



## Exploring the effect of pranic energy on healthy and non-healthy people as assessed by electro-photonic imaging: A systemic review

Khushboo Sharma<sup>1</sup>, Satyam Tiwari<sup>1</sup>, Guru Deo<sup>2\*</sup>

<sup>1</sup> Department Pof Yoga, PG Scholar, Morarji Desai National Institute of Yoga, New Delhi, India

<sup>2</sup> Assistant Professor, (Yoga Therapy), Department of Pof Yoga Therapy, Morarji Desai National Institute of Yoga, New Delhi, India

Corresponding Author: gurudeoyoga15@gmail.com

### Abstract

**Background:** Science defines energy as a spectrum made up of frequencies. Energy is identified as four basic types or forms in conventional science: electromagnetic, the gravitational, the strong and the weak nuclear force. 'Prana' is the name of energy that exists in our world and animates our physical bodies. This Prana Energy is the vital life force energy that gives us life and sustains our existence. The aim of the current study was to understand the effect of Pranic energy effect on Healthy and Non-Healthy people as Assessed by EPI / GDV / Bio- well.

**Materials and Method:** The current research is systemic review of literature on the topic done as per set inclusion and exclusion criteria, inclusive of PRISMA Guideline. All studies identified for inclusion were peer-reviewed and published in English. Articles were searched by using the keyword Prana, prana and health, prana and non-health, prana and disease, prana and EPI.

**Result:** After reviewing, all the studies show significant impact on human body. Most of the recipient of these osteopathic treatment experienced Increase in fingertip florescence area and average intensity, reduction in stress levels and improved blood pressure measurement. The perception of print and its effect on psychological well-being resulted revealed that 99.5 % of participants perceived pranic energy. Psychological wellbeing by awareness of air prana and the aura surrounding a tree among participants from different age group experiencing pranic energy led them into relaxed sensation, mentally strong.

**Conclusions:** After going all the available literature, it is evident that the free flow of Prana Energy is essential for a life of health, happiness and prosperity. In healing processes, it is observed that pranic energy negatively trapped in auric zone, chakras and bodies. In this way, one feels stressed, lethargic, depressed and dispassionate about one's own existence. Pranic Healing can help move stuck energy. The problem of depleted energy can be reversed when one understands one's own true nature as energy beings and the principles of Prana Energy flow. When the Prana Energy flow is corrected and balanced the body is able to heal itself in non-healthy people.

**Keywords:** prana, pranic energy, vital force, EPE and prana, GDV and energy

### Introduction

Energy has been manifested in different ways. Science defines energy as a spectrum made up of frequencies. (Levin, 2000) <sup>[15]</sup> Energy is identified as four basic types or forms in conventional science: electromagnetic, the gravitational, the strong and the weak nuclear force. (Tiller, 1993) <sup>[18]</sup> A considerable body of evidence has proved the existence of subtle energies that are not recognized in conventional science. (Benor, 2004) <sup>[2]</sup> "Subtle energy" a modern term for something that has assumed myriad names in history. In addition to being an umbrella term by which the concept of Prana, Qi, Ki, vital energy, etc. are all posited to be one phenomenon. (Becker & Marino, 1982) <sup>[1]</sup> The subtle energy is described in Sanskrit as 'Prana', in Chinese Medicine as 'Qi', and in Japan, it is known as Ki. This subtle force is considered to be significant for keeping our body healthy and alive. (White, 1977) <sup>[19]</sup> Hence, it is realized that the concept of subtle energy is not a new fact that is grabbing our attention; but instead, a new remark, an advanced and scientific outlook in understanding the vital energy. (Gloria, 1996) <sup>[5]</sup>

### Review of Literature

Electro photonic imaging (EPI) is a novel technique growing in its application in the field of scientific instrumentation to assess health status on the basis of bio-energy. Because of its versatile applications and unique features, a number of research publications applying EPI technique can be found. (Kushwah *et al.*, 2016) <sup>[14]</sup> EPI had been employed to study diabetes mellitus, cardiovascular diseases, hypertension, autism, asthma, cancer, and many other diseases.

