

Yoga Prana Vidya System

Book 4

Musculoskeletal System

Case Studies

Part I



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Objective

This book provides various Musculoskeletal System case studies that were documented in years 2004 - 2019. The Musculoskeletal System case studies Book is divided into four parts. The case studies include cases connected with arthritis, joint pains, wounds, spondylitis, back pain, spine issues, fracture etc. The cases with supporting documentation have been placed in the beginning of each PART of the books followed by other cases.

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Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
1	YPVS/MS-AH/2019/033	Left ankle twisted, tendon tear	8Days	Swelling and pain reduced completely	1
2	YPVS/MS-LP/2018/046	Weakness in left leg, difficulty in walking	20Sessions	Both legs are normal	5
3	YPVS/MS-AH/2013/031	Fell from bus, bad sprain in left leg near ankle	3Days	No pain at all	9
4	YPVS/MS-AH/2015/024	Accident, Unable to walk due to deep wound on right leg	5 sessions	Completely healed, Patient walked after 1st case	11
5	YPVS/MS-H/2016/004	Pain after operation of Hip replacement - Severe Pain	10 sessions	Pain has reduced 90-100%. Leading a pain free life	14
6	YPVS/MS-LP/2016 /022	Left leg pain, Back pain, Head Ache	6 sessions	Head Ache, Back Ache and left leg pain reduced	18
7	YPVS/MS-LP/2016/043	Leg pain, Stomach pain, Nose Block	20 sessions	No stomach pain, No leg pain	24
8	YPVS/MS-LP/2017/020	Had a fall. Leg pain	4 Sessions	100% healed	26
9	YPVS/MS-LP/2019/029	Left thigh swollen	7Days	Swelling and pain completely cured	29
10	YPVS/MS-LP/2018/030	SCIATICA	9 DAYS	able to sleep well, relief from pain.	32
11	YPVS/MS-AH/2012/30	Started feeling tremendous pain sometimes unbearable on left foot, inner side of heel, knee pain	6 days	Healed completely. Even after one year this pain didn't occur.	35
12	YPVS/MS-LP/2019/047	4 bigger wounds on the feet, painful foot and ankle, advised for surgery	16 healings	3 wounds already healed. Patient trying to avoid surgery	37
13	YPSV/MS-LP/2018/025	Burning inlets, diabetic, history of high BP	5Days	Burning in legs healed by 100%	43
14	YPVS/MS-AH/2006/0002	Soft tissue swelling around the left ankle	8 days	No pain, could ride 2-wheeler comfortably	45

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
15	YPVS/MS-AH/2012/0013	Wound in fore foot	15 days	Able to walk on his own, wound completely healed	48
16	YPVS/MS-AH/2012/017	Hairline fracture (Right side ankle), Pain in right leg	5 sessions	Pain and Swelling completely gone, Strength in right ankle	50
17	YPVS/MS-AH/2014/0004	Pain in Heels	2 sessions	Completely healed	52
18	YPVS/MS-AH/2014/0005	Pain in Ankle	5 days	Completely Healed	54
19	YPVS/MS-AH/2014/023	Left side (hip to toe) pain from 10 years	5 sessions	Completely healed, Preventive healing continued	56
20	YPVS/MS-AH/2014/034	Pain fracture in right foot and stress	3 sessions	Pain relieved	59
21	YPVS/MS-AH/2015/0007	Ankle join pain in both legs	1 session	75% pain reduced	61
22	YPVS/MS-AH/2015/021	Sprain in left ankle, pain and swelling	7Sessions	Completely healed	63
23	YPVS/MS-AH/2016/020	Pulling sensation in right leg, burning pain in right heel from 20 years	3Days	Burning pain in right heel completely healed, pulling sensation reduced	70
24	YPVS/MS-AH/2016/025	Pain in legs and ankles, unable to walk	5Sessions	85% healed	71
25	YPVS/MS-AH/2017/0003	Right ankle sprain, not able to walk	5 days	Able to walk properly, 80% healed	73
26	YPVS/MS-AH/2017/0014	Pain and swelling on Ankle	5 days	Completely Healed	77
27	YPVS/MS-AH/2017/0015	Ankle join pain	5 days	Pain completely vanished	79
28	YPVS/MS-AH/2017/016	pain in legs, hardness near sole	5Days	Pain and Hardness reduced fully	81
29	YPVS/MS-AH/2017/019	right toe pain for 2months	2 months	completely relieved	84
30	YPVS/MS-AH/2018/0001-M	Ankle pain, lower back pain, swelling	2 sessions	Swelling reduced by 50%, ankle pain reduced by 75%	87
31	YPVS/MS-AH/2018/0009	Ankle Sprain, swelling on foot, difficulty in walking	5 days	90% relief from pain and swelling	89

