

Pranic Healing as a Complementary Therapy in Managing Fibromyalgia: A Case Report

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ABSTRACT

Fibromyalgia is a chronic pain syndrome with main symptoms including pain and tenderness in various parts of the body along with sleep deprivation, fatigue, cognitive dysfunction, and emotional distress. Pranic Healing (PH) is a traditional no-touch healing technique based on balancing the body's energy centres or chakras. Here, a case of a 37-year-old female is presented who was diagnosed with fibromyalgia, with pain, stiffness, and sleep disturbances as major symptoms. These symptoms were measured using the Numerical Rating Scale (NRS) score. She received distant PH as a complementary therapy to manage chronic pain and exhaustion symptoms. PH was effective in significantly reducing the severity of fibromyalgia symptoms, including pain by 40% and stiffness by 60%, and improving the quality of sleep by 60% after eight sessions of PH. Thus, PH has the potential to be used as a complementary non pharmacological therapy besides conventional pharmacological approaches to manage fibromyalgia.

Keywords: Chakras, Chronic pain, Prana

CASE REPORT

A 37-year-old female with a history of chronic pain and fatigue since June 2018 was diagnosed with fibromyalgia by her family physician in September 2020, based on her symptomatology, since all her relevant blood parameters and autoimmune profiling results were normal. Symptoms included pain, specifically along the spine and legs, chronic pain in her limbs, extreme exhaustion, fatigue and disturbed sleep due to pain. She experienced intense pain and stiffness around ribs and lower back upon waking, which eased a bit with the progression of daily activities. She had no significant family or medical history. She was referred to a Rheumatologist by her family physician. However, since patient could not get a timely appointment due to the ongoing Coronavirus Disease (COVID-19) pandemic. Patient consulted pranic healer (as a complementary therapy) for addressing her condition, until her medical treatment could be started.

In this case, therapy was done from India, whereas the patient was in Germany. Patient was asked to describe the intensity of pain based on a scale of 0 to 10, with 0 being no pain at all and 10 being the worst possible pain based on NRS score [1]. A change of 20% between two time points of an assessment is regarded as being clinically significant. For quantification purposes, patients' feedback regarding stiffness and quality of sleep was also taken using a similar approach on a scale from 1 to 10.

Protocols for Fibromyalgia, Stress, Trauma, and Pain using Distant PH [2,3]

Informed consent was obtained from the patient. During PH the patient was informed to be receptive and to sit in a comfortable position with hands facing upwards and tongue touching the palate. The healer scans the energetic conditions of the aura and the chakras and uses the techniques of PH to cleanse and energise the energy body. During PH, light whitish shades of green, violet, orange, blue, red, and white prana were used on specific chakras and parts, as mentioned in the protocol. Emphasis was given to thorough cleansing of spine, front and back solar plexus, meng mein, basic, hand and sole minor chakras. Eleven healing sessions were performed on the subject out of which each healing was done

daily for three days, followed by three sessions on alternate days and lastly twice a week for 30 to 40 minutes duration every time. After eight healing sessions, the subject started taking medications (tab. pregabalin, 75 mg, twice daily and tab duloxetine, 30 mg, twice daily) for the condition, as she could eventually get an appointment with a Rheumatologist. On completion of 11 PH sessions, the subject reported improvement in her health condition physically and emotionally. There was a reduction in pain, stiffness, and stress. Quality of sleep has improved and overall, her fibromyalgia has decreased. The energy levels in her daily activities improved and tiredness was reduced [Table/Fig-1]. Postpranic healing follow-up was done after six months and the patient continued taking medications prescribed by the doctor and states that Pranic Healing has helped her to reduce the severity of symptoms of fibromyalgia.

Symptoms	Score before PH	Score after 8 PH sessions	Score after 11 PH sessions	Change observed after 8 PH sessions (%)	Change observed after 11 PH sessions (%)
Pain	8	4	2	40	60
Stiffness	8	2	1	60	70
Disturbance in sleep	8	2	1	60	70

[Table/Fig-1]: Scores of pain, stiffness and disturbance in sleep before and after Pranic Healing (PH).

