EPI Reading of Before and After Yoga Session

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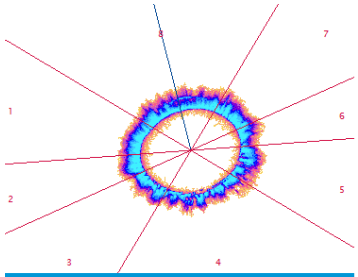
C. Rajan Narayanan, PhD
Life in yoga Institute
301-328-3845 / 301-526-8308
Rnarayanan.us@gmail.com /narayanan@lifeinyoga.org

Introduction to EPI Readings

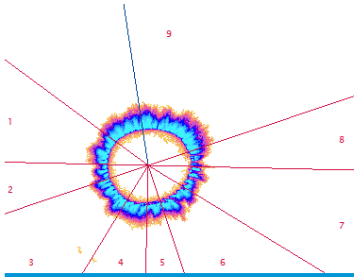
- Electro-photonic Imaging reads the photon emission from finger tips.
- The theory for using this is based on the concept of organ energy flows along the fingers in meridian points of acupuncture.
- The EPI technology has been developed over some 25 years or so funded by the Russian Health Department 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



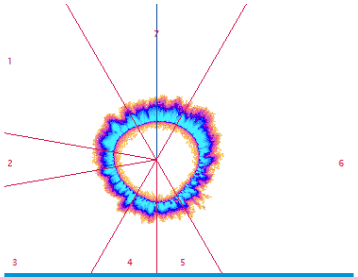
Right thumb

1. Right eye
2. Right ear, Nose, Maxillary sinus
3. Jaw, Teeth right side
4. Throat, Larynx, Trachea, Thyroid gland
5. Jaw, Teeth left side
6. Left ear, Nose, Maxillary sinus
7. Left eye
8. Cerebral zone (cortex)



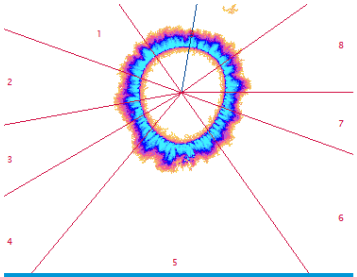
Right fore

1. Cervical zone
2. Thorax zone
3. Lumbar zone
4. Sacrum, Prostate
5. Coccyx, Pelvis minor zone, Prostate
6. Blind gut
7. Appendix
8. Ascending colon
9. Transverse colon



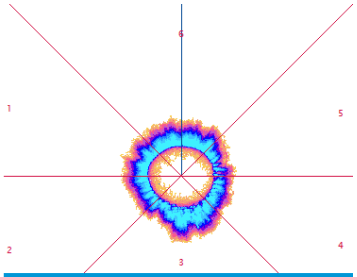
Right middle

1. Thorax zone, Respiratory system
2. Immune system
3. Gallbladder
4. Liver
5. Right kidney
6. Cardiovascular system
7. Cerebral zone (vessels)



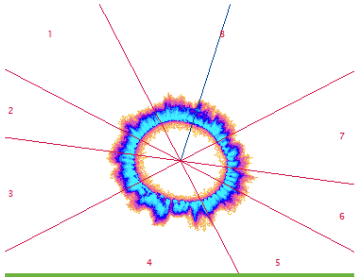
Right ring

1. Hypophysis
2. Thyroid gland
3. Pancreas
4. Adrenal
5. Urino-genital system
6. Spleen
7. Nervous system
8. Hypothalamus
9. Epiphysis



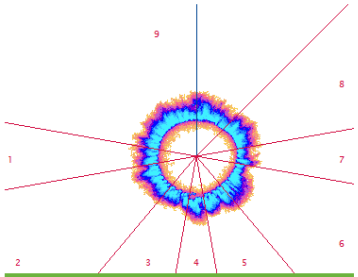
Right little

1. Duodenum
2. Ileum
3. Mammary glands (for women), Respiratory system
4. Right kidney
5. Heart
6. Coronary vessels



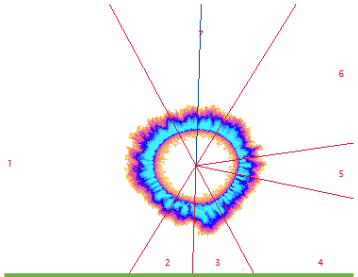
Left thumb

1. Right eye
2. Right ear, Nose, Maxillary sinus
3. Jaw, Teeth right side
4. Throat, Larynx, Trachea, Thyroid gland
5. Jaw, Teeth left side
6. Left ear, Nose, Maxillary sinus
7. Left eye
8. Cerebral zone (cortex)



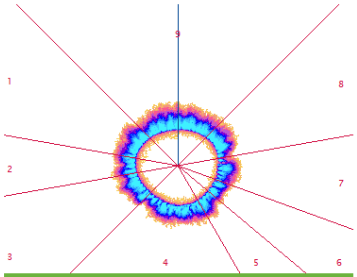
Left fore

1. Descending colon
2. Sigmoid colon
3. Rectum, Prostate
4. Coccyx, Pelvis minor zone, Prostate
5. Sacrum, Prostate
6. Lumbar zone
7. Thorax zone
8. Cervical zone
9. Transverse colon



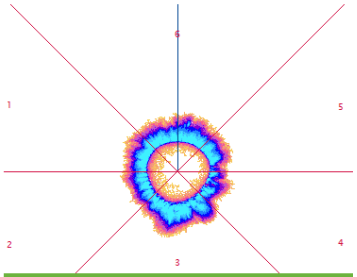
Left middle

1. Cardiovascular system
2. Left kidney
3. Liver
4. Abdominal zone
5. Immune system
6. Thorax zone, Respiratory system
7. Cerebral zone (vessels)



Left ring

1. Hypothalamus
2. Nervous system
3. Spleen
4. Urino-genital system
5. Adrenal
6. Pancreas
7. Thyroid gland
8. Hypophysis
9. Epiphysis



Left little

1. Left part of heart
2. Left kidney
3. Mammary glands (for women), Respiratory system
4. Jejunum
5. Right part of heart
6. Coronary vessels

Healthy Normal Finger Readings – After a Yoga Session

Each finger image is parsed into segments referring to each organ system

EPI Camera and finger reading

Summary

- 10 Individuals in two yoga classes of 5 participants each tested. 2 of them were tested again in the next yoga class resulting in a total of 12 instances of measurements from 10 subjects.
- Weakness of organ systems in general have improved everywhere, if improvement was possible, after a yoga session. This is in line with findings of up-regulation and down-regulation in gene transcription.
- Most of the auras appear improved – smoother without gaps and with fewer spikes
  - 8 out of 12 instances improved, while 1 appears worse, with 3 no changes
- Stress level has reduced as measured numerically
  - 9 out of 12 instances show reduction, with 2 unchanged and 1 looking worse
- Balance has improved in general numerically
  - 7 out of 12 instances increased; 1 unchanged and 4 slightly worse
- Energy changes were difficult to understand when increases occurred in the 'high' zone (as opposed to 'normal' or 'low' zone). This needs further investigation considering the known phenomenon of increase in norepinephrine after 10 minutes into meditation for experienced meditators after initial drop of all catecholomines.

Outline of Cases

1. Experimental Design
2. 10 Cases – 12 instances
3. Conclusion

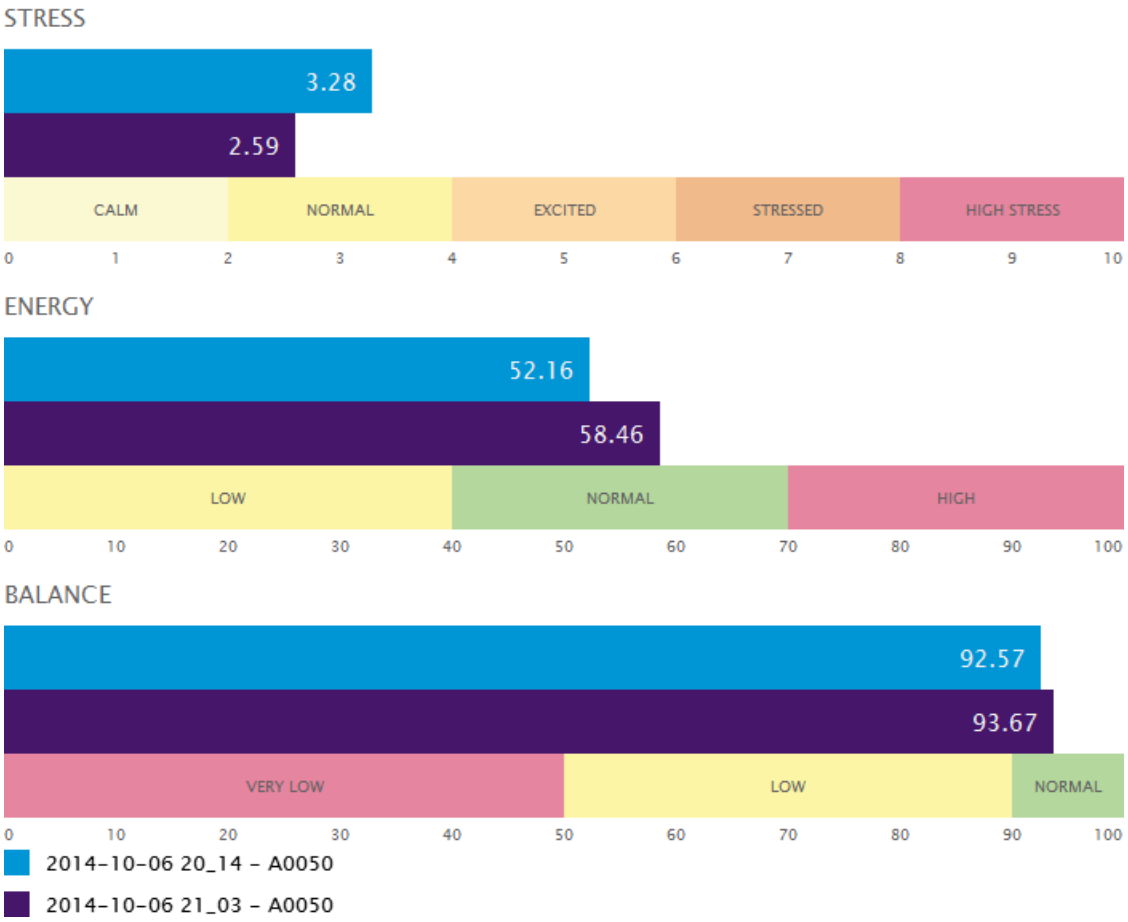
1. Experimental Design

Experimental Design

- Pre and Post EPI Reading was done after a typical 45 minute to 1 hour yoga class
- Exercises consist of beeja mantra vibrations, breathing exercises, spinal alignment and quiet meditation
- 10 individuals evaluated were in two groups of 5 each, which was the totality of attendance in two small yoga classes held on a Monday and Tuesday.
- 2 of the 10 individuals, actually 2 of the 5 attendees in the same yoga class were evaluated a second time a week or two later, before and after the yoga session. Thus we have 12 cases of pre-post evaluation.
- Sampling cannot be considered representative. It is just a convenience sample biased towards regular practitioners.
- Purpose of study was deepening understanding of EPI use.
- Primary measurements reviewed in each instance are:
  - Changes in Organ system readings
  - Aura changes
  - Changes in Stress, Energy and Balance

2. 10 Cases – 12 instances

Case 1 – 56 Year Old Female (A50)



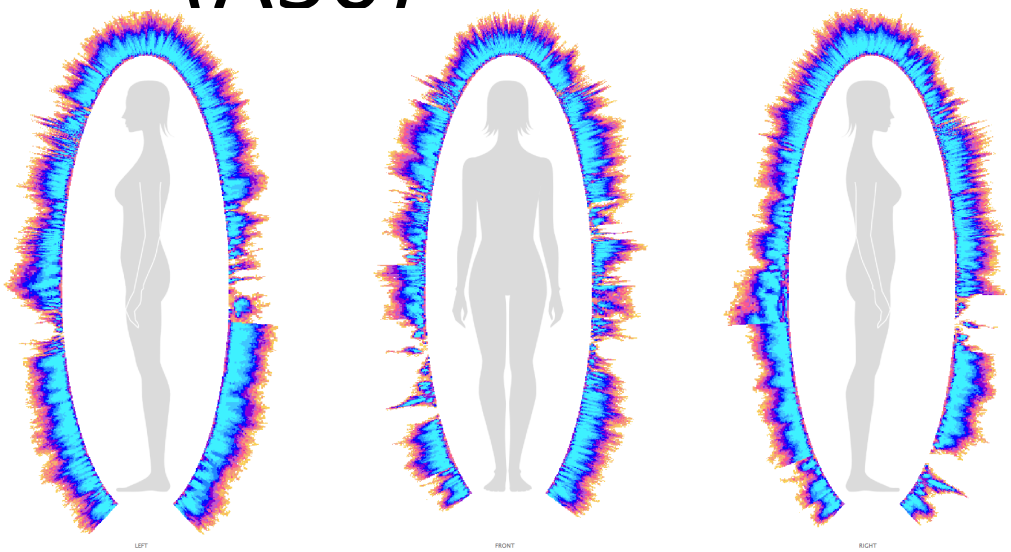
Notice from Before to After:

- Stress Reduction
- Increased Energy
- Increased Balance

Case 1 – 56 Year Old Female (A50)

