

ROLE OF PRANIC ENERGY AND AIR PRANA BENEFITING EMPLOYEES - AUGMENTING FRUITING, NUTRITIONAL, VITAMIN VALUES, AND CROP YIELD.

Kaustubh Kamalesh Bhandarkar

(PhD. Research Scholar)

PH: +91 8600108420, EMAIL: kaustubhkb02@gmail.com

Neville Wadia Institute of Management Studies & Research

19, Late Prin. V. K. Joag Path, Pune – 411001 (India).

(Affiliated to Savitribai Phule Pune University, Pune- 411007, India).

and

Dr. Sonali Jadhav

(PhD. Research Guide)

ORCID ID: <https://orcid.org/0000-0001-6557-7482>

PH: +91 9881401482, EMAIL: sonalijadhav@aissmschmct.in

Neville Wadia Institute of Management Studies & Research

19, Late Prin. V. K. Joag Path, Pune – 411001 (India).

(Affiliated to Savitribai Phule Pune University, Pune- 411007, India).

ABSTRACT:

Purpose – The purpose of this research paper was to explore, identify, and study the concept of Pranic *healing*, review of book and only journals on Air Prana and Pranic Energy, for how Air Prana and Pranic Energy healing practices, i.e., Pranic energised colour prana contained foods can be a new approach for fitness management for agricultural crops, fruits, and vegetables, benefiting employees and also overall human beings.

Design/Methodology/Approach – Secondary data collection with literature review of books: 1) Advanced Pranic Healing, and research papers published on: Air Prana, and Pranic Energy in journals only.

Findings – Regular intervention and administration of Air Prana and Pranic Energy improves the germination, fruiting, nutritional, and vitamin values and yield of agricultural products.

Practical Implications – To review the book and research papers published in journals on Air Prana and Pranic Energy, and balanced diet with variants of coloured food items.

Originality/value – Grand Master Choa Kok Sui, Founder and Guru of Modern Pranic Healing, Air Prana, and Pranic Energy, seeded the concept of Pranic Agriculture, and introduced the concept of “nutrition from the pranic viewpoint: the quantity and types of colour prana contained in foods”.

Creativity – Air Prana and Pranic Energy under Pranic agriculture builds and improves the fruiting, nutritional, and vitamin values and yield among crops, fruits, and vegetables.

Future Implications – Regular practice and administration of Air Prana and Pranic energy on all agricultural crops and vegetables under Pranic agriculture, can improve the economy of agriculture industry.

KEY WORDS:

Air Prana (AP), Human Resource Management (HRM), Pranic Agriculture (PA), Pranic Energy (PE).

RESEARCH PROBLEM:

In today’s advanced and fast-growing agricultural world, number of farmers are complaining about the fruiting and nutritional qualities of crops, fruits and vegetables and the yield quantum, i.e., fitness management of agricultural products.

For this, there is a need to explore and review the books and research papers on *Air Prana* and *Pranic Energy*.

RESEARCH QUESTION:

Can *Air Prana* and *Pranic Energy* practices be a complimentary and potential supporting tool to improve the fruiting, nutritional and vitamin values, and yield of agricultural crops?

INTRODUCTION

All nutritionists advise the balanced diet, a proper mix of colourful vegetables and fruits with proper nutritive mix to build the healthy body. Such a balanced diet contains the food made from many colourful raw vegetables and fruits, which contains respective colour pranas. Each coloured raw vegetables and fruits has individual importance of its colour prana (Bhandarkar,

K. K. & Jadhav, S., 2022), deducing the predominance of the potency of the respective colour prana.

Western medicine differs from Chinese medicine or Ayurvedic (Indian) medicine, which emphasizes more on Pranic energy, which maintains Pranic harmony within the human body

RESEARCH METHODOLOGY:

Literature review of books:

- 1) Advanced Pranic Healing.

Literature review of published research papers in Journals only:

- 1) Journals on Air Prana, Pranic Agriculture and Pranic Energy.

LITERATURE REVIEW:

Master Sui C. K. (1992) *PH is a systematic and scientific method of healing practices*, first level is how to absorb and project the *prana* in to the agricultural crops and vegetables; second level is to usage of different *colour pranas*; in level three, usage and energizing different *colour pranas* on agricultural crops and vegetables which are to be treated by the trained Pranic therapist.

