



# EPI Reading of Pain and Other Conditions

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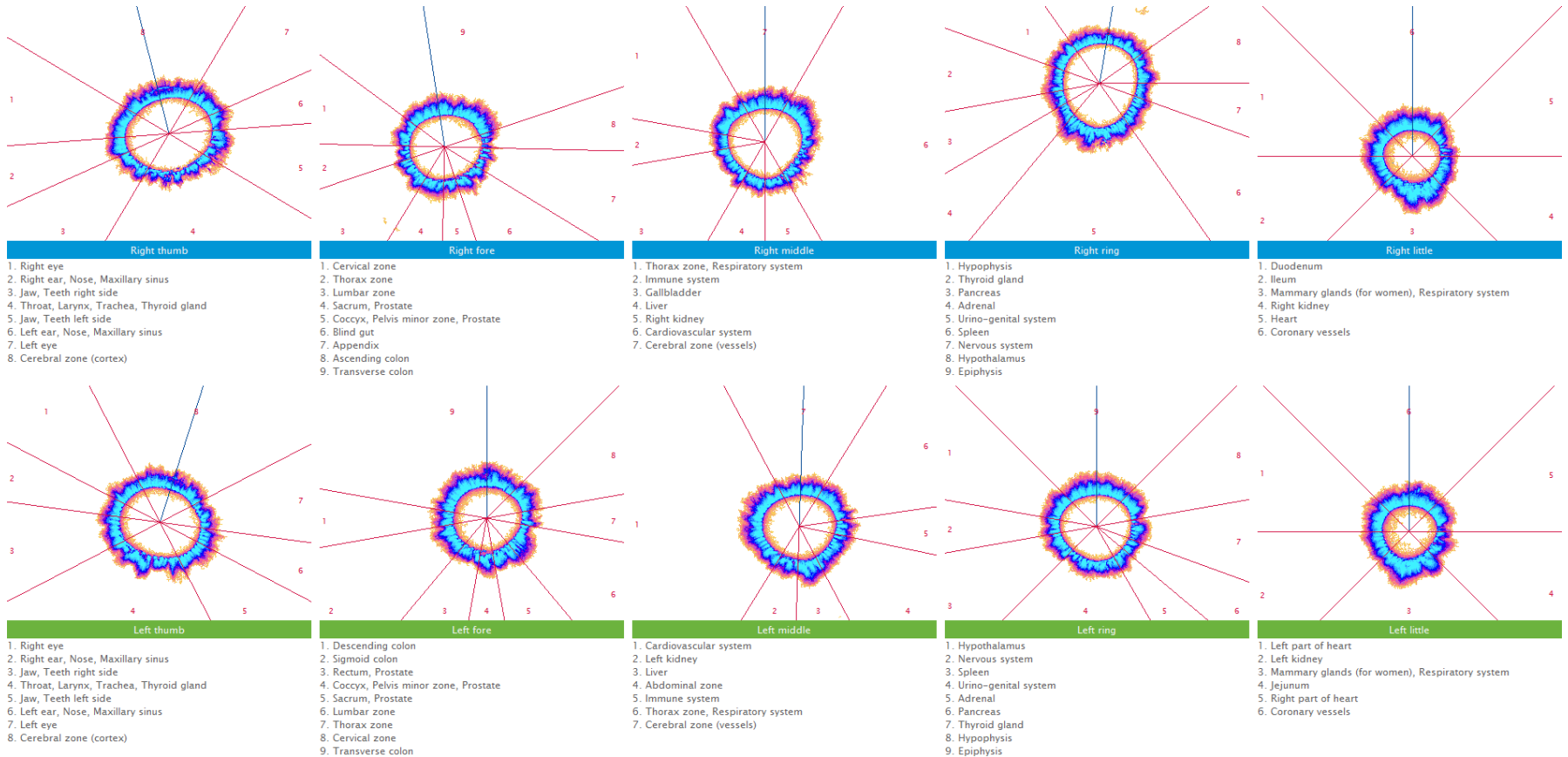


# Introduction to EPI Readings

- Electro-photonic Imaging reads the photon emission from finger tips.
- The theory for using this is based on the concept of organ energy flows along the fingers in meridian points of acupuncture.
- The EPI technology has been developed over some 25 years or so funded by the Russian Health Department with Dr. Konstantin Korotkov leading the development, and is apparently used as part of the Russian Health System
- EPI readings are organ energy or instantaneous information status of the body's regulatory system and may not reflect physiological measurements. In the understanding of Chinese medicine and Indian Ayurvedic/Yoga system, information changes happen in the Naadis prior to manifestation in the physiological system. Changes would show up in the physiological system only if the pattern of information is consistent and long term. Yoga therapy uses the same paradigm – neuroplasticity – to reverse any abnormal condition.
- EPI readings in the organ system range from 0 to 10 and follows the work of Dr. Reinhard Voll from 1940s to 80s. 5 in the organ systems is considered absolute normal with 4 to 6 considered as normal zone and color coded as green. 2 to 4 and 0 to 2 are respectively color coded orange and pink and are below normal levels indicating weakening organ system. 6 to 8 and over 8 are respectively coded white and yellow and indicate hyperactivity in a system because of some abnormality that the body is trying to fix. Hyperactivity is not bad news, unless the body is unable to fix the system and system goes into weakness and slow degeneration. Measurement of stress and balance are on a different scale and should not be confused with this color coding.