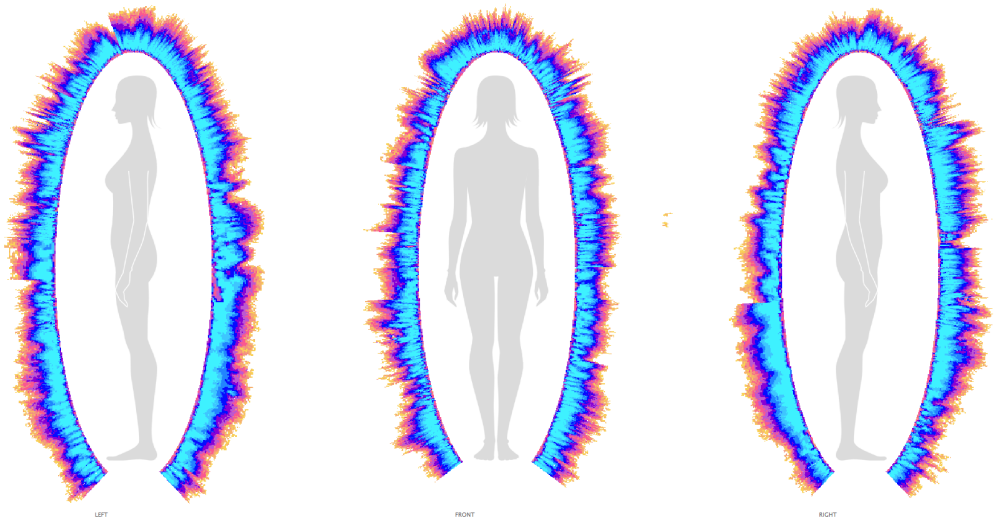
Organs and systems	
Head energy (4.27)	
Cardiovascular system energy (4.71)	
Respiratory system energy (4.41)	
Endocrine system energy (4.07)	
Musculoskeletal system energy (4.03)	
Digestive system energy (4.06)	
Urino-genital system energy (2.87)	
Nervous system energy (3.55)	
Immune system energy (4.03)	

BEFORE

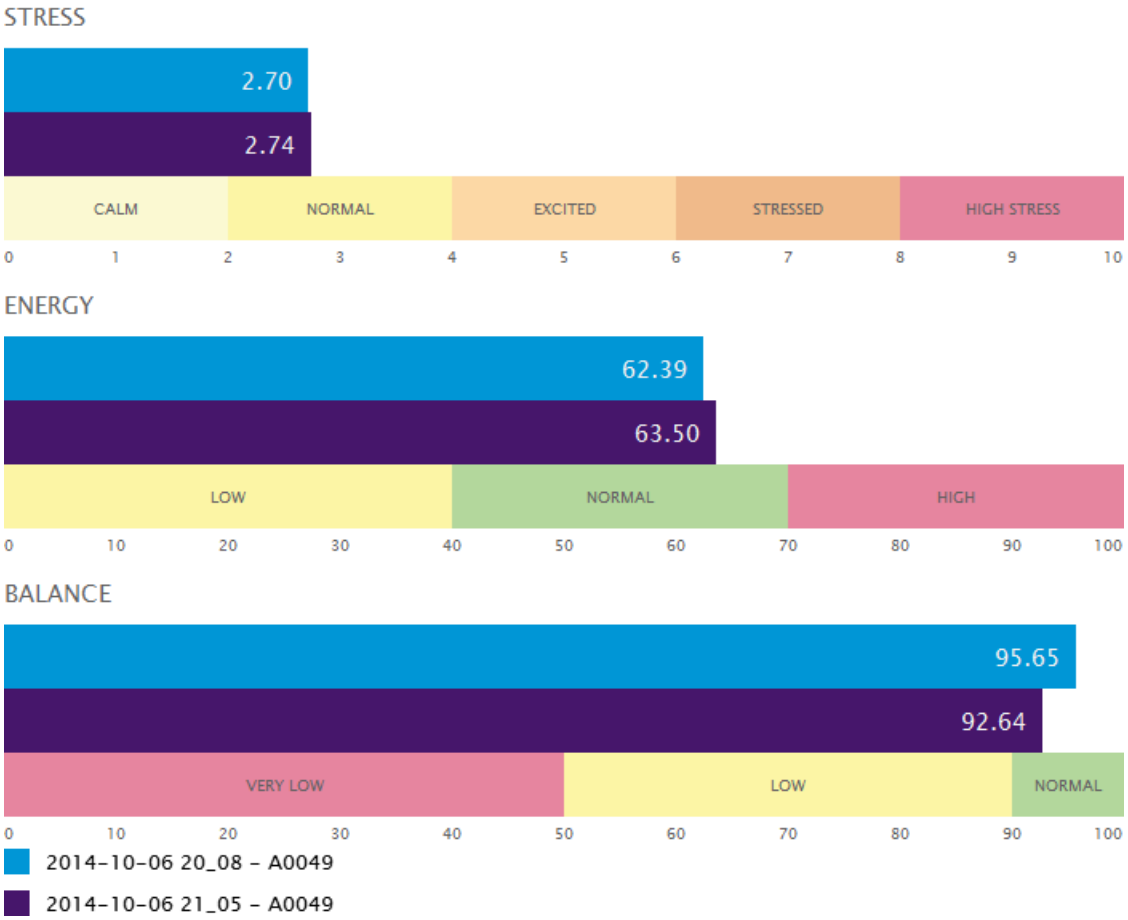


Organs and systems	
Head energy (4.64)	
Cardiovascular system energy (4.75)	
Respiratory system energy (5.06)	
Endocrine system energy (4.81)	
Musculoskeletal system energy (4.58)	
Digestive system energy (4.64)	
Urino-genital system energy (4.84)	
Nervous system energy (4.25)	
Immune system energy (4.51)	

AFTER



Case 2 – 62 year old Female (A49)



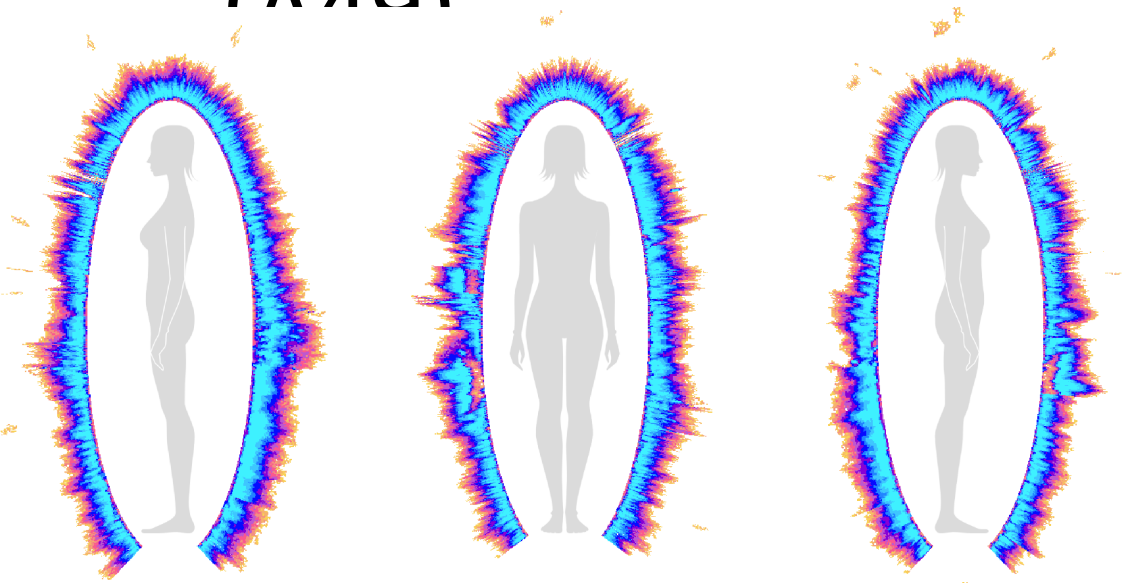
Notice from Before to After that there was no appreciable change in stress and energy, which were already at normal levels. Balance fell slightly.

Case 2 – 62 year old Female (A49)

Organs and systems

- Head energy (5.09)
- Cardiovascular system energy (5.02)
- Respiratory system energy (4.88)
- Endocrine system energy (4.86)
- Musculoskeletal system energy (6.16)
- Digestive system energy (5.49)
- Urino-genital system energy (6.90)
- Nervous system energy (4.93)
- Immune system energy (4.18)

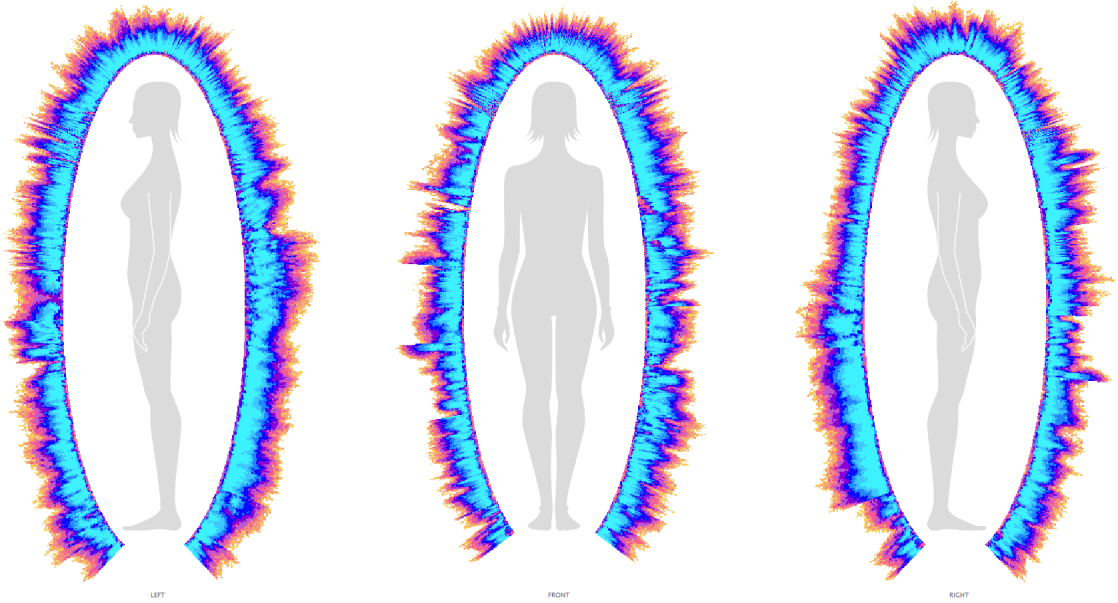
BEFORE



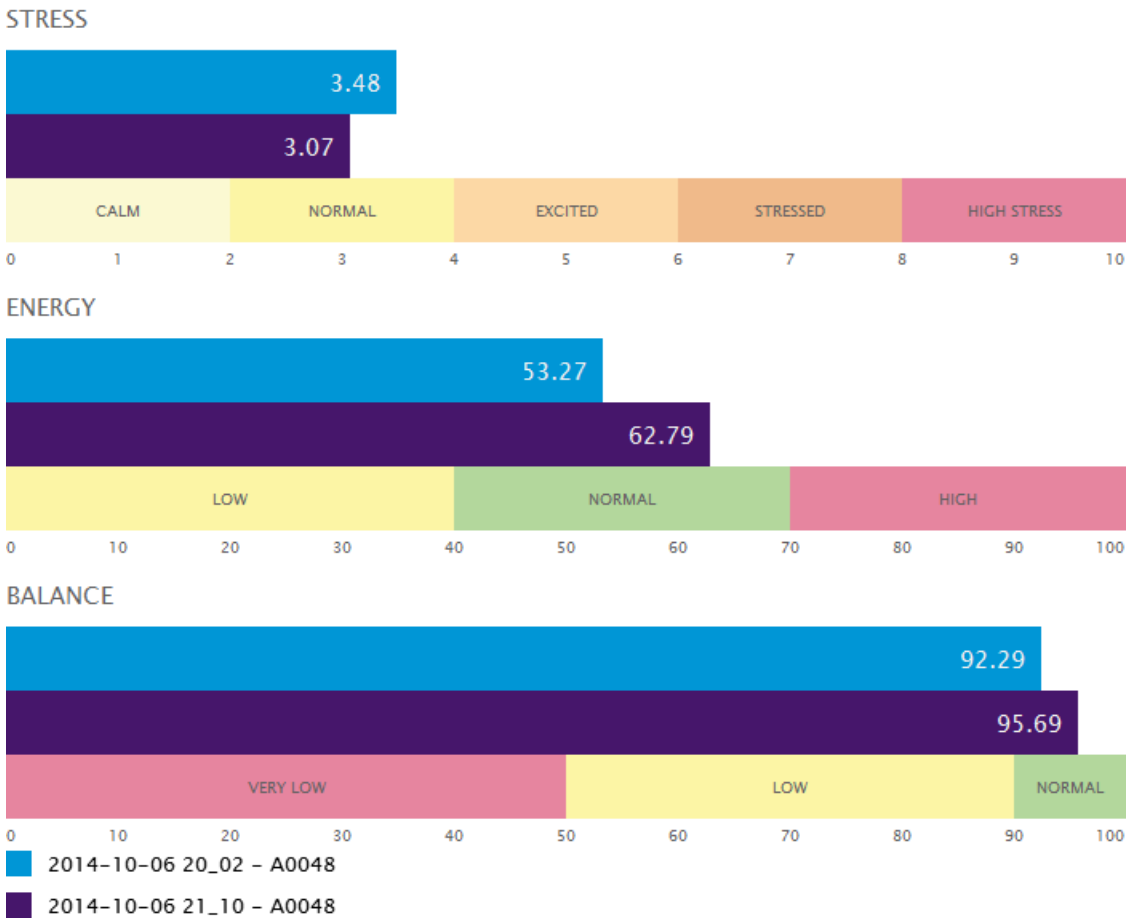
Organs and systems

- Head energy (5.72)
- Cardiovascular system energy (5.04)
- Respiratory system energy (6.01)
- Endocrine system energy (4.97)
- Musculoskeletal system energy (5.77)
- Digestive system energy (5.26)
- Urino-genital system energy (5.69)
- Nervous system energy (4.00)
- Immune system energy (4.64)

