



Research Article

RESOLUTION OF URETERIC CALCULUS THROUGH YOGA PRANA VIDYA (YPV) HEALING: A CASE REPORT

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Abstract

Background: Ureteric stones are a common urological condition, often presenting with severe flank pain and urinary discomfort. While small stones (<5 mm) usually pass spontaneously, patients often experience significant anxiety and pain during the waiting period. Yoga Prana Vidya (YPV) healing is an integrative energy-based modality reported to accelerate recovery in various conditions. **Case Presentation:** A 51-year-old female presented with severe pelvic pain and was diagnosed with a 3 mm vesicoureteric junction (VUJ) calculus. The treating physician advised conservative management and possible surgical intervention if the stone did not pass within few days. YPV Intervention: In preference to surgery, the patient sought and received 10 sessions of YPV healing over five days, focusing on cleansing and energizing chakras, localized sweeping of the urethra, and visualization techniques to dissolve the stone. She was also advised to practice forgiveness sadhana and rhythmic breathing from YPV Sadhana mobile APP. **Results:** Pain reduced by 50% within two days. By the fifth day, repeat imaging confirmed complete dissolution of the stone, eliminating the need for surgery. The patient reported significant relief, resumed normal activities, and attended to social events as usual. **Conclusion:** This case highlights the potential role of YPV healing as a complementary intervention in accelerating the natural passage of small ureteric stones, reducing pain, and avoiding surgical intervention. Further controlled studies are recommended.

Keywords: Ureteric calculus, Yoga Prana Vidya System®, YPV®, Energy healing, Complementary therapy.

INTRODUCTION

Ureteric Calculus (Stone)

Ureteric stones are crystalline deposits that obstruct urinary flow, commonly presenting with flank pain, hematuria, and urinary urgency. The vesicoureteric junction (VUJ) is the narrowest part of the urinary tract, making it a common site for stone impaction. Stones ≤ 5 mm have a high likelihood (85–98% chances) of spontaneous passage with conservative management, including hydration, analgesics, and medical expulsive therapy (MET) [1–5]. However, patients often experience severe pain and anxiety, and surgical intervention may be required if complications such as infection, obstruction, or persistent pain occur [6–10].

Yoga Prana Vidya (YPV)

YPV is an integrative energy healing system that utilizes pranic cleansing, energizing, and meditation practices to accelerate recovery. Previous case studies have demonstrated its effectiveness in managing chronic conditions, post-surgical complications, and psychosomatic disorders [11–15]. A previous study reported successful dissolution of several cases of kidney stones using YPV protocols avoiding surgery [16]. YPV interventions typically involve chakra cleansing and energising, localized sweeping, and visualization techniques, combined with patient self-practices such as forgiveness sadhana and rhythmic breathing [17–18]. This paper presents a case of Ureteric calculus of 3 mm that caused unbearable pain to the patient, has been successfully dissolved with YPV intervention without needing surgery.

Case Presentation

A 51-year-old female presented with severe pelvic pain on 2nd February 2026. Imaging revealed a 3 mm VUJ calculus. The physician advised conservative management with possible surgical removal if the stone did not pass within four days. The patient was anxious due to her daughter's upcoming wedding, and wanted to seek support from a YPV healer for a non-surgical option for speedy dissolution of the stone.

Clinical Evaluation Summary

Clinical guidelines indicate that a 3 mm VUJ stone has a high chance of spontaneous passage. Conservative management includes hydration, MET, and analgesics. Surgery is reserved for complications such as infection, obstruction, or intolerable pain.

YPV Intervention

The YPV Healer applied the following Healing Protocol to reduce stress, anxiety and worry of the patient, while slowly disintegrating the ureteric stone internally.

- YPV Psychotherapy including Cleansing and energizing of solar plexus, heart, sex, and basic chakras.
- Localized sweeping of the urethra with whitish green, blue, orange, and violet prana.
- Visualization of stone dissolution and urethral expansion.
- Cleansing of lungs, liver, spleen, and navel chakras to accelerate systemic healing.