# Typical EPI Reading of 10 fingers



**Healthy Normal Finger Readings – After a Yoga Session**  
**Each finger image is parsed into segments referring to each organ system**



# EPI Camera & finger reading





# Summary Overview

- 3 Cases of Pain, 1 Depression and 1 of Mild Sleep Apnea
- Treatment with Beeja Mantras and Spinal Alignment show big impact
- Improvement in the organ system invariably relate with reduced stress and increased balance



# Outline of Cases

1. Case of Sinus Headache and Spinal Pain Patient
2. Case of Idiopathic Headache
3. Case of Idiopathic Pain on the back below shoulder on left side
4. Case of Depression
5. Case of Mild Sleep Apnea
6. Conclusion



# 1. Before and After Effect for a Frequent Sinus Headache and Spinal Pain Patient



# 31 Yr old Female (Ashim06)

- Complains of frequent sinus related headaches
- Also suffers from frequent back pain at the spot epidural injection was given during child birth 4 years ago
- Pre-reading indicates weakness in the sinus region, thyroid, spine (cervical, thoracic and lumbar), nervous and immune systems
- With Yum-Hum-Kshum sequence 5 times sinus, thyroid, cervical area and nervous system become normal
- With mantra based meditation as next step immune system and lumbar spine become normal, but nervous system and sinus region slightly weaken
- Spinal twist exercise brings all these towards normal in the 3<sup>rd</sup> step.



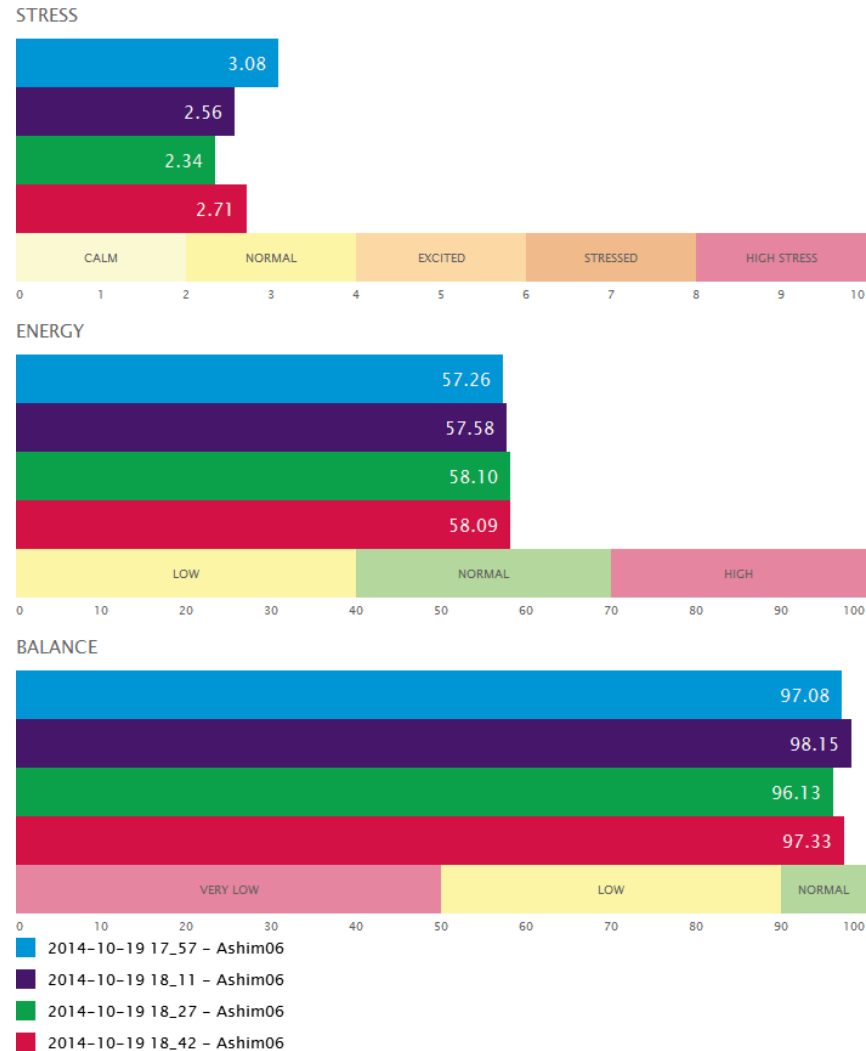


# 31 Yr old Female (Ashim06)

Notice stress level decreases from before (cyan blue) to after (royal blue, green and pink).