AFTER



Case 3 – 37 Year old Female (A48)

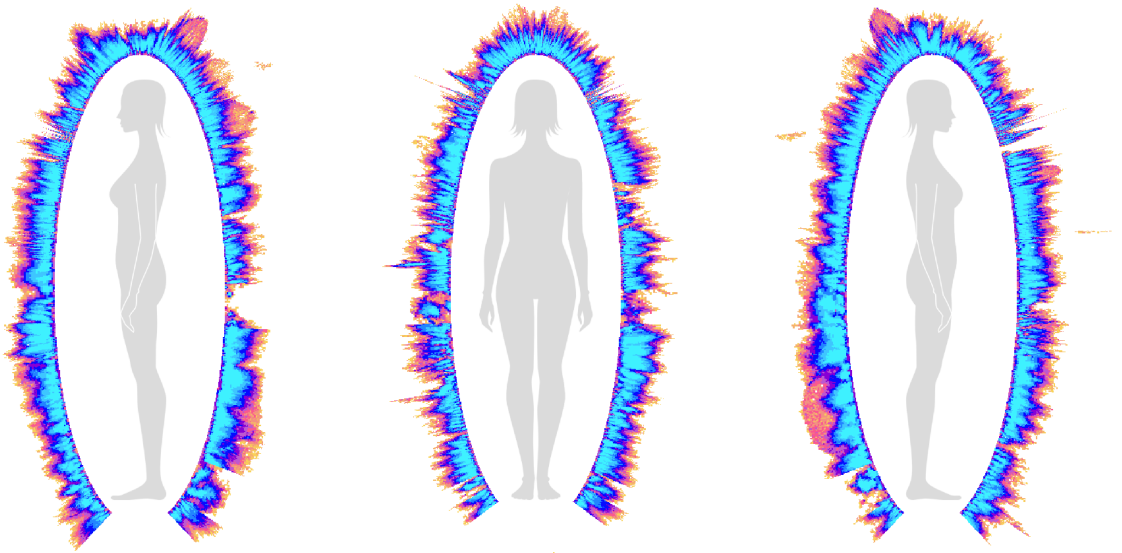


Case 3 – 37 Year old Female

(AAO)

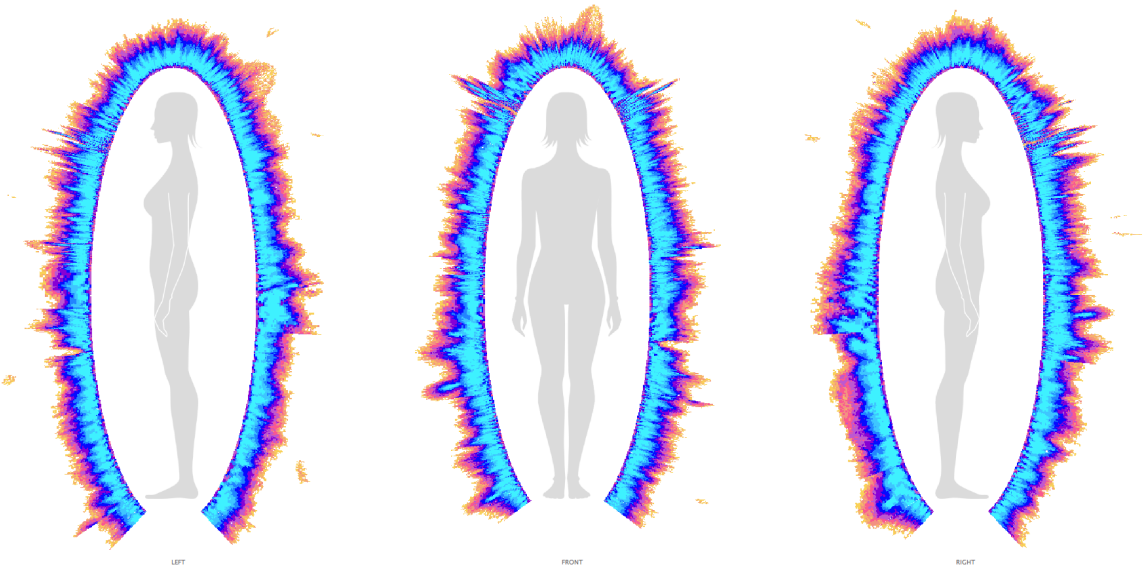
Organs and systems	
Head energy (4.11)	
Cardiovascular system energy (4.81)	
Respiratory system energy (4.11)	
Endocrine system energy (3.28)	
Musculoskeletal system energy (4.16)	
Digestive system energy (4.18)	
Urino-genital system energy (4.35)	
Nervous system energy (2.45)	
Immune system energy (3.68)	

BEFORE

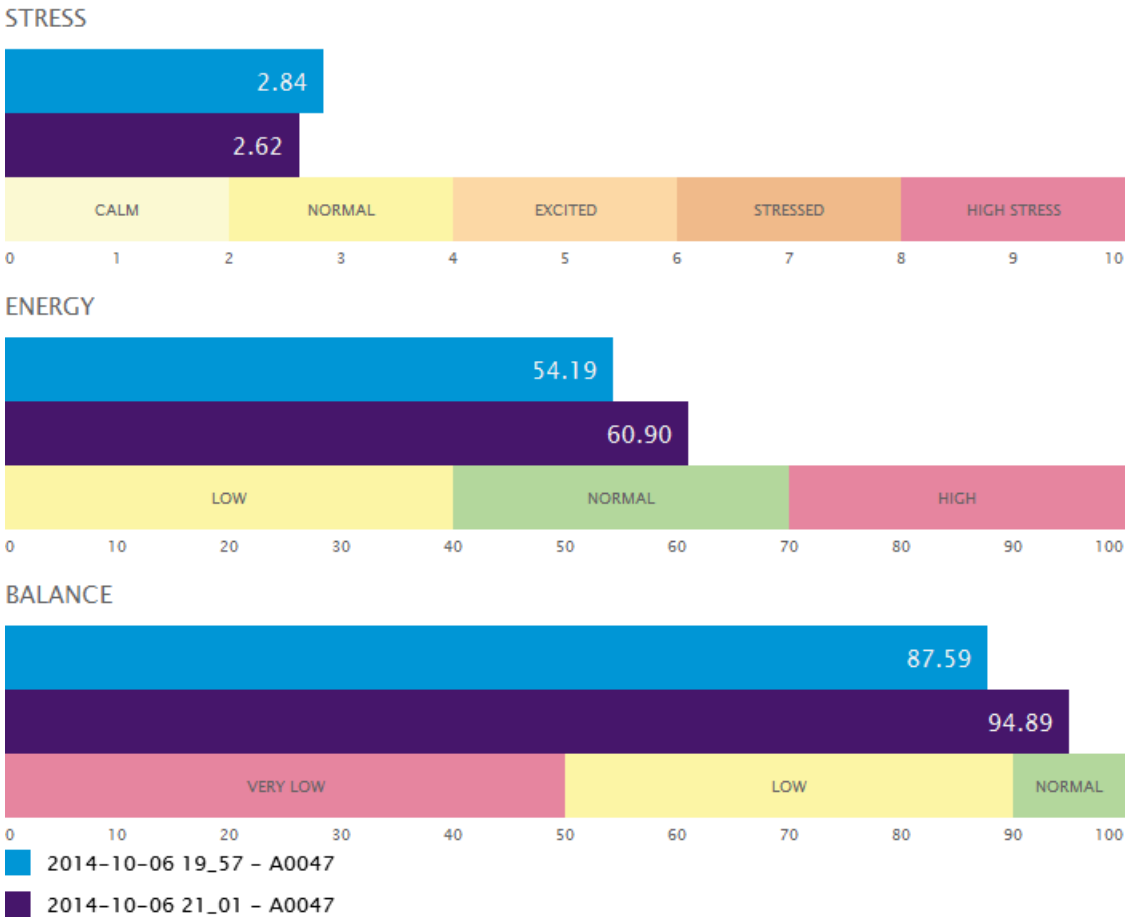


Organs and systems	
Head energy (5.11)	
Cardiovascular system energy (4.90)	
Respiratory system energy (6.25)	
Endocrine system energy (4.78)	
Musculoskeletal system energy (5.52)	
Digestive system energy (5.40)	
Urino-genital system energy (6.32)	
Nervous system energy (4.82)	
Immune system energy (4.02)	

AFTER



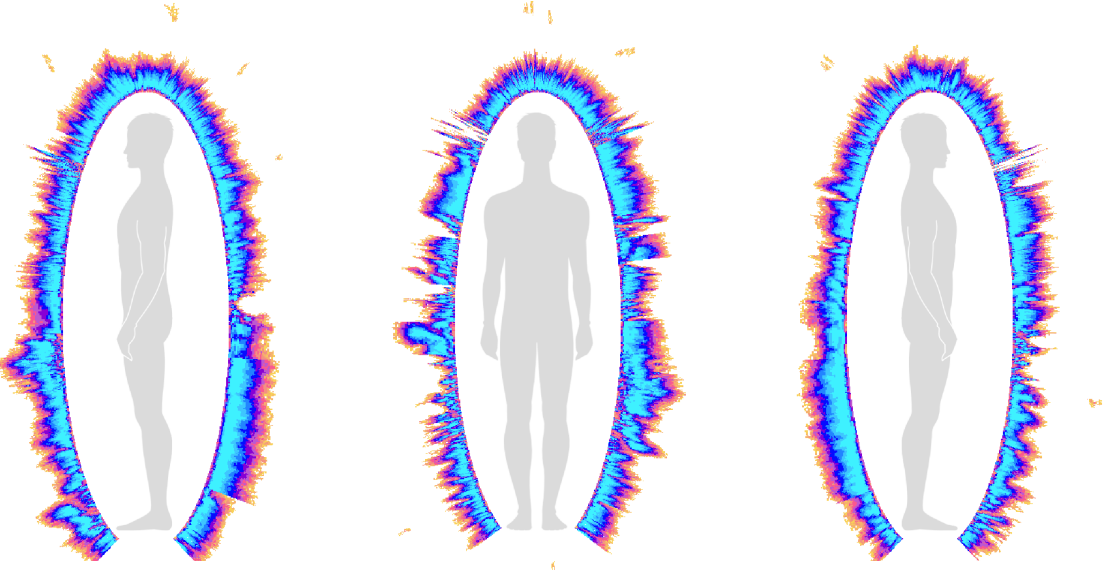
Case 4 – 66 year old Male (A47)



Case 4 – 66 year old Male (A47)

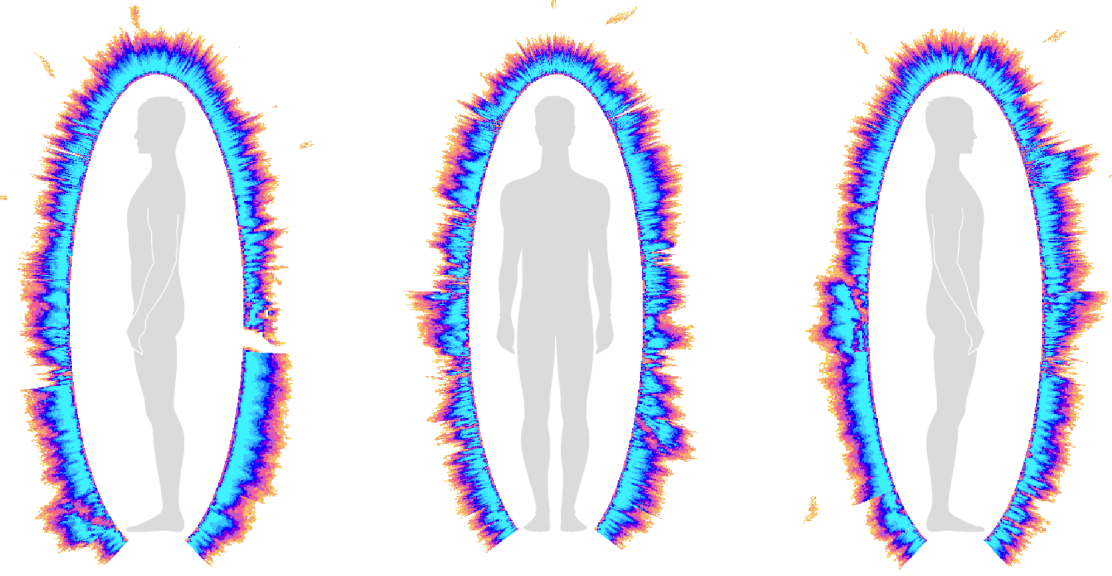
Organs and systems	
Head energy (4.84)	
Cardiovascular system energy (4.69)	
Respiratory system energy (4.33)	
Endocrine system energy (4.66)	
Musculoskeletal system energy (3.99)	
Digestive system energy (4.33)	
Urino-genital system energy (3.85)	
Nervous system energy (3.74)	
Immune system energy (3.98)	