Pranic Healing:

Master Sui C. K. (1998) states that ancient scientific pranic healing utilizes *prana* or *ki* or *life energy* to heal the whole physical body.

Pranic Agriculture:

PA is an ancient farming method in which prana or life energy is been administered to increase crop growth and yield (Poornima, R., Yathindra, H. A., Prasad, K. N. & Jois, S. N., 2020).

Nutrition and Prana from the Pranic viewpoint:

“Science has studied nutrition from the chemical viewpoint: proteins, carbohydrates, sugars, minerals, fats, and vitamins. So far, science, at present moment, is not aware of the existence of prana; therefore, has not studied nutrition from the Pranic viewpoint: the quantity and types of colour prana contained in foods, and how prana affects the human body.” (Master Sui C. K. (1992, 1998, 2000).

All living existences on earth gets Prana from primary sources of prana, sun, the air, the ground, and human gets secondary sources of Prana from food, water, plants (Master Sui C.

K., 1992, 1998, 2000). PA is an ancient agriculture method where prana energy is applied to the crops during stress to enhance yield (Poornima, R., Prasad, K. N. & Jois, S. N., 2021).

Nutrition facets contains carbohydrates, fats, minerals, proteins, sugar, and vitamins. Unlike preserved food and overcooked food, fresh food has more nutrient values and prana in it. Grand master Choa Kok Sui, here, states that, to maintain our health, one need to have balanced diet with proper chemical or nutritive mix, and proper mix of colour pranas. He has advised to have an intake of balanced diet having variety of coloured food items, which will provide respective *colour pranas*, *PE* and help to maintain *Pranic harmony* in the body. The respective colour pranas through respective coloured food will improve the health of the respective body parts stimulating their movements and functions against respective vital energy.

Gómez-Pinilla F. (2008) in the research on the effects of nutrients on brain function as brain foods argued that cognition gets influenced by nutrients that are vital for maintaining cognitive function. Research on intervention on PA / PE treatment have increased the nutrient values of the grain and vegetables [Suma, F., Urooj, A. & Devaki, C. S. (2016); Poornima, R., Prasad, K. N. & Jois, S. N. (2021)].

This supports that the eatables from nutrition-based grains, vegetables treated with PA / PE will positively affect as brain food for brain functions and cognition.

Jois, S. N. & Roohie, K., et al. (2015) stated significant growth in fruits of Pranic healed tomato plants than controlled plants (Height by 18.5%; Stem diameter by 12%; Flowers by 31.7 per plant). Rainer, K. & Riebessel, S. (2015) in their comparative trials of Pranic Agriculture in Colombia (annual and perennial crops under organic family farming), Germany (organic, commercial grains), and India (conventional horticulture), experiment evidence-based impact of Pranic Healing on crop performance, got: In Colombia: Sugar cane harvest evidenced increase in the quality of sugar and the concentration of the syrup. “In Germany: PA compared to Demeter evidenced the following yields: Spelt (2011) PRAG 3,840 kg/ha vs. 2,000 kg/ha, increased by 92%; Oats 2014 PRAG 4,840 kg/ha vs. Demeter 3,120 kg/ha, increased by 55%; Lupines 2014 PRAG 3,500 kg/ha vs. Demeter 2,400 kg/ha, increased by 46%.” “In India: PRAG results evidenced increase in Height by 18.5%, Number of flowers by 31.75%, Stem Diameter by 12.05%, and Yield in kg by 31.1% vs. the Control Group.” Rainer, K. & Riebessel, S. (2015) concluded that PA showed the following results: (1) Productivity increased in major commodities and horticultural crops under organic and

conventional farming; (2) Less disease and pest pressures; (3) Quality differences; (4) Low-cost output with increased income; (5) Reduction in risks under organic farming. (5) PA practice will lead to healthier food and more agronomic growth.

Suma, F. & Urooj, A. & Devaki, C. S. (2016) stated increase in nutritional and quality characteristics of Cucumis Sativus Varieties after administration of PH (better stability at room temperature of moisture % and refrigerated storage and Vitamin C %: 6.284 (mg/100gm).

