

A Study to Assess the Effectiveness of Pranic Healing Therapy on Backache among Adults At Pranic Healing Centre in Pune City

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Abstract

Introduction: Pranic healing is a energy based therapy . It activates the healing mechanism in the body
Objective : To assess the degree of pain among the adult on back pain.,to assess the effectiveness of Pranic healing therapy on backache among adults. And to determine the association between backpain and Pranic Healing therapy with selected demographic variables variables **Methods:** A quantitative approach and Pre-experimental one-group pretest-posttest research design was used to assess the effectiveness of pranic healing therapy among adults group. study was conducted in a selected Pranic healing therapy centre in Pune city more than 200 adult came for the therapy. Amongst them 40 samples were selected for the study who fulfills the inclusion criteria.. Convenience sampling techniques was used for the selection of samples in this study.Tool included three Sections . Part I – Demographic variable . Part II - modified Bayerchiro’s pain scale to assess the symptoms of pain, stiffness, and physical function in patients with back pain. The samples were given a pretest , followed by Pranic healing therapy was given and post test is given. **Result:** Average pain score in pretest was 33.1 which decreased to 29.3 in posttest. T-value for this test was 9.3 with 39 degrees of freedom. Corresponding p-value was small (less than 0.05), null hypothesis is rejected. This is evident that the Pranic healing therapy improved the backache among adults significantly **Conclusion:** After the therapy given to the adult age group with backpain , pranic healing therapy is one of the most important aspect to decrease pain without any side effects

Key words: Pranic healing; Backache; Effectiveness :Adults

Introduction

Pranic healing is a healing system considering no touch . Findings show that t Pranic Healing fit the sociodemographic profile of CAM users in the United States, some respondents are experiencing positive outcomes attributed to this modality.^[1]

Pranic healing is a energy based therapy . It activates the healing mechanism in the body.^[2]

The study established that pranic healing was effective in enhancing the quality of life of working women employees.^[3] Significant change were observed in six domains after the pranic healing , which were Physical fitness , Feelings , Change in Health , Overall Health, Paiand Sleep.^[4]

Statement of the Problem

A Study To Assess The Effectiveness Of Pranic Healing Therapy On Backache Among Adults At Pranic Healing Centre In Pune City

Objective of the study

- To assess the degree of pain among the adult on back pain.
- To assess the effectiveness of Pranic healing

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therapy on backache among adults.

To determine the association between backpain and Pranic Healing therapy with selected demographic variables

Hypothesis

H0: There is no significant difference between mean pre-test and post-test score on pain among adults

H 0.1: There is significant difference between mean pre-test and post-test score on pain among adults

Material and Method

A quantitative approach was used to describe the existing practices on Pranic healing therapy. The evaluative approach helped the investigator to find out the

effect of Pranic healing therapy. Study adopted the Pre-experimental one-group pretest-posttest research design was used to assess the effectiveness of pranic healing therapy among adults group. Inndependent variable is Pranic healing therapy. This study was conducted in a selected Pranic healing therapy centre in pune city more than 200 adult came for the therapy. Amongst them 40 samples were selected for the study who fulfills the inclusion criteria , The accessible population consisted of adult age group who are having back pain and who are available at the time of the study at pranic healing centre. Convenience sampling techniques was used .

Tool included three Sections . Part I – Demographic variable . Part II - modified Bayerchiro’s pain scale The samples were given a pretest , followed by Pranic healing therapy was given and post test is given.

Findings

Section I

Table 1: Data of demographic variables

n= 40

Variable	Freq	%
Age		
21-35 years	21	52.5%
36-50 years	12	30.0%
51 and above	7	17.5%
Gender		
Male	29	72.5%
Female	11	27.5%
Employment		
Employed	7	17.5%
Unemployed	33	82.5%
Religion		
Hindu	31	77.5%
Muslim	1	2.5%
Christianity	2	5.0%
Other	6	15.0%
Qualification		
10th standard	1	2.5%
12th standard	1	2.5%

Cont... Table 1: Data of demographic variables

Undergraduate	19	47.5%
Postgraduate and above	19	47.5%
Income		
Not applicable	8	20.0%
Upto Rs. 30,000	16	40.0%
Rs. 30,001-50,000	6	15.0%
Above Rs. 50,001	10	25.0%