BEFORE

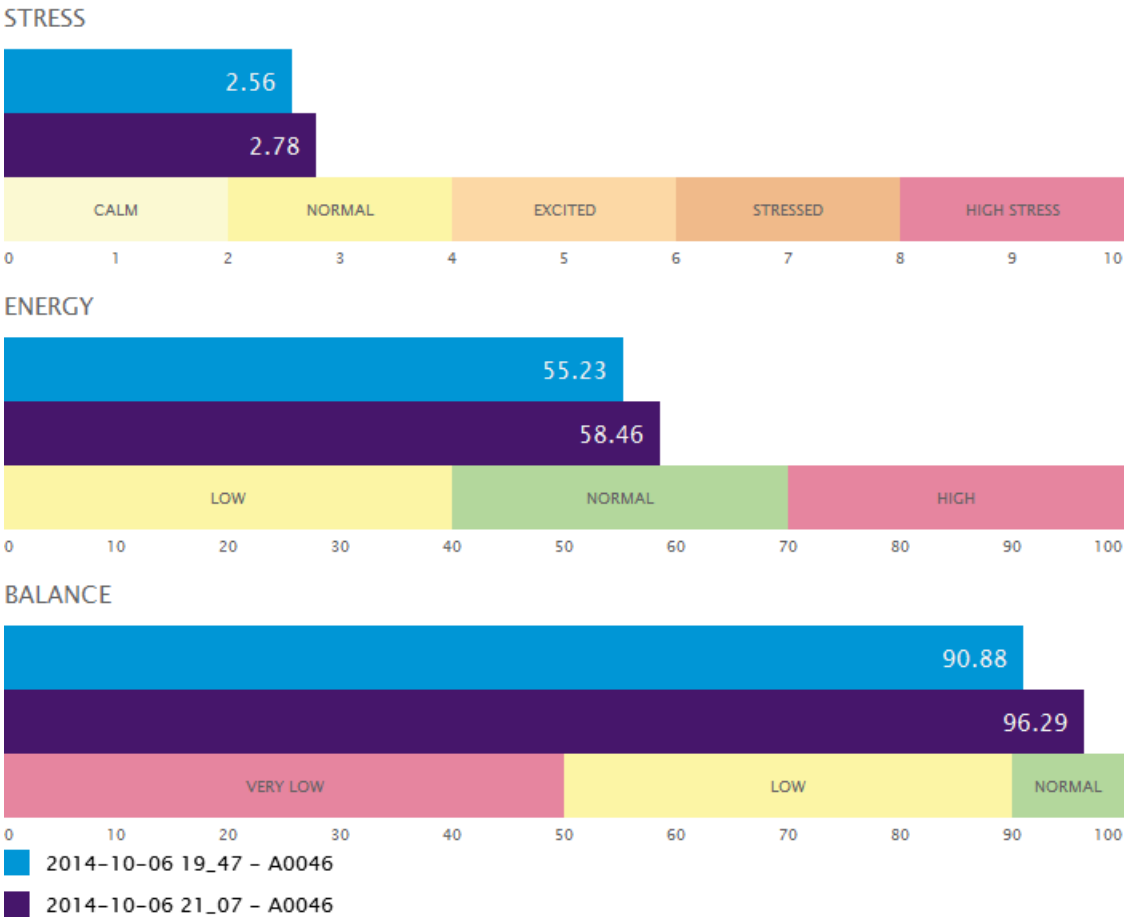


Organs and systems	
Head energy (5.51)	
Cardiovascular system energy (5.14)	
Respiratory system energy (5.88)	
Endocrine system energy (4.99)	
Musculoskeletal system energy (4.36)	
Digestive system energy (4.61)	
Urino-genital system energy (4.16)	
Nervous system energy (4.63)	
Immune system energy (4.10)	

AFTER



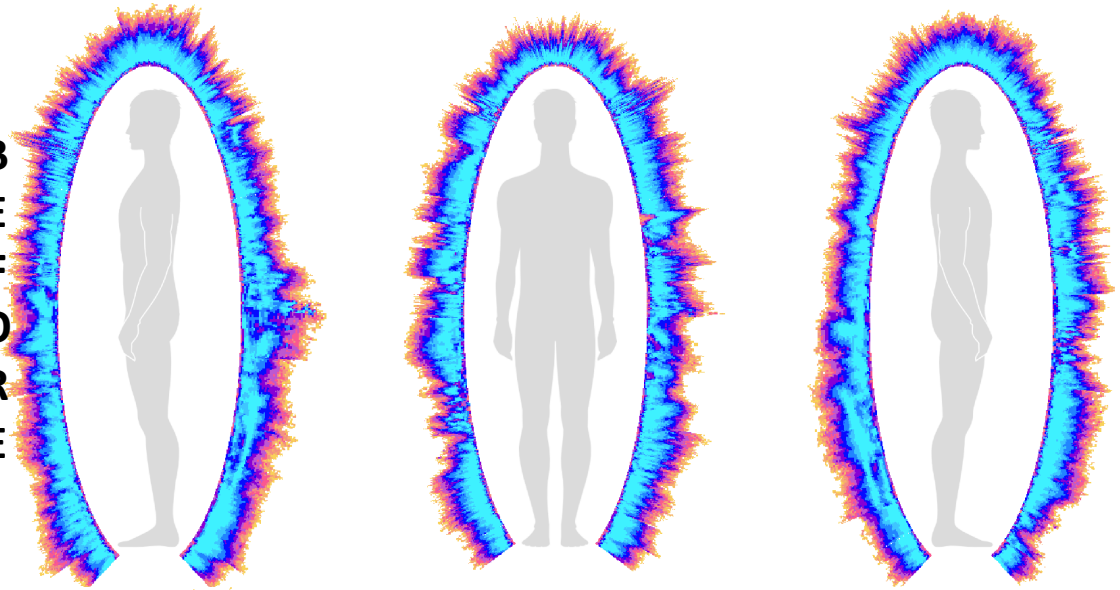
Case 5 – 59 year old Male (A46)



Case 5 – 59 year old Male (A46)

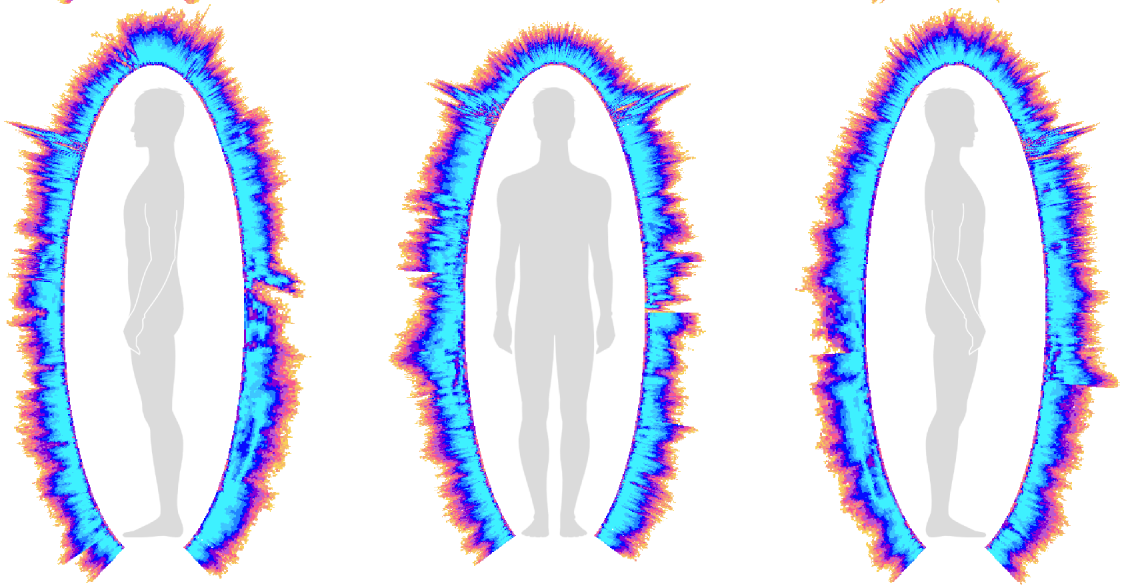
Organs and systems	
Head energy (4.88)	
Cardiovascular system energy (4.31)	
Respiratory system energy (4.45)	
Endocrine system energy (5.11)	
Musculoskeletal system energy (4.70)	
Digestive system energy (4.64)	
Urino-genital system energy (4.40)	
Nervous system energy (5.22)	
Immune system energy (4.77)	

BEFORE

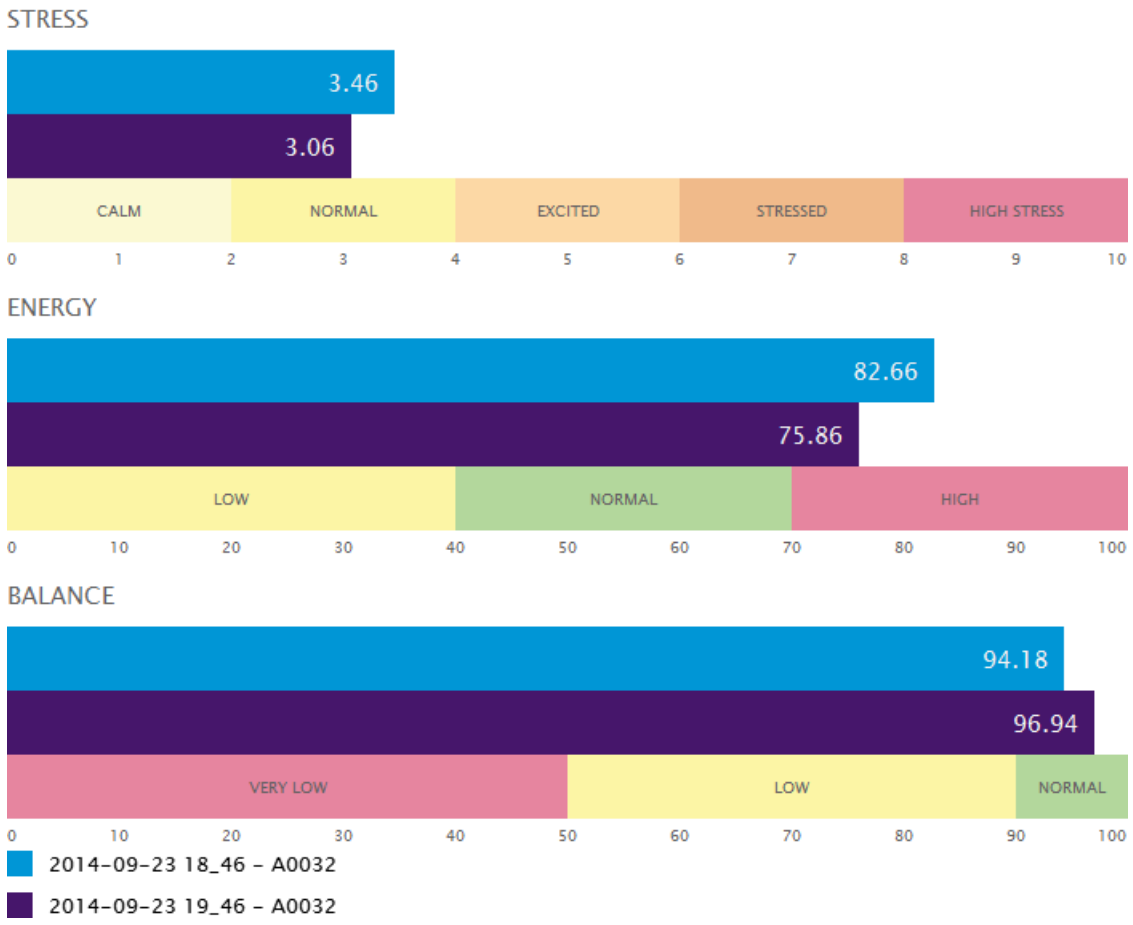


Organs and systems	
Head energy (5.29)	
Cardiovascular system energy (4.76)	
Respiratory system energy (5.76)	
Endocrine system energy (5.13)	
Musculoskeletal system energy (4.70)	
Digestive system energy (4.74)	
Urino-genital system energy (4.32)	
Nervous system energy (5.27)	
Immune system energy (5.01)	

AFTER



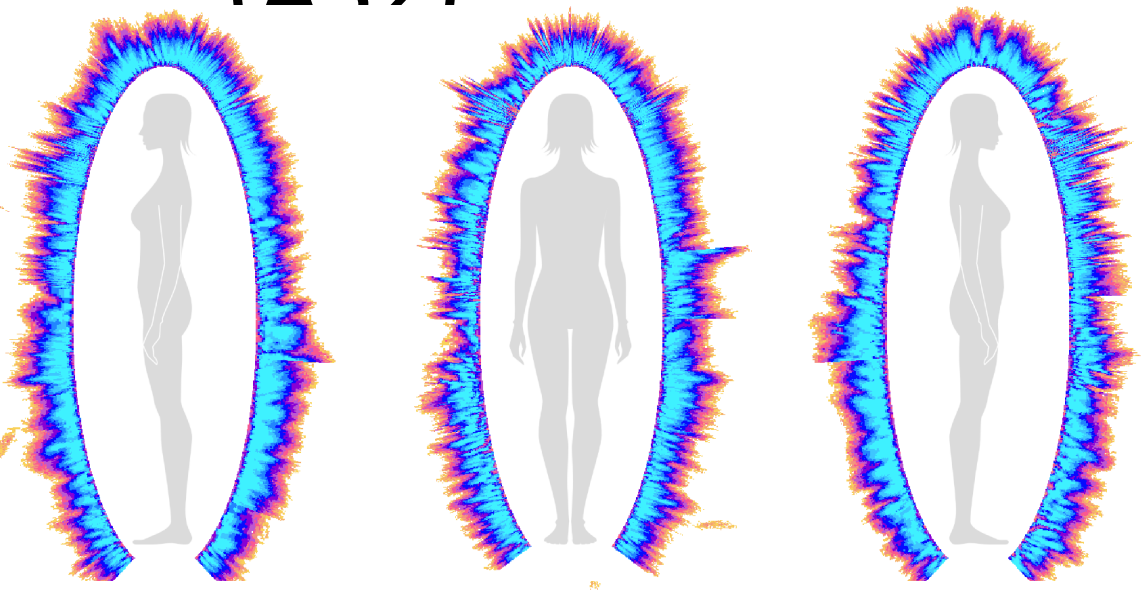
Case 6 – 35 Year old Female (A32)