- Royal blue is after Yum-Hum-Kshum
- Green is the result thereafter after meditation
- Pink is the next step after spinal alignment

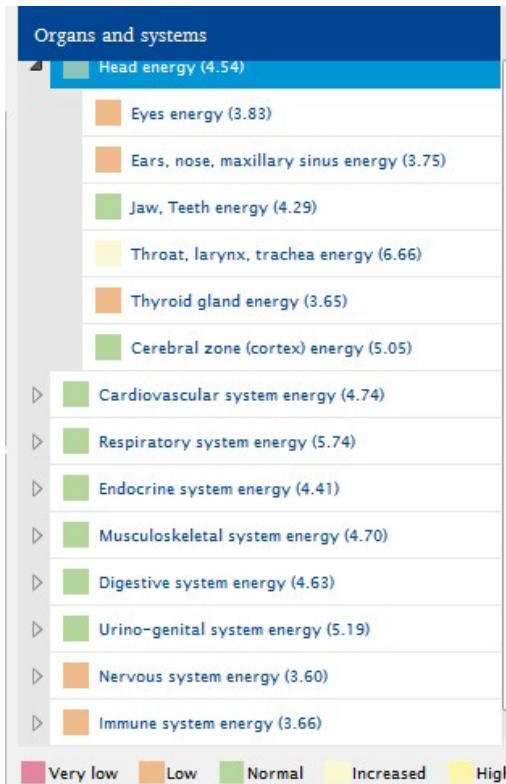
Readings would suggest that it may be best to do the spinal alignment first and the meditation last to build the impact of relaxation (reducing stress and increasing balance)



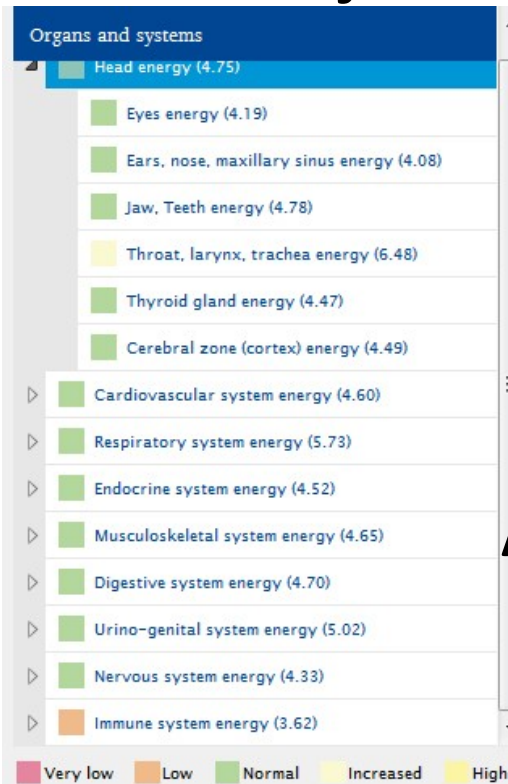


# 31 Yr old Female (Ashim06)

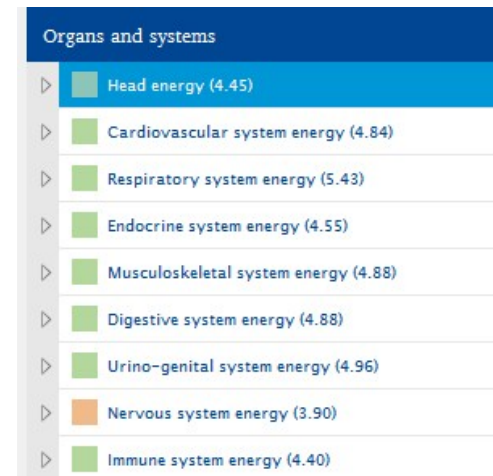
## BEFORE



## After Beejas



## After Meditation



## After Spinal Alignment



Sequence is from the Before reading to the Beeja Mantras and thereafter Meditation is applied and lastly Spinal Alignment.



## 2. Idiopathic Headache



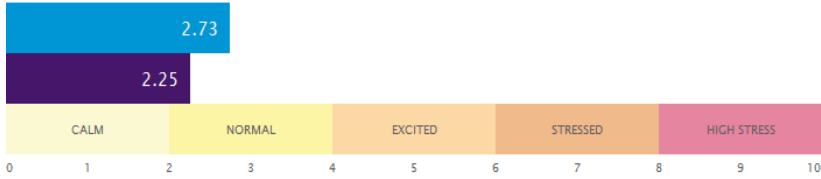
# 44 year old Male (A59)

- Started developing frequent headache.
- MRI and other tests reveal no abnormality.
- On pain killers
- When he came to visit, he felt heaviness in the head and described the pain as 2 on a scale of 0 to 10.
- After Spinal Alignment, he felt pain was 0, and the pre and post EPI measurements confirmed attaining normality after the exercise.
- After 2 weeks when asked, writes:
  - “Yes, I have noticed the impact. I've only had one headache since I started and that was also minor on a very stressful day. I'm trying to be disciplined so thus becomes part of my daily routine and lifestyle.”