Gas discharge visualization (GDV) utilizing EPI technique is based on coronal electrical discharge surrounding an object when exposed to a high electrical field. The characteristics of this electric field are high voltage of 10 kV at a frequency of 1024 Hz and low current that is in micro Amperes. In particular, the fingertips are placed on a dielectric glass plate of the instrument and when such voltage characteristics are applied to the underside of the glass plate to generate a high electrical field, collision of electrons take place in the surrounding air molecules around the fingertips. These wrenched out electrons induce ionization of the air molecules and produce a glow around the finger. Further, this process is captured as a snapshot by a charged coupled device camera placed underneath the

glass plate and then registered in a form of an EPI image. All 10 finger images are processed through the EPI software and numerical values based on the number of pixel count are extracted corresponding to sections representing diverse organ systems in the body. (Kushwah *et al.*, 2016)<sup>[14]</sup>

### Understanding the Concept of Pranic Energy through EPI

There is a energy in the body which is more subtle than the gross movements of molecules. The Kirlian instruments produce similar pictures around any living organism or its part. In one experiment Kirlian (founder of EPI Technique) accidentally put his finger in a very high magnetic field. The resulting photograph showed an 'aura' around the finger. In one experiment into this phenomenon, he cut a leaf in half and photographed one half. The photograph showed the 'aura' of the entire leaf, which indicates that there is a subtle body which persists in the gross body.

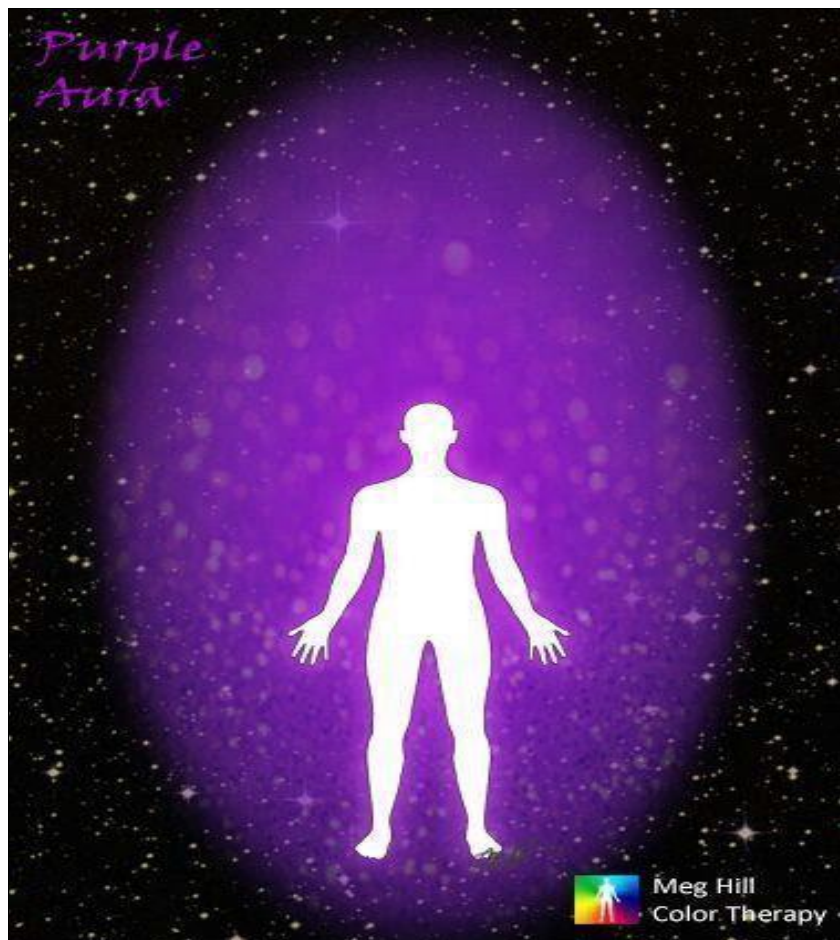
Kirlian photographed his finger over a period of time. Usually it showed a bright 'aura', but one day the light emanation was very dim. He did not know the reason. Nothing was wrong with the machine. The next day he fell sick and during the illness the dim 'aura' persisted. When he recovered, his 'aura' was restored to normal. He concluded that changes in the pranic field precede the onset of physical disease or problems. Research has shown that diseases have different frequency patterns. Just as X-rays show different holes and morbid phenomena, these different frequency patterns show morbid phenomena which actually precede the onset of physiological defects. (Nagendra: *Pranayama: The Art and Science* - Google Scholar, 1998)<sup>[16]</sup>

