

Pranic Healing for Partially Blind- A case study

*Srikanth N Jois¹, Nagendra K Prasad²

Abstract

Objectives: Fourteen year-old boy was diagnosed with visual impairment in his right eye since birth. Other symptoms included blurred vision, dry eyes, and headache. Pranic Healing (PH) as a complementary therapy to heal eye ailments was applied on the subject. PH is an ancient science and art of healing people. It is considered as a natural, drugless, non-touch complimentary technique using prana to treat illness.

Methods: Fifty PH sessions of 20 minutes each was applied on the subject.

Results: On completion of 50 PH sessions, it was found that his unaided visual acuity improved in both eyes with the right eye showing significant improvement. The dryness in the eye, eye pain and headache were healed.

Conclusions: Observing his visual improvement, he was advised to be transferred to the conventional school. PH as adjuvant therapy can assist for patients with visual impairment. Further studies are warranted to study the impact of PH on larger populations of visually impaired subjects.

Key words: Prana, Pranic healing, Blurred Vision, Visual Acuity, Complementary therapy

*Correspondence author

Srikanth N Jois

<http://orcid.org/0000-0002-8324-8997>

Email: srikanth@pranichealing.co.in

¹Head of Research, World Pranic Healing Foundation, India, Research Centre, Mysuru – 570009, India

²Senior Research Consultant, World Pranic Healing Foundation, India, Research Centre, Mysuru – 570009, India.

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Pranic Healing for Partially Blind - Une étude de cas

*Srikanth N Jois¹, Nagendra K Prasad²

Abstrait

Objectifs: Un garçon de quatorze ans a reçu un diagnostic de déficience visuelle de l'œil droit depuis sa naissance. Les autres symptômes comprenaient une vision floue, des yeux secs et des maux de tête. Pranic Healing (PH) comme une thérapie complémentaire pour guérir les aliments pour les yeux a été appliquée sur le sujet. PH est une science ancienne et l'art de guérir les gens. Il est considéré comme une technique complémentaire naturelle, sans médicament et sans contact, qui utilise le prana pour traiter la maladie.

Méthodes: Cinquante séances de PH de 20 minutes chacune ont été appliquées sur le sujet.

Résultats: À l'issue de 50 séances de PH, on a constaté que son acuité visuelle spontanée s'améliorait dans les deux yeux, l'œil droit présentant une amélioration significative. La sécheresse oculaire, la douleur oculaire et le mal de tête ont été guéris.

Conclusions: Observant son amélioration visuelle, il a été conseillé d'être transféré à l'école conventionnelle. La PH comme traitement adjuvant peut aider les patients ayant une déficience visuelle. D'autres études sont justifiées pour étudier l'impact de l'HTP sur des populations plus importantes de sujets malvoyants.

Mots-clés: Prana, Guérison pranique, Vision floue, Acuité visuelle, Thérapie complémentaire

*Correspondance auteur

Srikanth N Jois

<http://orcid.org/0000-0002-8324-8997>

Email: srikanth@pranichealing.co.in

¹Head of Research, World Pranic Healing Foundation, India, Research Centre, Mysuru – 570009, India

²Senior Research Consultant, World Pranic Healing Foundation, India, Research Centre, Mysuru – 570009, India.

INTRODUCTION

Visual impairment is a reduced capacity to see to a degree that causes problems not fixable by usual means, such as glasses. The common causes of visual impairment world-wide are uncorrected refractive errors 43%, cataracts 33%, and glaucoma 2%. Globally, about 191 million people are visually impaired and this is one of the top 10 disabilities worldwide. People with visual impairment have difficulties to carry out daily activities including driving, reading, watching television, socializing, and walking (1,2) Visual impairment can be corrected to some extent using gene therapy, complementary therapies like yoga (3,4), eye exercise and acupuncture (5).

Pranic Healing (PH) is a complementary technique, making use of the prana or vital energy as its main source of healing power. It is a simple yet powerful and an effective system of no-touch energy healing. PH is based on the principle that the body is a *self-healing* living entity with the capacity to cure itself. The healing process is hastened by increasing this life force which is readily available from the sun, air, and ground to address physical & emotional imbalance's (6,7). The energy body has major, minor and mini chakras, just as the physical body has major and minor organs. The major chakras or centres not only control and energize the internal organs but also control and affect one's psychological conditions (8).