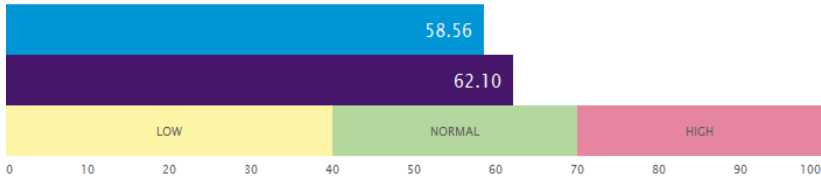


# 44 year old Male (A59)

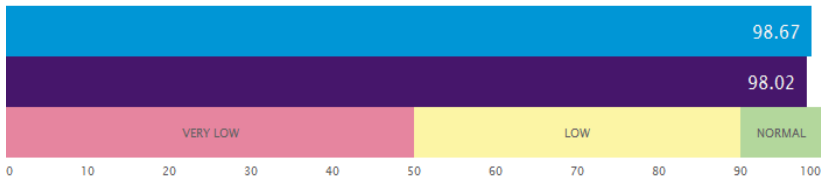
## STRESS



## ENERGY



## BALANCE

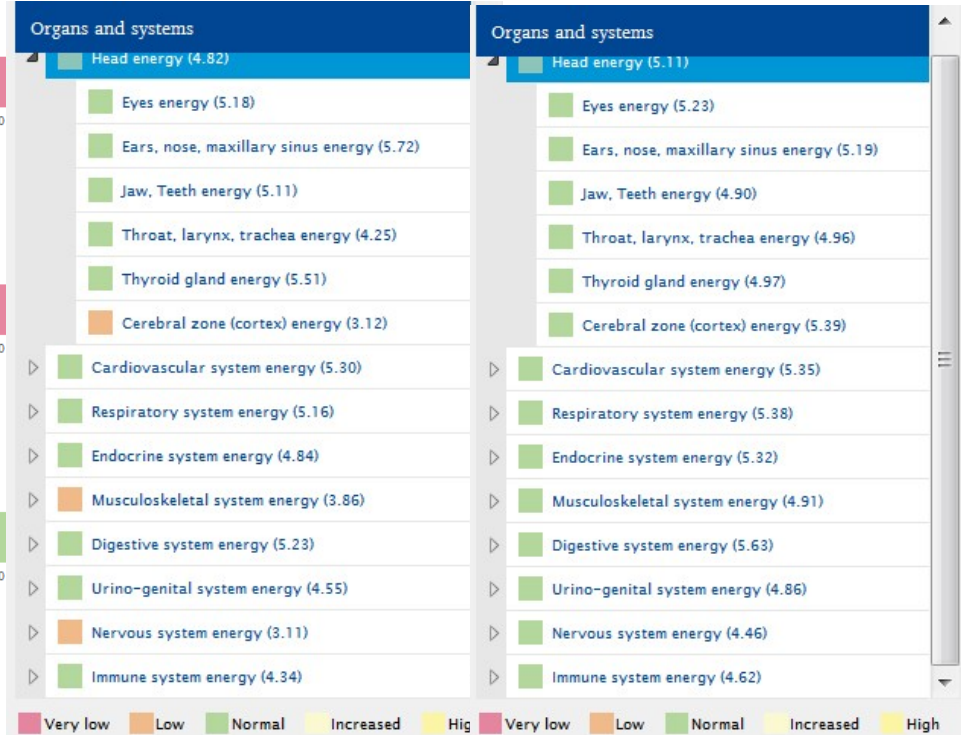


2014-10-12 17\_14 - A0059

2014-10-12 17\_39 - A0059

## BEFORE

## AFTER

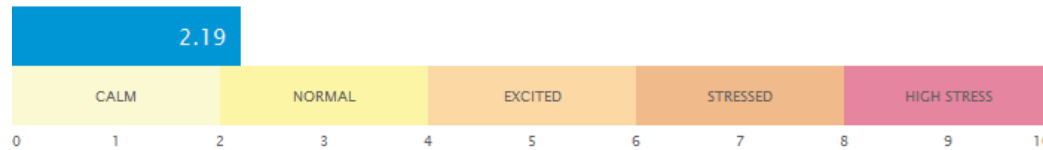


Notice above stress lowers and energy increases with the Spinal Alignment Exercise. On the right side, observe how the exercise brings normalization of organ energy.

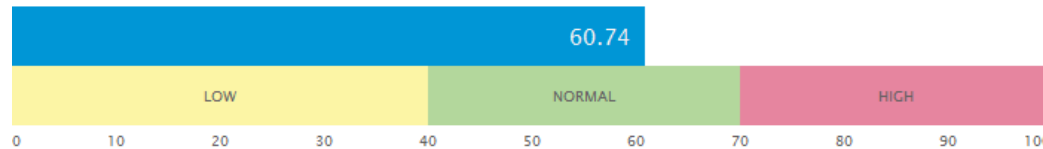


# Reading after 3 Weeks

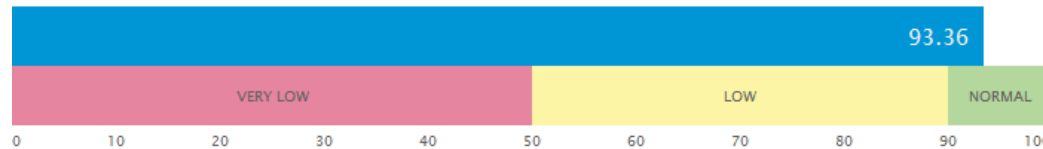
STRESS: Normal



ENERGY: Normal



BALANCE: Normal



Subject was doing daily morning and evening practice for 3 weeks. Walked in at 4:30 pm in the afternoon for this reading. Last practice was in the morning hours before this reading.





