



Successful Healing Treatment of Renal Calculi (Kidney Stones) using Yoga Prana Vidya System Protocols: A Case Series Study

Sujay Parikh¹, Dharna Vasavda², Leelavathi Nayak³,
N. Jayachander Reddy⁴ and Venkata Satyanarayana Nanduri^{5*}

¹Associated Certified YPV Healer and Trainer, Ahmedabad - 380009, Gujarat, India

²Certified YPV Healer and Trainer, Ahmedabad - 380009, Gujarat, India

³Certified YPV Healer and Trainer, Mangalore, Karnataka, India

⁴Founder and President, YPV Ashram, Thally - 635118, Tamilnadu, India

⁵Consultant, Research and Publications, Yoga Prana Vidya Ashram, Thally - 635118, Krishnagiri District, Tamil Nadu, India; vsnanduri@yahoo.com

Abstract

Introduction: A kidney stone is a cluster of crystals formed together to create a hard mass in one or both kidneys, bladder and the urinary tract, varying in size from a few millimetres to several centimetres causing severe pain. The majority of stones less than 10 mm in size will pass out of the body in the urine using various remedies, but some medical help is preferable. This paper presents 7 patient cases of kidney stones dissolved and patients relieved of pain, anxiety and worry and associated symptoms successfully using Yoga Prana Vidya healing protocols. **Method:** This paper uses the case study method, analysing patient medical records, and healers' records with patient feedback. **Results:** The kidney stones of patients were fully dissolved within 45 days in respect of cases 1 and 2. In respect of cases 3 and 4, the kidney stones were dissolved within 10 to 14 days of healing. The patients correspondingly experienced complete relief of all symptoms within the same period. In respect of cases 5, 6 and 7, the kidney stones were dissolved within 5 days of healing in an in-house healing camp in a controlled Group environment. **Conclusion:** YPV healing protocols effectively healed and eliminated kidney stones (renal calculi). Documented and published evidence shows that integrated YPV system of healing protocols have been successfully applied in the treatment of a variety of illnesses holistically both as Complementary Medicine and as Alternative Medicine (CAM). Further research using appropriate samples and methodology is recommended. It is also worthwhile to train frontline health workers such as doctors and nurses in using YPV techniques to complement their respective specialties for the holistic healing of patients.

Keywords: Kidney Stones, Renal Calculi, Yoga Prana Vidya System[®], YPV[®]

1. Introduction

1.1 Renal Calculi (Kidney Stones)

Urolithiasis (urinary calculi, or kidney stone as it is called) refers to the formation of hard deposits made of minerals or salts, that occur in the kidney, bladder and urinary tract. Kidney stones are a common urological condition that has been prevalent since ancient times.

In India urolithiasis affects about 2 million people every year¹. Its analysis is of great importance to the therapy of residual and recurrent stones. Kidney stone is the most painful and prevalent urological disorder of the urinary system, and their formation may be due to food habits (diet), age, sex, obesity, genetics and environmental factors, geographical location, climate, and lifestyle¹.

*Author for correspondence

A diet high in sodium, fats, meat, and sugar, low in fibre, vegetable protein and unrefined carbohydrates increases the risk of occurrence of kidney stones. Oxalate is found in green beans, tomatoes, nuts, chocolates and tea which increases the risk of kidney stones. Vegetarians have relatively a decreased risk of developing kidney stones. Studies have shown that even among meat eaters those who ate higher amounts of fresh fruits and vegetables had a lower incidence of stones². Kidney stone formation can happen to anyone and, 5-10 % of the Indian population (over 50-100 million people) is estimated to be affected by this condition².

Medical therapy, used judiciously in combination with dietary measures, can help in preventing recurrence and in the expulsion of small size (<10 mm) stones. Creating awareness of the advantages and limitations of different modalities of medical therapy is necessary to provide the treatment appropriately to patients complaining of kidney stones³.