Case 6 – 35 Year old Female (A32)

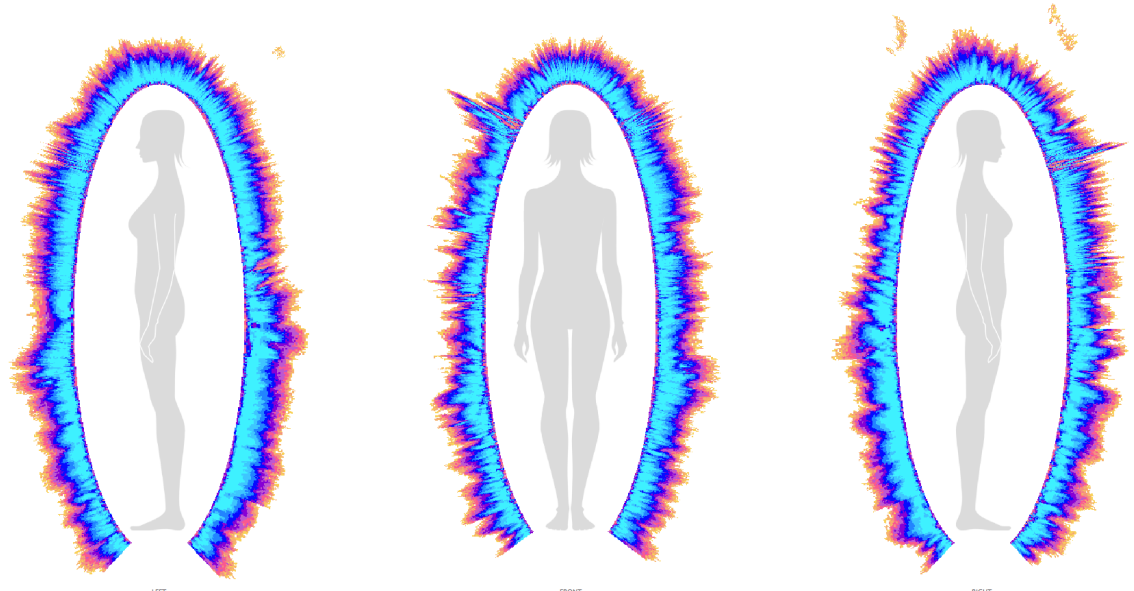
Organs and systems
Head energy (7.05)
Cardiovascular system energy (6.99)
Respiratory system energy (8.72)
Endocrine system energy (6.12)
Musculoskeletal system energy (7.45)
Digestive system energy (6.77)
Urino-genital system energy (8.64)
Nervous system energy (5.01)
Immune system energy (5.26)

BEFORE

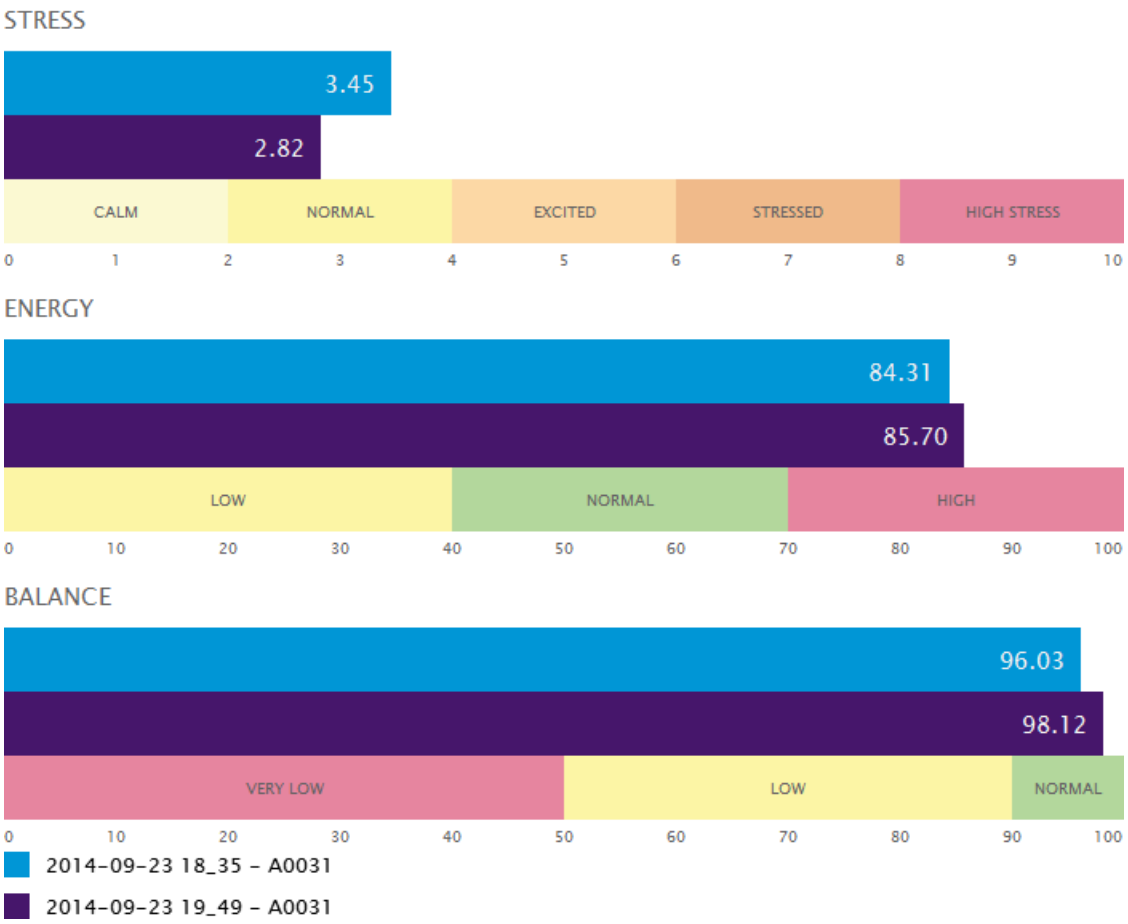


Organs and systems
Head energy (6.46)
Cardiovascular system energy (6.61)
Respiratory system energy (7.55)
Endocrine system energy (5.85)
Musculoskeletal system energy (6.34)
Digestive system energy (6.17)
Urino-genital system energy (7.61)
Nervous system energy (5.41)
Immune system energy (4.87)

AFTER



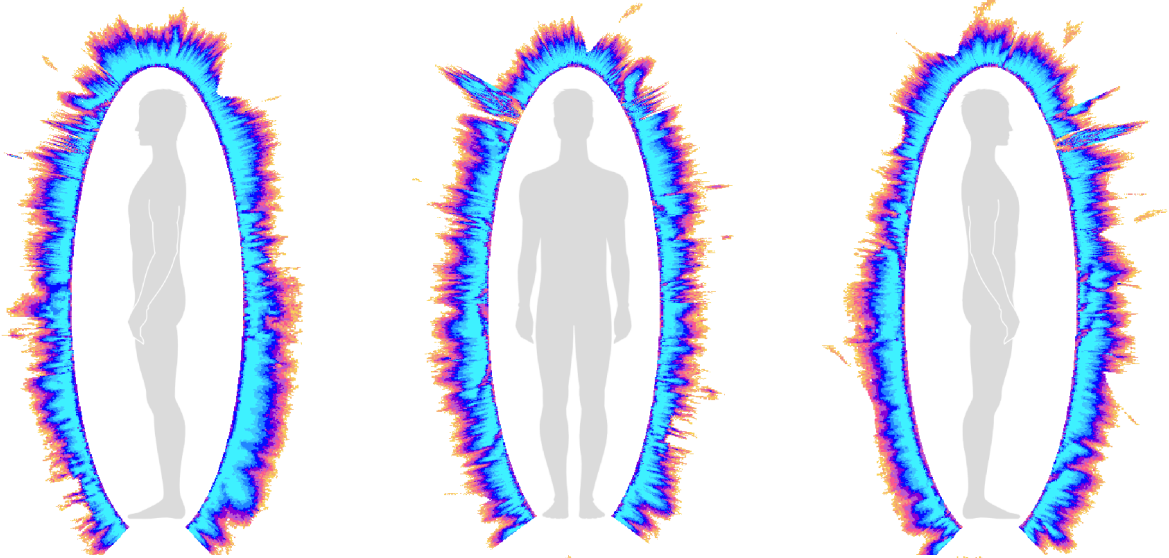
Case 7 – 62 Year old Male (A31)



Case 7 – 62 Year old Male (A31)

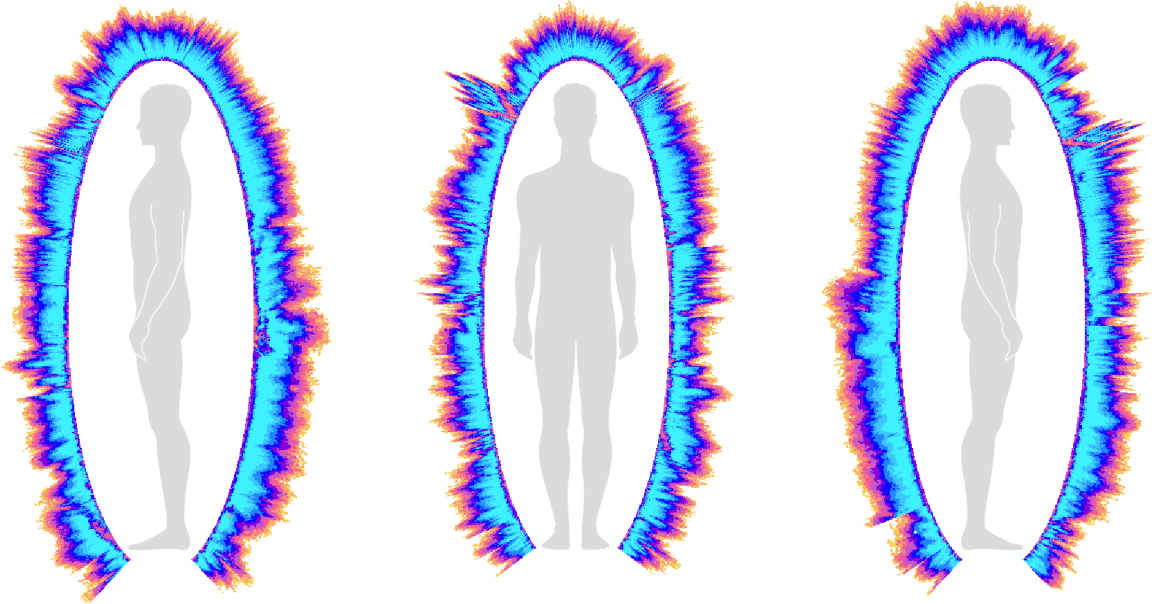
Organs and systems	
Head energy (7.51)	
Cardiovascular system energy (7.16)	
Respiratory system energy (8.47)	
Endocrine system energy (7.16)	
Musculoskeletal system energy (7.25)	
Digestive system energy (7.59)	
Urino-genital system energy (7.95)	
Nervous system energy (7.14)	
Immune system energy (6.11)	

BEFORE

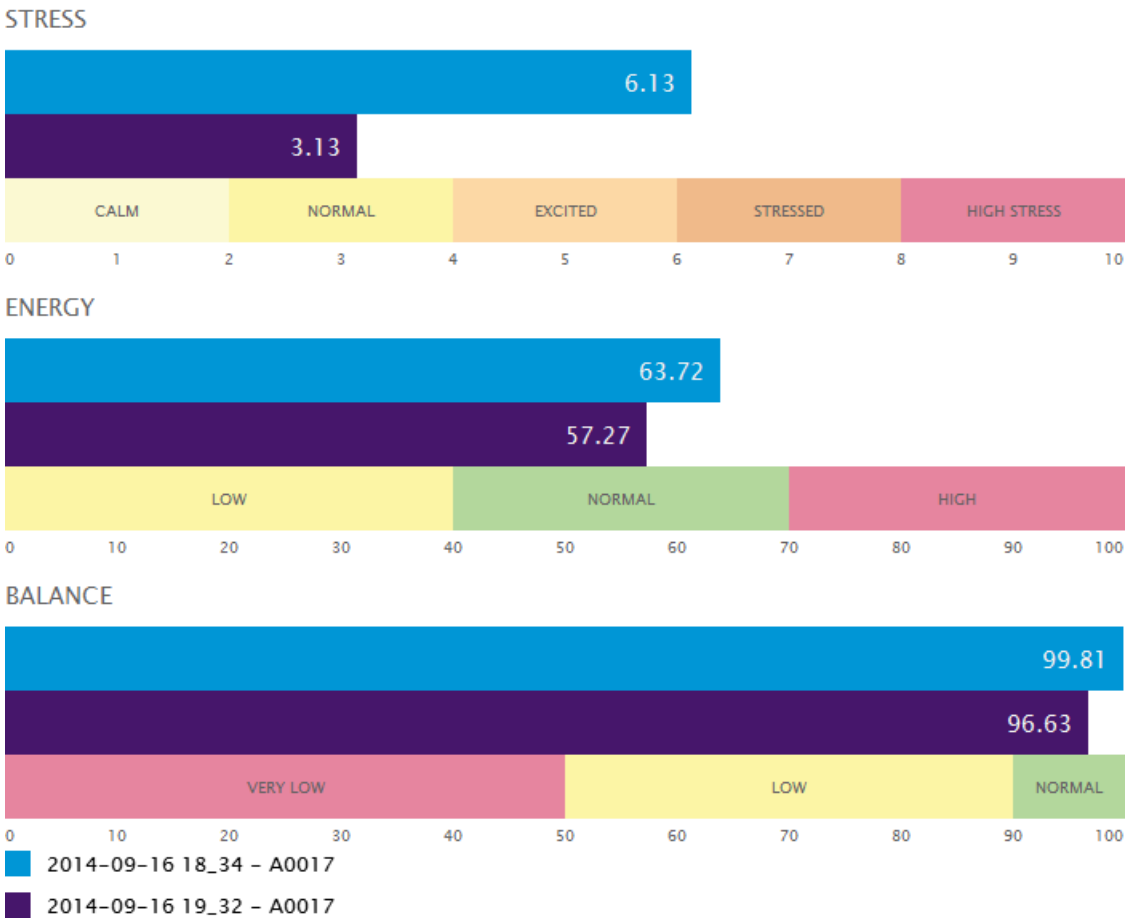


Organs and systems	
Head energy (7.65)	
Cardiovascular system energy (7.62)	
Respiratory system energy (9.00)	
Endocrine system energy (7.02)	
Musculoskeletal system energy (7.88)	
Digestive system energy (6.96)	
Urino-genital system energy (7.91)	
Nervous system energy (5.70)	
Immune system energy (5.50)	