DISCUSSION

Pranic healing is a no-touch, no-drug, complementary therapy used to heal the energy body using vital energy or "Prana". It was developed by Grand Master Choa Kok Sui in 1987 after years of research and validation. It is based on the principles of eastern traditional medicine practices that the physical body becomes sick when the energy body is filled with diseased, dirty energy due to blocked meridians. There are energy centres in the body called chakras, which help the body in absorbing, utilising and expelling the vital force/prana. When these chakras have blockages/dirty energy in them, they cannot work efficiently, which gradually causes ill health to the physical body. In PH, these energy meridians and chakras are cleansed thoroughly and given fresh prana through certain techniques [2].

Advance PH uses various colour pranas which have specific properties which make the healing faster and more effective. Distant PH is a technique where the healer can work on the energy body of the subject from anywhere around the world. It works on the principle of interconnectedness and principle of directability [3].

Fibromyalgia is an idiopathic multifactorial rheumatic disease that is often co-morbid with psychological factors [4]. It can also be a symptom of various other disorders like arthritis, irritable bowel syndrome, depression, Post Traumatic Stress Disorder (PTSD), panic disorder, and stress disorder. Fibromyalgia is often triggered by stress and trauma, which alters the sympathetic and parasympathetic responses, which in turn affects the nerve responses of the brain, including the central nervous system [5]. The symptoms can be vague, resembling arthritis, chronic fatigue syndrome, or general lethargy and the condition is difficult to diagnose, as no definitive diagnostic tests are available and diagnosis is often based on exclusion. The mean diagnosis time for fibromyalgia (from first onset of symptoms to diagnosis) has been reported from 2.1 to 2.7 years [6]. This was also noted in present case, as the patient had symptoms for almost two years before she received a definitive medical diagnosis. Moreover, there is no cure for this condition, and it can be only managed by using a multidisciplinary approach using conventional and alternative therapies.

Pranic Psychotherapy is beneficial in removing the pent-up negative emotions. Pent-up emotions like stress, trauma and pain get accumulated in chakras and are believed to affect the patient physically. According to the principles of energy healing, negative emotions are heavy energies which block the meridians of the energy body and affect the functioning of chakras (energy centers or vortexes) and in turn, the physical body. Observations show that pranic psychotherapy, an advanced modality of PH, can help in healing the emotional conditions of the patients, which in turn improve their physical health [2].

In this case, the subject reported that after PH sessions, her health improved. Although in this case, the subject did not take any medications during the initial healing sessions (due to lack of medical access). PH is not intended to replace the conventional medical systems, but to complement them. In all cases, it is advised to consult the medical doctor when in need and continue the recommended medication as usual. While medicines and various forms of exercises help the physical body, cognitive behavioural therapies helps to boost the mental health of patients. There is a potential for non pharmacological modalities like PH and pranic psychotherapy, which address the energy conditions of the aura and chakras, to reduce both the physical pain and emotional stress of the subject. This in turn reduces the overall distress to the patient. In challenging times like COVID-19, when there is an innate need to follow social distancing, it is advantageous to have PH as modalities where one can heal the subject through distant healing. In case of emergencies, one can utilise this technique to address the problem

immediately. Recent studies have shown that PH can be used as adjuvant therapy in treating depression [7], improve the quality of life and lung function of Chronic Obstructive Pulmonary Disorder (COPD) [8], vision improvement in partially blind [9], helpful in reducing backache among adults [10] and treating insomnia [11].

Patient's perspective: Patient reported a satisfactory outcome of PH sessions. Moreover, she reported that it particularly helped in easing her anxiety, caused by the unavailability of conventional medical help. She is open to exploring PH for the long-term management of her condition as a complementary therapy, especially during flare-ups.

CONCLUSION(S)

Complementary therapy of PH was found effective in easing the condition of fibromyalgia. There is a need to collect more evidence on the efficacy of PH, especially in managing chronic, idiopathic conditions.

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