In about 85% of cases, kidney stones are small enough to pass during urination, which usually occurs within 72 hours of the first symptoms. A well-recommended remedy to try is taking pain relievers and drinking at least 6 to 8 glasses of water a day, plus one at bedtime and another during the night, which can cause the stone to pass more easily. One may need to urinate through a strainer to collect the stone and give it to doctors for analysis. Surgery may be required for stones that are too large to pass on their own, or that may cause bleeding or tissue damage⁴.

This paper presents 7 cases of patients, who were healed to dissolve kidney stones successfully by YPV healers using Yoga Prana Vidya (YPV) healing protocols as complementary, and alternative medicine. The basic principles and practices of YPV are explained in the following section.

1.2 Yoga Prana Vidya System

Yoga Prana Vidya system (YPV) is based on ancient science which recognises the existence of an energy body surrounding the physical body of human beings and generally in all living entities. YPV treats and heals both the physical body and energy body, known as the bio-plasmic energy body or Aura, which surrounds the physical body. Figures 1 and 2 depict the typical energy bodies of a healthy person and a sick person respectively.

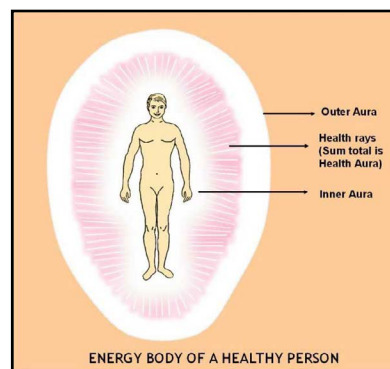


Figure 1. Energy body of a healthy person.

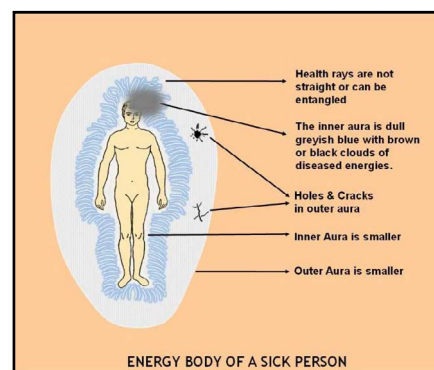


Figure 2. Energy body of a sick person.

YPV system does not use any drugs or touch. The healer acts as a channel to draw in and transmit by projecting Pranic energy to the patient's physical body parts as well as to the respective Chakrams of the energy body which distribute the given energy to the physical body.

The chakrams healed in YPV practice are shown in Figure 3 and the process of the healer channelizing and projecting Pranic energy (bio-plasmic energy) to the patient is shown in Figure 4. Proximal healing happens when the patient and healer are in the same room facing each other. Distal healing is when the healer is not in the presence or even situated far away from the patient, hundreds or even thousands of Kilometers away. Their energy bodies of all are within the energy body of earth and energy transference from the healer to the patient happens almost instantly. Radin, *et al.*,⁵ investigated scientific evidence of distance healing intention therapies and found that significant experimental effects have been observed.

As an integrated system, YPV applies three categories of protocols, these are (1) Physical and Rhythmic breathing

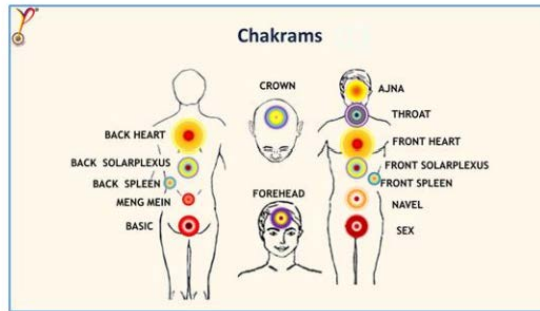


Figure 3. Chakram of the energy body.