AFTER



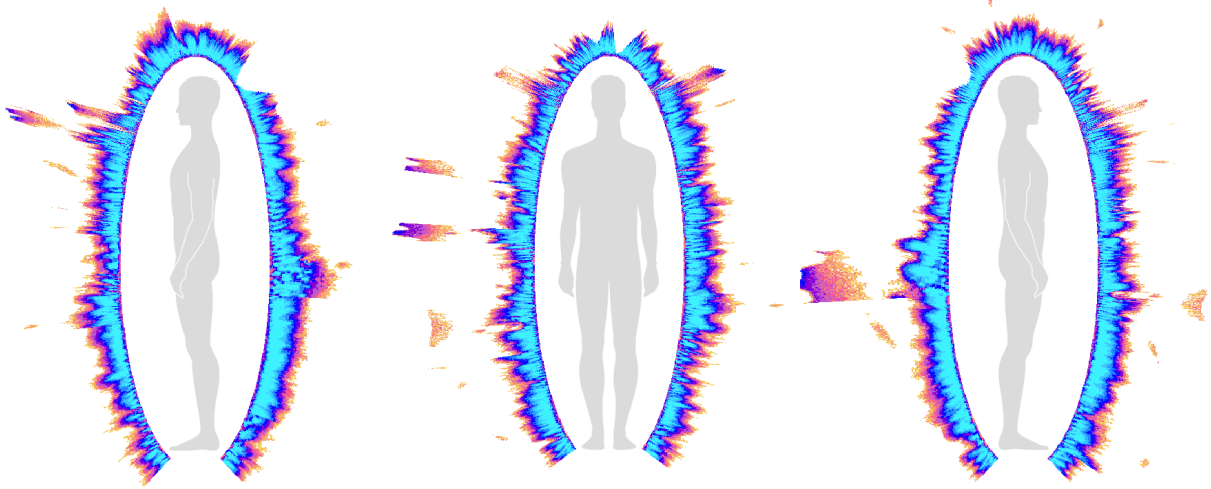
Case 8 – 40 Year Old Male (A17 – 9/16)



Case 8 – 40 Year Old Male (A17 – 2/16)

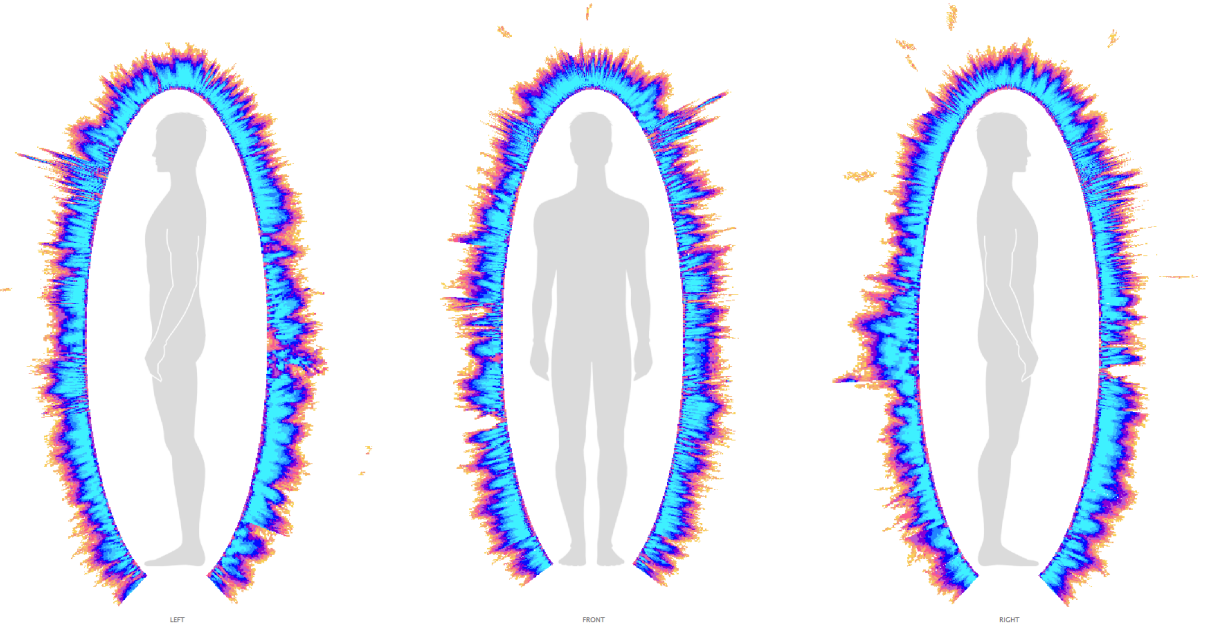
Organs and systems	
Head energy	4.46
Cardiovascular system energy	4.91
Respiratory system energy	7.00
Endocrine system energy	4.60
Musculoskeletal system energy	6.71
Digestive system energy	5.41
Urino-genital system energy	7.00
Nervous system energy	3.16
Immune system energy	3.65

BEFORE

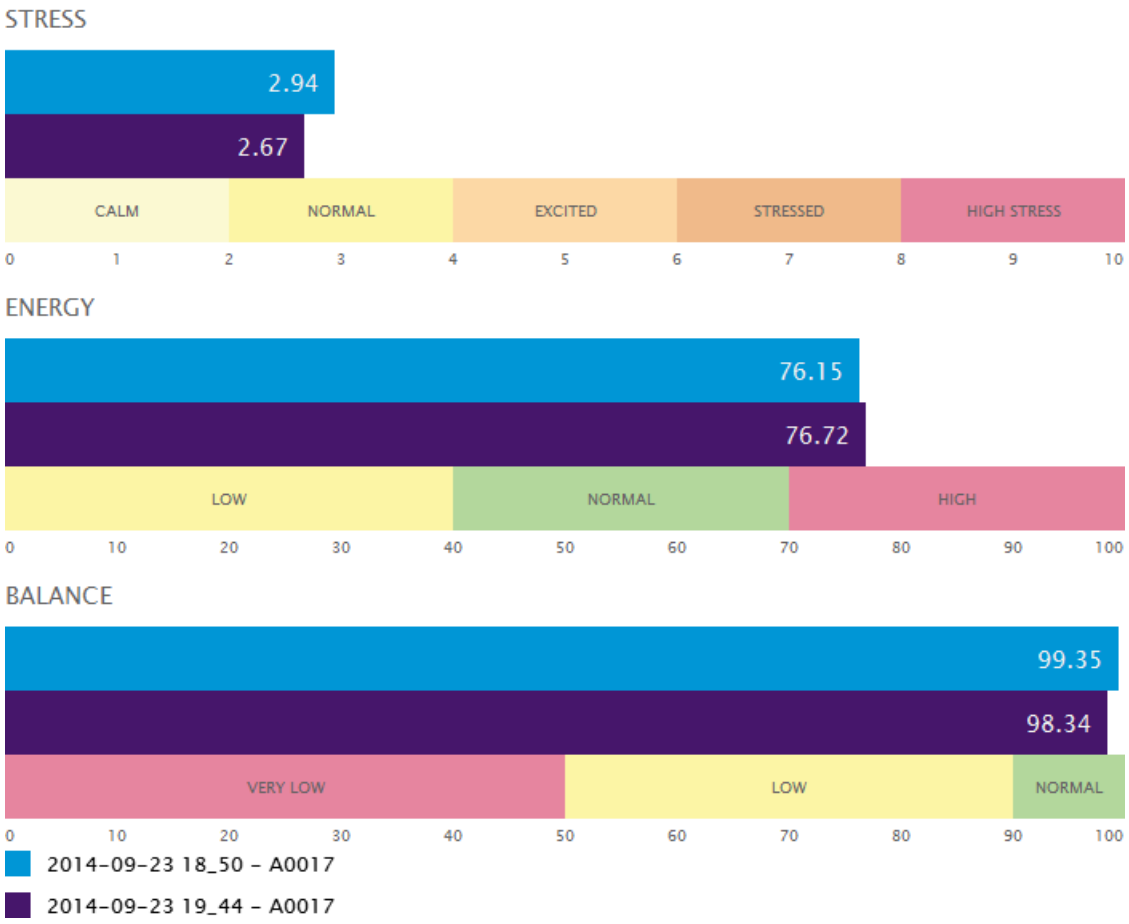


Organs and systems	
Head energy	4.94
Cardiovascular system energy	4.35
Respiratory system energy	5.61
Endocrine system energy	4.07
Musculoskeletal system energy	5.35
Digestive system energy	4.52
Urino-genital system energy	4.44
Nervous system energy	3.26
Immune system energy	3.40

AFTER



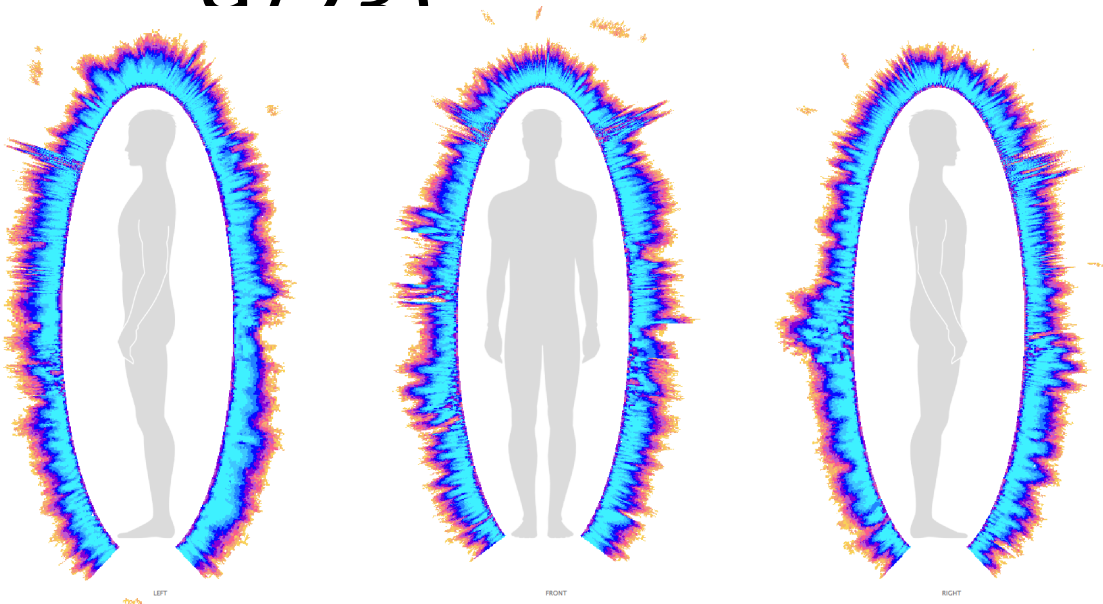
Case 8 – 40 Year Old Male (A17 – 9/23)



Case 8 – 40 Year Old Male (A17 – 9/23)

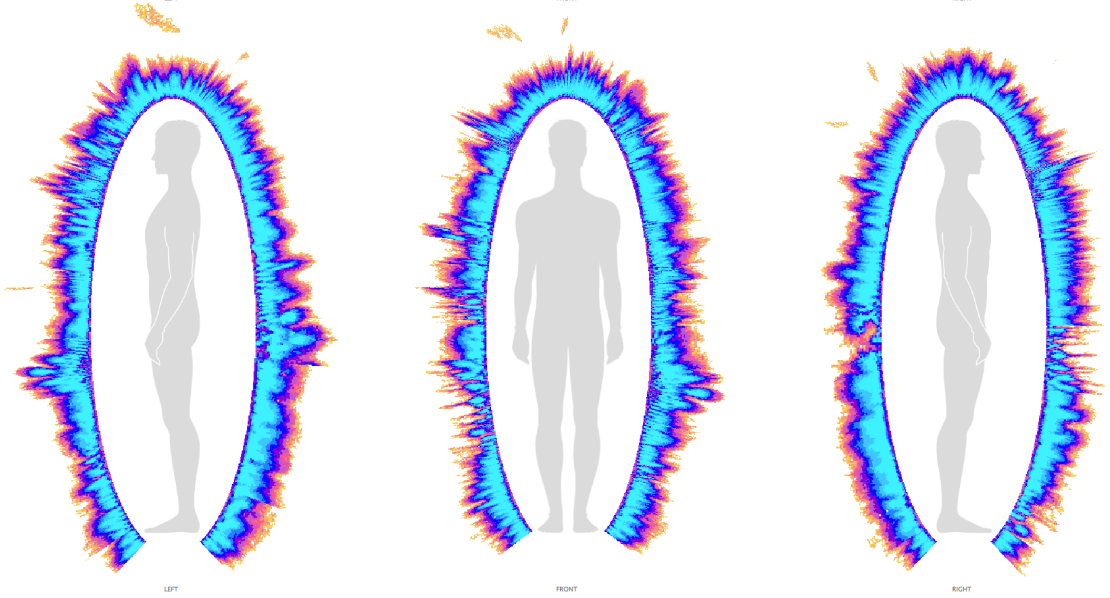
Organs and systems	
Head energy (7.27)	
Cardiovascular system energy (6.06)	
Respiratory system energy (7.73)	
Endocrine system energy (5.84)	
Musculoskeletal system energy (6.86)	
Digestive system energy (6.16)	
Urino-genital system energy (6.89)	
Nervous system energy (6.16)	
Immune system energy (5.83)	

