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Pranic Healing: An Ancient Scientific Healing Technique

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Abstract- Yoga is a very ancient philosophy whose main goal is to know oneself and attain salvation, but now yoga has been adopted all over the world, for its physical, mental and emotional benefits. If we do asanas, it will help to prevent from physical diseases. Pranayama helps to control stress and anxiety, but if one is suffering with severe pain, and then it is not suggestible to do the popular methods of yoga at that time because if we do so there is also a possibility of the increase of pain or disease.

Still it is said that our Yoga philosophy is a very advanced way to understand life. It can be possible to prevent complicated diseases through it.

Master Choa, a resident of the Philippines and a holder of chemical engineering degree and a successful industrialist and spiritual guru, duly outlined some of the principles and clarified that our yoga is a very advanced and systematic way of living, not just a way of living. Master Choa has done a lot of work on pranic healing he says that energy is most needed to live life; it is just like the electrical energy from which our various types of equipment runs. Pranic Healing is an energy “no touch” healing system based on the fundamental principle that the body has the innate ability to heal itself.

Key Words:- Yoga, Philosophy, Prana, Energy, Healing, Alternative therapies, Upanishad, Master Choa

Conflict of interest: None

Ethical Clearance: NA

Introduction- A complete description of it has been given in our Vedas and Upanishads, which modern science of today is slowly trying to understand and reestablished.

In the context of these ancient knowledge, there is a description of the tri body and five shells concept given in the Taittiriya Upanishad, according to which the human structure is a very complex structure, in which the appearance is only a glimpse of this wonderful work.^{1,2}

PanchKosh- The Taittiriya Upanishad is a Sanskrit text of the Vedic era, and a principal and very early Upanishad believed to be composed in the first millennium, but its chronology is unclear (Phillips, 2009). This Upanishad claims that the human existence can be understood as concentric levels of five sheaths as under-

AnnamayaKosh - Physical Body

PranamayaKosh - Invisible Bioplasmic or Energy or Subtle Body

ManomayaKosh - Invisible Bioplasmic or Energy or Subtle Body

VigyanmayaKosh - Invisible Bioplasmic or Energy or Subtle Body and

AnandmayaKosh - Karan Sharir or the Body having Purpose of Life.

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The main thing described here is that of AnnamayKosh or physical body which is mainly dependent on food. Whereas, the Subtle body depends on three -consciousness, mind and knowledge or meet with all three. Master Choa says that these two bodies are connected in such a way that changes in one are reflected in the other as well.^{3,4}

Principle of Prana- According to Master Choa, these bodies work on two main principles.

1. **Law of Correspondence** - That is, the principle of dependence on each other according to which both bodies do not work alone but they are dependent on each other. If there is a problem in one, then the other is also affected.
2. **Principal of life force** - That is, biographical power or vital energy is required to keep both of them moving.⁴

Prana or **Pranurja**-Now another main thing arises here, what is this vital energy or Pranaenergy. Prana is the energy that creates life matter and mind. Which we know by different names in different civilizations like-

Christians call it "life force"
 Chinese call it "Chi"
 Japanese and Koreans call it "key"
 Polynesian knows it as "Manah"
 And in Hebrew it is called "Ruah"

According to Master Choa, this life energy is most needed to live life; it is just like the electrical energy from which our various types of equipment run.^{4, 5, 6, 7,8,9,10,11}

Aura- Aura is a dense circle of this vital energy around our physical body which keeps this physical body covered from inside to outside. This energy keeps fluttering in the body in the form of vital energy. More quantity it contains, the more intense and vital it is, the more powerful its aura is. On the other hand, this energy is radiated from each of the cells of the body. But on the face it is very condensate. That is why the face of Avatari men, sages, deities, saints, siddhas, mahatmas, who are full of life force, are blessed with divine glory. Their aura is bright and illuminated like the Sun. Modern science is also accepting this fact.^{12, 3, 4}

The obeisance of the faces of the Siddha Mahatmas is not merely the imaginary color of a painter's paintbrush, but a reality, a truth. However, to see it, one needs divine vision and to experience it a heart full of emotion is needed. When this happens, this aura can be seen, tested and experienced. Virtually nothing else is a massive radiation of vital energy and energy, which is synthesized by the body of a creature affected by biographical power. Every person can be full of this power. The only means to increase it is austerity.^{7, 4}

Tap and Aura-The Tapas or the force of Purush's consciousness can produce the truth of conception or real Id as Vigyana. The aura of those who live a Tapomay life is very bright. Its area of influence is wide according to the density and intensity of their sacrifice of Tap. Not only the people are affected by this, but the entire environment around them becomes lit. The spiritual practice of Sri Aurobindo, who has developed a new dimension of yoga practice, was so intense that ShriMaa had experienced it at a distance of 50 miles while coming to Pondicherry from Japan by ship Kagamaru. As a result of this, the ascetic place of the ascetic

and the place of meditation of the seeker becomes a virtuous pilgrimage where the fierce flow of these divine powers remains. And every person who comes around it receives the grant-boon according to his eligibility.¹³

Effect of Aura- There is also an auspiciousness of pilgrimages. Its intensity depends on the austerity done there. The pilgrimage in which the maximum is meditated, His aura is as full of vigorous system. Maharshi Agastya and Sri Aurobindo's Taposthali Pondicherry, Raman Maharshi's Arunachalam, the shelter of many sages Ganga and the banks of the Narmada River have these characteristics. It is the heart region of the Himalayas with many of these paramount features. There exists a powerful aura influenced by the austerities done there. Many sages and sages in this meditated land, meditated there by the ancient sages, continue to meditate there and add to its aura. For this reason, it is called the pole center of spiritual power.^{5,4}