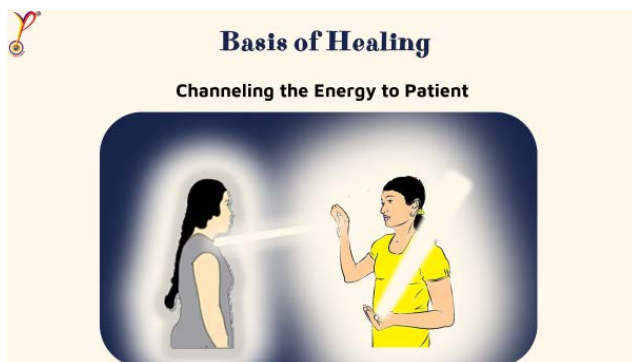


Figure 4. Healer projecting Pranic energy to the patient.

exercises, Forgiveness Sadhana for patient self-practice either by oneself or in groups, (2) Guided Meditations for the practice of patients by oneself or in groups including joining the Group Healing sessions online, and (3) energy healing, either self-healing or by the externally trained healer. This way, a person's physical, mental, and emotional domains are simultaneously healed enabling holistic treatment of co-existing conditions.

A search of relevant literature shows that there are over 70 published research articles on successful applications of YPV protocols in treating a variety of illness conditions as complementary as well as alternative medicine. Some examples of successfully healed cases are - female infertility, Rheumatoid arthritis, various types of addictions, breast cancer, COVID-19, kidney disease, brain stroke, knee-cap dislocation, Hodgkin Lymphoma, Nephrotic syndrome, serious snake bite, hypothyroidism, emergency and first aid, high cholesterol, eye diseases, arterial heart block, diabetes management and difficult medical cases⁶⁻²⁵. Given below is the report of 4cases of people with kidney stones, healed successfully by three independent healers and three cases healed in a healing camp, in a controlled and guided group environment.

2. Case Series Report

2.1 Case 1 (Healer 1)

2.1.1 Patient Information

Patient codename – B.P., female, aged 32 years and lives in Gujarat, India

The patient visited the YPV ashram for multiple health conditions and had a health checkup in the medical camp when she came to know about her 3.0 mm non-obstructive left renal calculi reported in sonography (USG report dated 16-03-2022). The patient stayed for 2 months at the ashram (15.03.2022-18.05.2022) seeking a YPV healing remedy.

2.1.2 Pre-YPV Medical Conditions/Symptoms

The patient complained of a vomiting sensation sometimes, nausea, headache, and disturbed bowel motion. Physically, sometimes she was experiencing stomach upset and pain, leg pain, severe headache, and weak digestion. In addition, she was having psychological feelings of anxiety and worry with excessive thinking because of fear and stress, worrying about the future, her relationships and self-respect.

2.1.3 YPV Intervention Details

She started following the ashram schedule including food intake, with coconut water and fruits in the morning breakfast, and for lunch and dinner, she got accustomed to saltless and sugarless food as per standard procedure at the Ashram. YPV proximal healing sessions for her were started by an Associated YPV Healer from 17.03.2022 to 18.05.2022. Further distal healings were continued up to 11.06.2022

Daily healing was done in one session of 20 minutes using HDP Level 1 protocol for kidneys as affected parts, with emphasis on the urinary and digestive systems. In addition, the healer included the patient in the scheduled Divine group healing session at 10 am for 15 minutes daily. As prescribed to her, the patient began to do Rhythmic Yogic Breathing and Forgiveness Sadhana using YPV Sadhana App.

She started feeling relaxed and reduced heaviness in the stomach region, with no headache and improvement in bowel motion. Even emotionally and mentally, she started feeling more stable than before. During the next

month (May 2022), she complained of stomach pain due to eating some specific food like corn. However, the pain gradually reduced after healing. She started experiencing improvements with a reduction of symptoms such as leg pain, severe headache, vomiting sensation and nausea. During the following month (June 2022), her bowel movement improved, no stomach upset and pain, and there was a vast change in her behaviour pattern emotionally and mentally. The next Sonography test conducted on 11.06.2022 revealed that there were no renal calculi, and this was achieved without any medication.

2.1.4 Present Condition

A follow-up after 3 months showed there was no evidence of renal calculus. She continues practising forgiveness sadhana and rhythmic yogic breathing using YPV Sadhana mobile app.

2.2 Case 2 (Healer 1)

2.2.1 Patient Information

The patient code-named – S2, female aged - 32 years, lives in Gujarat, India.