BEFORE

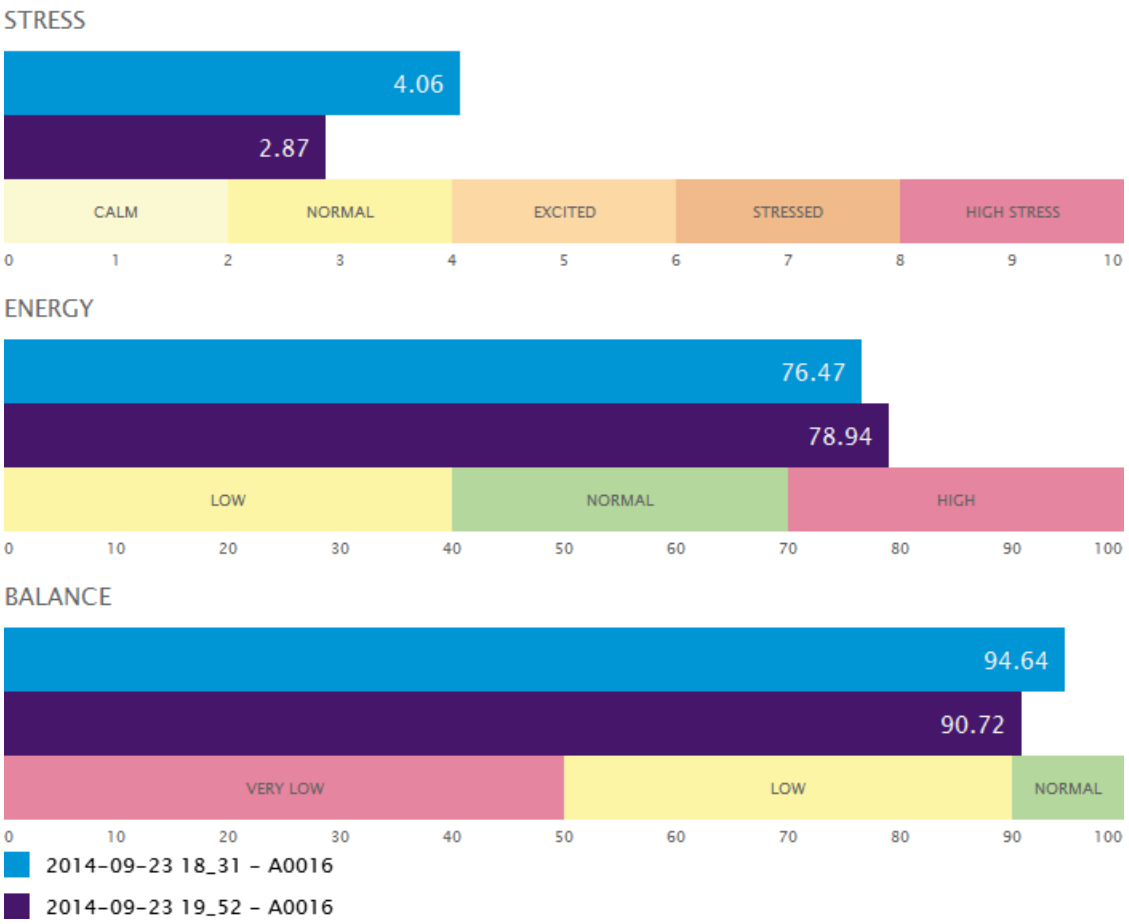


Organs and systems	
Head energy (7.24)	
Cardiovascular system energy (6.22)	
Respiratory system energy (7.32)	
Endocrine system energy (6.29)	
Musculoskeletal system energy (7.47)	
Digestive system energy (6.42)	
Urino-genital system energy (7.06)	
Nervous system energy (6.24)	
Immune system energy (5.96)	

AFTER



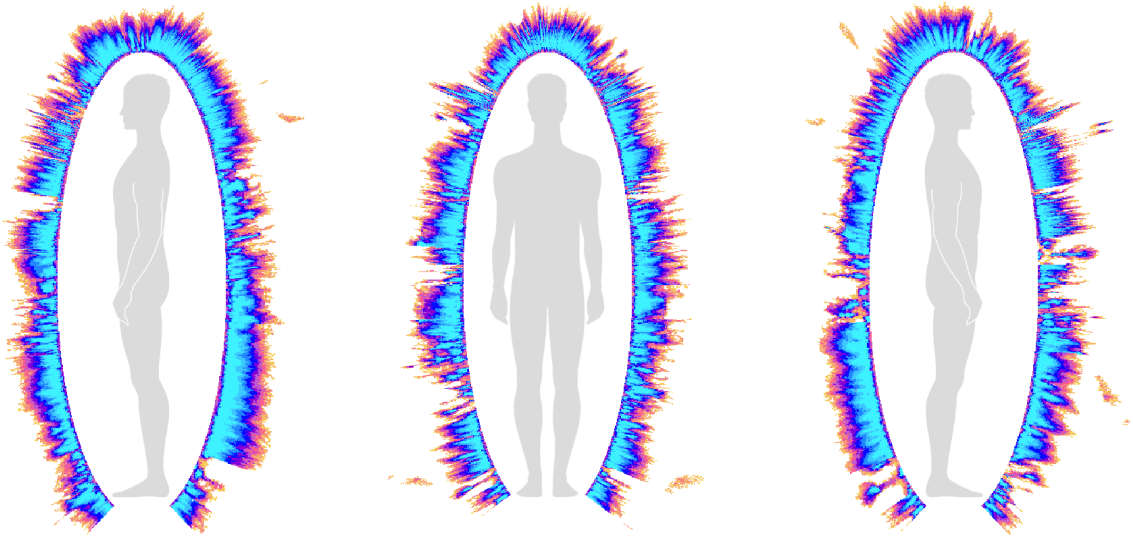
Case 9 – 75 year old Male (A16-9/23)



Case 9 – 75 year old Male (A16-9/23)

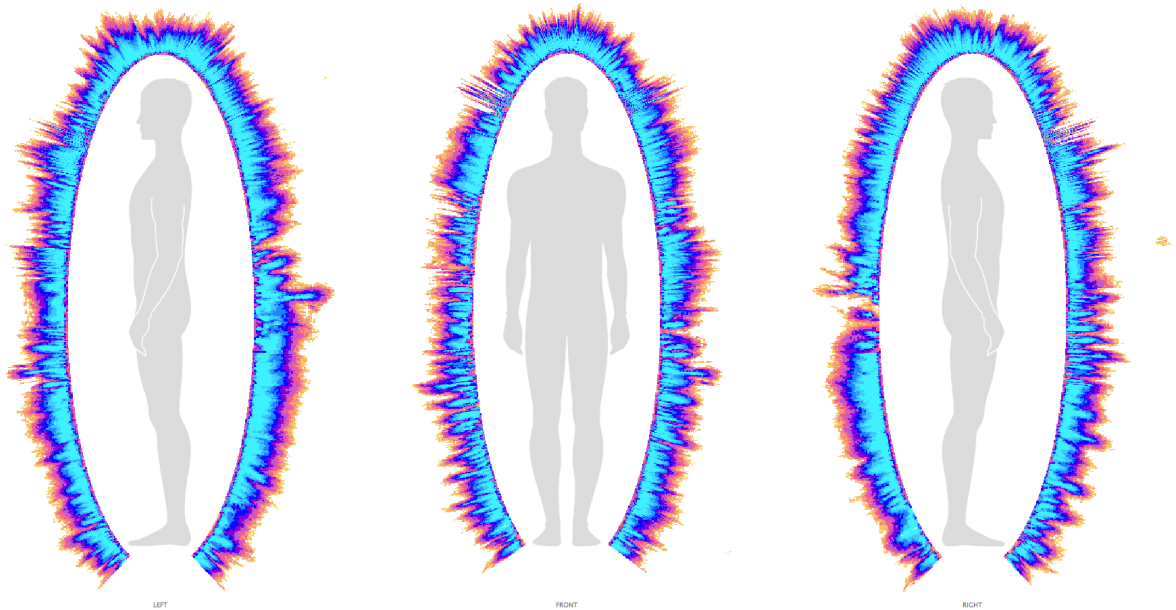
Organs and systems	
Head energy (6.65)	
Cardiovascular system energy (7.22)	
Respiratory system energy (7.57)	
Endocrine system energy (6.43)	
Musculoskeletal system energy (5.93)	
Digestive system energy (5.90)	
Urino-genital system energy (6.35)	
Nervous system energy (2.69)	
Immune system energy (4.74)	

BEFORE

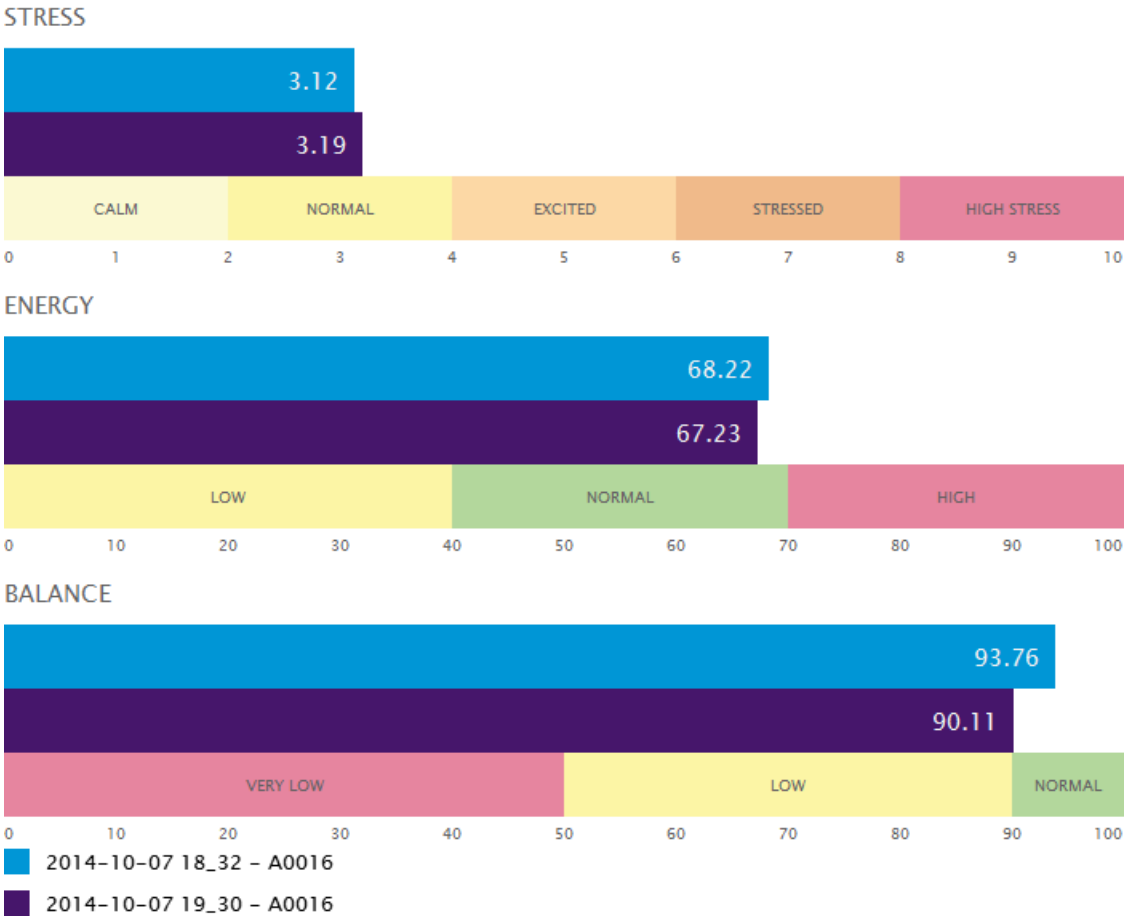


Organs and systems	
Head energy (6.20)	
Cardiovascular system energy (7.56)	
Respiratory system energy (7.92)	
Endocrine system energy (5.92)	
Musculoskeletal system energy (6.66)	
Digestive system energy (6.16)	
Urino-genital system energy (6.95)	
Nervous system energy (4.93)	
Immune system energy (4.49)	

