

Outcomes of In-Vitro Fertilization (IVF) After Implementation with Pranic Healing: A Pilot Study

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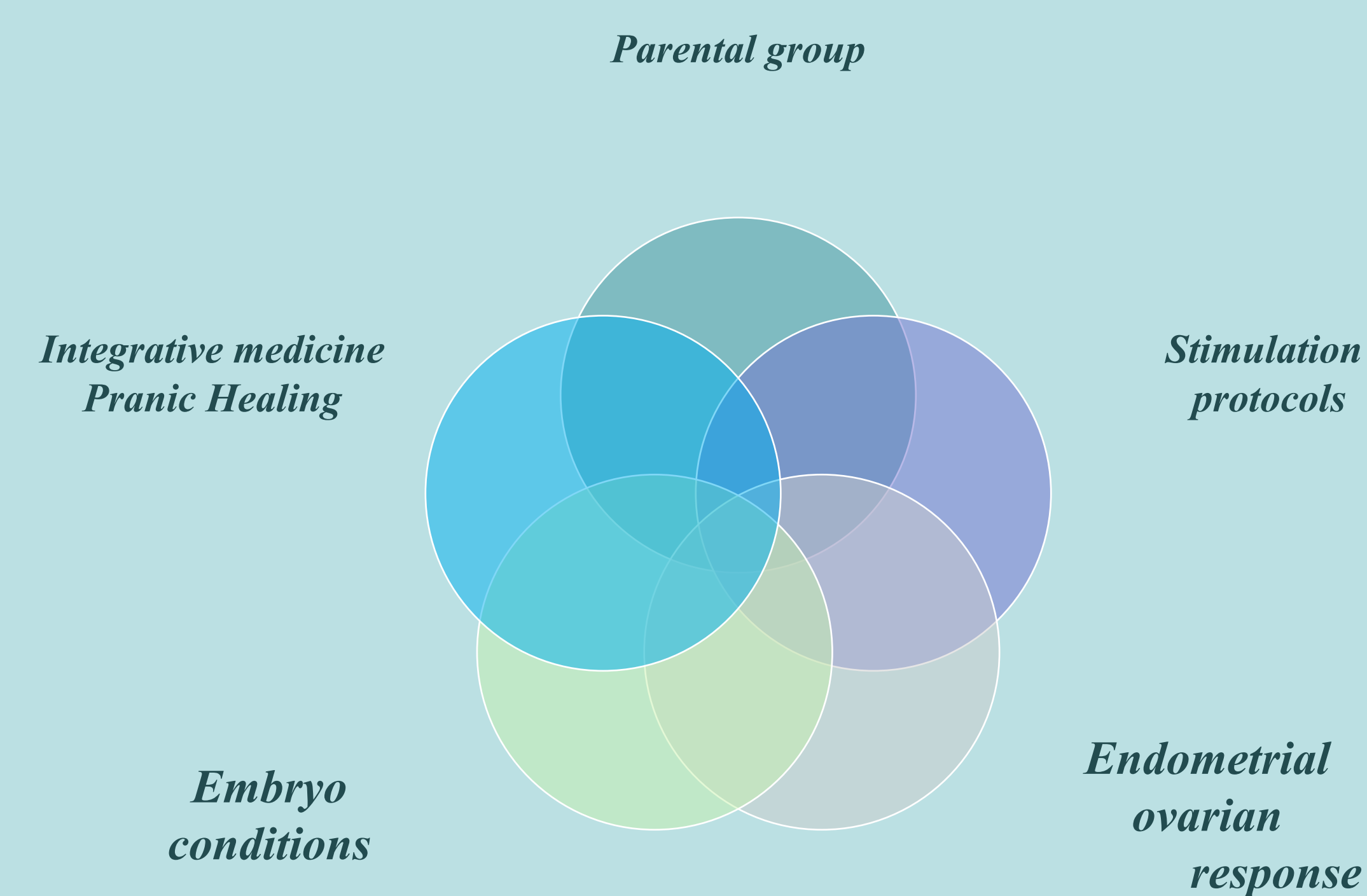
BACKGROUND

In-vitro fertilization (IVF) utilizes a series of procedures to assist implantation of a fertilized egg in the uterus with the objective of establishing pregnancy. IVF treatments are complex and each step requires precision.¹ The success rate of IVF in developed countries in women less than 35 years is approximately 40% and it depends on many factors including parental age group, stimulation protocols, endometrial and ovarian response, embryo quality, transfer technique, number of embryos transferred, and use of luteal support, etc.

National Center for Complementary Health and Integrative Health (NCCIH) a part of National Institute of Health (NIH) encourages research in complementary and alternative medicine (CAM) to improve healthcare outcomes. Use of CAM in improving live birth outcomes after IVF has not been explored.

Pranic Healing (PH) is a no-touch, energy-healing technique based on the principle of the body's innate ability to heal itself and the use of life energy or *prana* in accelerating the healing process. PH is used strictly as a complementary therapy to treat a spectrum of physical and psychological conditions and has been shown to be safe in our pilot clinical research.² While PH has been applied to numerous conditions including pregnancy, its effect on IVF has not been evaluated.

IVF SUCCESS



OBJECTIVE

To evaluate the outcomes of IVF with and without the application of Pranic Healing. To assess the reproductive benefits as a complementary therapy in an active hospital-based IVF Program.