2.2.2 Pre-YPV Symptoms and Medical Conditions

Pain in the abdominal area especially the right side of the navel, and mild constipation; initially doctor diagnosed it as a stomach infection but after 15 days still the pain was there, on and off after medication and the doctor suggested to do sonography. Physically the patient was experiencing stomach upset and pain sometimes. Mentally and emotionally, she was observed to be disturbed and upset because of this sickness and some family issues.

Medical diagnosis with USG on 19-04-2022 found that there was a calculus of size 4 mm in the lower calyx of the right kidney. Her doctor suggested drinking more water and having fruits and suggested taking some medicines.

2.2.3 YPV Intervention Details

The patient approached an Associated YPV Healer who started giving healings on 19.04.2022.

Daily distal healing was given in one session of 20 minutes using HDP Level 1 protocol to heal kidneys as affected parts. More emphasis was added on the urinary

and digestive systems. In addition, the healer healed the patient during the scheduled Divine group healing session at 10 am for 15 minutes daily. The patient was prescribed to do Rhythmic Yogic Breathing and Forgiveness Sadhana using YPV Sadhana App.

In two days, the pain was reduced by 40%. The patient did forgiveness sadhana before sleeping, and experienced sound sleep. Her thinking pattern was also observed to be stable.

During May 2022, she planned to go on a vacation from 07.05.22 to 22.05.22 and consulted her doctor, who prescribed some medicines for 15 days to treat stomach infection and kidney calculus to dissolve. She however took medicine to dissolve kidney calculus only for 7 days. Because of complementary healing, she did not consider the need to take digestion-related medicines, despite eating out during vacation. During this time, she had no pain in the stomach and abdominal area. There was no other complaint at physical, mental, or emotional levels.

In June 2022, her abdominal pain was cured 100%, and she was also feeling relaxed emotionally and mentally. A sonography test done on 14 June showed the kidney stone dissolved 100% as there was no calculus seen in the lower calyx of the right kidney.

A follow-up after 3 months confirmed she had no kidney stones. She continued practising forgiveness sadhana every night before sleeping and doing it when she finds herself emotionally and mentally disturbed. The patient acknowledged that because of practising Forgiveness sadhana and Rhythmic yogic breathing, she was able to come out easily from her emotionally and mentally disturbed state of mind as compared to before.

2.3 Case 3 (Healer 2)

2.3.1 Patient Information

The patient code-named – UC, female Aged 23 years, and lives in Gujarat, India.

2.3.2 Pre-YPV Symptoms and Medical Condition

Severe pain started suddenly in the lower abdominal area, and severe acidity, stomach burning, Vomiting and nausea also started at midnight on 20th September 2021. Other than that, when she went for urination, severe pain and burning were experienced during urination. She was not able to sit, stand, lie down or walk. Due to pain, she could not sleep the whole night. Constant pain in the urination area started and it was

somewhat severe for her. She was also feeling feverish and tired.

Physically, before the above symptoms, the patient was suffering from severe spine issues for the past 8-9 years. She had undergone spine surgery for the same 3 times. She was also having walking issues because of the spine issue. At present, she was not experiencing any major spine issues. She was also observed to be underweight. She used to get tired with weakness very easily.

On 21st September 2021, the patient visited her doctor who suggested a sonography test. The report identified one lower ureteric stone of size 5.2 mm which was 4 cm distal from VUJ. The Doctor treated her with a painkiller injection and advised them to increase water intake.

The patient's mother contacted a Certified YPV Healer on 21st September 2021, and the healer started healing the patient from that day.

