

*Abstract*

## **Prana – An Important Link in Mind-Body Connection: Conceptual Analysis on Role of Pranic Healers**

by Manasa Bellal<sup>1</sup>, Vinu Vijayakumar<sup>1</sup>, K. Nagendra Prasad<sup>1</sup> and Srikanth N. Jois<sup>1</sup>

<sup>1</sup>World Pranic Healing Foundation, India

doi: [10.61936/themind/2024121211](https://doi.org/10.61936/themind/2024121211)

**Background:** Pranic healing is an ancient science and art of healing that aligns with mind-body practice. This complementary therapy focusses on the balancing prana, or life energy, for hasten the recovery. According to Panchakosha theory in yoga philosophy, pranamaya kosha (sheath of prana) acts as a bridge between the Annamaya kosha (physical sheath) and Manomaya kosha (sheath of mind). In pranic healing, practitioners work to cleanse, energise, and balance this sheath of prana. Clinical trials have found significant improvements in depression symptoms, sleep, quality of life, and exercise capacity. The holistic techniques of pranic healing are learnt and practiced by large numbers in India.

**Objectives:** This qualitative study aims to understand perception and experiences of Pranic Healing practitioners.

**Method:** Twelve certified PH practitioners from India participated in an in-depth

telephonic interview, and their experiences were recorded, transcribed, and analysed using inductive thematic analysis.

**Results:** Thematic analysis identified four subthemes including a) energy experiences, b) positive experiences, c) improvement in emotional regulation and self-confidence and d) health benefits. They were categorised under the major themes, 1) Pranic Healing practitioners experiences during healing and 2) Perceived self-transformation.

**Conclusion:** This study underscores the potential of Pranic Healing, highlighting the energy sensations experienced by healers and their influence during healing sessions, as a holistic practice that contributes to both the well-being and self-development of its practitioners.

Clinical Trial Registry: CTRI/2022/09/045361

*Keywords: Prana, Holistic Healing, Biofield, Integrative Healing, Yoga*