Keerthika T., Devaki C. S., Suma, F. & Urooj, A. (2016) studied functional (antioxidant activity, total phenols, nutritional (Moisture, vitamin-C), and quality parameters (brix, pH, and titrable acidity) of different varieties of cucumbers and their shelf stability, evidenced highest moisture (93% to 97%) in English, Pranic healed and Zucchini cucumbers, and maximum antioxidant activity (20.57% to 32.68%), Brix (3.0 to 5.0), pH (5.83 to 6.40), titrable acidity (0.14 to 0.26%), total polyphenol content (58mg/100g to 80mg/100g), and vitamin C (2.6% to 20.2%), in Zucchini, organic varieties, where transpiration was less under refrigerated Storage (19.40^a) in pranic healed cucumbers compared to controlled cucumbers (21.30^a), and under room temperature 23.99^a & 32.0^a respectively, and about physical qualities of cucumbers under pranic treated for shrivel quality of cucumbers under room temperature was ‘very good’ from 0 to 18 days, and under refrigerated condition it reduced to ‘very poor’ from 10th to 18th day; colour under room temperature was ‘very good’ up to 14th day, good; on 16th day and ‘satisfactory’ on 18th day, and under refrigerated condition, it was ‘very good’ on 1st day, ‘good’ up to 8th day, 2 on 14th day and ‘very poor’ up to 18th day; firmness under room temperature was ‘very good’ up to 10th day, ‘good’ up to 14th day, and ‘satisfactory’ up to 18th day, and under refrigerated condition, it was ‘very good’ up to 2nd day, ‘good’ up to 4th day, ‘satisfactory’ up to 8th day, ‘very poor’ up to 18th day; non-decay under room temperature was ‘very good’ up to 18th day, and under refrigerated condition, it was ‘very good’ up to 1st day, ‘good’ up to 6th day, and ‘very poor’ from 8th day up to 18th day.

Jois, S. N., Prasad, K. N. & D’Souza, L. (2017) stated increase in morphology of Cucumber plants influenced by PA (Length of plants by 97%; Pranic cucumber stem by 31.7% more in diameter; significantly yielded more by 20.8%). Poornima, R., Prasad, K. N. & Jois, S. N. (2021) stated increase in growth (branches, panicles, plant height, tillers), yield (grain size, grain quantity and straw) and nutritional content (protein, nitrogen, and zinc content) of

finger millet (*Eleusine coracana* L.) crop and land influenced by PE application, economic benefit opportunity for grain yield profitability. Poornima, R., Yathindra, H. A. (2020) stated administration of PA Technique on growth and yield of Marigold, *Tagetes erecta* positively influenced plant growth (plant spread), flower yield (number of flowers, flower diameter and yield per plant). Ananthakeshava, I., Srikanth, N. J., Prasad, K. N. & Vinu, V. (2021) stated administration of 20 minutes PH treatment significantly reduced surface tension of water and increase in wettability against controlled water, indicating beneficial as it directly affects the absorption of nutrients from the fluid medium.

JOURNALS REVIEW ON PRANIC AGRICULTURE:

PA, an ancient science, and art of healing that helps to enhance of plant growth (Jois, S. N., Prasad, K. N. & D'Souza, L., 2017) and is sustainable and eco-friendly agriculture (Poornima, R., Prasad, K. N., Yathindra, H. A. & Jois, S. N., 2020). Significant growth in fruits of Pranic healed tomato plants than controlled plants. (Jois, S. N. & Roohie, K. & D'Souza, L., Jois, S. N. et al., 2015). Moisture % of PH cucumbers observed better stability at room temperature and refrigerated storage and Vitamin C % (Suma, F. & Urooj, A. & Devaki, C. S., 2016). Jois, S. N., Roohie, K., D'Souza, L., Suma, F., Devaki, C. S., Urooj, A., Krell, R. & Prasad K. N. (2016) found significant growth in tomato crops administered with Pranic agriculture: flowers by 31.7%, height by 18.5%, stem diameter by 12%, yield by 31%, and improved the shelf life of tomatoes for fruit weight loss, shrinkage, titrable acidity and total soluble solids content, during storage at refrigerated and room temperatures. PE positively affected the behaviour of zebrafish by increased locomotion and decreased anxiety levels during changed circadian rhythm (Nadig, A., Jois, S. N., Nagendra, K. & Vijayakumar, V., 2020). PH, reduces the surface tension of water, increases wettability, alters physical properties of the liquid, indicating beneficial as it directly affects the absorption of nutrients, which can be beneficial in Agriculture, Industry and Medicine (Ananthakeshava, I., Srikanth, N. J., et al., 2021). Increase in wettability of water is also beneficial for blood and body fluids (Ananthakeshava, I., Srikanth, N. J., et al., 2021). Water stress influences to biochemical, molecular, and physiological changes in the plants (Poornima, R., Prasad, K. N. & Jois, S. N., 2021).

