

Accelerated Recovery of Right Shoulder Muscle Tear through Yoga Prana Vidya (YPV) Healing – A Case Report

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Abstract—Background: Right shoulder muscle tears are debilitating injuries that significantly impair daily functioning and typically require prolonged recovery. Conventional management involves rest, analgesics, and physiotherapy, with recovery timelines extending up to two months. **Case presentation:** This case report presents a 61-year-old female patient with a right shoulder muscle tear following a two-wheeler accident. She experienced severe pain and functional limitations, including inability to eat, dress, or comb her hair independently. YPV intervention: Yoga Prana Vidya (YPV) healing was initiated on July 12, 2026, using YPV psychotherapy, YPV Level 5 healing, stress energy removal, and blessings. Over 10 days, 20 sessions of 30 minutes each were conducted. **Results:** Pain reduction was reported after the second session, with 50% improvement by the fourth session. By the fifth session, the patient regained functional independence. Radiological comparison of pre- and post-healing X-rays demonstrated stabilization of degenerative changes, improved clarity of rotator cuff pathology, and no progression of osteoarthritic findings. The patient achieved complete recovery. **Conclusions:** This case underscores the potential of YPV as an integrative modality for musculoskeletal injuries warranting further clinical research with appropriate sample and methodology.

Keywords— Shoulder muscle tear, Rotator cuff pathology, Yoga Prana Vidya System®, YPV®, Integrative healing.

I. INTRODUCTION

Shoulder muscle tears, particularly involving the rotator cuff, are common injuries that impair mobility and quality of life [1]. They are often associated with pain, functional disability, and prolonged recovery periods [2-4]. Conventional management includes rest, analgesics, and physiotherapy, with recovery timelines ranging from 6–8 weeks [5]. Literature emphasizes the burden of rotator cuff injuries in older adults and the challenges of conservative management [1-6].

Yoga Prana Vidya (YPV) is an integrative energy-based healing system rooted in yogic traditions [7]. It emphasizes pranic energy regulation for physical, emotional, and spiritual wellbeing. YPV combines breathing, meditation, diet regulation, and energy healing protocols, and YPV interventions enhance immunity and resilience in senior populations [8]. Evidence supports YPV in managing hypertension and cardiovascular dysfunctions [9].

Research confirms benefits in chronic pain and psychosomatic disorders [10]. YPV has been applied successfully in diabetes management and control [11]. YPV meditation practices improve emotional regulation and quality of life. Case studies demonstrate accelerated recovery in respiratory illnesses, and holistic rehabilitation in post-COVID recovery [12,13].

YPV complements conventional medicine and studies reveal improved brain coherence with YPV [14]. YPV protocols aid in reducing anxiety and depression symptoms [15]. Literature highlights its role in spiritual growth alongside clinical outcomes. YPV is safe, cost-effective, and adaptable across age groups. Overall, YPV emerges as a promising

integrative therapy for chronic and lifestyle diseases [16]. This paper presents a case of Right shoulder muscle tear of a 61 years old female, healed successfully faster than conventional treatment.

II. CASE PRESENTATION

The patient, a 61-year-old homemaker and a YPV healer, sustained a right shoulder muscle tear on July 7, 2026, following a two-wheeler accident. She reported severe pain, inability to raise her arm, and dependence on family members for basic activities. Clinical advice included two months of rest and analgesics.

Treatment Course

The patient followed the following treatment course.

- 07 July 2026: Initial X-ray revealed mild degenerative changes, sclerosis of greater tuberosity, and reduced subacromial space.
- 11 July 2026: Patient reported severe pain and functional disability.
- 12–22 July 2026: YPV healing sessions conducted (20 sessions, 30 minutes each) as stated in the following paragraph.
- 18 July 2026: Follow-up X-ray showed stabilization of degenerative changes, mild superior migration of humeral head, and clearer delineation of rotator cuff pathology.
- 22 July 2026: Patient reported complete pain relief and regained full functional independence.

YPV Intervention

The patient approached a certified YPV healer who applied the following protocols.

- YPV Psychotherapy
- YPV Level 5 healing
- Stress energy removal
- Blessings after each session

III. RESULTS

The following results were experienced by the patient.

- Pain subsided after the second session.
- By the fourth session, patient regained partial mobility and reported 50% pain reduction.
- By the fifth session, she resumed eating and daily chores independently.
- Radiological comparison confirmed stabilization of degenerative changes and no progression of pathology.
- Complete recovery achieved within 10 days (see infographic at Fig 1).

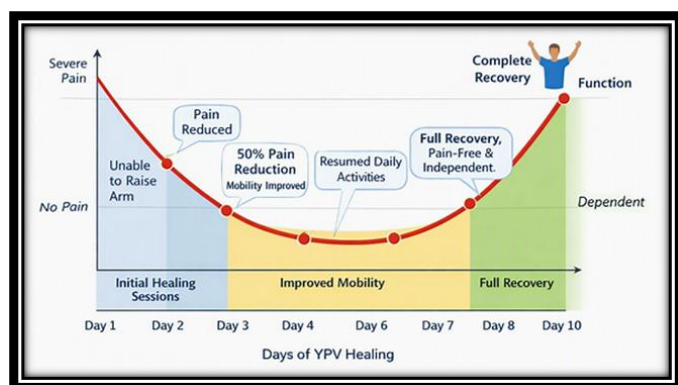


Fig. 1: Timeline of Yoga Prana Vidya (YPV) Healing on the path of Recovery

Detailed feedback from the patient is attached at Appendix 3.