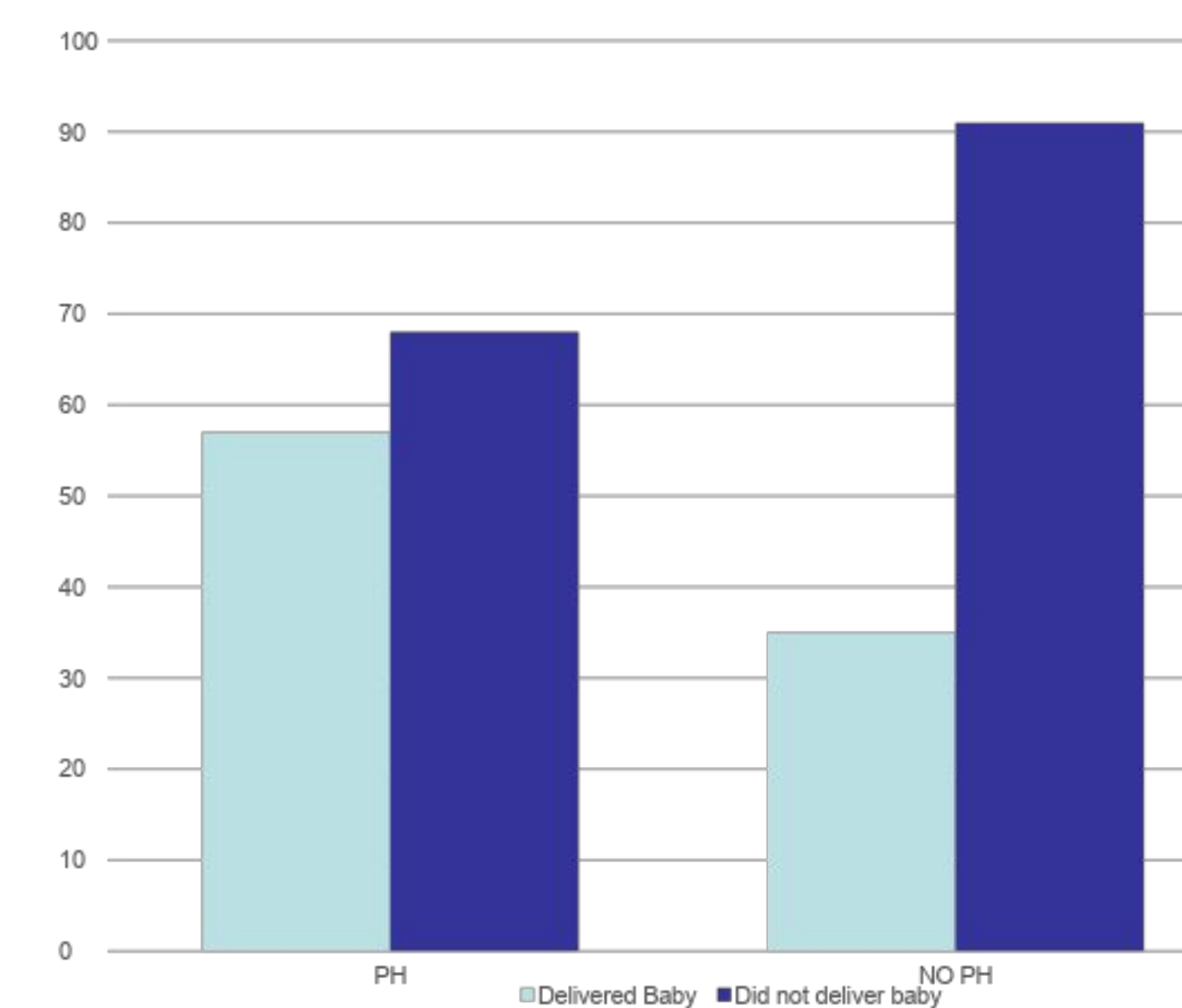


METHODS

- This was a single center prospective study of 125 women who received IVF from February 2018 to July 2019 compared to a 12-month pre-study retrospective review of 126 women who received IVF.
- Inclusion criteria included adult females and males ages 18-55 with the diagnoses of infertility.
- Exclusion criteria included congenital anomalies, karyotypic abnormalities, major accidents, radical pelvic surgeries, radiation treatments or major chronic disease.
- Out of 251 patients included in the study, 125 were complemented with PH therapy while 126 did not. All subjects were enrolled into the study after an informed consent and all subjects received standard IVF treatment as per standard-of-care for their diagnosis. Ethics Committee approved the study.
- PH treatment was performed at the entry into the IVF Program (up to egg retrieval, before and after egg implantation, fertilization stage, up to post-implantation) and men prior to sperm collection.
- The study concluded after the last woman delivered. Frequencies, chi square and logistic regression analysis was used to analyze the data.

RESULTS

- Of the 251 included, 92 patients (37%) had delivered a live birth neonate while 159 (63%) patients did not, which is consistent with the success rate of IVF.
- Of those 92 women who had a live born infant, 57 women (62%) were treated with PH while 35 women did not.
- Of the 159 women who had failed IVF, 68 women (43%) were treated with PH while 91 (57%) were not.
- The overall success rate of IVF in this population with PH was 45.6% (57/125, p<0.01), which is higher than the reported success rate. The effects of Pranic Healing on the success rate of IVF compared to the success rate of IVF without PH was statistically significant by logistic regression (p = 0.004).
- All infants were born at term with no reported congenital anomalies, perinatal, and neonatal complications.



DISCUSSION

In addition to the complex technical skills of IVF, the process itself could be emotionally, physically and financially challenging to the patients. Women often struggle with mild depression, anxiety, cultural, family, and religious pressures that can negatively affect the pregnancy outcomes. This pilot study demonstrates the potential effectiveness of Pranic Healing as an adjuvant therapy to increase the success rates of IVF.

CONCLUSIONS

- Pranic Healing as an adjuvant therapy with IVF medical management can increase the chance of a successful pregnancy.
- Pranic Healing accelerates the body's natural healing process and also alleviates the emotional distress of the IVF process.
- Further research is needed to implement Pranic Healing as a therapy in hospital-based IVF programs.



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