2.3.3 YPV Intervention Details

YPV crystal healing was done using YPV HDP Level 1 protocol which includes YPV psychotherapy, special blood cleansing techniques and internal organ cleansing techniques plus a special protocol for stone dissolution, once a day for about 15 minutes for each session by distal healing. Additionally, one session of 15 minutes was also given for stone dissolution daily, and one more 15-minute session was given for pain reduction as and when needed. The patient was also included in the scheduled daily 10 am online Divine group healing session to apply group energy to heal the patient for 15 minutes. The main focus was given to set right her emotions which were affecting her urinary system and digestive system. The patient was prescribed to do Rhythmic Yogic breathing and forgiveness sadhana thrice a day. It was noticed that the patient had a lot of emotional issues like anger, irritation, frustration, and stress. Within 2 days after healing started, she felt that her emotional issues have resolved to a great extent. Earlier she was not able to sleep peacefully. So, the healer suggested doing Forgiveness sadhana before sleeping. After starting forgiveness Sadhana before sleeping, she was able to sleep peacefully.

The patient learnt YPV Level-1 class on the 28th and 29th of September, 2021 and started doing self-healing including Rhythmic Yogic Breathing and PPM (Planetary peace meditation) on regular basis. Therefore, the patient felt that she was no longer getting tired, but feeling fresh

and energetic. She started motivating other people also to learn YPV Healing so that they can change their life positively. She was very much receptive and had faith in healing, so she came out of pain and suffering without any medicines within only 10-12 days. On 4-10-2021, she went for a sonograph test and the report came to be normal. A follow-up after 6 months revealed that the patient sustained all improvements, and successfully engaged in a full-time job.

2.4 Case 4 (Healer 3)

2.4.1 Patient Information

The patient codenamed PN, was a 50-year-old male, a civil engineering professional, who lived in Mangalore, Karnataka, India.

2.4.2 Before YPV Healing

During October 2017, the patient experienced symptoms of severe abdominal pain, and the diagnosis showed a renal calculus measuring 5-6mm in the mid calyx of the right kidney, mild Hydroureteronephrosis (HUN), and few calculi measuring 5-6mm in left kidney and calculus measuring 5mm in left VUJ. His doctor prescribed medication for a week. At this time the patient consulted a YPV healer showing his diagnostic reports and desired to be healed to cure his condition.

2.4.2 YPV Healing Intervention

The healer started distal healing on 16.10.2017, daily for 20 minutes. The healer was prescribed to do breathing exercises, forgiveness sadhana 3 times a day to take saltless food, fruits, and vegetables and to drink more water daily. The healer gave YPV level 2 healings using colour energies, and YPV level 3 healing to remove stress energy. The affected parts such as kidneys and related parts cleansed and energised with green and orange prana. Sex chakram, basic chakram and perineum chakram were cleaned with green and orange prana and energised with white prana. Mengmein chakram and other chakrams were cleansed and balanced. Gradually pain reduced day by day and completely disappeared within a week of healing.

Encouraged by the progress the patient made, the doctor took an ultrasound test on 26.10.2017, and the report showed no evidence of calculus/hydronephrosis

in the right kidney. But there was left proximal ureteric calculus causing mild hydronephrosis and the size of the calculus reduced to 4-6mm in the left kidney. Healing continued for another 15 days daily for 20 minutes each session, and healing was given alternate days for another 15 days and stopped on 25.11.2017. The patient was asked to continue practising YPV techniques.

A follow-up of the patient during May 2022 revealed that there were no symptoms of kidney stones or any other health issues further to the last healings the patient took, confirming that the patient sustained the improvements. An ultrasound test was done to check, and the report stated that both kidneys, ureters, and urinary bladder were all normal.

2.5 Case 5, Case 6, and Case 7 (Healing Camp)

2.5.1 Patient Information

Case 5 - The patient, codenamed SM, was a 50-year-old male, who lived in Mysore, Karnataka, India.

Case 6 - The patient, codenamed SP, was a 48-year-old male, who lived in Mysore, Karnataka, India.

Case 7 - The patient, codenamed SR, was a 33-year-old male, who lived in Mysore, Karnataka, India.

2.5.2 Pre-YPV Symptoms and Medical Condition

There were no complaints related to kidney stones in any of the patients, a condition detected during the healing camp ultrasound test.

2.5.3 YPV Healing Intervention

Healers had a unique health management program in Mysore from 24th to 28th October 2012 to improve the health condition of trainers, healers, and their family members, under the guidance of Mr, NJ Reddy, YPV founder with the help of other healers. Around 95 participants were present for this program. Pre-medical tests were conducted at Sagar Apollo Hospital for all the participants.

