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## Original Research Article

# Efficacy of pranic healing for inch-loss

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### ABSTRACT

Pranic Healing is an ancient science and art of healing that uses Prana or Life force to heal the whole physical body. It is a no-drug, no-touch energy healing modality taught by Master Choa Kok Sui since 1987. The study aimed to assess if a single session of Pranic Healing can lead to inch loss.

An interventional study was conducted with 49 volunteers who desired waist circumference reduction. Baseline waist circumference measurements were collected from all participants. This was followed by a single 60-minute session of Distant Pranic Healing administered by a Certified Practitioner.

Waist circumference measurements were recorded immediately after the healing session. The data analysis showed that post-intervention there was a statistically significant reduction in the measured waist circumference for the study group for over 90% of the study participants. These results prove that Pranic Healing can aid as a modality for inch loss. It is remarkable to note that a reduction of waist circumference was achieved in a 60-minute Pranic Healing session without using any drugs, gadgets, or physical contact.

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## 1. Introduction

Pranic Healing is an ancient science and art of healing made public and taught by Master Choa Kok Sui since 1987.<sup>1</sup> It is a no-drug, no-touch energy healing modality which involves the transference of Prana to normalize the energy body. Prana, also called vital energy or life force, is essential to keep the body alive and healthy.<sup>1</sup> Pranic Healing is based on two laws: (a) The law of self-recovery which states that the human body has innate ability to heal itself; and (b) The law of Life energy which states that the biochemical process involved in healing the body can be accelerated by providing life energy.<sup>2</sup> When Pranic energy is applied to the affected part of the body; the rate of recovery or healing process increases tremendously. Pranic Healing also uses the Principle of Correspondence which states that the

energy body tends to affect the physical body, and when the energy body is healed the physical body would also tend to be healed.<sup>3</sup> Pranic Healing is intended to be used as a complementary therapy alongside conventional medical treatments.

There are many applications of Pranic Healing. One of the applications is in the field of beauty where Pranic Healing could be applied for non-invasive face-lifts and body sculpting (including inch-loss and augmentation). While anecdotal evidence suggests that Pranic Healing may be effective in facilitating inch-loss without using drugs, touch, or even gadgets, a systematic and scientific investigation is necessary to validate these claims. Our study seeks to assess if a single session of Pranic Healing can lead to inch loss.

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## 2. Literature Review

A review of the literature reveals several studies of the effect of Pranic Healing on psychological conditions and mental health issues, meditation, and agriculture.<sup>4</sup> There is currently no study on the efficacy of Pranic Healing for inch-loss or body sculpting.

## 3. Materials and Methods

### 3.1. Study design and participants

This interventional study was conducted with 49 volunteers who desired waist circumference reduction. Baseline waist circumference measurements were collected from all participants and were self-reported. This study didn't use a control group.

### 3.2. Intervention

All study participants received a single 60-minute session of Distant Pranic Healing administered by a Certified Practitioner. Distant Pranic Healing is a technique where the healer can work on the energy body of the subject from anywhere around the world.<sup>5</sup> Following the healing session, participants self-reported their waist circumference measurements, which were recorded immediately for subsequent analysis.

### 3.3. Data collection and analysis

Data from the study was collected and organized using Microsoft Excel. Descriptive statistics data are presented in terms of mean  $\pm$  S.D. in the case of quantitative variables and frequency (%) in the case of qualitative variables. The normality of the data has been checked by applying Shapiro Wilk test. Spearman rank correlation coefficient has been calculated to check the linear correlation between Age, BMI, and Waistline reduction. Additionally, the Wilcoxon rank-sum test was utilized to compare inch-loss measurements before and after a single session of Pranic Healing. All statistical analyses were conducted using IBM-SPSS version 26.0. A p-value of less than 0.05 was considered statistically significant.

## 4. Results

Table 1 shows the demographic and anthropometric characteristics of the subjects included in the study. More than four-fifths of the subjects were female among which 87.8% belong to overweight and obese classification.

The normality of pre and post-waistline measurements has been checked by applying the Shapiro-Wilk test, and it has been found that both pre (p-value= 0.029) and post (p-value= 0.012) waistline measurements were non-normally distributed. There was no significant linear correlation between age and waistline reduction ( $r=0.165$ ,