### 3. Case of Idiopathic Pain on the back left side below shoulder



# 47 Year Old Female (A19)

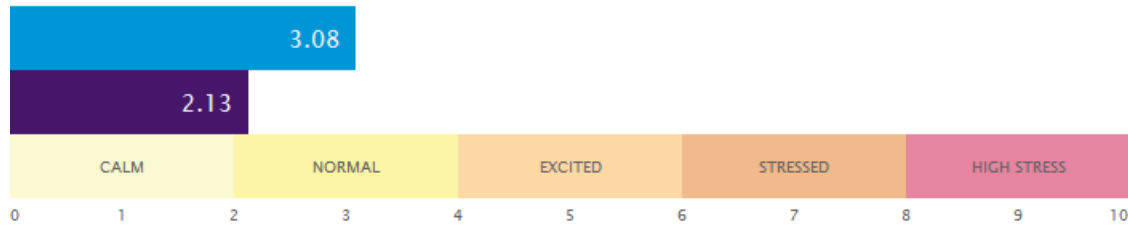
- Complaining of pain on the left back side just below the shoulder – going on for a few weeks with last 2 weeks becoming bad
- Went to physician who gave her pain killers
- Not satisfied with this solution offered to be checked by EPI
- EPI shows weakness in Urino-genital system, Adrenalin and Spleen
- Use of Beeja Mantras 10 times diminished stress, increased balance, reduced pain significantly and the EPI readings show normal readings in the area of weakness



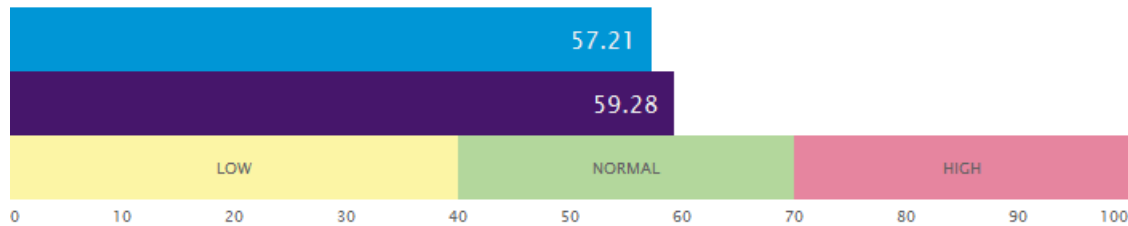


# 47 Year Old Female (A19)

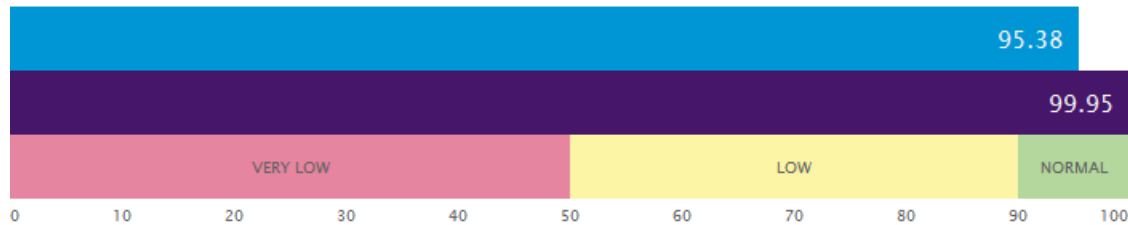
## STRESS



## ENERGY



## BALANCE



2014-09-19 15\_22 - A0019

2014-09-19 15\_42 - A0019

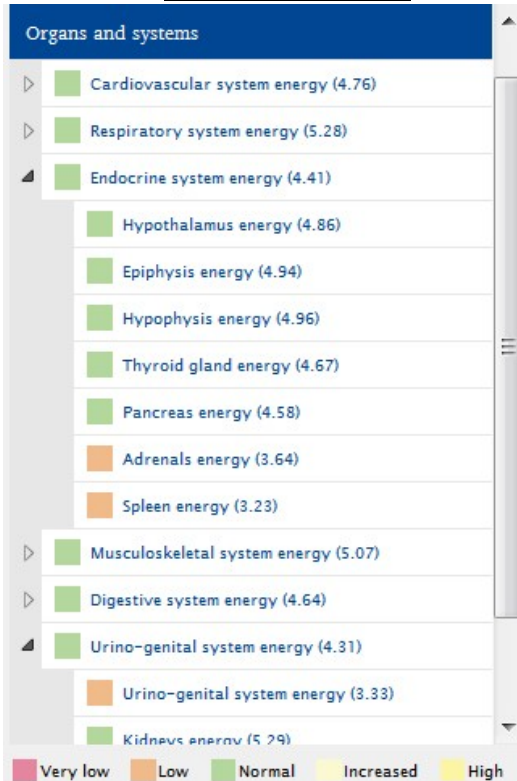
After Beeja Mantra chanting, Stress decreases, balance increases and energy level increases marginally



