Review Article

Effect Of Pranic Healing On Insomnia: A Narrative Review On Clinical Evidence.

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ABSTRACT

Background: Insomnia and poor sleep quality are common problems that can adversely affect physical and mental well-being. Pranic Healing has been explored as a complementary approach to improving sleep quality and alleviating insomnia-related symptoms. This review aimed to evaluate the available clinical evidence on the effectiveness of Pranic Healing in improving sleep quality and insomnia-related outcomes. **Methods:** A narrative review was conducted using studies identified through Google Scholar and PubMed. The search used the keywords "Pranic Healing," "sleep," and "insomnia." Clinical studies investigating the effects of Pranic Healing on individuals with insomnia or other sleep-related problems were included. Reviews, editorials, books, theses, unpublished reports, and studies unrelated to sleep were excluded. **Results:** Five clinical studies were reviewed, including randomized studies, exploratory studies, case series, and case reports. Overall, the studies reported improvements in sleep quality, sleep latency, sleep duration, and general sleep patterns following Pranic Healing. However, the available evidence was limited by small sample sizes, short intervention periods, reliance on subjective outcome measures, and methodological limitations. **Conclusion:** Pranic Healing may have potential as a complementary approach to improving sleep quality and alleviating insomnia-related symptoms. However, larger randomized controlled trials with longer follow-up periods and objective measures of sleep are needed to establish its effectiveness.

Key words: Insomnia, Complementary Therapies, Mind-Body Therapies, Yoga.

Sleep is a physiological function that is critical to human life and well-being. Organ systems can be adversely affected by sleep disturbances, both in terms of quantity and quality. The most prevalent sleep condition in society is insomnia, which has a variety of causes. According to the International Classification of Sleep Disorders (ICSD)-3, insomnia is defined as a patient's subjective sense of difficulties initiating, maintaining, consolidating, or improving the quality of their sleep, even when they are provided enough time to sleep [1,2].

Over time, a variety of pharmaceutical, non-pharmacological, complementary, and alternative approaches have been developed for the management of insomnia [3]. One complementary bio-field therapy that is becoming increasingly well known in the medical field is Pranic Healing, which is considered to have several advantages. Pranic Healing has been widely utilized to treat depression, anxiety, tension, and to promote smoking cessation.

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Additionally, it has been investigated and found to help control insomnia, either directly or indirectly [4]. In this narrative review, the effect of Pranic Healing, especially insomnia, based on clinical evidence and research, is discussed.

METHODOLOGY

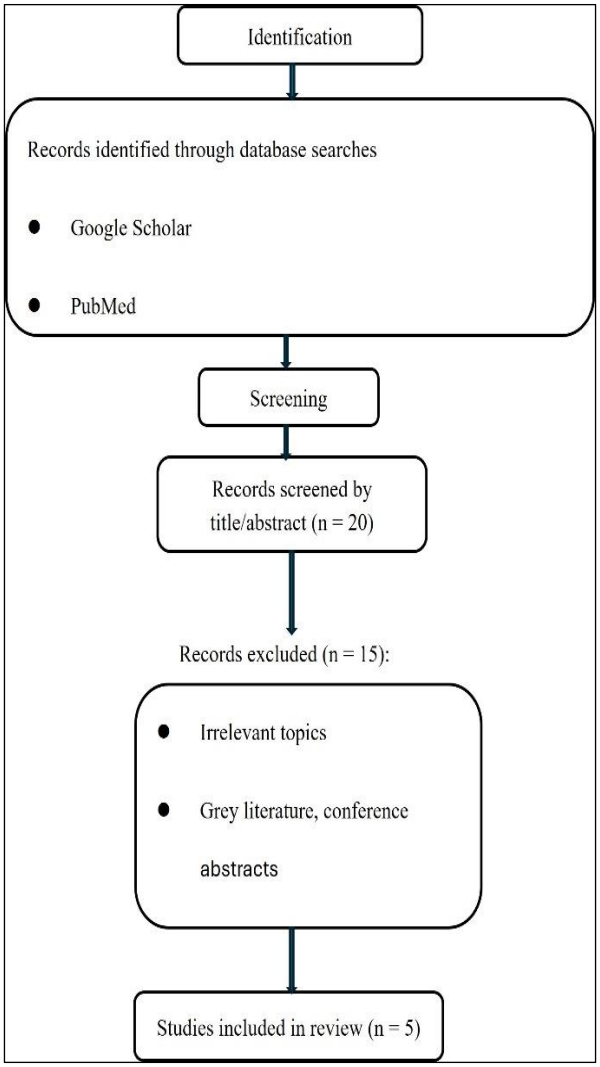
A literature search was conducted to identify research studies investigating the effect of Pranic Healing on sleep and insomnia. The electronic databases Google Scholar and PubMed were searched from September 2018 until December 2024 using the keywords "Pranic Healing," "sleep," and "insomnia." Studies that evaluated Pranic Healing as an intervention and concentrated on individuals with insomnia or other sleep-related issues were taken into consideration for inclusion. Review articles, editorials, books, theses, unpublished reports, and studies examining how Pranic Healing affects ailments other than insomnia or sleep disorders were not included.

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Records were also removed and not regarded as primary clinical evidence if the publication provenance or outcome data could not be confirmed with an acceptable degree of confidence.