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
32	YPVS/MS-AH/2018/0010	Right ankle sprain	5 days	Completely Healed	92
33	YPVS/MS-AH/2018/0011	Sever Ankle pain and infection	1 session	Pain reduced by 80%	95
34	YPVS/MS-AH/2018/006	Pain and swelling in left foot for 1 month	12 sessions	80% reduced	97
35	YPVS/MS-AH/2018/026	Sprain in left ankle, pain	4sessions	completely healed	99
36	YPVS/MS-AH/2018/027	ankle pain, not able to keep leg on ground	5days	pain reduced and can walk	101
37	YPVS/MS-AH/2018/028	Slip down, could not walk, swelling	28sessions	no pain at all, cured without medication	103
38	YPVS/MS-AH/2019/0012	Right Ankle Sprained	5 days	Completely healed	106
39	YPVS/MS-AH/2019/029	Ankle pain	4sessions	No pain	108
40	YPVS/MS-H/2012/004	Right hip joint, leg pain	20Sessions	No pain	110
41	YPVS/MS-H/2017/0001	Pain in the thigh and Hip region	5 days	Complete Relief	113
42	YPVS/MS-H/2017/0002	Hip joint pain, shoulder bone fracture	5 days	Pain completely healed	115
43	YPVS/MS-H/2017/0003	Hip joint pain, knee pain. Doctor advised to replace hip bone	15 days	Hip bone crack 40 % regenerated, 85% pain reduced	117
44	YPVS/MS-H/2017/003	Infection in hip region	14sessions	80-90% healed	121
45	YPVS/MS-H/2017/005	Pain in waist	8 sessions	80% reduced	124
46	YPVS/MS-H/2017/04	Due to intramuscular injection basis in glitter area (surgery suggested)	multiple healings	wound Healed rapidly	126
47	YPVS/MS-LP/2014/007	Leg pain	5Days	No pain	129
48	YPVS/MS-LP/2014/034	Left leg pain, also sometimes in knees, sole	7Days	100% improved	131
49	YPVS/MS-LP/2016/001	Swollen legs, leg pain	2Days	No swelling, no pain	134

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
50	YPVS/MS-LP/2016/002	Pain in legs and in entire body	5Days	50% pain reduced	136
51	YPVS/MS-LP/2016/011	Leg pain	3Days	75% leg pain reduced	138
52	YPVS/MS-LP/2016/012	leg pain, backpain, dragging pain in legs, sleeplessness	5Days	on 5th healing has not taken any painkillers, felt calm and relaxed	140
53	YPVS/MS-LP/2016/013	Leg pain	5Days	Completely healed	142
54	YPVS/MS-LP/2016/018	left Leg pain, gastric, eye problem	6Days	100% leg pain healed; gastric healed by 80%, eye problem reduced by 80%	144
55	YPVS/MS-LP/2016/019	Left foot pain, left leg swelling, High BP, weakness, Gastric	8Days	70% pain reduced and overall improved	147
56	YPVS/MS-LP/2016/024	Thigh pain for long	7 days, 7 sessions	completely healed	151
57	YPVS/MS-LP/2016/040	Right knee ligament tear (vertical and horizontal)	2Days	Reduced by 75%	154
58	YPVS/MS-LP/2016/045	pain in the right knee due to injury	20 healings	90% improvement. Avoided going for MRI. Started playing soccer again	156
59	YPVS/MS-LP/2016/38	Cramp in right leg and mild pain in leg	8 days	fully relived	160
60	YPVS/MS-LP/2017/017	severe leg pain	7Days	Able to walk, 75% pain reduced	162
61	YPVS/MS-LP/2017/024	Leg pain, fever	5Days	Comfortable in walking, no pain, no swelling	164
62	YPVS/MS-LP/2017/035	Very bad catch, previous history of tailbone injury	1session	completely healed	167
63	YPVS/MS-LP/2017/036	Road accident, wound (As picture shown)	4months	wound recovered	170

