

# Yoga Prana Vidya System

## Book 3

### First Aid & Emergency, Skin Care, Hair Care & Weight Loss Case Studies



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## Objective

This book provides case studies of First Aid and Emergency, Skin care, Hair care and Weigh Loss documented in years 2011 - 2019. The case studies with supporting documentation have been placed in the beginning of each Chapter of the book followed by other cases.

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# Chapter 1

## First Aid and Emergency Case Studies



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1	YPVS/FA-E/2018/027	diabetic, right leg affected with escheochiacolo; amputation is suggested for faster recovery	20days	amputation cancelled	01
2	YPVS/FA-E/2018/020	Snake bite on right hand with swelling and kidney affected,	Multiple healings	Amputation of right hand avoided, only for finger done, Dialysis avoided as creatinine level came down	06
3	YPVS/FA-E/2016/026	90% block in heart	2 healings per day for 5 days	Heart Block dissolved	16
4	YPVS/FA-E/2016/028	Diabetic, gangrene	10Sessions	Completely healed	21
5	YPVS/FA-E/2015/022	Blocked Coronary, Chest Pain, Bypass surgery suggested	Multiple healings	Block dissolved; Surgery avoided	25
6	YPVS/FA-E/2019/025	Admitted in hospital as couldn't get up from bed because of chills and fever. Treated in ICU for 2 days. Sodium levels down. Lack of control over passing urine. Developed Cellulitis.	Multiple healings	Fast recovery, Sodium levels normalized, catheter removed, completely recovered from cellulitis in 4 days without IV or admission in hospital as had been suggested by doctor.	33
7	YPVS/FA-E/2016/023	Perianal abscess, anal stenosis, Hydrocele-bilateral (CHILD), Continuous crying	Multiple healings	Boy recovered; Usage of anus dilators were avoided	40

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
8	YPVS/FA-E/2019/024	Case of road accident, Head injury, Mild stroke, Speech affected, vision partially lost, Less chance of survival		rapid recovery within 1 day, on 5th day of healing the patient was discharged from hospital as normal	43
9	YPVS/FA-E/2011/012	Ischemic heart disease	multiple session	Healed, out of Danger	54
10	YPVS/FA-E/2018/002	Subarachnoid haemorrhage, ruptured ACoM aneurism, Postop cerebral vasospasm	multiple session	Came to consciousness in 3-4 hours where doctor told for 48 hours, speedy recovery	57
11	YPVS/FA-E/2017/004	Cold burn on right hand due to spillage of co2 cooling solution	10Sessions	50% burning sensation reduced in first healing only, at the end swelling burning, darkening of skin reduced	75
12	YPVS/FA-E/2017/005	Wound in head due to hit by glass edge, bleeding and pain	10Sessions	Bleeding reduced, healed completely	80
13	YPVS/FA-E/2018/012	Wound in forehead, pain, bleeding, burning sensation	16session	doctor advised for stitching but after healing wound got cured	84
14	YPVS/FA-E/2016/018	Jelly fish bite on right leg, excessive burning and pain	1Session	completely healed	86
15	YPVS/FA-E/2016/019	Right ear pain in middle night	1Session	completely healed	88
16	YPVS/FA-E/2013/010	Slipped and fell, swelling on head and elbow	3Sessions	pain, swelling reduced	90
17	YPVS/FA-E/2016/003	Burn on both hands due to hot oil on both hands	20Sessions	No pain and burning, completely healed	92
18	YPVS/FA-E/2016/007	Honeybee byte, headache on right side of brain	5Session	Headache completely reduced	97
19	YPVS/FA-E/2017/008	Acid burn on right arm	4session	No burning sensation	99

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
20	YPVS/FA-E/2017/010	Cut and bleeding in right leg toe	1Session	Bleeding stopped immediately	103
21	YPVS/FA-E/2018/001	Accident, Wound in head region	10 days	1st healing, bleeding stopped, and no pain, wound completely healed in 10days	105
22	YPVS/FA-E/2018/009	Burn on finger, constipation	4Days	Burn on finger completely healed, constipation completely healed	108
23	YPVS/FA-E/2019/009	Right hand two fingers burnt	4days (8 sessions)	completely healed	110
24	YPVS/FA-E/2018/011	Severe cut in the face	20Sessions	Scar is light and less visible now	114
25	YPVS/FA-E/2019/021	Diabetic foot (Critical), Gangrene	Multiple healings	Fast recovery, Leg saved	117
26	YPVS/FA-E/2017/013	Periods- heavy bleeding 5 days. Right cheek swelling (tape worm); taking steroids	1 month	tape worm degenerated; did not require to be surgically removed; no steroid side effects; bleeding stopped	122
27	YPVS/FA-E/2016/014	urinary bladder long term issue; unable to insert catheter	12 healings	after healings, able to insert catheter	128
28	YPVS/FA-E/2016/015	Hot water fell on hand. Unable to sleep, burning	1 day	no mark by next day	130
29	YPVS/FA-E/2018/016	food particle stuck in food pipe. Loss of voice	3 healings	immediate relief from symptoms. Fully healed	132



