

Theme 11: Health Systems and Programmes: How they can be improved

Title: **Pranic Healing** as a complementary and holistic healing technique.

By: **Dr. Suguna M Rao**

Head, Dept of Sociology,

K.J. Somaiya College of Arts and Commerce

Vidyavihar, Mumbai-400077

Mobile: 9833000275

[sugunamrao@gmail.com](mailto:sugunamrao@gmail.com)

Pranic Healing is a form of healing that uses 'Prana' - the vital energy present everywhere. It involves the transference of energy of life force from the healer to the patient. The treatment consists of cleansing and energizing the malfunctioning 'Chakras' or energy centres of the human body. The techniques for doing this are very simple and easy to learn and practice

It is a no-touch, painless method and does not conflict or interfere with conventional medical treatments-rather it compliments other healing modalities.

Besides alleviating most common ailments, Pranic Healing can also help increase vitality, strengthen the immune system, calm the emotions and improve one's well-being.

Grand Master Choa Kok Sui (Founder of the Modern Pranic Healing) has fulfilled a basic global need of providing holistic health by making it a viable, easy to learn, easy to use alternative healing technique which is scientific, powerful, effective, affordable and easily accessible. It is practiced in over 17 countries worldwide.

In India, there are Pranic Healing Foundations and over 1,00,000 Pranic Healers, who have benefited lakhs of people all over the country.

This paper is based on a year long study of more than 100 patients using this technique for treating various minor and chronic ailments, from 2 registered Pranic Healers at Ghatkopar, Mumbai. Several interesting findings were revealed during the period of this research which are presented in this paper.

**Significance:** It is felt that by including Pranic Healing as a Government recognized alternative therapy in public and private hospitals, health for all can be achieved and health system can definitely be improved.