The identified studies were assessed for relevance to the review subject, and only suitable research was selected for further investigation.



n = Number of studies

Figure 1. Flow diagram showing the study selection

RESULTS

The summary of those studies included in this review is shown in Table 1.

DISCUSSION

This narrative review summarizes the potential effects of Pranic Healing on sleep quality and insomnia-related outcomes. The findings suggest that Pranic Healing may be a beneficial complementary approach for improving sleep quality and alleviating insomnia symptoms. Improvements in sleep-related parameters indicate their potential role in promoting better sleep and overall well-being.

The findings of the present study are supported by previous research published between 2018 and 2024. Aithal et al. in 2018 reported a reduction in the Athens Insomnia Scale score from 16 to 2 in a woman with chronic insomnia following Pranic Healing, with improvements maintained at the six-month follow-up [5].

Amritha et al. in 2020 observed substantial improvements in PSQI scores among young women who received Twin Hearts Meditation and Pranic Healing compared with the control group [6]. In the same year, Lama reported improvements in sleep among two individuals with insomnia following Pranic Healing sessions, although the findings were limited by the small number of cases [7].

Nanjundaswamy et al. in 2024 found significant improvements in subjective sleep quality, sleep latency, and sleep duration among men with benign prostatic hyperplasia who received Pranic Healing alongside medication, compared with those who received medication alone [8].

Finally, Santhosh et al. in 2024 reported improvements in subjective sleep quality, sleep latency, sleep duration, and daytime dysfunction following Pranic Healing, while sleep efficiency and sleep disturbances did not show significant improvements [4]. The present study has certain limitations that should be considered when interpreting its findings.

These may include a limited sample size, a short intervention or follow-up period, and the potential influence of subjective sleep assessments, depending on the study design and outcome measures used. Additionally, variations in study populations and intervention protocols across the available literature limit the generalizability of the findings.

Future studies should employ adequately powered randomized controlled trials, standardized Pranic Healing protocols, validated sleep assessment tools, and longer follow-up periods to evaluate the sustainability of the observed effects. Where feasible, objective sleep measurements, such as actigraphy or polysomnography, should be incorporated alongside subjective assessments.

Further research should also compare Pranic Healing with appropriate control interventions to establish its efficacy, clarify its potential mechanisms, and determine its role as a complementary approach to the conventional management of insomnia and sleep disturbances.

Table 1. Summary of narrative review

Sl.no	Author & Year	Study Design / Sample Size	Participants	Intervention	Comparator / Control	Duration	Assessment Tool	Main Findings	Limitations
1.	Rajani Aithal (2018) [5]	Case report (N = 1)	Insomnia.	Pranic Healing.	—	6 Pranic Healing sessions for 20 minutes.	Athens Insomnia Scale (AIS).	AIS score was reduced to 2 in the subject, indicating a return to a normal sleeping pattern.	Small sample size and subjective measurement
2.	Amritha K. S. (2020) [6]	Pre-test/Post-test randomized experimental-control design (N = 32)	Poor quality of sleep.	Pranic Healing sessions and Twin Hearts Meditation.	—	4 sessions.	Personal Data Sheet and Pittsburgh Sleep Quality Index (PSQI).	Pranic Healing combined with Twin Hearts Meditation was highly effective in enhancing overall sleep quality and reducing sleep disturbances among female adults. Mean scores decreased from 14.31 at pre-test to 3.87 at post-test.	Only female participants and subjective measurements
3	Nishant Lama (2020) [7]	Case series (N = 2)	Insomnia.	Pranic Healing.	—	Two alternate days for 45 minutes.	Subjective self-reporting.	Subjects were able to return to their normal sleeping pattern after Pranic Healing sessions and experienced calmness and increased energy.	Small sample size and lack of experimental design.
4	Roopa Nanjundaswamy (2024) [8]	Single-blind randomized trial (N = 76)	Benign Prostatic Hyperplasia (BPH) and bothersome Lower Urinary Tract Symptoms (LUTS).	Tamsulosin (0.4 mg) and Pranic Healing.	Tamsulosin (0.4 mg)	5 weeks.	Pittsburgh Sleep Quality Index (PSQI).	Pranic Healing significantly improved sleep quality ($p < 0.001$), sleep latency ($p < 0.005$), sleep duration ($p < 0.004$), and daytime dysfunction ($p < 0.04$), but showed no significant effect on sleep efficiency ($p = 0.82$) or sleep disturbances ($p = 0.06$).	Small sample size, short duration, and higher dropout in the control group.
5	G. N. Santhosh (2024) [4]	Exploratory study (N = 15)	Insomnia.	Pranic Healing.	—	Alternate days for 2 weeks, 30 minutes per session.	PSQI.	Pranic Healing improved subjective sleep quality ($p < 0.001$), sleep latency ($p < 0.005$), sleep duration ($p < 0.004$), and daytime dysfunction ($p < 0.04$).	Small sample size and lack of objective data.

N = Number of participants, BPH = Benign Prostatic Hyperplasia, LUTS = Lower Urinary Tract Symptoms, PSQI = Pittsburgh Sleep Quality Index, AIS = Athens Insomnia Scale, P = Probability value used in statistical testing.

CONCLUSION

Pranic Healing may serve as a complementary approach to improving sleep quality and sleep-related parameters, including sleep latency and duration, among individuals with insomnia or poor sleep quality. However, further well-designed randomized controlled trials with larger sample sizes and longer follow-up periods are needed to establish its efficacy.

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