# Chapter 2

# Skin Care, Hair Care and Weight Loss

## Case Studies



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1	YPVS/SK/2018/002	Allergy, infection in legs right ankle	15Sessions	completely healed	01
2	YPVS/B-F/2018/006	Face and lip got injured	5Session	Completely heal	04
3	YPVS/SK/2018/011	Allergy in the last 6-8 months in belt line	11Days	100% healed	07
4	YPVS/B-F/2019/017	Acne, pimple	8sessions	90% improvement	10
5	YPVS/B-HL/2017/004	Hair loss	10Sessions	New black hair started coming, hair fall reduced	16
6	YPVS/B-HL/2018/002	Hair fall	50Sessions	90% hair fall reduced	18
7	YPVS/SK/2012/014	Leg marks due to adverse effect to medicine	4Months	Patches are recovering	22
8	YPVS/SK/2015/006	Skin itching, Bp, stress	12Sessions	BP came down, itching to skin resolved	25
9	YPVS/SK/2017/013	Itching in the last 20 years	30sessions	75% improvement	27
10	YPVS/SK/2018/017	Allergy in hands	2Session	Completely normal	32
11	YPVS/SK/2019/011	Chickenpox rashes, fever	8sessions	completely healed	35
12	YPVS/SK-R/2019/012	suffering from Psoriasis	90Sessions	80% healed	38
13	YPVS/B-F/2014/012	Wrinkles around eyes	1session	Wrinkles reduced	43
14	YPVS/SK-H/2018/001	Herpes, body ache, fever, weakness, rashes on skin, burning sensation	45sessions	100% healed	46
15	YPVS/B-F/2015/010	Dark circles near eyes, skin tan	1session	dark circle near eyes reduced, face was glowing	55
16	YPVS/B-F/2015/011	Tear gland is dead, marks on face	5Session	tears in eyes controlled, marks reduced	58

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17	YPVS/B-F/ 2016/004	wrinkles overhead region	20Sessions	75% improvement	61
18	YPVS/B-F/ 2016/009	Sunburn on face, pimple marks, darkness around eyes	6sessions	80% sun burn reduced	63
19	YPVS/B-F/ 2016/016	Darkening face skin	5Session	face darkness is gone	68
20	YPVS/B-F/ 2016/017	Swelling on face (due to fall) and wound	7Session	Swelling reduced, scar also completely healed	70
21	YPVS/B-F/ 2017/002	Melasma on face from 20 years	Almost 6months	left side 70% right side 60%	72
22	YPVS/B-F/ 2017/003	Severe cystic acne on face	40Days	Acne cleared, no pores, face became clear	78
23	YPVS/B-F/ 2017/007	pimples	5Session	Frequency of pimples reduced	84
24	YPVS/B-F/ 2017/013	pimples, dull skin	2Session	improvement noticed	86
25	YPVS/B-F/ 2017/014	Dark patches	6sessions	improvement noticed	88
26	YPVS/B-F/ 2017/015	Facial, back patches on both chicks and wrinkles	5Session	black spot improved by 95%	90
27	YPVS/B-F/ 2018/001	Acne	1Month	Healed	93
28	YPVS/B-HL/ 2014/005	thinning of hair, rashes	12days	Hair loss reduced; rashes healed	96
29	YPVS/B-HL/ 2015/007	Hair fall	one month	After 15 session hair loss reduced, quality of hair improved	98
30	YPVS/B-HL/ 2016/001	White hair at low age, dandruff	6sessions	dandruff completely healed	102
31	YPVS/B-HL/ 2016/006	Hair fall	8Days	70-80% healed	105
32	YPVS/B-HL/ 2017/009	bald	1month	Slowly hair growth started	108
33	YPVS/B-HL/ 2018/003	Itching in scalp, hair fall, wound in scalp	30sessions	Growth of hair seen in affected area	112