IV. DISCUSSION

Clinical Interpretation of the X-Ray reports (Annexures 1 & 2) reveals the following.

Pre-Healing: The shoulder showed mild degenerative and enthesopathic changes, typical of early osteoarthritis and rotator cuff strain. Subacromial space reduction suggested impingement or chronic inflammation.

Post-Healing: The findings remained mild, but the description indicates better structural clarity and no progression of degenerative changes. The radiologist's emphasis on "no acute abnormality" and "maintained joint space" supports stabilization of the condition. The mild superior migration of the humeral head may reflect improved muscle tone or reduced inflammation, consistent with healing or physiologic recovery.

This case demonstrates accelerated recovery of a shoulder muscle tear through YPV healing. Conventional recovery timelines for rotator cuff injuries are typically 6–8 weeks [1–6]. The patient's recovery in 10 days suggests a synergistic effect of YPV protocols in reducing pain, restoring mobility, and stabilizing degenerative changes.

YPV has been previously documented to improve outcomes in chronic illnesses, psychosomatic disorders, and musculoskeletal conditions [7–16]. The radiological evidence in this case supports the clinical improvements reported by the patient. Further controlled studies are warranted to validate YPV's role as an adjunctive therapy in musculoskeletal rehabilitation.

V. CONCLUSIONS

YPV healing facilitated rapid recovery in a patient with right shoulder muscle tear, reducing pain and restoring function within 10 days, compared to the medically expected two months. Radiological findings confirmed stabilization of degenerative changes. This case underscores the potential of YPV as an integrative modality for musculoskeletal injuries.

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Ethics Statement

Written informed consent was obtained from the patient.

Conflicts of Interest

None declared.

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Annexure 1: X-Ray Report dt 07-07-2026

Date	07/07/2026	Patient Id	213681
Referring Doctor	Dr.S.V Siva Rudresh	Center	Global Health Diagnostics

X ray Right Shoulder X-ray – AP View

Findings:

- No acute fracture or dislocation.
- Glenohumeral joint alignment is maintained.
- Mild degenerative changes at the acromioclavicular joint with marginal osteophyte formation.
- Mild irregularity/sclerosis of the greater tuberosity, likely chronic degenerative /enthesopathic change.
- Subacromial space appears mildly reduced.
- Visualized soft tissues are unremarkable.

Impression:

1. Mild acromioclavicular osteoarthritic changes.
2. Mild greater tuberosity degenerative/enthesopathic changes with mild reduction of subacromial space.
3. No acute osseous abnormality.



Annexure 2: X-Ray report dt 18-07-2026

Date	18/07/2026	Patient Id	214554
Referring Doctor	Dr.S.V Shiva Rudresh	Center	Global Health Diagnostics

X-RAY RIGHT SHOULDER – AP VIEW

Clinical history: Right shoulder pain.

Findings:

- No acute fracture or dislocation identified.
- Glenohumeral joint space is maintained.
- Mild degenerative changes at the acromioclavicular joint with marginal osteophyte formation.
- Mild superior migration of the humeral head with relative narrowing of the acromiohumeral interval, which may suggest rotator cuff pathology.
- Mild degenerative/sclerotic changes at the greater tuberosity.
- Visualized right hemithorax is unremarkable.

Impression:

1. Mild acromioclavicular osteoarthritic changes.
2. Mild superior migration of the humeral head with reduced acromiohumeral interval – suggestive of chronic rotator cuff pathology
3. No acute osseous abnormality.

MRI is recommended if clinically indicated



DR. RAMKUMAR B S (KMC-35772)
DMRD, Consultant Radiologist

Annexure 3: Patient feedback

I am XX, a homemaker and a YPV healer. On July 7th, I met with a two-wheeler accident and suffered a muscle tear in my right shoulder. The pain was severe and unbearable. Basic tasks like combing my hair, getting dressed, and eating became impossible without help. Relying on my busy family members for support was mentally distressing, so I adapted by learning to eat with my left hand. My doctor advised complete rest and informed me that full recovery would take at least two months, which left me feeling extremely stressed. On July 11th, I met a friend who is also a healer at a gathering. Noticing I was eating with my left hand, she asked what happened and offered to perform YPV healing for me. She began treatment on July 12th. By the second session, I felt noticeable relief. By the fifth session, my pain was reduced by 50%, and I could raise my right arm again. Within a week, I was able to manage my routine chores independently using my right hand. A follow-up X-ray on July 18th showed significant improvement. Within just 10 days of starting YPV healing, my pain completely vanished, and my movement returned to normal. What was expected to take two long months resolved in under two weeks. I am deeply grateful to my friend and to YPV for bringing me back from a state of panic to complete normalcy!