

# THERAPEUTIC IMPACT OF PRANIC HEALING ON “STRESS”

**Richaattri**

*( Research Scholar, Dept of Psychology, I.N.P.G College Meerut )*

Present study is an effort to know “ The Therapeutic effect of Pranic healing on stress. And I order to carry out the study 20 adult sample were taken ( 10 male and 10 females, who were suffering from stress ) from Meerut city ( MIMHANS Hospital ) who came to the hospital for the medical intervention. For the assessment of stress the 8 SQ was used. Pranic Healing Therapy was given for two months, ( ie; two session each week). The progress report of the therapy were taken after 15 days ( On 1<sup>st</sup> day, 15<sup>th</sup> day, 30<sup>th</sup> day, 45<sup>th</sup> days than 60<sup>th</sup> day). In the result it was found that the Pranic healing had a significant effect on the patient suffering from “Stress”.

## I. INTRODUCTION

### 1.1 The Nature of Pranic Healing

Pranic Healing is based on the overall structure of the human body. Man's whole physical body is actually composed of two parts: the visible physical body and the invisible energy body called the bioplasmic body. The visible physical body is that part of the human body that we see, touch, and are most acquainted with. The bioplasmic body is that invisible luminous energy body which interpenetrates the visible physical body and extends beyond it by four or five inches. Traditionally, clairvoyants called (yeen) this energy body the etheric body or etheric double.

## II. MEANING OF PRANIC HEALING

Pranic healing is an ancient science, an art of healing that utilizes prana or Ki or life energy to heal the whole physical body. It also involves the manipulation of Ki and bioplasmic matter of the patient's body. It has also been called medical qigong ( KiKung or Ki healing), psychic healing, vitalic healing , therapeutic touch , laying of the hand, magnetic healing, faith healing , and charismatic healing.

## III. PRANA OR KI

Prana or Ki is that life energy which keeps the body alive and healthy . In Greek it is called pneuma , in Polynesian “mana”, and in view of Hebrew “ruah”, which means “ breath of life “to the patient, thereby healing the patient. It is through this process that is so-called “miraculous healing “ is accomplished.

Basically , there are three major sources of prana : Solar prana , air prana, and ground prana. The Solar prana is prana obtained from sunlight. It invigorates the whole body and promotes good health. It can be obtained by sunbathing or exposure or too much solar prana would harm the whole physically body since it is quite potent.

Prana contained in the air is called “air prana “or” air vitality globule “. Air prana is absorbed by the lungs through breathing and by the energy centers of the bioplasmic body. These energy centers are called chakras. More air prana can be absorbed by deep slow rythmic breathing than by short shallow breathing . It can also be absorbed through the pores of the skin by persons who have undergone certain training.

Prana contained in the ground is called “ground prana” or “ground vitality globule”. This is absorbed through the sole of the feet. This is done automatically and unconsciously. Walking barefoot increase the amount of ground prana absorbed by the body. One can learn consciously to draw in more in more ground prana to increase one’s vitality, capacity to do more work, and ability to think more clearly. Plants, trees, men and animals obtain prana from sunlight, air, ground, water and food. Fresh food contains more prana than preserved food. Prana can be projected to another person for healing. Persons with a lot of excess prana tend to make other people around them feel better and livelier. However, those who are depleted tend to unconsciously absorb prana from other people.

Certain trees, such as pine tree or old and gigantic healthy trees, release a lot of excess prana, tired or sick people benefit much by lying down or resting underneath these trees. Better results can be obtained by verbally requesting the being of the tree to help the sick person get well. Anyone can also learn consciously to absorb prana from these trees through the palms, such that the body would tingle and become numb because of the tremendous amount of prana absorbed. Certain areas or places tend to have more prana than others. Some of these highly energized areas tend to become healing centers

#### **IV. THE TERM PRANIC HEALING**

The teacher Master ChoaKok, a Chinese, who was known as originator of the term Pranic healing, has introduced the ancient science and art of pranic healing to the world.

#### **V. MAJOR CHAKRAS AND THEIR PSYCHOLOGICAL FUNCTIONS**

##### **NAME OF CHAKRA PSYCHOLOGICAL FUNCTIONS**

- Basic chakra • Instinct of Survival • Dynamic activities.
- Sex chakra • Institute of procreation • Sexual drive • Lower creativity
- Navel chakra • Instinct of knowing
- Mengmein chakra •Regulates the upward flow of pranic energy from the basic chakra
- Spleen Chakra •Energizer
- Solar Plexus Chakra •Center of higher emotion such as love and peace.
- Heart Chakra •Center of higher emotion such as love and peace.
- Throat Chakra •Cocrete menntal faculty. •Higher creativity.
- Ajna Chakra •Abstract mental faculty Directing Center. •Higher type of will power.
- Forehead Chakra •Lowerbuddhic faculty. • Center of wisdom.
- Crown Chakra • Center of divine love. • Center of soul-realization. • Entry point of spiritual energy.

## **VI. STRESS**

Stress is a biological term which refers to the consequences of the failure of a human and animal to respond appropriately to emotional or physical threats to the organisms, whether actual or imagined. It includes a state of alarm and adrenaline production, short term resistance as a coping mechanism & exhaustion.

## **VII. ORIGIN AND TERMINOLOGY**

The term “Stress” was first used by psychologist before the endocrinologist Hans Selye in the 1930’s. He later broadened and popularized the concept ‘stress’. According to Selye’s term “stress” refers to a condition & “stressor ” to the internal reacting causing stress.

## **VIII. According to BARON, (1992)**

Stress is multi-faceted process that occur in us in response to events that disturb or threatened to disrupt our physical and psychological functioning.

## **IX. Nature of Stress – Baron (1992)**

- Stress is multi-faceted
- Stress can be –ve( distress) of +ve ( Austress).
- Stress leads to psychological & sociological disturbances.
- Stress can be of short or long duration.

## **X.SYMPTOMS OF STRESS**

There are some common symptoms of stress which are as follows –

- Poor judgement.
- A general negative outlook.
- Exercise worrying.
- Moodiness.
- Irritability.
- Agitation.
- Inability to relax.
- Feeling lonely or isolated.
- Aches & pains.
- Diarrhea or constipation.

## **XI. RESEARCH METHODOLOGY**

### **11.1 Objectives-**

To know the therapeutical impact of Pranic healing on the patients suffering from stress.

**11.2 Hypothesis**

Pranic healing will have a significant effect on the patients suffering from stress.

**11.3 Design used**

A mixed group design was used 2X5 i.e gender ( Male & Female ) and the five time collection of the record of the therapy i.e on 1,15,30,45 & 60 day.

**11.4 Sample**

The sample consist of 20 adults under stress, 10 male and 10 female.

Life style problem	Male	Female
Stress	10	10

**XII. RESULT & CONCLUSION FOR STRESS**

In order to find the effect of Pranic healing therapy on stress the data were analyzed by using ANOVA.

Table		
	Male	Female
Mean Score	99.1	92.3

Above table indicate that mean stress score for male and female is found to be similar.

**XIII. CONCLUSION**

Therefore, we come to the conclusion that Pranic healing had a significant impact on the patient suffering from stress.

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