Application of PH as complementary therapy has been found to be effective in various domains. PH is associated with significant reduction in depression (9), Chronic Obstructive Pulmonary Disorder (COPD) (10), Musculoskeletal pain (11), asthma (12), increase in wellbeing by manipulating the energy fields of subjects (13). PH is also being practised by well-educated followers to achieve personal and professional growth (14). It is also being applied in agriculture to improve plant growth and obtain higher yield (15).

CASE REPORT

A 14-year-old visually impaired subject attending a Visually Impaired School from The Gambia, West Africa participated in this study. The subject was diagnosed with subconjunctival hemorrhage and low vision problem since birth. Other symptoms include blurred vision, dry eyes, and headache. The subject's unaided visual acuity in both eyes were 6/60 after undergoing check-up from a Tertiary Eye Care Centre, the Gambia. (Table 1). This 6/60 means, that visually impaired person can see an object at a distance of 6 meters

as compared with a normally sighted person who could see the same object at a distance of 60 meters. The subject, subject's parents and authorities at visually impaired school were briefed about PH, its method and benefits during a meeting at hospital resource centre for the blind. Their written consent was obtained from the subject, subjects parents and authorities at visually impaired School. PH was applied by a trained Pranic Healer, recruited from West African Pranic Healing Foundation, The Gambia. During the healing sessions, the subject was comfortably seated on a chair with palms facing upwards, with his tongue connecting upper palate to enable the flow of pranic energy. The pranic healer first prays to the Almighty God, standing at a distance of 1 – 2 meters away from the subject. The healer removes the used up energies from the affected areas by cleansing and disintegrates this energy in a salt basin. The healer will later energise the affected areas using Prana as introduced by Master Choa Kok Sui. The protocol done by the Healer is provided in brief

1. Application of General Sweeping on the Aura
2. Localised sweeping on eyes and Ajna chakra and energising the eyes indirectly through the Ajna chakra
3. Localised sweeping and energizing the back head chakra and jaw minor chakra
4. Repeat the entire procedure twice a week

A total of 50 PH sessions, each of 20 minutes duration for a period of 8 months were applied to the subject (6). After completion of 50 pranic healing sessions, the subject had his vision rechecked at the tertiary Eye Care Centre, the Gambia. He was seen to have a better unaided visual acuity in both eyes, which enabled the doctors to prescribe correct power spectacles. The subject's unaided visual acuity in the left eye improved from 6/60 to 6/18. His right eye also improved from 6/60 to 6/36 (Table 2). Visual acuity using pinhole + glasses method for both eyes improved to 6/12 and 6/18 in the left and right eyes respectively. The dryness in the eyes, eye pain and headache were completely healed, although blurred vision remained. Observing his visual improvement, he was advised to be transferred to a conventional school for further studies. The details of his Post-Pranic diagnosis are provided in Table 2.

DISCUSSIONS

During the Pranic Healing (PH) session, the healer projects prana to the energy field of the participant to rebalance and strengthen them.

Prana is the vital energy that has the potential to heal. PH promote circulation of prana in the body by facilitating the drawing in of fresh prana and expelling of used-up prana. PH energizes the eyes through Ajna chakra with light whitish green colour prana. This is to clean and loosen the diseased and used up energies in the minute nadies in the eye (6-8). Removal of used up prana or contaminated energies from the subject could probably lead to an overall improvement in the participant vision. Previous studies have revealed that few spiritually-based healing practices while invoking for higher energies, were found to be useful in promoting wellbeing. During PH session, the healers pray to the almighty before, during and after the healing session, which facilitates the presence of divine energy in healing (9,10).

CONCLUSION

The study suggests that Pranic Healing was effective as a complementary therapy to overcome visual problems like itching, pains, redness, headache, watering of eyes and improve vision. Further studies are warranted to study the impact of PH on larger populations of visually impaired subjects.

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Table 1: Initial Diagnosis of the student

Details	Left Eye	Right Eye
Visual Acuity (Unaided)	6/60	6/60
(Pinhole + Glasses)	6/24	No Improvement
Recommended power	+ 1.00 D.S.	----
Blurred vision	Present	Present
Dry eyes	Present	Present
Eye pain	Present	Present
Headache	Present	Present

Table 2: Post-Pranic Healing Diagnosis of the student

Details	Left Eye	Right Eye
Visual Acuity (Unaided)	6/18	6/36
(Pinhole + Glasses)	6/12	6/18
Recommended power	+ 1.25 D.S.	+1.75 D.S.
Blurred vision	Present	Present
Dry eyes	Healed	Healed
Eye pain	Healed	Healed
Headache	Healed	Healed