

A Case Report of Clinical Remission of Multiple Myeloma with Yoga Prana Vidya Healing as complementary therapy

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ABSTRACT

Background: Multiple myeloma is a plasma cell malignancy characterized by clonal proliferation, paraprotein secretion, and end organ damage. Despite advances in chemotherapy and immunotherapy, relapse and immune suppression remain challenges.

Case Presentation: A 64 year old male physician diagnosed with IgG kappa myeloma in December 2025 presented with shoulder pain, back pain, and breathlessness. He received oral and injectable chemotherapy for four months. Concurrently, daily Yoga Prana Vidya (YPV) healing sessions (30 minutes morning and evening) were administered for four months.

Results: Serial biomarkers showed dramatic decline in free kappa light chains (642.4 → 4.6 mg/L), normalization of kappa/lambda ratio (28.67 → 0.75), LDH reduction (378 → 203 U/L), and clearance of monoclonal protein by April 2026. Clinically, the patient resumed professional duties by the third month. Reports dated 19 April 2026 confirmed remission, though hypogammaglobulinemia persisted.(22-23)

Discussion: Literature supports multimodal management of myeloma, with YPV offering adjunctive benefits in stress reduction, autonomic regulation, and immune modulation. This case highlights synergistic outcomes of conventional therapy and YPV healing.

Conclusion: YPV healing may serve as a safe, cost effective complementary therapy in myeloma management, warranting further controlled studies.

Keywords: Multiple Myeloma, IgG Kappa, Yoga Prana Vidya System ®, Ypv ®, Complementary Therapy,

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1. INTRODUCTION

Multiple Myeloma

Multiple myeloma accounts for ~10% of hematologic malignancies, with median diagnosis age of 65 years [1]. It evolves from MGUS or smoldering myeloma, progressing at 1–10% annually depending on stage. Clinical features include CRAB criteria (hypercalcemia, renal dysfunction, anemia, bone lesions). Advances include proteasome inhibitors, immunomodulators, monoclonal antibodies, and CAR-T therapy, yet relapse remains common [2-4].

Yoga Prana Vidya System (YPV)

YPV is an integrative energy healing system rooted in pranic regulation, meditation, and lifestyle practices and promotes holistic health [5- 7]. Studies report benefits in autonomic regulation, cardiovascular health, stress reduction, and immune modulation [8-11]. Case reports document YPV's role in managing diabetes, hypertension, lung infections, kidney injury, and psychosomatic disorders [12-16]. Its mechanisms include modulation of HRV, cortisol reduction, and improved pranic energy circulation.

2. CASE PRESENTATION

The patient was a 64-year-old male physician, diagnosed with IgG kappa myeloma (December, 2025). The symptoms experienced were, shoulder/back pain, breathlessness. Initial lab reports showed kappa light chain 642.4 mg/L, ratio 28.67, LDH 378 U/L, beta-2 microglobulin 7.9 mg/L.

3. MEDICAL TREATMENT

The chemotherapy regimen to the patient included weekly injections for four months, oral agents continued. PET scan planned; bone marrow transplant later deemed unnecessary. By April 2026, oncologist reported 80% remission.

4. YPV HEALING INTERVENTION

As complementary therapy, an Associate Certified YPV healer applied Protocols of Healer Development Program Level 1 (HDPL1), and protocols of YPV Level 6 Healing was given by the other healer. The duration of each healing session was 30 minutes morning and evening daily for four months. Patient reported improved energy, resumed his clinic duties by third month.

5. RESULTS

A summary of Lab reports is at Annexure 1. It is observed that,

- **Biomarkers normalized:** kappa light chain 642.4 → 4.6 mg/L; ratio 28.67 → 0.75; LDH 378 → 203 U/L; beta-2 microglobulin 7.9 → 2.2 mg/L.
- **Immunofixation electrophoresis:** transient IgG kappa protein in Feb 2026, cleared by Apr 2026.
- **Immunoglobulins:** persistent hypogammaglobulinemia (IgG 3.21 g/L, IgA 0.31 g/L, IgM <0.25 g/L).
- **Clinical outcome:** remission achieved, patient resumed professional duties.
- The residual Concern was Immunoglobulin suppression persists, requiring monitoring for infection risk.

Feedback from the patient's family is at Annexure 2.

