

Abstracts

Integrating Pranic Healing for Sleep Improvement Among Subjects with Lower Urinary Tract Symptoms: A Randomized Controlled Trial

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Background: Sleep disturbances, such as difficulty falling asleep, staying asleep, or experiencing restorative sleep, are frequently observed in men experiencing Lower Urinary Tract Symptoms (LUTS). These disruptions often result in a reduction in overall sleep quality. Pranic healing is an ancient technique that balances the body's energy centres for better physical and mental health.

Aim: This study aims to assess the effect of Pranic Healing (PH) as complementary therapy on sleep quality in LUTS subjects.

Method: An open label, randomised controlled trial enrolled 76 men aged 64.11±8.15, diagnosed with LUTS, were randomised into two groups: Medication-only (MED) (N=38) and Medication-plus-Pranic Healing (MEDPH) (N=38). The Pittsburgh Sleep Quality Index (PSQI) was assessed pre- and post-intervention. The modified Biofield Assessment Form (BAF) was used to evaluate the chakras in MEDPH

group. An experienced Pranic healer provided PH sessions twice weekly for five weeks to the MEDPH group, along with conventional treatment.

Results: The results were analysed for the MEDPH group (N=36) and the MED group (N=30). The study found that the MEDPH group had a significant improvement in sleep quality (McNemar=.013), while the MED group did not show any significant change (McNemar=.146). The BAF assessment by Pranic Healers showed, Solar Plexus (Manipura Chakra), Sex (Swadhishtana), and Basic (Mooladhara) were effectively normalized in the MEDPH group.

Conclusion: Pranic Healing was found to be effective as a complementary therapy to improve sleep quality and physical health in LUTS patients.

Clinical trial registry: CTRI/2023/01/049004

Keywords: biofield, chakra, mind body medicine, integrative therapy, quality of life