The bioplasmic body of animals and humans is very much influenced by the state of mind. This is something that is well known in yoga, and of course the converse is also true, that change in the bioplasmic or pranic body brings about corresponding changes in the mind. This is the main reason why the pranic flow is manipulated in the yogic practices of prana-yama to bring about positive changes in the mind. (Khatri & Nanduri VS, 2021)<sup>[12]</sup> This is scientific confirmation of one of the basic tenets of yoga - that the way we think has vast influence on our physical body. Our emotions and thoughts, mental problems and fatigue are reflected in the physical body via the pranic body as well as the nervous system. A relaxed emotional and mental approach to life allows the pranic body to remain in balance and consequently the physical body to remain in the best possible health. This is because the influence is applied through the pranic body which is not even included in physiological terminology. (Khatri & Nanduri VS, 2021; Kushwah *et al.*, 2016)<sup>[14]</sup>

The prana we radiate (our "vibration" or "Aura") (Khatri & Nanduri VS, 2021)<sup>[12]</sup>, is clearly perceptible to others. The human energy body consists of an inner aura surrounding the physical body.

The inner aura is like a mould around the physical body. Surrounding the inner aura is the aura.

Health rays connect the inner and outer aura as shown in the figure-1



**Fig 1:** Auric Field of the Body

The aura can also be captured using EPI/ GDV (Gas Discharge Visualization) camera. Mental unrest, inner tension and illness are clearly seen in the aura, as is a harmonious balance of body, mind and soul.

