Health: Normal anterior and posterior segments, normal IOP.
- Associated Symptom: Headache possibly due to uncorrected refractive strain.
- Management: Regular use of lubricating drops and corrective glasses should relieve symptoms.

She wore specs for almost a year but after a year decided to start YPV healing to restore normal vision without spectacles.

YPV Intervention

Protocol used in healing sessions: Healer Development Level 1 for regeneration of eyes:

Duration of the intervention: 3 months

Date when Healing started: 2nd January 2020

Date when the healing ended: 2nd April 2020

No. of healing sessions per day: 1

Duration of each healing session: 15 mins

No medications were taken during this period of healing.

Results

Improvement of 80% was experienced within 3 months of healing. She stopped use of spectacles.

Feedback from subject stated that her eye sight improved especially the sharpness. She was able to manage completely without specs now for both near and far sightedness. She is experiencing no more headaches. Annexure 2 shows the ophthalmic report dt 16 March 2020. The following Table 1 gives a comparison of the eye test reports of 2019 (Annexure 1) and 2020 (annexure 2).

Table 1: Comparative Follow-Up Summary (2019 vs 2020)

Parameter	2 Jan 2019 Visit	16 Mar 2020 Visit	Interpretation
Age	27 years	29 years	1 year 3 months interval between routine check-ups
Chief Complaint	Headache × 2 months (occasional)	Routine check-up, no symptoms	Resolution of previous headache
Refraction – Right Eye (OD)	+0.00 +1.00 × 94°	–0.00 –0.50 × 180°	Shift from mild hyperopic to mild myopic astigmatism; axis rotation ≈ 90°
Refraction – Left Eye (OS)	+0.50 +0.50 × 89°	– –0.50 × 180°	Similar trend toward mild myopic astigmatism; axis stabilized
Medication	Optive Eye Drops twice daily	Optive Eye Drops three times daily	Frequency increased for dry-eye comfort
Spectacle Use	Glasses prescribed for astigmatism	Not using glasses	Comfortable without correction
Follow-Up Advice	Not specified	Review after 1 year	Routine monitoring only

Discussion

At the initial presentation in January 2019, the patient reported occasional headaches persisting for two months. Clinical examination revealed unaided visual acuity of 6/6 in both eyes, with mild hyperopic astigmatism confirmed on auto-refraction. Keratometry readings and intraocular pressures were within normal limits, and anterior and posterior segment evaluations showed no pathology. She was prescribed lubricating eye drops (Optive, twice daily) and corrective spectacles for astigmatic relief.

Subsequently she wore spectacles for a year, and with a view to try alternative treatment without need of glasses, she had gone through a 3-month YPV intervention. Then she made a follow up visit to eye examination in March 2020, attended for routine review without ocular or systemic complaints. Visual acuity remained 6/6 bilaterally, and near vision was preserved at N6. Refraction demonstrated a

minor shift toward mild myopic astigmatism, with axis stabilization at 180°, but this change was clinically insignificant and did not impair function. The patient reported comfort without spectacles, and ocular health remained stable with no evidence of corneal irregularity, glaucoma, or retinal disease. Lubricating therapy was continued with increased frequency (three times daily) to optimize ocular surface hydration.

Overall, the follow-up confirmed resolution of prior symptoms and maintenance of excellent visual function without spectacles. The refractive shift was minor and physiologically acceptable, requiring no intervention beyond routine monitoring. Annual review was advised to ensure continued stability of ocular health. A recent follow up in June 2026 with the patient revealed that she has not been wearing spectacle from 2020 onwards, and she has not been experiencing any symptoms of headache or unclear vision.

A previous study by Nanduri *et al* (2019) [16] found that YPV protocols enabled vision improvements for 19 participants in an Eye Camp.

Conclusion

The findings from this study add to the knowledge gained in the application of YPV techniques as complementary and alternative therapies for better wellbeing, not only physically but also mentally and emotionally. Further research with appropriate designs and samples is recommended.

Acknowledgments

The authors thankfully acknowledge the case data shared by the patient maintaining anonymity, and also our thanks are to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission to use their copyright terms Yoga Prana Vidya System® and YPV®.

Conflicts of interest

There are no conflicts of interest.

Funding

There is no funding for conducting this study.

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Complaints		Mobile - 9167428896	
+ Headache since 2 Months (Occ)			
On Examination	Right Eye	Left Eye	
UCVA	6/6	6/6	
Auto Refraction	+0.00 +1.00 X 94°	+0.50 +0.50 X 89°	
Dil. Auto Refraction	+0.00 +1.00 X 96°	+0.50 +0.75 X 95°	
Keratometry	44.25 @1 / 45.50 @91	44.25 @170 / 45.25 @80	
IOP By NCT	18 mm Hg (12:21)	18 mm Hg (12:21)	
Anterior Segment	Right Eye	Left Eye	
Conj. & Sclera	Anterior segment within normal limits	Anterior segment within normal limits	
Posterior Segment	Right Eye	Left Eye	
Retina	Normal - Dilated	Normal - Dilated	
Medication	Frequency	Duration	Eye
Give Eye Drops	Twice a day (* regularly)		Both Eyes
Device	Glasses Prescribed		
Dr. Nita Shah Reg. No.: 49554 M.C.			

Annexure 1: Eye test Report dt 02 Jan 2019

History: 29 Years/Female
Contact: 9167428896
MIR No.: CMR/91746/19

Doctor: Dr. NITA SHUKLA
Facility: Aditya Eye Clinic
Appt. Dt: 16 Mar/20
Note Dt: 16 Mar/20

OPD SUMMARY

HISTORY

Visit: Routine Checkup
 NOT USING GLASSES

GLASSES PRESCRIPTIONS

R/OD					L/OS				
	Sph	Cyl	Axis	Vision		Sph	Cyl	Axis	Vision
Distant	-0.00	-0.50	180	6/6	Distant	-	-0.50	180	6/6
Add	-	-	-	-	Add	-	-	-	-
Near	-	-	-	NS	Near	-	-	-	NS

Advice: Follow up after 1 year (+)

ADVICE:

Medication(Rx)

New:

Sr No.	Name	Quantity	Frequency	Duration	Eye	Instruction
1	OPTIVE 3 MG - EYE DROPS	1	3 times a day		Both Eyes	REGULARLY


 Dr. NITA SHUKLA

Annexure 2: Eye Test Report dated 16 March 2020