AFTER



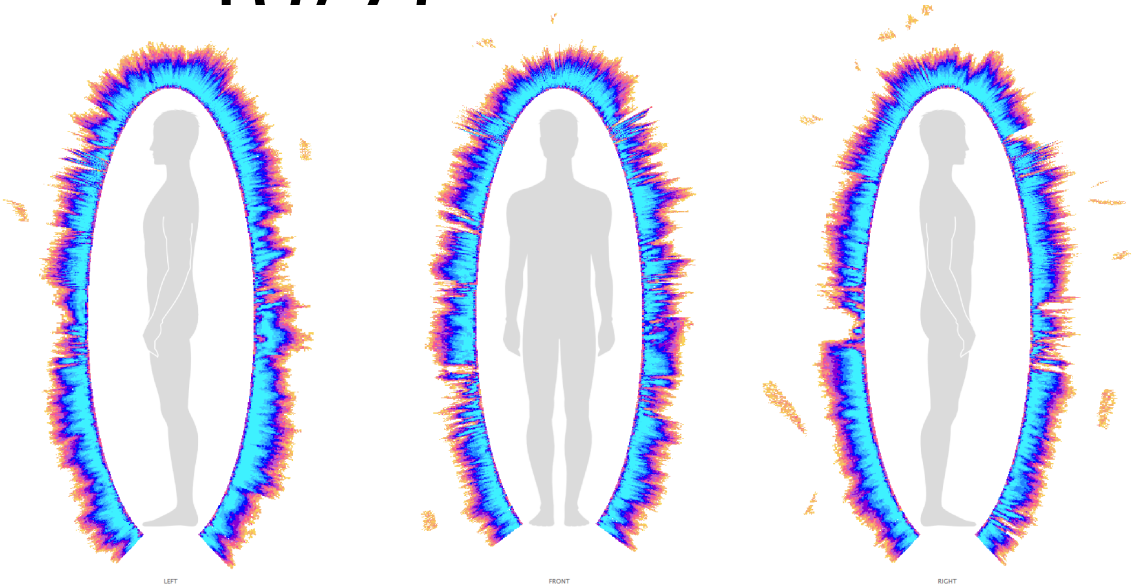
Case 9 – 75 year old Male (A16-10/7)



Case 9 – 75 year old Male (A16-10/7)

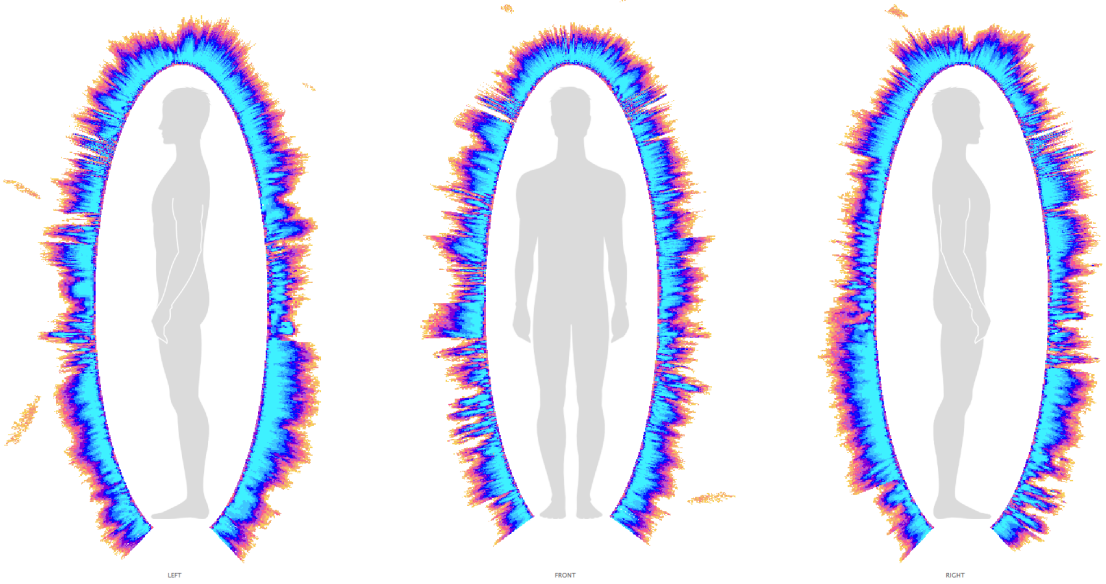
Organs and systems	
Head energy (5.58)	
Cardiovascular system energy (6.33)	
Respiratory system energy (6.52)	
Endocrine system energy (5.54)	
Musculoskeletal system energy (5.27)	
Digestive system energy (5.41)	
Urino-genital system energy (4.80)	
Nervous system energy (4.57)	
Immune system energy (5.03)	

BEFORE

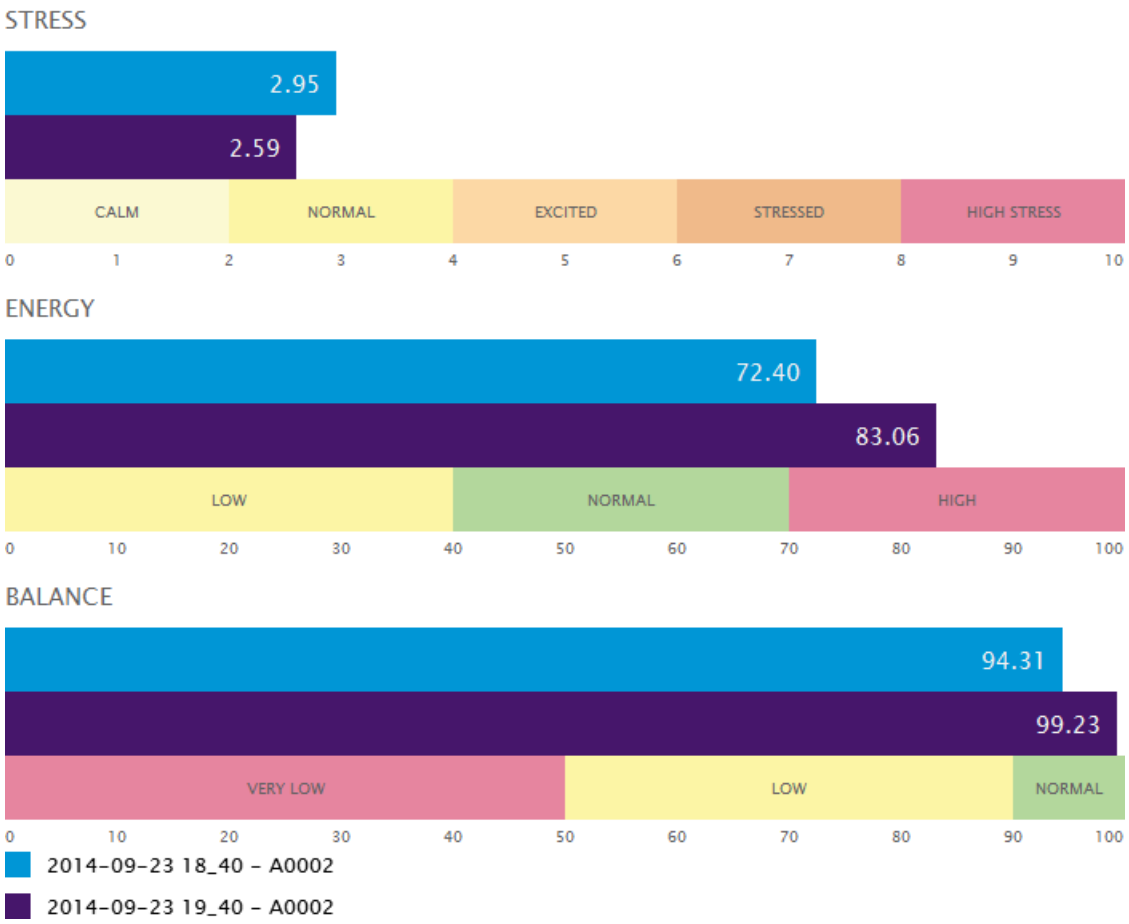


Organs and systems	
Head energy (5.64)	
Cardiovascular system energy (6.62)	
Respiratory system energy (5.64)	
Endocrine system energy (5.63)	
Musculoskeletal system energy (4.71)	
Digestive system energy (5.07)	
Urino-genital system energy (4.75)	
Nervous system energy (4.13)	
Immune system energy (5.05)	

AFTER



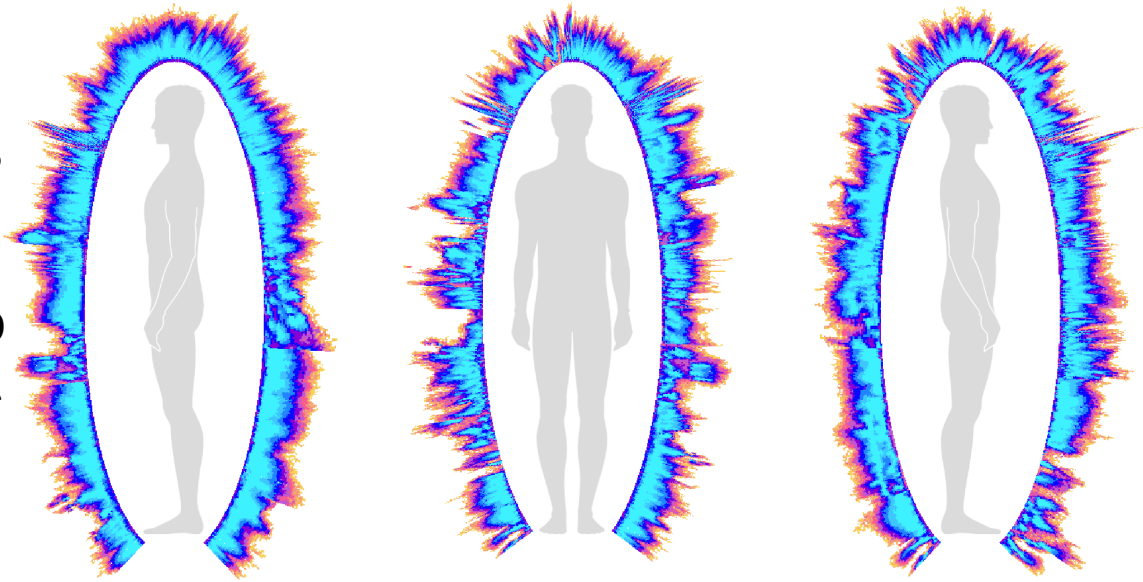
Case 10 – 55 year old Male (A02)



Case 10 – 55 year old Male (A02)

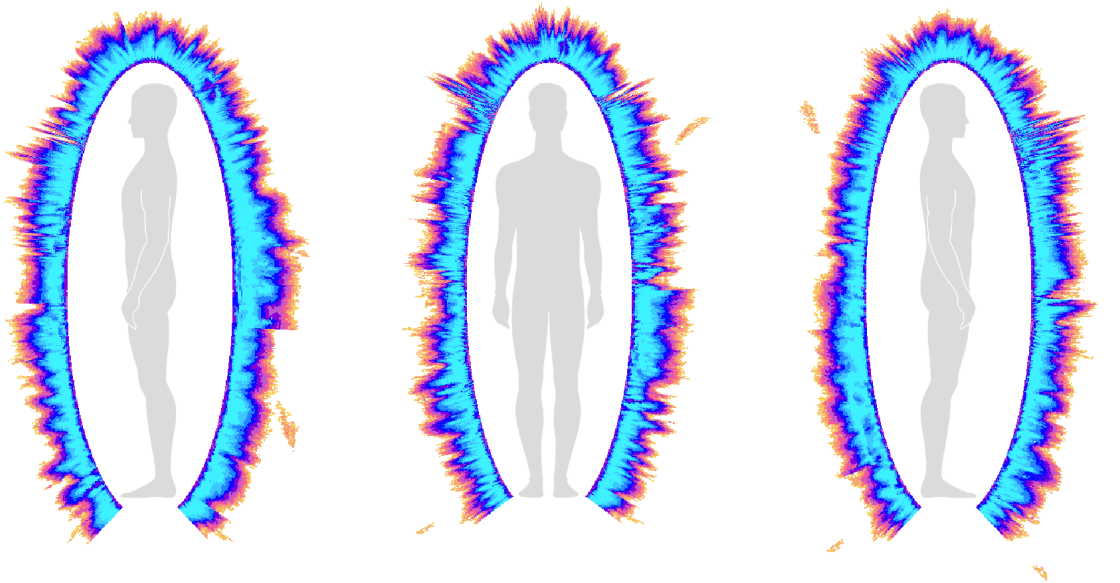
Organs and systems	
Head energy (6.16)	
Cardiovascular system energy (6.24)	
Respiratory system energy (7.24)	
Endocrine system energy (5.81)	
Musculoskeletal system energy (6.68)	
Digestive system energy (5.88)	
Urino-genital system energy (5.84)	
Nervous system energy (6.78)	
Immune system energy (5.61)	

BEFORE



Organs and systems	
Head energy (7.07)	
Cardiovascular system energy (7.22)	
Respiratory system energy (8.02)	
Endocrine system energy (7.09)	
Musculoskeletal system energy (7.88)	
Digestive system energy (7.31)	
Urino-genital system energy (7.68)	
Nervous system energy (6.67)	
Immune system energy (7.52)	

AFTER



3. Conclusions

Conclusion from EPI Analysis

- Evidence of improvement from a yoga session in the Naadi system measured by EPI is consistent with research findings of gene regulation impact of yoga.
- Stress level is clearly reduced in the Naadis and is consistent with the findings of other research studies that measures impact on stress from yoga.
- The quantifiable and objective instrument that EPI readings provide, and the observed changes from yoga suggests that this can be a valuable tool for research.
- Cases 5, 8, 9 and 10 in the analysis are outliers – regular practitioners – whose results need to be understood carefully
  - Case 5 appears to have had some fund raising thoughts from the participating group that may have contributed to his stress
  - Case 8 is in a phase of significant decisions in life and hence shows big changes from first instance to the second
  - Case 9 is a person who comes from a belief based system and that type of belief based focused appear to produce such result.
  - In research studies it is shown that while all catecholamines reduce initially, for advanced practitioners after a 10 minutes or so norepinephrine is known to increase even when other catecholamines and stress indicators reduce. Case 10 may be indicative of that phenomenon.