Table 1

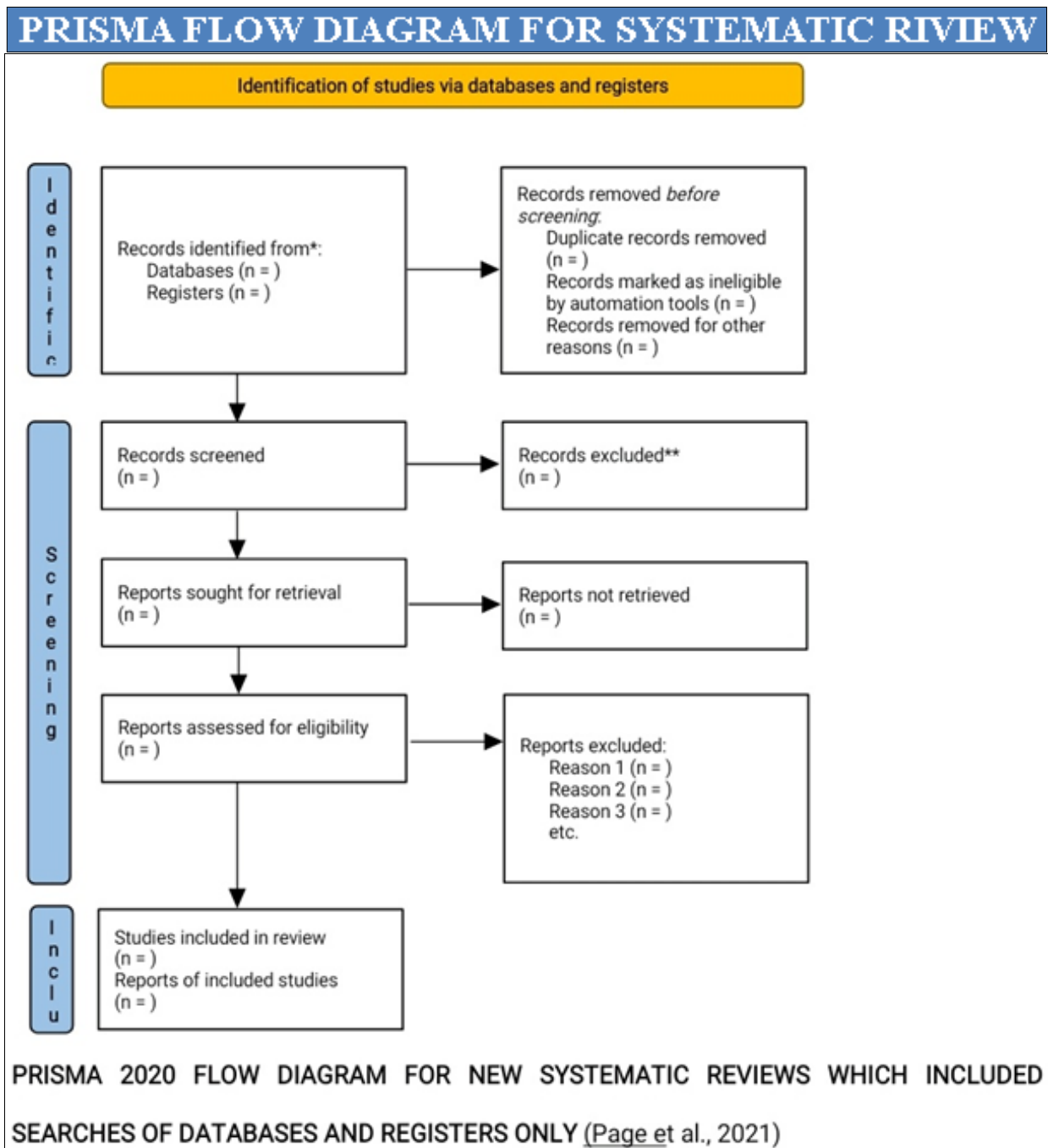
Summary of scientific review						
S.no	Title	Author	Year	Sample size	Research method	Result
1.	EPI Parameter of Diabetes Type 2 And their correlation with glycated Haemoglobin (HbA1c)	Bhat Romesh Kumar, Gurudeo, Mavathur Ramesh	2016	86	Randomized controlled trial	No Significant correlation was observed between EPI parameter and HbA1c in any of the three groups and as observed from Beta (regression coefficient) value in linear regression.
2.	Changes in EPI parameter associated with long term meditators and naive meditators in older adults	Guru Deo, Itagi Ravi Kumar, T.M. Srinivasan, Kuldeep Kumar Kushwah	2015	306	Randomized controlled trial	Comparison between groups yielded less disorderliness (IE) at the psycho-physiological level in NM group. The gender related results show highly significant improvement in the health related parameter (IA) at the physiological and psycho-physiological level in LTM and NM females compared to males.
3.	Correlation of EPI parameter with Fasting Blood Sugar in Normal, Prediabetic, and Diabetic Study participants	Romesh Kumar Bhat, Guru Deo, Ramesh Mavathur and Thaiyar madabusi Srinivasan	2016	102	Randomized controlled trial	Regression analysis in the case of prediabetic showed a significant relationship of FBS with pancreas and right kidney. In the case of normal participants, a significant relationship of FBS was found with area and form coefficient of the EPI gram. For Diabetics, regression analysis showed significant relationship of FBS with immune organs, left kidney, area, intensity and entropy of EPI grams.
4.	Effect of anapanasati meditation technique through EPI parameters: A pilot study	Guru Deo, Kumar Itagi R, Srinivasan Thaiyar M, Kushwah K Kuldeep	2015	51	A pilot study	It shows significant changes in EPI parameter integral area with filter (physiological) in both right and left side, which reflects the availability of high functional energy reserve in meditators.
5.	Psychological and bioplasmic states of adolescents upon viewing air ground prana	Srikanth N Jois, Lancy D`Souza, Rajani Aithal & R Moulyya	2016	413	Cross-sectional study	The above study showed that viewing air and ground prana can bring positive change in well-being of the adolescents.
6.	Diabetes management and control using yoga prana vidya (YPV) healing system	Dr. Ashalatha H. Rajagopal, Ramya Ashwin BE, Dr. Venkata S. Nanduri	2019	19	Cross-sectional study	Successful outcome of YPV practice in the management and control of diabetes and offers scope for targeted research in future on bigger scale.
7.	Successful healing treatment of hypothyroidism using integrated yoga prana vidya (YPV) healing approach as complementary medicine: Case report	R Revathi, N Janani, Venkata S Nanduri	2020	2	Case report	It show positive result of improvement obtained with use of YPV healing method by healer and also use of some self- healing techniques by the patient, enabling them to have controlled level of hypothyroidism and overall health.
8.	Application model of pranic healing therapy for emotional stress using accurate Bio- well GDV Camera	Cahyaning puji Astuti, Melyana Nurul Widyawati and Suryono Suryono	2019	164	Cross-sectional study	Pranic healing as measured using a bio-well GDV camera is capable of improving health energy within the body by relieving emotional stress experienced in trimester III primigravida.