Poornima, R., Prasad, K. N. & Jois, S. N. (2021) concluded that treatment of PE on finger millet (*Eleusine coracana* L.) grain increased for protein, nitrogen and zinc contents and

straw, poised that these developments will help to improve the quality of produce and grain yield will help to improve the agriculture economy. Intervention of Pranic energy increased the germination rate by 7.17%, protein content by 158.60%, soaked weight by 21.62%, sprouted weight by 48.50%, and water absorption rate by 26.50% (Nadig, A., Jois, S. N., Prasad, K. N. & Vinu, V. (2021). Pranic agriculture treatment, given on spinach growth, augmented the number of leaves, leaf length, root length, and stem diameter (Prasad, K. N. & Jois, S. N., 2020) and to seeds of cluster beans for 15, 30, 45 and 60 days, enhanced number of flowers and fruits significantly ($p < .001$) (Prasad, K. N. & Jois, S. N., 2021). PA treatment significantly augmented chilly crop for weight of fruit by (6.47 g), number of seeds per fruit (64.5), and yield per acre (14.25 t) as compared to non-treated chilly crop (5.56g, 51.1 and 12.21t) (Poornima, R., Yathindra, H. A., Prasad, K. N. & Jois, S. N., 2021).

DISCUSSION:

Literature review of the above-mentioned book (Advanced Pranic Healing, written by Master Sui C. K.), gives a considerable scope for the new trend of fitness management to explore the possibility of using *PA and PE* practices, and the research results evidenced the growth oriented administration in significant improvement for fruiting, nutritional, phenolic compounds (act as antioxidants which prevent the oxidation and vitamin values), colour, decay, firmness, shrivel, water content, all at room temperature than under refrigerated condition and the yield of all agricultural crops, vegetables, and fruits.

This researcher has reviewed total 18 research papers on AP, PE, and Pranic Food.

This researcher thought that considering the review of 18 research papers on AP and PE, can be explored to the development of economy of agriculture industry.

The research papers published in journals on administration of treatment of AP, PE on food items to improve its fruit quantity, morphological qualities, nutritional quality, potency, protein content, yield (agronomic impact), land fertility, and shelf-life of the agricultural products, *strongly supports importance of AP, PE practices in agriculture fields* to improve fruits (fruit, grain and vegetable quality, plant growth, nutrition, protein, seed quality and vitamin contents), stability at room temperature and refrigerated storage, yield (size, quantity), *strongly supports importance of AP, PE practices for improving profitability from agriculture production.*

Sufficient intake of fruits and vegetables reduces the risk of chronic diseases and influences body weight management (Pem, D. & Jeewon, R., 2015). *This supports the importance of AP, PE in PA* where intervention of PE to increase the nutritional quality (protein content) in grains, fruits, and vegetables, as PE under PA has evidenced about increase in nutritional quality, vitamins in vegetables (Suma, F. & Urooj, A. & Devaki, C. S., 2016); grains (Poornima, R., Prasad, K. N. & Jois, S. N., 2021).

CONCLUSION:

Regular intervention of AP, and PE in agricultural production can improve the fruiting, nutritional, and vitamin values and yield of the crops and vegetables under Pranic Agriculture. PA improves plant growth and yield in quality and quantity (Poornima, R., Yathindra, H. A., Prasad, K. N. & Jois, S. N., 2021).

PA is a new fitness management for augmenting quality health of crops, fruits, and vegetables. It is a supportive farming system to attain sustainability and eco-friendly agriculture (Poornima, R., Yathindra, H. A., Prasad, K. N. & Jois, S. N. (2021).