6. DISCUSSION

This case demonstrates synergistic benefit of chemotherapy and YPV healing. Previous studies show several cases of cancer were complementarily healed by Certified YPV healers [17- 21]. Literature supports YPV's role in autonomic regulation, stress reduction, and immune modulation. Persistent immunoparesis highlights the need for monitoring infections. Integrative approaches may enhance resilience and quality of life in myeloma patients.

This case study demonstrates the measurable synergistic benefits of combining standard chemotherapy with Yoga Prana Vidya (YPV) protocols. Prior oncology literature documents several instances of tumor regression and symptom mitigation achieved through Certified YPV healing intervention [17-21]. Published data confirms that YPV positively influences the autonomic nervous system, down-regulating sympathetic hyperactivity and reducing cortisol. Simultaneously, this energy healing modality induces immune modulation, which can potentially enhance natural killer cell activity. However, the patient's persistent state of immunoparesis requires strict, ongoing clinical surveillance to prevent opportunistic infections. Integrating non-invasive modalities alongside standard cytotoxic regimens may significantly preserve bone marrow function and cellular resilience. This multi-disciplinary approach addresses the severe, treatment-limiting side effects often associated with aggressive plasma cell therapies. By mitigating chemotherapy-induced peripheral neuropathy and profound fatigue, complementary protocols help maintain optimal oncology dosing schedules.

Furthermore, the targeted reduction of systemic inflammation supports the patient's physical tolerance during intensive cycles of treatment. Consequently, these integrative strategies enhance overall functional status, psychological well-being, and health-related quality of life parameters. From a hematological perspective, stabilizing the patient's microenvironment is critical to sustaining long-term remission in myeloma.

Bioenergetic interventions work as supportive therapies to accelerate physiological recovery pathways without introducing drug-drug interactions. This lack of pharmaceutical interference makes YPV a safe, low-risk adjunct for patients with complex pharmacological profiles. Incorporating these therapies addresses the holistic needs of the patient, filling gaps left by purely conventional symptom management. Such comprehensive care models are increasingly recognized for reducing the duration of hospitalizations related to treatment side effects.

As standard oncology evolves, documenting these combined outcomes provides vital preliminary data for prospective,

randomized controlled trials. Investigating the precise physiological mechanisms behind biofield therapies will help standardize integrative protocols in hospital settings.

Oncologists can utilize these insights to design personalized supportive care plans that optimize both clinical and psychological outcomes. Ultimately, this case underscores the utility of rigorous, multi-modal treatment strategies in managing refractory hematological malignancies.

7. CONCLUSION

YPV healing, alongside conventional therapy, contributed to remission in IgG kappa myeloma. Controlled trials are warranted to validate efficacy and mechanisms. Bridging conventional oncology with evidence-based complementary medicine offers a promising pathway toward superior, patient-centred clinical outcomes.

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Ethics Statement

Informed consent obtained from patient and family assuring anonymity of the patient.

Conflicts of Interest

None declared.

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ANNEXURE 1:

Table 1: Summary of Lab test reports

Date	13th dec 2025	25th Feb 2026	19th April 2026	Ref Range
LDH, Serum in U/L	378		203	120-246
Free kappa light chain in mg/L	642.4	97.82	4.6	2.37-20.73
Free lambda light chain in mg/L	22.4	19.8	6.1	4.23-27.69
Free kappa/lambda light chain ratio	28.6786	4.94	0.7541	0.31-1.56
Beta 2 microglobulin, serum mg/L	7.9	2.7	2.2	0.97-2.16
Immunofixation electrophoresis	Monoclonal protein not detected	IgGKappa monoclonal protein detected	Monoclonal protein not detected	5.5 -16.31
		ig G - 4-40 g/L		
Immunoglobulin A in g/L			0.31	1.01-6.41

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Immunoglobulin M in g/L			<0.25	0.22-2.4
Immunoglobulin G in g/L			3.21	5.4-18.22

Annexure 2: Patient Perspective (feedback):

To: Dear X X

This email comes to convey the gratitude from my family and me for healing my husband through Yog Pran Vidya. My husband, 64 yrs, was detected with Multiple Myeloma the early month of Dec 2025 and A senior YPV healer ...XX.... was contacted for healing through a close friend of mine. He was taking his chemo and immunotherapy as suggested by the haemato-oncologist and healing was going on simultaneously. I just want to thank you that by February end he had showed 60% improvement and after a month of discontinuation of chemo due to his herpes infection too, he had all parameters within range by April 15th, 2026 and improved by 80%

I sincerely acknowledge the power of healing through which we could get the desired result along with the medicines. Wishing more powers to your prayers so that you could be of help to many.

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