The aim of the study was to understand the effect of Pranic energy effect on Healthy and Non-Healthy people as Assessed by EPI / GDV / Bio- well. The objectives of the study were: to see the effect of Pranic energy on Healthy and Non- Healthy people; to see the effect of prana in Pranic Healing; to understand the concept of Prana in different culture; to see the effect of pranic healing technique on Healthy and Non- Healthy People

**Materials and Methods**

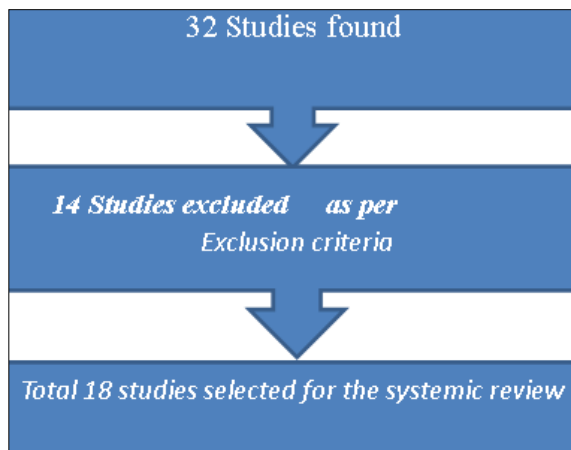
The Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guidelines were followed in this

review. In accordance with the PRISMA guidelines, the electronic databases MEDLINE (Pub Med) and GOOGLE SCHOLAR, COCHRANE and JANE were searched from January 2011 to April2021. All studies identified for inclusion were peer-reviewed and published in English. Articles were searched by using the keyword prana, prana and health, prana and non-health, prana and disease, prana and EPI, pranic meditation Only studies in English were eligible. Books, book chapters, dissertations, conference abstracts, book reviews, and editorials were excluded.



There were certain inclusion criteria to carry out the current review. The following inclusion criteria were adopted: full-length paper; peer-reviewed papers; exploratory research papers; quasi-experimental research papers; study describing a randomized controlled trial (RCT), pilot studies exploring the effects of pranic Healing and yoga prana

vidya; published in English language; published in between Jan 2011- April 2021 and full online available article Moreover, the following exclusion criteria were adopted: incomplete paper; published before January 2011 and published in language other than English

**Diagram-1 Prisma Diagram Showing the Studies Identified During the Literature Search****Result**

After reviewing all the studies shows significant impact on human body. Studies reported that within 7 days of healing, the severity of the incontinence reduced as observed by the soiling of the bed. Regression analysis in the case of prediabetic showed a significant relationship of FBS with pancreas and right kidney. In the case of normal participants, a significant relationship of FBS was found with area. Most of the recipient of these osteopathic treatment experienced Increase in fingertip florescence area and average intensity, reduction in stress levels and improved blood pressure measurement.

The perception of prana and its effect on psychological well-being resulted revealed that 99.5 % of participants perceived pranic energy. Psychological well-being by awareness of air prana and the aura surrounding a tree among participants from different age group experiencing pranic energy led them into relaxed sensation, mentally strong. Non- Invasive method to Diagnose lung energy of the smoking population shows there is a huge variation in energy level and health status of the upper respiratory track and other major organ. It leads to faster results and speedy recovery.

Stress Reduction with Osteopathy Assessed with GDV Electro photonic Imaging: Effect of Osteopathy Treatment shows Most of the recipient of these osteopathic treatment experienced Increase In fingertip florescence area and average intensity, reduction in stress levels and improved blood pressure measurement. An integrative review of scientific evidence for re-connective healing show (i) Exposure of a healer to RH, either directly or indirectly, amplifies their degree of autonomic arousal and energy, (ii) RH can reduce pain and improve range of motion in people with different kinds of health hazards. Sensation of pranic energy between hands: an exploratory study results revealed that all the participants felt the pranic energy between their hands. 52.8% of the respondents felt relaxed.

**Discussion**

As stated earlier in a case study method. Considering the patient's morbid condition, as an alternative the author who is a senior YPV healer started healing treatment using advanced YPV protocols to improve and cure his RUF condition. As a result, within 7 days of healing, the severity of the incontinence reduced as observed by the soiling of the

bed. Healing continued for 1 month, and the child recovered fully with no urinary incontinence and no recurrence noticed during subsequent yearlong follow up. (Khatri & Nanduri VS, 2021)<sup>[12]</sup>.

The type of Aura depends upon the purity of our thoughts and feeling, and also our internal Biorythm and physical state of health. It is most advantageous for others, and ourselves to cultivate positive, confident, trusting and good thoughts. Above all else, negative, self- destructive and hostile thoughts are most harmful to us. With such a mental attitude we poison ourselves. That is why yoga aspirants always endeavor to keep their thoughts and feeling pure and positive. The practice of meditation and Mantra maintains pure Prana and the practice of pranayama increase our capacity to store Prana and Pranic energy.