Some participants had health issues such as kidney and gall bladder stones, cysts, liver enlargement, fibroid, vision problems, arthritis, prostate enlargement issues etc. After four days of intense proximal healing sessions, participants who had problems in the pre-medical tests were sent back for a post-medical test. It was amazing to see that kidney stones dissolved fully in two cases and one case three of the four stones dissolved. None of the patients was having any symptoms regarding kidney stones. There was an improvement in mobility and breathing condition. There

Table 1. Summary of results for the seven cases

Case No.	Patient details Age Years Gender	Condition before YPV healing	YPV healings and Protocols	Results: Full cure
Case 1. Healer1	32 Female	3 mm stone in the left kidney; severe pain and nausea	Daily session 20 minutes, group healing 15 minutes +self-practice modules	1 month and 24 days
Case 2. Healer1	32 Female	4mm stone in the right kidney;	Same as above	1 month and 25 days
Case 3. Healer2	23 Female	5.2mm stone in lower ureter; severe pain in urination	Daily HDP1 session + 2 other sessions, each 15 minutes; +Group healing+Self-practice modules	14 days
Case 4. Healer3	50 Male	5/6mm stone in right kidney, 5/6mm stones in left kidney, 5mm stone in VUJ, mild HUN	Daily 20 minutes YPV level 2 and level 3 healing + Self practice modules	10 days for the right kidney stone, and 1 more month for the remaining stones
Case 5. Healer4	50 Male	5 mm stone in left kidney lower pole	Daily 15 minutes YPV Level 5 Healing + Group Divine Healing	5 days
Case 6. Healer4	48 Male	6 mm stone in left kidney mid pole	Daily 15 minutes YPV Level 5 Healing + Group Divine Healing	5 days
Case 7. Healer4	33 Male	4-5 mm, 4 stones in right kidney lower pole	Daily 15 minutes YPV Level 5 Healing + Group Divine Healing	5 days, three stones dissolved and one stone remained

was overall health improvement and stress reduction in each participant and they felt good. The summary of all results is shown in Table 1.

3. Discussion

Evidence in medical science suggests that kidney stones less than 10 mm in diameter have a reasonable chance of passing through the urinary tract. Keeping kidney stone pain under control till the stone is passed out is an important aspect of treatment modality²⁶. It is observed from the study of these cases that the stones are less than 10 mm in diameter, and YPV protocols enabled reducing symptoms such as stomach pain, body pains, digestion problems, headache etc, and associated psychological issues of anxiety, worry, confusion and stress until the stone is passed out in the dissolved condition. It is observed from the study of cases 5,6 and 7 that because of group effort for healing in a guided and controlled environment, miraculous accelerated results appeared within 5 days. Kidney stones are hard masses of solid stuff which need the energy to disintegrate and dissolve to pass out over some time, and YPV energy healing protocols accomplished this task of disintegrating and dissolving gradually at a pace depending upon the individual components of the stones. This would explain why some stones took a much longer time to completely dissolve and pass out, as seen in Table 1.

In medical science, there is a procedure called Extracorporeal shock wave lithotripsy. In this process, the large kidney stones are broken into small pieces by using sound waves or shock waves to create strong vibrations. The small pieces of broken stones can then be flushed out of the body through urine²⁷. In comparison, the YPV process consists of projecting healing energy to the body parts where the kidney stones are located, and these energy waves gradually dissolve the stones into minute particles that easily pass, flushed out by urine.

4. Conclusion

An examination of the multiple cases of treating kidney stones in this study reveals that YPV energy healing protocols successfully dissolved and eliminated kidney stones in this completely safe process. Furthermore,

the patients were healed psychologically which enabled them to manage symptoms such as pain in the lower abdominal area, severe acidity, stomach burning, vomiting and nausea, and in some cases, burning while passing urine. As an integrated and holistic system, YPV system protocols have dealt successfully with several types of diseases treated as complementary and alternative medicine effectively at low cost. Healing camps in a guided and controlled environment in a group accelerate the healing process. Such Healing camps may be regularly conducted to help the needy for overall improvement or upgradation holistically at all levels, Further research using appropriate methodology and the sample size is recommended. It would be beneficial for frontline health workers to acquire a working knowledge of YPV to apply complementarily in their practices for holistically treating patients.