Frequency and Duration of YPV healing sessions:

- 10 sessions from 2nd to 6th February 2026.

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- Each session lasted approximately 30 minutes.

The Patient carried out the following self-Practices from YPV Sadhana mobile APP on her own:

- Rhythmic Yogic Breathing (RYB) three times daily.
- Forgiveness sadhana and Planetary Peace Meditation (PPM).

RESULTS

Following 10 sessions of YPV healing between 2nd and 6th February, the patient reported progressive pain reduction (50% by day two). On 6th February 2026, a repeat ultrasound (Annexure 1) confirmed complete resolution of the calculus. The chief radiologist documented that the stone had passed spontaneously and no residual obstruction was present. The patient's clinical course matched the imaging evidence: pain subsided, urinary symptoms resolved, and no surgical intervention was required. She was able to attend her daughter's wedding scheduled on 15th February comfortably.

Follow Up

YPV Psychotherapy and urethral cleansing continued until 15th February. Patient remained symptom-free at follow up.

Patient Final Feedback

The patient expressed gratitude for YPV healing, attributing her rapid recovery to the intervention. She reported confidence in continuing YPV practices for wellbeing. Full feedback is at Annexure 2.

DISCUSSION

This case demonstrates the potential of YPV healing as a complementary therapy for ureteric stones. While small stones often pass spontaneously, YPV may accelerate dissolution and reduce pain. A previous study by Parikh et al (2023) [16] reported several cases of kidney stones dissolved successfully using YPV protocols without any need of surgical option. Similar integrative approaches combining energy healing with conventional management have shown benefits in chronic pain, psychosomatic conditions, and post-surgical recovery [11-15]. Energy-based therapies are increasingly recognized for their role in reducing anxiety, enhancing patient resilience, and improving quality of life [17, 18]. The visualization and chakra cleansing techniques in YPV may contribute to relaxation and smooth muscles, improved energy flow, and enhanced systemic healing. This case demonstrates the potential of YPV healing in accelerating the natural passage of small ureteric stones. While clinical guidelines emphasize that stones ≤ 5 mm have a high likelihood of spontaneous passage [1-5], the rapid resolution within four days, confirmed by imaging, suggests that YPV may have facilitated the process. Energy healing interventions such as YPV may contribute to relaxation of ureteric smooth muscle, reduction of pain perception, and improved systemic energy flow [11-18]. The integration of objective imaging evidence strengthens the case for YPV as a complementary modality. Further controlled studies are needed to evaluate the efficacy of YPV in urological conditions, particularly in reducing pain and avoiding surgical interventions.

Conclusion

YPV healing may serve as a safe, non-invasive complementary therapy for small ureteric stones, accelerating natural passage and reducing patient distress.

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Conflicts of Interest: None declared.

Ethics Statement: Written informed consent was obtained from the patient for publication of this case.

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Annexure 2: Patient feedback dt 7 April 2026

Email message:

On 2nd February I was taken to the emergency as I had severe flank pain. A pelvic and ct scan was done and it was diagnosed that I had a ureter stone which was 3mm. The pain was unbearable.

Since the stone was in the ureter passage the doctor said that if it didn't pass out on its own, they would have to surgically remove it.

I called Mrs..... a very dear friend of mine, whose healing had always helped me when faced with obstacles physically or emotionally, to pray for me and help the pain.

She started her healing immediately and asked me to receive it. The pain subsided so well by evening and she was healing me every day. On 6th February I went for my second scan and the doctor told me there was no stone on the scan. The chief radiologist who did the scan told me that it was such a surprise that the stone passed out so quickly without any other challenges. I am truly grateful to the YPV Healer for her healing and all the positive energy that she sent me. I certainly believe it was the power of the healing that helped me. Am attaching the report by the radiologist mentioning that the stone has passed.

Annexure 1: Ultrasound report dated 06-02-2026