Energy Centers- There are many other small and big centers on the earth from which the immense life force flows. Similarly, there are many energy centers inside your body. These centers in spiritual science are known through hex cycles. Each chakra is itself a center of powerful energy. The color of their aura is also different according to them. In the context of Ayurveda, the *Dhatu* is interpreted as a substance which supports the *Sharira* (body), *Manasa* (psyche or mind), and *Prana* (elan vital or life). *Sharira Vayu* in its fivefold division such as *Prana*, *Udana*, *Vyana*, *Samana*, and *Apana* is a force rather than a corporeal substance. In Upanishads, *Agni* is spoken of as *Prana*. Charaka Samhita and Sushruta Samhita also give a clear description of *Prana* as 'Oaj' and the locations of the energy points of the body that are called Marma. According to them, all the energy points of the body are connected with the soles of the feet and the palm. These energy centers are more powerful in the toes of the feet and the fingers of the hand. For this reason, the head is bestowed on the feet of the gurus and saints.^{14, 15, 4, 7}

Scientific Approach of Energy Body(Aura)-Modern science is also beginning to accept this condensed energy of the atmosphere. To confirm this fact, Russian scientist Adameco also made a special machine, in which Electrical bulbs were placed around it for testing. The speciality of this machine is to be sensitive to the functioning energy centers of the body. When a person is made to stand in front of it, the bulbs of that place start burning as many active centers are in his body. The bulbs do not light up in centers which remain inactive. Therefore, it is clear from this experiment that there is a continuous flow of energy from the active centers which creates an aura.⁵

The Scientific research on capturing this subtle energy field through electronic instruments was started by Semyon Kirlian. The captured image is known as Kirlian image which is the result of a gas discharge, "fluorescence" or glow that appears around the edge of a subject after it is placed in a high-intensity electrical field. Kirlian image is produced on the photographic plate when an object on a photographic plate is connected to a high-voltage source. The high voltage frequency applied to the metal plate rips the electrons off the atom. The air around the photographic object becomes ionized. If that air contains any amount of moisture content then the resulting image will be a glowing silhouette around the object, which the scientist call as "corona plasma discharge". Kirlian believed that these photographs depicted

„AURA“ that surrounds living being. Scientists were able to photograph the electromagnetic field around human fingers with the help of Kirlian Camera.^{4,5}

Dr. Konstantin Korotkov & Krishna Madappa have developed a GDV (Gas Discharge Visualization) technique to see a Kirlian image of the whole human body and aura. GDV refers to the process in which Biological Emission and Optical Radiation is stimulated by Electromagnetic Field Amplified by Gas Discharge and is visualized through Computer Data Processing. The GDV image graphically represents the distribution of energy flow in space and the interaction of this energy with the energy around it. These scientists suggest that this technology can be used for early detection of cancer, heart disease and other medical conditions. Dr. Korotkov claims that this GDV tool can map the real data or information inside of the human aura by measuring altered states of consciousness, chakra energy amplitude and alignment, vital signs, and energy integration.⁵

Chakras and their Functions-The word chakra also indicate movement. mainly the seven chakras are discussed in many ancient dimensions, but Master Choa says that different types of chakras are found in different areas of our body, out of which there are eighteen major ones which are directly connected to our various organs and they are If they are disturbed in the flow of energy due to some reason, due to lack of proper exchange of energy, the proper organs do not reach the right amount of energy, due to which the concerned organs are not able to function properly. And symptoms of disease start to develop in them, as described above, that the subtle body not only sees the growth of life but also depends on the mind and thoughts, so due to this, its vigor with the endless desires, the vicious cycle of lusts and thoughts. Continuously decreasing Whereas with positive thinking these centers can be kept more active.^{16,4,7}

Master Choa, in his book "The Ancient Art and Science of Pranic Healing", has highlighted the healing method that can be used by prana energy, according to them, if any kind of obstruction in the atmosphere is removed and the clean and positive life energy is communicated. If done, our chakras and aura regain their form and according to the Law of Correspondence, our physical body also becomes healthy, its organs start functioning properly and get rid of diseases. By knowing and using the techniques of pranic healing, a person can very easily remove the barriers of the aura and can transmit voluntary energy.⁴

As mentioned above, palm and soles of the feet are also have active energy cycles, we can overcome these obstacles with the help of them, just as we exchange blessings.

Apart from this, we can also feel these energy centers and aura, it is just like if we are engaged in some concentrated work and someone is staring at us, then we know that we realize who That is, our aura mandalas and chakras are able to feel the aura of others, it can be done easily with just a few simple techniques.

Prana and Disease- It is a scientific truth that the more a person is as powerful as his or her obeisance, the stronger it will be. And he will affect all things around him. That is why even if such a person does not stay at that place, his subtle aura keeps hovering. That is why today people have started thinking about the identity of the person from the scientific aura.^{17, 18, 19, 4, 5, 7,}

If in ancient times, children were hurt, then women titillate or rasp them and children feels fine, then we can say that the feeling of pain automatically reduced when the energy barrier is released due to injury. It is possible that by using different techniques of vital energy in the same way, we also know the possibilities of diseases occurring in the energy body, so we can now say that some different esoteric disciplines of yoga are now presented to be interviewed. It is just that there is a need for scientific approach and experiment on them so that we can benefit better and live better by connecting spirituality with physical life.^{20, 21, 22, 4, 12, 14}

Conclusion- From the above details we can say that there are many sources which clearly pointing out on the aspect of the Prana or cosmic energy and its use on healing capacity. And we have to work on its practical ground to find the more scientific data to analyse its potency and capacity and area of result. In modern condition we may use this knowledge for the wellbeing of not only the physical aspect of the human body but it may also helpful for psychological Wellbeing and control stress in our day to day life.

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