5. Acknowledgements

We are grateful to the patients for giving consent to use their data in this study on the assurance of anonymity, and to Sri Ramana Trust for using their copyright terms Yoga Prana Vidya System® and YPV®.

6. References

1. Prakash R, Arunachalam, Narayanasamy. Prevalence and socio-demographic status on kidney stone patients in Thanjavur district, Tamil Nadu, India. *Int J Community Med Public Health* 2019; 6:1943-7. <https://doi.org/10.18203/2394-6040.ijcmph20191614>
2. Sofia NH, Manickavasakam K, Walter TM. Prevalence and risk factors of kidney stone. *Global Journal for Research Analysis*. 2016; 5(3):183-187. Available from: https://www.researchgate.net/publication/299543144_PREVALENCE_AND_RISK_FACTORS_OF_KIDNEY_STONE [accessed Oct 19 2022].
3. Barnela SR, Soni SS, Saboo SS, Bhansali AS. Medical management of renal stone. *Indian J Endocrinol Metab*. 2012; 16(2):236-9. <https://doi.org/10.4103/2230-8210.93741> PMID:22470860 PMCID:PMC3313741
4. St Luke's Hospital. Kidney stones. Treatment options. Available <https://www.stlukes-stl.com/health-content/medicine/33/000170.htm>
5. Radin D, Schlitz M, Baur C. Distant healing intention therapies: An overview of the scientific evidence. *Glob Adv Health Med*. 2015; (Suppl):67-71. <https://>