Section II

Table 2: Description of pain among the adult group by using pain scale n= 40

Pain	Pretest	
	Freq	%
Fairly Severe (Score 54 or higher)	0	0.0%
Moderate (Score 43-53)	5	12.5%
Some problem (Score 30-42)	22	55.0%
Relatively mild (Score 18-29)	13	32.5%

Section III: Data in regards to the effectiveness of Pranic healing therapy on backache

Table 3: shows effectiveness of Pranic healing therapy on backache

n= 40

	Mean	SD	t	df	p-value
Pretest	33.1	7.8	9.3	39	0.000
Posttest	29.3	7.3			

Researcher applied paired t-test for the evaluating the efficacy of the Pranic healing therapy on backache p-value was small , null hypothesis is rejected. This is

evident that the Pranic healing therapy improved the backache among adults significantly.

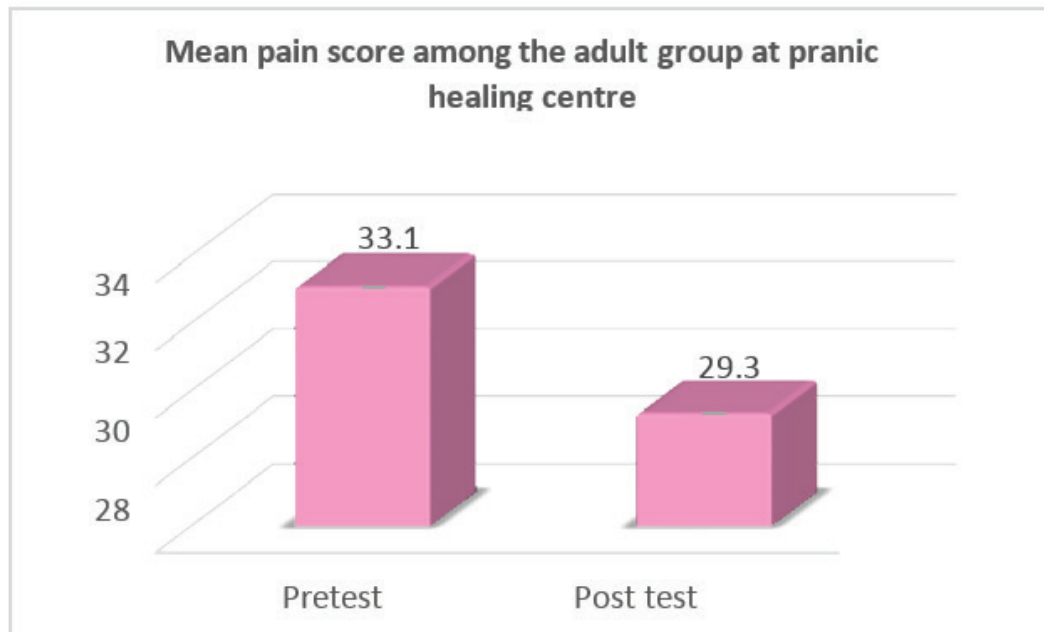


Figure 1: Bar chart representing the distribution of samples according to their average degree of pain before and after intervention of Pranic healing therapy

Section IV : Data in regards to the association between degree of pain and demographic variables

Fisher’s test used to determine the association . Since p-value corresponding to demographic variable age is small (less than 0.05), age (p-0.003) shows significant association

Discussion

Study findings revealed that Pranic Healing Therapy is effective in reducing level of backpain. In this study it is noted that Pranic Healing Therapy is effective in reducing level of backpain among adults undergoing the treatment.it is also be effectively used to control acute pain.

Similar findings been seen in study findings where it showed significant decrease in pain level and sympathetic activity in pranic healing group and non-significant change in placebo group.^[5]

Conclusion

After the therapy given to the adult age group with backpain , pranic healing therapy is one of the most important aspect to decrease pain without any side

effects. This chapter deals with the entire summarization of the search under study in comparison with findings of the present study with available research literatures. It also depicts the suggestions and recommendations that could be necessarily taken in further studies.

Conflict of Interest : Nil

Finding : Self funding

Ethical Consideration: The researcher gained the Institute research Committee approval and Study was approved at Institute Ethical subcommittee. Informed consent was obtained from each sample. Privacy and confidentiality maintained

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