According to the study consisted of 309 subjects: 199 long-term and 110 naive meditators. Subjects were divided into two groups, long-term meditators (LTM) practicing for 12 months or longer (mean months of practice  $79.22 \pm 49.10$ , daily  $1.68 \pm 1.02$  h) and naive meditators (NM) practicing for the first time, for seven days daily for 2.30 h. A total 266 subjects were included in the analysis after excluding 43 outliers. Comparisons were between long-term meditators and naive meditators on EPI parameters: Activation Coefficient (AC, stress parameter), Integral Area (IA, general health parameter) and Integral Entropy (IE, disorderliness parameter). The findings showed larger health related (IA) advantages in LTM and NM group at the physiological and psycho-physiological level. Stress (AC) was LTM and NM females compared to males. Moreover, naive meditators also exhibited positive trends on parameters of EPI after seven days practice of meditation which was similar to LTM. (Deo *et al.*, 2015)<sup>[4]</sup>

There are some healing techniques and approaches like Yoga Prana Vidya (YPV), Pranic Healings which helps prana to balance, harmonize and transform the body's energy processes. Yoga Prana Vidya is an ancient integrated and holistic scientific approach. It has been observed that Yoga Prana Vidya which is a non-touch, non-drug, bio-energy healing method has been used successfully as complementary and alternative medicine to treat and heal patients and unhealthy people having several medical conditions such as, diabetes and difficult multiple medical conditions, Heart block case without need of surgery; treating hypothyroidism, Post-herpetic neuralgia high Cholesterol, treating Exostosis without surgery; vision improvements, Urinary incontinence, improving health energy. It was also found that after a month of intensive YPV in-house residential programme the participants gained significant improvements in physical, emotional and mental well-being. According to integrative review of scientific evidence for re-connective Healing, (i) the exposure of a healer to re-connective Healing, either directly or indirectly, amplifies their degree of autonomic arousal and energy. A study on effect of integrated yoga program on energy outcome as a measure of preventive health care in healthy people results revealed that highly significant in general health index (IA) and decrease in disorderliness (IE) on the left side parameters were found reproducible in all four experiments. The results also revealed a highly significant reduction in stress levels and highly significant improvement in the health indices at the psycho-physiological level. The subgroup analysis of both male and female demonstrated a significant reduction in stress levels

and significant improvement in health index (psycho-physiological). Baseline comparisons between males and females showed significant difference in general health index at both psycho-physiological and physiological levels. In conclusion, IYP regulates, improves and prolongs energy homeostasis of an organism. Therefore, it helps in prevention of ill health and also preserves health. The EPI outcomes are reproducible.

Study held in August 2019, Effects of Simplified Kundalini Yoga (SKY) on Ajna Chakra Observed by Gas Discharge Visualization (GDV). The result of the study showed that Ajna Chakra Energy level was significantly increased for the Experimental Group as result of Sky Yoga. And it has been concluded that the Sky Yoga helped in increasing the energy level Ajna Chakra of the college students. Study on psychology and bio-plasmic states of adolescents upon viewing air ground prana shows that viewing air and ground prana can bring positive change in well-being of the adolescents. (Jois, D'souza, Aithal, *et al.*, 2017)<sup>[7]</sup>. Mystics have speculated that the Great Pyramid in Egypt was used to influence consciousness in ancient initiates. Scientific research on how the Great Pyramid influences human consciousness has been limited due to a scarcity of sensitive measurement instruments and difficulty in obtaining government permits to conduct studies on the Giza Plateau. This study assesses the effect of the Great Pyramid on the human energy field and the chakra system. Data on the overall area of the subjects' Energy Field, the alignment of chakras, and the Energetic Frequencies inside and outside the Great Pyramid were collected using a Gaseous Discharge Visualization Electro-photonic Imaging (GDV/EPI) device. Strong significant correlations were found between mean scores for Energy Fields and individual chakras suggesting that the Great Pyramid positively influences the human body.

A case study represented a patient's case with a relatively uncomplicated arterial blockage of the Heart, and after prompt Yoga Prana Vidya (YPV) Healing, was successfully treated thereby avoiding costly bypass surgery. Initial medical investigation report stated 90% block in the arteries of the heart and recommended for open heart surgery. Results showed Analysis of the medical case documents show positive results of improvements obtained with YPV healing method used by healers. Medical investigation after YPV healing confirmed that the arterial blocks disappeared after healing sessions.