- doi.org/10.7453/gahmj.2015.012.suppl PMID:26665044
PMCID:PMC4654780
6. Bindal S, Nanduri VS. Role of Yoga Prana Vidya (YPV) system protocols in infertility treatment: A case study of a 29-year-old housewife with history of recurrent spontaneous miscarriages and ovarian cysts. *International Journal of Pharmaceutical and Bio Medical Science*. 2022; 2(10):414-8. Available from: <http://ijpbms.com/index.php/ijpbms/article/view/155> <https://doi.org/10.47191/ijpbms/v2-i10-06>
 7. Dharna V, Nanduri VS. A case study of 60-year-old female patient of rheumatoid arthritis treated successfully using Yoga Prana Vidya (YPV) healing system as complementary medicine. *Acta Scientific Women's Health*. 2022; 4(10):22-7. <https://doi.org/10.31080/ASWH.2022.04.0431>
 8. Dube N, Ramya A, Nanduri VS. Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction: An analysis of case series. *Int J Intg Med Sci*. 2022; 9(2):1016-22. <https://doi.org/10.16965/ijims.2022.101>
 9. Sunkari M, Nanduri VS. A case of Metastatic Breast Cancer treated successfully by using Yoga Prana Vidya (YPV) healing methods persistently as complementary medicine and patient self-belief. *Int J Med Sci and Dent Res*. 2022; 05(04):37-44.
 10. Reddy NJ, Karnani V, Nanduri VS. Yoga Prana Vidya distance healing intervention for COVID-19 patients: An outcome case study. *Indian J Psychiatr Soc Work*. 2022; 13(1):Epub 1-8.
 11. Prajapati R, Nanduri VS. Successful healing and recovery of a COVID-19 female patient using Yoga Prana Vidya advanced Protocols as complementary medicine: An in-depth case study. *IAIM*. 2021; 8(10):45-51.
 12. Nanduri VS, Karnani V. Successful and speedy recovery of COVID patients using Yoga Prana Vidya (YPV) Healing. *Covid-19*. 2020; 1(4):78-82.
 13. Bhuvaneshwari H, Nanduri VS. Successful application of Yoga Prana Vidya protocols to normalize Kidney function: A case study of stage 2 kidney disease. *World Journal of Biology Pharmacy and Health Sciences*. 2022; 10(01):001-7. Available <http://wjb-phs.com/sites/default/files/WJBPHS-2022-0062.pdf> <https://doi.org/10.30574/wjbphs.2022.10.1.0062>
 14. Kataria R, Nanduri VS. Successful healing treatment of a brain stroke case of a female patient using Yoga Prana Vidya system- A case report. *J Bio Innov*. 2021; 10(6):1533-40. <https://doi.org/10.18535/jmscr/v10i6.01>
 15. Dholakia M, Tandon I, Dholakia D, Nanduri VS. Successful healing treatment of kneecap (Patellar) dislocation of a teen female patient using Yoga Prana Vidya system protocols without surgery: A case report. *Acta Scientific Women's Health*. 2021; 3(11):15-20. <https://doi.org/10.31080/ASWH.2021.03.0295>
 16. Jain V, Bindal S, Bhatia PK, Nanduri VS. Managing pain and side effects of a Hodgkin lymphoma female patient undergoing Chemotherapy using Yoga Prana Vidya system as complementary medicine: A case report. *International Journal of Medical Sciences and Academic Research*. 2021; 2(05):5-11
 17. Kraleti P, Biswas S, Nanduri VS. A case study of treatment of Nephrotic syndrome Using Yoga Prana Vidya (YPV) integrated holistic system as complementary medicine. *International Journal of Medical Science and Health Research*. 2021; 03(05). <https://doi.org/10.51505/IJMSHR.2021.5509>
 18. Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: Successful treatment using Yoga Prana Vidya (YPV) healing system. 2021; 5(01):101-110. <https://doi.org/10.51505/IJMSHR.2021.5111>
 19. Revathi R, Janani N, Nanduri, VS. Successful healing treatment of hypothyroidism using integrated Yoga Prana Vidya (YPV) healing approach as complementary medicine: Case reports. *J Prev Med Holistic Health*. 2020; 6(1):1-7. <https://doi.org/10.18231/j.jpmmh.2020.008>
 20. Neravetla J, Nanduri, VS. Role of Yoga Prana Vidya (YPV) healing techniques in emergency and first aid: A summary of case reports. *International Journal of Medical Science and Health Research*. 2020; 4(3):133-46.
 21. Nanduri VS, Vasavda A. Successful healing treatment of high blood cholesterol levels and asthma using Yoga Prana Vidya (YPV) system: A case study of self-healing. *Panacea Journal of Medical Sciences*. 2019; 9(3):131-7. <https://doi.org/10.18231/j.pjms.2019.028>
 22. Nanduri VS, Chaitra N. How the participants of a Yoga Prana Vidya (YPV) eye camp experienced vision improvements: A Case study. *The Journal of Community Health Management*. 2019; 6(4):139-46. <https://doi.org/10.18231/j.jchm.2019.028>
 23. 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):353-6. Available from: <https://www.yogapranavidya.com/about-ypv-research/publications/successful-healing-treatment-of-a-48-year-old-male-with-block-in-heart-using-ypv/> <https://doi.org/10.36348/sjnhc.2019.v02i11.001>
 24. 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(2):106-20. <https://doi.org/10.5296/jbls.v10i2.15199>
 25. Neravetla J, Nanduri VS. A study into the successful treatment of some difficult Medical cases using Yoga Prana Vidya (YPV) healing system as alternative medicine. *Int J Sci Eng Res*. 2019; 10(7):882-7. <https://doi.org/10.5296/jbls.v10i2.15199>

26. Loughlin KR. Kidney stones: What are your treatment options? Available from: <https://www.health.harvard.edu/blog/kidney-stones-what-are-your-treatment-options-2019071817350>
27. Khan F, Haider MF, Singh MK, *et al.* A comprehensive review on kidney stones, its diagnosis and treatment with allopathic and ayurvedic medicines. *Urol Nephrol Open Access J.* 2019; 7(4):69-74. Available from: <https://www.researchgate.net/deref/https%3A%2F%2Fdoi.org%2F10.15406%2Funoaj.2019.07.00247>