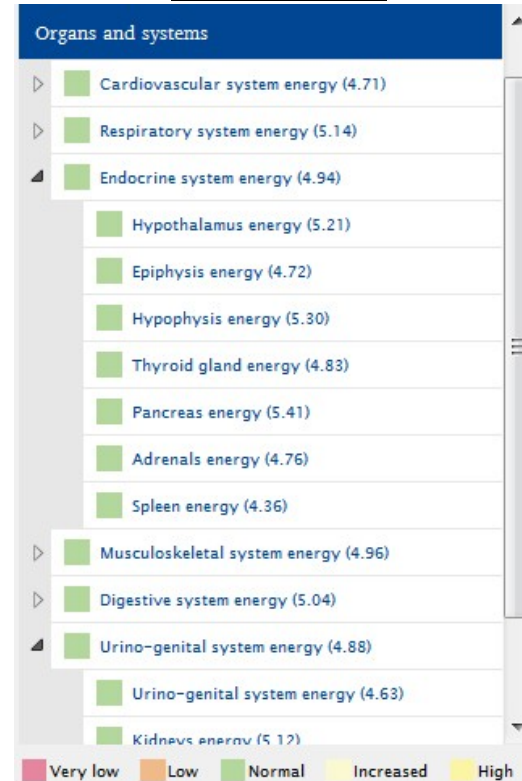
# 47 Year Old Female (A19)