According to the Study conducted on stress reduction with osteopathy assessed with GDV Electro-Photonic Imaging: Effect of osteopathy treatment states that Most of the recipient of these osteopathic treatment experienced increase in fingertip florescence area and average intensity, reduction in stress level and improved blood pressure measurement. (Korotkov *et al.*, 2012)<sup>[13]</sup>.

An exploratory study conducted to understand the psychological well-being results from experiencing the Pranamaya Kosha. About 811 of adolescents and adults participated in the study. An exploratory study design was used. An open-ended questionnaire was used to gather the experiences of participants. The majority felt warmth sensation, pulsation, tingling sensation, magnetic sensation through sensitizing their hands. Participants felt the relaxed and happy feeling besides (Jois *et al.*, 2015)<sup>[6]</sup>. In another exploratory study, 178 participants with a mean age of 26.8 years have participated. In session one, participants were

asked to view their hands and record their observations in an open-ended questionnaire. In session two, participants were guided to feel the prana between the hands and recorded their experiences using the same questionnaire. The results revealed that the Sensation of warmth was significantly more in post-session, compared to pre-session. (Srikanth N. Jois, Manasa B., Lancy D'Souza, 2017)<sup>[8]</sup>

A study was conducted to understand the experiences of participants viewing the aura surrounding a person. An exploratory research design was used in the study. In session one, participants were asked to observe a person in front without any guidance to view the aura, followed by an open-ended questionnaire that intended to record their experiences. In session two, participants were guided to view the aura surrounding a person and their experiences were recorded using the open-ended questionnaire. Results show that participants viewed aura as an outline which reflected the energy body, it appeared to be shining in different colors such as white, yellow. Aura was found varying in thickness such as 1-2 inches, 2-4 inches, and 5-6 inches. Besides (Jois, B, & DSouza, 2017)<sup>[9]</sup>, a study examined whether the appearance of an aura-like phenomenon around the hand is perceived visually after a brief training session. The results revealed a significant increase in positive thoughts ( $X^2=6.8$ ,  $p=.009$ ), after viewing ALP around one's hand in session 2. (Jois *et al.*, 2018)<sup>[11]</sup> A study was conducted to reveal the experiences of viewing air and ground Prana. An exploratory study design was used and 413 adolescents participated in the study. Results revealed that 66.8% of them witness air Prana as a small globule. 51.3% of participants experienced a relaxed and good feeling after viewing air Prana. While viewing ground Prana, 15% of participants witness it as lines and 12.3% witnessed it as waves emerging from grounds (Jois, B, D Souza, *et al.*, 2017)<sup>[10]</sup>. In another similar study on viewing the aura surrounding the tree and air Prana revealed that viewing and experiencing these sources of Pranic energy led them into relaxed sensation, mentally strong and enhanced positive emotions, and also felt other bioplasmic experience (Jois, Manasa, & D'Souza, 2017)<sup>[10]</sup>. In addition to this, numerous healers have reported Pranic energy sensations while treating the patients. They have narrated their experiences as heat, coolness, tingling, stickiness, etc in their hands Healers perceive different colours when examining a person's aura (Brennan, 1988)<sup>[3]</sup>. Besides, it was understood that perceiving the energy itself has positive outcomes on health and well-being.

### Strengths of the Study

This study reviews paper published in between 2011 to 2021 related to effect of pranic energy on healthy and non-healthy people as assessed by EPI. Includes wide range of disorders related due to disturbance in flow of pranic energy and efficacy of healing techniques. It follows systematic approach and Prisma guidelines

### Limitation of the Study

The current study was a systematic review focused only to review the article published from 2011 to 2021. The study was limited to see only the article with few disorders and healing techniques, and with the other aspect of pranic energy effects in both healthy and non-healthy people. Only

very limited studies mentioned proper EPI Parameter used in them. The attempt was also made to select only full articles. There may be more scientific reports but due to its limitation of certain domain database, articles could not include in the review.

### Suggestion for Future Research

Future studies should include the randomized controlled design with the Yogic intervention with a larger sample size and other objective variable like physiological parameters, psychological variable and EPI parameters along with pranic energy flow in healthy and non- healthy people. Long term interventions on yoga and other healing techniques may help in improving flow of prana in physical body and obstructions seen in human aura of non-healthy people. However, further randomized controlled studies need to be conducted.

