



Received: 19-08-2026
Accepted: 29-09-2026

International Journal of Advanced Multidisciplinary Research and Studies

ISSN: 2583-049X

Case Study: Successful Yoga Prana Vidya (YPV) Intervention in Treating Visual Hallucinations in an Elderly Patient

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DOI: <https://doi.org/10.62225/2583049X.2026.6.5.6976>

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Abstract

Introduction: Visual hallucinations are distressing symptoms often associated with neurological and psychiatric conditions, particularly in elderly patients with comorbidities such as Parkinson's disease, chronic kidney disease, and cardiovascular dysfunction.

Case Presentation: This case study reports the application of Yoga Prana Vidya (YPV) healing protocols in an 84-year-old male presenting with severe visual and tactile hallucinations of "creepy-crawlies," accompanied by contamination anxiety and compulsive washing and bathing. Despite extensive pharmacological management, symptoms persisted until YPV intervention was initiated.

YPV Intervention: Healing sessions were administered twice daily for four days, then daily for 15 days and alternate-days for 11 days, over a total 30-day period.

Results: Progressive reduction in hallucinations was observed, culminating in complete cessation of symptoms by day 20. Follow-up at three months confirmed sustained improvement, with normalized sleep patterns and absence of hallucinations.

Conclusions: This case highlights the potential of YPV as an integrative therapy for managing complex neuropsychiatric symptoms in elderly patients. Further studies with appropriate sample and methodology are recommended.

Keywords: Visual Hallucinations, Parkinson's Disease, Yoga Prana Vidya System®, YPV®, Integrative Therapy

Introduction

Visual hallucinations are defined as perceptions without external stimuli, often occurring in conditions such as Parkinson's disease, dementia, delirium, and psychiatric disorders. They are particularly prevalent in elderly populations with comorbid neurological and systemic illnesses, contributing to distress, impaired quality of life, and caregiver burden [1-3]. Hallucinations may manifest as vivid images of animals, insects, or distorted figures, frequently accompanied by tactile sensations and contamination fears [4, 5]. Conventional management includes antipsychotics, sedatives, and supportive care, but outcomes are often limited by side effects and incomplete symptom resolution [6].

Yoga Prana Vidya (YPV) is an integrative energy healing system combining breathing practices, forgiveness meditation, physical exercises, and pranic healing protocols [7]. It has been applied in diverse clinical contexts, including cardiovascular disease, diabetes, mental health disorders, and chronic pain [8-12]. Recent studies suggest YPV may modulate stress responses, improve sleep, and enhance psychological resilience [13-16]. A recent case report has documented its role in successful recovery from purported black magic [17]. This paper presents a case study of an elderly patient with persistent visual hallucinations successfully treated using YPV intervention.

Case Presentation

An 84 years old male retired engineer presented with severe visual and tactile hallucinations. He reported seeing rats, snakes, and worms crawling over his body, accompanied by agitation, insomnia, and compulsive washing and bathing. His medical history included diabetes, chronic kidney disease, atrial fibrillation, severe left ventricular dysfunction, and Parkinson's disease. Despite hospital-based pharmacological management—including sedatives, antipsychotics, and supportive therapy—hallucinations persisted, causing significant distress.

Medical Course

The patient was admitted to a hospital with urinary retention, renal dysfunction, and systemic complications. Investigations revealed elevated renal parameters (blood urea 138 mg/dL, creatinine 5.5 mg/dL initially, improving to 2.6 mg/dL after treatment). Diagnoses included acute urinary retention, chronic kidney disease, urosepsis, Parkinson's disease with hallucinations, and cardiovascular disease. He received IV fluids, antibiotics, antihypertensives, antiplatelets, statins, antifungals, and sedatives. Despite symptomatic improvement in systemic conditions, hallucinations remained unresolved.