Pranic agriculture augments the quality, quantity, and shelf life of agricultural products and has a very good shelf life at room temperature than under refrigerated condition, which is very much important for perishable products.

SUGRESSION:

- 1) Intervention of Air prana and Pranic energised colour prana significantly improves the quality of fruiting, nutritional and vitamin values and yield of the agricultural crops, vegetables, and fruits, increasing the farmers profitability, developing the agricultural economy and developing the health of the employees and also overall human beings.
- 2) All agricultural colleges under various agricultural universities globally, should apply intervention of Air Prana, and Pranic Energy under Pranic Agriculture drive, to augment the nutritional, Vitamin values and the yield of the crops and vegetables, leading to high quantum of high-quality agricultural products with more profitability and agricultural economy.
- 3) Ministry of Agriculture & Forestry, Government of India, and all State Governments in India, should take the cognizance of importance of Pranic agriculture, and make mass awareness campaign at national level and state level, to pass on to all farmers in India, to

cultivate their farms through Pranic agriculture methods, and improve their profitability and agronomy.

4) All individuals for their families, and schools, industries, and organizations, can introduce balance diets in their respective workplaces to improve the mental and physical health of students and employees, leading to augment the mental and physical fitness of the students and employees.

CONFLICT OF INTEREST:

The author reports no conflicts of interest with anybody.

FINANCIAL SUPPORT:

This research is not sponsored with any specific grant any commercial establishment, funding agency, individual, or not-for-profit sectors.

REFERENCES:

- Ananthakeshava, I., Srikanth, N. J., Prasad, K. N. & Vinu, V. (2021). Reduction in Surface Tension of Water Due to Pranic Healing. *Indian Journal of Science and Technology*. Vol.14(26), 2175-2179. DOI: <https://doi.org/10.17485/IJST/v14i26.488>.
- Bhandarkar, K. K. & Jadhav, S. (2022). Role of Pranic Healing under Fitness Management. *Journal of the Science of Healing Outcomes*, Vol.14(55), 8-15. (April, 2022). ISSN:2347-8428.
- Gómez-Pinilla F. (2008). Brain foods: The effects of nutrients on brain function. *Nature reviews. Neuroscience*, 9(7), 568–578. (July, 2008). DOI: <https://doi.org/10.1038/nrn2421>.
- Jois, S. N., Manasa, B. M. & D'Souza, L. (2017). Psychological Well-being by Awareness of Air Prana and the Aura Surrounding a Tree among Participants from Different Age Group. *Indian Journal of Public Health Research & Development*. Vol.8, 326. DOI:10.5958/0976-5506.2017.00209.1.
- Jois, S. N., Prasad, K. N. & D`Souza, L. (2017). Morphology of Cucumber Plants as Influenced Pranic Agriculture. *Asian Journal of Agricultural Research*, 11: 33-35. DOI: 10.3923/ajar.2017.33.35. URL: <https://scialert.net/abstract/?doi=ajar.2017.33.35>
- Jois, S. N., Roohie, K., D'Souza, L., Suma, F., Devaki, C. S., Urooj, A., Krell, R. & Prasad K.