### Conclusions

After going all the available literature, it is evident that the free flow of Prana Energy is essential for a life of health, happiness and prosperity. In healing processes, it is observed that pranic energy negatively trapped in auric zone, chakras and bodies. In this way, one feels stressed, lethargic, depressed and dispassionate about one's own existence. Pranic Healing can help move stuck energy. The problem of depleted energy can be reversed when one understands one's own true nature as energy beings and the principles of Prana Energy flow. When the Prana Energy flow is corrected and balanced the body is able to heal itself in non-healthy people.

### References

1. Becker RO, Marino AA. Electromagnetism and life, 1982, 211.
2. Benor DJ. Healing. Parapsychology, 2004, 137–148. <https://doi.org/10.4324/9780203334492-11>
3. Brennan BA. Hands of light: a guide to healing through the human energy field: a new paradigm for the human being in health, relationship, and disease, 1988, 294.
4. Deo G, Kumar IR, Srinivasan TM, Kushwah KK. Changes in electrophotonic imaging parameters associated with long term meditators and naive meditators in older adults practicing meditation. *European Journal of Integrative Medicine*,2015;7(6):663–668. <https://doi.org/10.1016/j.eujim.2015.08.004>
5. Gloria A. The Human Energy Field in Relation to Science, Consciousness, and Health. 1996. <http://www.vxm.com>
6. Jois SN, Aithal R D'Souza L, Gayatri R. The perception of prana and its effect on psychological well being. *Journal of Research: THE BEDE ATHENAEUM*,2015;6(1):210. <https://doi.org/10.5958/0976-1748.2015.00025.9>
7. Jois SN, BM D, Souza L, Prasad KN. Viewing of air prana: an exploratory study of perceptions among participants of different gender and education. *International Journal of Research in Ayurveda & Pharmacy*,2017;8(3):59–62. <https://doi.org/10.7897/2277-4343.083144>
8. Jois SNB, Dsouza ML. Pre and post experiences of viewing human aura: an exploratory study. *International Journal of Research in Ayurveda & Pharmacy*,2017;8(2):51–55. <https://doi.org/10.7897/2277-4343.08262>
9. Jois SN, D'souza L, Aithal R, Moulya, R. Psychological and bioplasmic states of adolescents upon viewing air and ground prana. *IJTK*, 2017, 16.
10. Jois SN, Manasa B, D'Souza L. Psychological wellbeing by awareness of air Prana and the aura surrounding a tree among participants from different age group. *Indian Journal of Public Health Research and Development*,2017;8(3):326–331. <https://doi.org/10.5958/0976-5506.2017.00209.1>
11. Jois SN, Nagaraj SS, Prasad KN, D'Souza L. Training in Aura Reading: Results from a Small Quasi-Experimental Study in India (Research Note). *International Journal of Transpersonal Studies*,2018;37(2):14. <https://doi.org/https://doi.org/10.24972/ijts.2018.37.2.171>
12. Khatri R, Nanduri VS. A Rare Case of Urinary Fistula: Successful conservative management by Yoga Prana Vidya (YPV) Healing. *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)*,2021;10(1):13–18.
13. Korotkov K, Shelkov O, Shevtsov A, Mohov D, Paoletti S, Mirosnichenko D, *et a.* Stress Reduction with Osteopathy Assessed with GDV Electrophotonic Imaging,2012;18(3):251–257. <https://doi.org/10.1089/acm.2010.0853>
14. Kushwah K, Srinivasan T, Nagendra H, Ilavarasu J. Development of normative data of electro photonic imaging technique for healthy population in India: A normative study. *International Journal of Yoga*,2016;9(1):49. <https://doi.org/10.4103/0973-6131.171713>
15. Levin M. Spiritual intelligence: awakening the power of your spirituality and intuition, 2000, 357.
16. Nagendra. Pranayama: The art and science - Google Scholar, 1998).
17. Srikanth N Jois, Manasa B, Lancy D'Souza NPK. Sensation of Pranic Energy between Hands: An Exploratory Study. *Indian Journal of Ancient Medicine and Yoga*,2017;10(1):5–11.
18. Tiller WA. What Are Subtle Energies? *Journal of Scientific Exploration*,1993;7(3):293–304.
19. White JKS. Future Science: Meeting the scale challenge, 1977, 13–597.