## Organ System Strength

### BEFORE



### AFTER

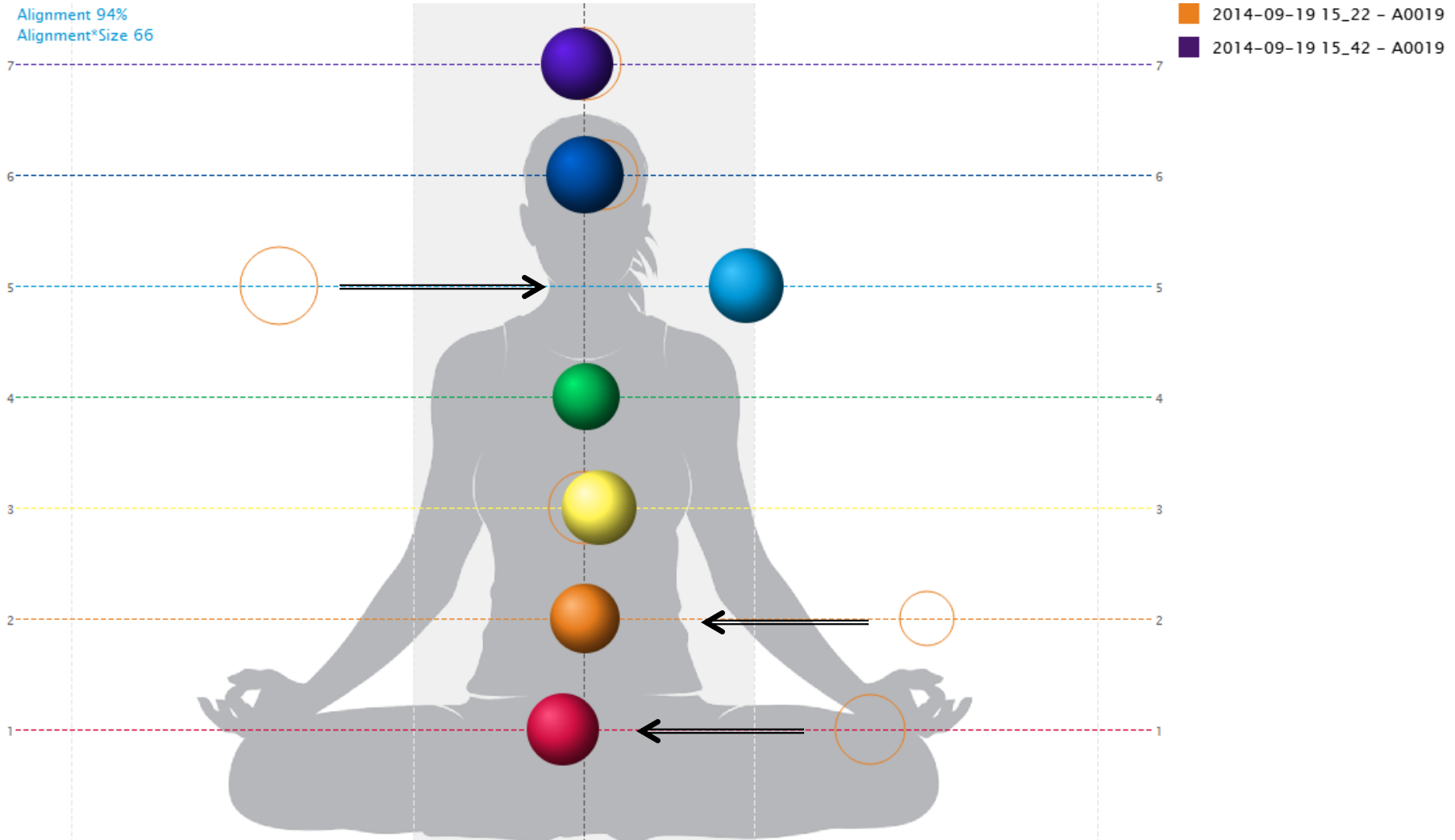




# 47 Year Old Female (A19)

CHAKRA POSITIONS-Arrow pointing from Before to After

Alignment 94%  
Alignment\*Size 66

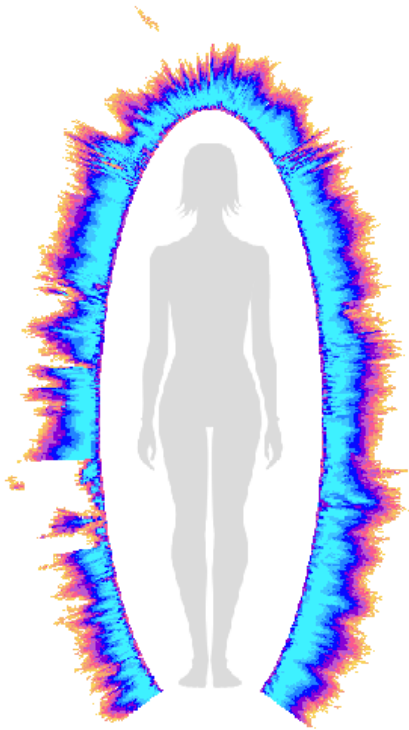




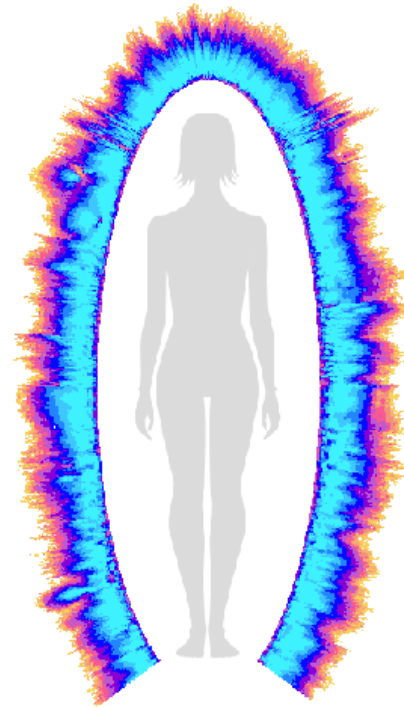
# 47 Year Old Female (A19) AURA – From before to after

2014-09-19 15\_22 - A0019

2014-09-19 15\_42 - A0019



ENERGY: 57.21 JOULES  
BALANCE: 95%



ENERGY: 59.28 JOULES  
BALANCE: 99%



## 4. Case of Depression



# 20 year-old Depressed Female

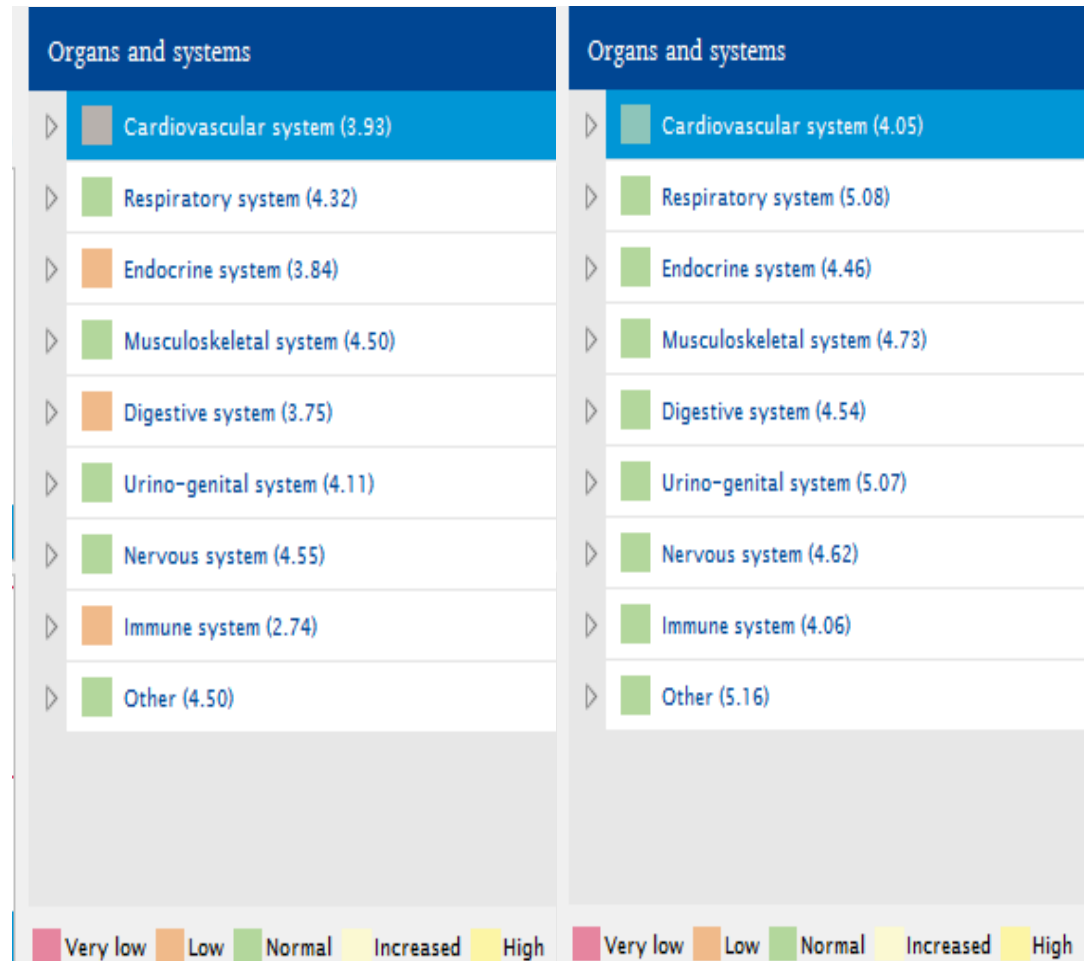
- Recently diagnosed depressed female on prescribed anti-depression drugs, brought by father who is a regular yoga practitioner for evaluation and therapy
- Next sheet shows pre and post readings following Bhastrikaa and Meditation on July 4, 2014
- After two months, patient was off medication, full normal and went off to study one semester in Europe
- Expect next reading during December of 2014