- N. (2016). Physico-Chemical Qualities of Tomato Fruits as Influenced By Pranic Treatment - an Ancient Technique for Enhanced Crop Development. *Indian Journal of Science and Technology*, Vol. 9(46). DOI: 10.17485/ijst/2016/v9i46/99733. ISSN (Online): 0974-5645; ISSN (Print): 0974-6846.
- Keerthika T., Devaki C. S., Suma, F. & Urooj, A. (2016). Studies on the Nutritional and Quality Characteristics of Cucumis Sativus Varieties. *Agricultural Science Research Journal*, Vol.6(4): 79 – 85. ISSN: 2026 –6073.
- Master Sui C. K. (1992). *Advanced Pranic Healing – The Most Advance Energy Healing System Using Colour Pranas*. (Indian Edition, 25th Printing 2020). ISBN 978-81-924077-1-5. Institute for Inner Studies Publishing Foundation India Private Limited, Dharsons, 1st floor, 12, Hospital Road, Shivajinagar, Bangalore – 560001.
- Master Sui C. K. (1998). *The Ancient Science And Art of Pranic Healing - Practical Manual on Energy healing*. (3ed. 2004-2008). ISBN 978-81-924077-0-8. Institute for Inner Studies Publishing Foundation India Private Limited, Dharsons, 1st floor, 12, Hospital Road, Shivajinagar, Bangalore – 560001.
- Master Sui C. K. (2000). *Pranic Psychotherapy* (2nd ed., XXVIII Printing 2020). ISBN 978-81-924077-2-2. Institute for Inner Studies Publishing Foundation India Private Limited, Dharsons, 1st floor, 12, Hospital Road, Shivajinagar, Bangalore – 560001.
- Nadig, A., Jois, S. N., Nagendra, K. & Vijayakumar, V. (2020). Amelioration of anxiety and locomotion during circadian rhythm changes of adult zebrafish (*Danio rerio*) by Pranic Energy. *Egyptian Journal of Aquatic Biology and Fisheries*. Vol. 24(6), 319-329. DOI:10.21608/EJABF.2020.117478.
- Nadig, A., Jois, S. N., Prasad, K. N. & Vinu, V. (2021). Impact of Pranic Agriculture on Germination and Protein Content of Green Gram (*Vigna radiata*). *Indian Journal of Agricultural Research*, (55):369-373. DOI: 10.18805/IJARE.A-5508.
- Poornima, R., Prasad, K. N. & Jois, S. N. (2021). Growth, yield and nutritional content of finger millet (*Eleusine coracana* L.) as influenced Pranic energy application. (February, 2021). *Journal of Applied and Natural Science*. Vol.13(1), 42-50. DOI:10.31018/jans.v13i1.2463.
- Poornima, R., Prasad, K. N. & Jois, S. N. (2021). Pranic agriculture as a complementary treatment to overcome drought stress in green gram (*vigna radiata* l.) - A pilot study. I. K. Press. Vol.22(41-42), 33-39.

<https://www.ikppress.org/index.php/PCBMB/article/view/6663>

- Poornima, R., Prasad, K. N., Yathindra, H. A. & Jois, S. N. (2020). Influence of Pranic Agriculture on Morphological Traits, Chlorophyll Content and Genetic Polymorphism of Ridge Gourd (*Luffa acutangula* L. Roxb.) Assessed by RAPD Marker Analysis. "AGRIVITA Journal of Agricultural Science, Vol. 42 (3) 521-532.
- Poornima, R., Yathindra, H. A., Prasad, K. N. & Jois, S. N. (2020). Influence of Pranic Agriculture Technique on Growth and Yield of Marigold, *Tagetes erecta*. Bioscience Biotechnology Research Communications. (Society for Nature and Science). P-ISSN: 0974-6455 E-ISSN: 2321-4007. DOI: <http://dx.doi.org/10.21786/bbrc/13.4/55>.
- Poornima, R., Yathindra, H. A., Prasad, K. N. & Jois, S. N. (2021). Influence of Pranic Agriculture in Enhancing Growth and Yield of Chilli (*Capsicum annum* L.) and its Genetic Analysis. Egyptian Journal of Agriculture Research, (3), 242-247. DOI: 16.09.2021 10.21608/ejar.2021.90527.1135
- Prasad, K. N. & Jois, S. N. (2020). Effect of Pranic agriculture on vegetative growth characteristics of spinach (*Spinacia oleracea* L.). Indian Journal of Science and Technology, Vol.13(24), 2446-2451. DOI: 10.17485/IJST/v13i24.711
- Prasad, K. N. & Jois, S. N. (2021). Effect of Pranic Agriculture Treatment on Growth of Cluster Beans (*Cyamopsis tetragonoloba* L.). Indian Journal of Agricultural Research, (55):359-363. DOI: 10.18805/IJARE.A-5509.
- Rainer, K. & Riebessel, S. (2015). Conference Pranic Agriculture - Comparative Trials from Germany, India and Colombia. Pranic Healing Research Institute.
<https://www.pranichealingresearch.com/pranic-agriculture>.
- Suma, F. & Urooj, A. & Devaki, C. S. (2016). Studies on the Nutritional and Quality Characteristics of *Cucumis Sativus* Varieties. Agricultural Science Research Journal, 6(4):79-85. (April 2016).

-----X-----