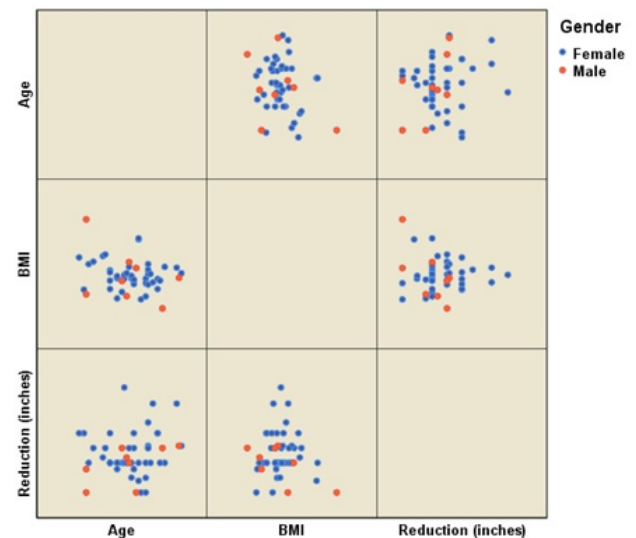
**Table 1:** Descriptive of demographic variables

Variables	Frequency (%) /Mean $\pm$ S.D.
Gender	
Female	41 (83.7)
Male	8 (16.3)
Body Mass Index	
Underweight	1 (2.0)
Normal	7 (14.3)
Overweight	24 (49.0)
Obese	17 (34.7)
Age	48.76 $\pm$ 10.59
Height (in cms)	160.73 $\pm$ 8.68
Weight (in Kgs)	75.60 $\pm$ 14.97
BMI	29.20 $\pm$ 4.79

p-value=0.259) and between BMI and waistline reduction ( $r=0.052$ , p-value=0.721). [Refer: Table 2 and Figure 1]

**Table 2:** Bivariate correlation table of demographic and anthropometric variables

Variables	Age	BMI	Reduction (in inches)
Age	1.000	-0.147	0.165
BMI	-0.147	1.000	0.052
Reduction (in inches)	0.165	0.052	1.000



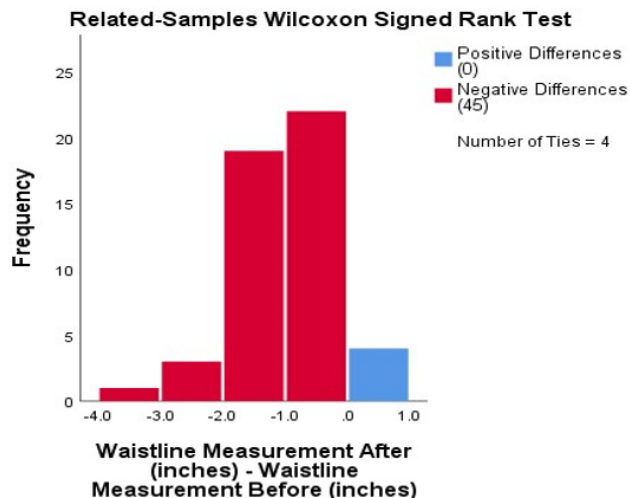
**Figure 1:** Correlation matrix of demographic and anthropometric variables

Following the intervention there was a statistically significant reduction in the measured waist circumference for the study group for over 90% of the study participants

Related Sample Wilcoxon Signed Rank Test has been applied to see the difference between waistline inch-loss

**Table 3:** Pre and Post waistline measurement differences

Variables	Median± IQR	Median± IQR	p-value
Waistline Reduction (in inches)	39.00 ± 5.50	38.00 ± 5.75	0.000

**Figure 2:** Related sample wilcoxon signed rank test for the difference in waistline following a single session of pranic healing

measurements following a single session of Pranic Healing. From Table 3 and Figure 2, we found that there is a significant reduction in waistline measurements following a single session of Pranic Healing (p-value <0.001).

## 5. Discussion and Conclusions

The results of the study prove that Pranic Healing can be used as a modality to aid inch loss. It is remarkable to note that a reduction of waist circumference was achieved in a 60-minute Pranic Healing session without using any drugs, gadgets, or physical contact, which illustrates the ability of Pranic Healing to affect the physical body. Another remarkable factor was that the Pranic Healing treatment was applied distantly. These results also illustrate the efficacy of distant Pranic Healing.

The results of the proposed study are positive. These results may lead to the development of a safe and effective alternative inch-loss approach for individuals seeking non-invasive, non-pharmacological methods to address their inch-loss concerns.

## 6. Limitations and Future Directions

This study focused solely on immediate inch-loss effects following a single session of Pranic Healing. It did not explore the durability of these results over an extended period. Future research could investigate the permanence of inch-loss outcomes over time. The study did not examine the cumulative inch-loss potential that might arise from a series of consecutive healing sessions. Subsequent research endeavors could delve into the quantitative aspects of inch-loss achievable through extended treatment sessions.

## 7. Source of Funding

None.

## 8. Conflict of Interest

The authors report no conflict of interest. The authors alone are responsible for the content and writing of the paper.

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