# 20 year-old Depressed Female

Pre-Post  
Comparison after  
Bhastrikaa  
Breathing and  
Meditation

After 2 months,  
was off  
medication for  
depression





## 5. Case of Mild Sleep Apnea





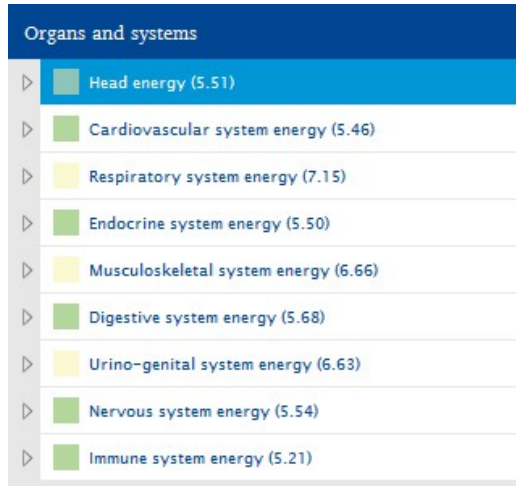
# 55 year-old Female (A62)

- History of Mild Obstructive Sleep Apnea (AHI between 5 and 15)
- Uses CPAP machine
- Tried EPI out of curiosity
- Respiratory organ system energy was at a highly excited level of 7.15
- After HUM Mantra at the throat 10 times, it came down to 5.91 in the zone of normality
- Some of the other organ systems that were just below the threshold of 6 of normality, just exceeded 6, but not substantially.
- However Stress increased with the forced Hum, while balance increased.

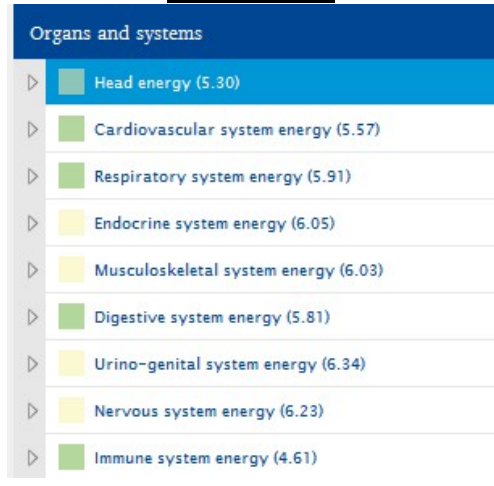


# 55 year-old Female (A62)

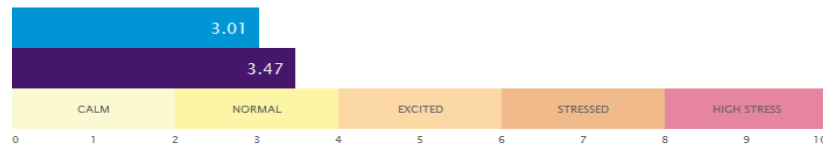
## BEFORE



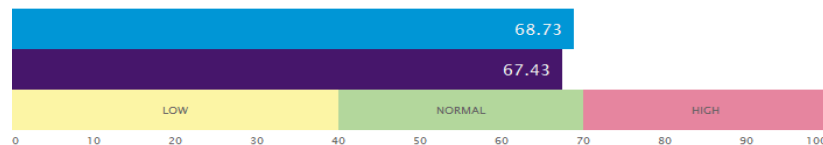
## AFTER



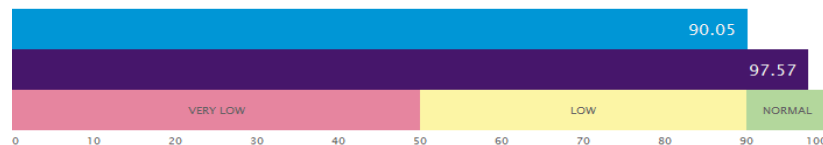
### STRESS



### ENERGY



### BALANCE



2014-10-13 18\_24 - A0062

2014-10-13 18\_37 - A0062

Notice that while the Respiratory System becomes normal, some of the other systems exceed normality by a very small margin. Since only HUM was used in the throat, and other beejā mantras were not used, this should not be a surprise. The Chakra disparity, not shown here, also became worse and not surprisingly. We have noticed from our past experiences that working only on one chakra that is affected without the ones above and below usually creates an imbalance in the other areas. On the left see impact on stress and balance.



## 6. Conclusions



# Conclusion from EPI Analysis

- EPI measures Naadi, the underlying Information Management system that regulates the body at a given instant.
- Stress/relaxation and balance appear to change the instantaneous readings of the organ system with perceptive improvement in pain condition.
- The immediate impact on the EPI readings from specific yoga interventions for specific problems suggests that this is can be a valuable tool for effective yoga therapy in the future – used for fine-tuning specific regimen.