YPV Intervention

Upon request from a family member, a certified YPV Healer initiated healing sessions on Day 1 (May 7th). YPV protocols included:

- Standard YPV psychotherapy
- Cleansing and energizing of minor chakras (temple, forehead, back-head) with brilliant violet energy
- Infection protocol
- Etheric, emotional, and mental shielding
- Cord cutting and programming of diversion targets
- Regular salt baths

Healing was administered twice daily for four days, then daily for 15 days, followed by alternate-day sessions for 11 days. Sessions lasted 15–20 minutes each.

Results

Within the first week, hallucination complaints reduced slightly. By day 20, the patient stopped reporting hallucinations altogether. Sleep patterns improved, agitation subsided, and compulsive washing/bathing behaviour ceased. Further, alternate-day sessions continued for 11 days. Follow-up at three months confirmed sustained improvement, with no recurrence of hallucinations and normalized sleep.

Detailed feedback from a close family member is at Annexure 1.

Discussion

This case demonstrates the potential of YPV intervention in managing visual hallucinations resistant to pharmacological therapy. Visual hallucinations in Parkinson's disease are often linked to dopaminergic dysfunction, sleep disturbances, and systemic stress [1, 2]. Conventional antipsychotics may exacerbate motor symptoms, limiting therapeutic options [3, 5]. By addressing subtle energy imbalances and enhancing psychological resilience, YPV may provide a complementary pathway for symptom resolution [7-12].

Previous case studies have documented YPV's efficacy in reducing anxiety, improving sleep, and supporting recovery in chronic illnesses, and purported black magic [13-17]. Its integrative approach aligns with holistic models of care, emphasizing mind-body-energy balance. While this case highlights promising outcomes, larger controlled studies are needed to validate YPV's role in neuropsychiatric symptom management.

Conclusion

YPV intervention facilitated complete resolution of visual hallucinations in an elderly patient with complex comorbidities, achieving sustained improvement without

pharmacological escalation. This case underscores the potential of YPV as an adjunctive therapy in managing distressing neuropsychiatric symptoms, warranting further clinical research.

Acknowledgments

The authors acknowledge the patient and family for their cooperation in sharing case data on condition of anonymity. Our thanks are also to Sri Ramana Trust for permission to use their copyright terms Yoga Prana Vidya System® and YPV®.

Ethics Statement

Informed consent was obtained from the patient and family for publication of this case study.

Conflicts of Interest

None declared.

Funding

No funding was received for this study.

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When family members patiently reassured him, saying, "*No, it's nothing like that,*" he would argue for a long time, insisting, "*Only we can see it, why can't these people see it?*" Afterward, he would remain quiet for a short while before starting to talk about it again.

He stayed in the hospital for more than 20 days. While he was there, he received healing sessions, and other recommended practices—such as taking baths using salt—were strictly followed. Through the healing process, the symptoms gradually became less and less, little by little, until he returned to a normal condition. Afterwards, he didn't talk about that.

The patient's condition is stable now."

Annexure 1. Feedback from Patient's family

"....His urination was not proper, and his legs were swollen, leading to the decision to take him to the hospital the next day. He did not sleep the entire night.

The visual hallucination problem truly began around the time of that hospital visit: he did not feel well and decided to leave. While sitting in the car to head home, he complained that a rat had bitten him. It was immediately following that car ride and complaint that these visual hallucinations actually started for him.

For a brief moment, things would appear completely normal, and then suddenly—upon looking—he would see things like, "*A snake is coming here,*" or "*An insect is crawling over my hand.*" During these episodes, unusual insects seemed to be crawling over his hand, causing him to react by frantically cleaning his hand completely before going to take a bath.

Previously, when this condition was more severe, these episodes occurred about four times a day. Even while eating, he would pause, think deeply, and suddenly halt his meal, saying, "*No,*" upon seeing something. These visible images would appear to him everywhere—he would point to a spot and claim, "*Look, this mouse is there,*" or mention seeing some insect.