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
34	YPVS/B-HL/ 2018/008	Severe hair fall	15Sessions	new small hair growth started, 50% improvement	115
35	YPVS/B-WL/ 2014/001	Obesity	6sessions	reduced weight	117
36	YPVS/B-WL/ 2014/002	Obesity, vocal cord problem	3sessions	around 4kg reduced	119
37	YPVS/B-WL/ 2016/007	Weight loss	1month	improved	121
38	YPVS/B-WL/ 2017/003	Obese	5Session	1kg weight loss	124
39	YPVS/B-WL/ 2017/004	obesity	60Session	lost 10kg in 2months	126
40	YPVS/B-WL/ 2017/005	Obesity	35session	lost weight by 5kg	128
41	YPVS/SK/ 2015/015	Itching, redness, rashes, hair loss	10Sessions	Hair covered affected area	135
42	YPVS/SK/ 2015/016	Skin irritation, psoriasis	15Sessions	itching on forehead better, other pain reduced	138
43	YPVS/SK/ 2016/008	Darkening of face skin	5Days	Face skin darkness gone after 4th healing	142
44	YPVS/SK/ 2016/023	Psoriasis, wearing clothes is also difficult, itching and burning	Multiple session	fully recovered	144
45	YPVS/SK/ 2016/033	Swelling and pain due to tattoo	2Session	Completely healed	150
46	YPVS/SK/ 2017/004	Urticaria/hives	1month or more	No itching, no rashes	153
47	YPVS/SK/ 2017/005	mouth ulcer	15Sessions	Relived	157
48	YPVS/SK/ 2017/007	boil in right thigh, severe pain, difficulty in walking	4Days	pain reduced, boil reduced, can able to walk	160
49	YPVS/SK/ 2017/019	insect bite in right foot	8sessions	completely healed	164
50	YPVS/SK/ 2017/020	Eruption on neck	20Sessions	completely healed	168

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51	YPVS/SK/2017/021	Boil in back	5Session	80% improvement	171
52	YPVS/SK/2017/022	Severe acne since 10years	30sessions	70% improvement	175
53	YPVS/SK/2017/024	Boils on scalp	5Session	No boils, completely healed	180
54	YPVS/SK/2017/026	Skin rashes	8session	No itching, no rashes without any medicine	182
55	YPVS/SK/2018/005	PCOD, skin problem	5Session	Skin itching reduced completely	185
56	YPVS/SK/2018/009	Food allergy	8sessions	100% cured	187
57	YPVS/SK/2018/010	skin allergy	10Days	100% cured	189
58	YPVS/SK/2018/012-M	Skin allergy, wheezing, itching in neck	5Session	Skin in chest area became smooth, no itching	191
59	YPVS/SK/2018/018	Itching in both legs and arms	15 Sessions	80% itching reduced	193
60	YPVS/SK-H/2017/004	Herpes	15 Sessions	80% cured	197
61	YPVS/SK-R/2014/005	skin tag on right hand	6 Days	Pain of tag completely reduced, completely healed	199
62	YPVS/SK-R/2015/004	Rheumatic Psoriasis	100Session	Reduced itching	201
63	YPVS/SK-R/2015/006	psoriasis	4 sessions	in 1st session itself colour change in the rash and immediate relief from itching. Redness reduced. No pain	205
64	YPVS/SK-R/2015/016	Psoriasis	4session	immediate relief from pain, redness, stress	207
65	YPVS/SK-R/2017/001	Ring Guard	30 sessions	After few sessions itching, redness started reducing after 30 sessions complete relief	209
66	YPVS/SK-R/2017/002	Cellulitis, infection on right foot	7Session	90% healed	212

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<b>67</b>	YPVS/SK-R/ 2018/002	Allergy and infection in legs	15Sessions	reduced in pus, completely recovered	216
<b>68</b>	YPVS/SK-R/ 2018/003	Skin rashes	10Days	Rashes reduced; face had glow	220
<b>69</b>	YPVS/SK-R/ 2018/012 b	Skin allergy	18sessions	no itching, no red patches	222
<b>70</b>	YPVS/SK-R/ 2018/013	Skin rashes, both hands and legs diagnosed as allergy, itching	15Sessions	itching stopped; skin is clear	227
<b>71</b>	YPVS/SK-R/ 2019/011	Chicken pox, rashes in body, fever, tiredness	8sessions	No pain, no fever, completely recovered	229
<b>72</b>	YPVS/SK-H/ 2016/006	Herpes, lot of burning sensation and itching	5 days	Completely cured	233
<b>73</b>	YPVS/SK-H/ 2016/007	Herpes on neck, burning sensation, heaviness and pain	11 days	Completely Healed	235