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64	YPVS/MS-LP/2017/041	Muscle cramp in right leg	5Sessions	Completely relived	184
65	YPVS/MS-LP/2017/042	pain in legs, knee pain, cannot fold legs	5 sessions	Pain in left completely cures, able to sit with folding legs	186
66	YPVS/MS-LP/2018/004	Diabetes, mental stress, high BP, kidney problem, Headache, Pain in hands and legs	5Days	90% healed in leg pain, headache reduced by 80%, good sleep	188
67	YPVS/MS-LP/2018/005	Leg pain, back pain	5Days	Completely healed	190
68	YPVS/MS-LP/2018/006	Head injury and leg injury, stress	15Days	Injured part healed by 100%, Pain and stress is gone, 100% relief in body	192
69	YPVS/MS-LP/2018/008	Neck pain, leg pain	4Days	Leg pain completely healed; neck pain completely healed	196
70	YPVS/MS-LP/2018/009	Pain in legs, stomach area, burning sensation in anus and hips	2Days	50% pain reduced in legs, stomach and anus	198
71	YPVS/MS-LP/2018/010	Leg pain	1Day	pain reduced to 50%	200
72	YPVS/MS-LP/2018/014	Back pain, leg pain	10Days	80% pain reduced	202
73	YPVS/MS-LP/2018/015	Leg pain	2Days	knee and leg pain reduced to 50%	205
74	YPVS/MS-LP/2018/016	Leg pain	8Days	pain reduced to 70%	207
75	YPVS/MS-LP/2018/020	Leg pain, Hairless, gastric	5Days	75% leg pain reduced	209
76	YPVS/MS-LP/2018/023	Pain and swelling in legs (physically challenged with twisted right ankle)	5Days	no headache and relived from pain	211
77	YPVS/MS-LP/2018/025	Pain in right leg, enema in lower right leg	5days	Pain reduced	213
78	YPVS/MS-LP/2018/027	Right leg radiating pain, unable to walk	1 month	90% improvement, walking improved by 80%	216

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79	YPVS/MS-LP/2018/028	Right ankle swelling pain	4Days	completely healed	218
80	YPVS/MS-LP/2018/030	sciatica, right leg and hip pain	9sessions	able to sleep well, no pain	234
81	YPVS/MS-LP/2018/031	Leg pain	4sessions	After 3 sessions 50% healed	227
82	YPVS/MS-LP/2018/032	Swelling on top of left foot	3sessions	Swelling reduced by 90%, pain reduced	229
83	YPVS/MS-LP/2018/039	Hip pain, sole pain, knee pain	6days	hip pain by 60%, knee pain by 50% and sole pain by 70% reduced	231
84	YPVS/MS-LP/2018/044	Left toe surgery and Headache	4 sessions	Wound completely dried and headache cured	234
85	YPVS/MS-LP/2019/033	thigh pain	3sessions	Complete relief	236
86	YPVS/MS-LP2016//040	Right leg knee ligament tear (Vertical and Horizontal)	2 sessions	75% pain reduced	238
87	YPVS/MS-TT/2014/002	Soft tissue injury pain in right leg (Accident), doctor suggested for operation	3Days	Doctor said No need of operation, pain reduced	240
88	YPVS/MS-TT/2016/001	ACL (Anterior cartilage ligament), tear in left knee, knees get locked,	7Days	could walk better, felt strength in knees	242
89	YPVS/MS-TT/2016/003	Ligament tear in left leg	25Days	Can walk easily without any pain, no pain at all	246
90	YPVS/MS-TT/2016/004	Right thumb severe pain (ligament tear)	25Days	98% pain reduced	248
91	YPVS/MS-TT/2016/006	Meniscus tear, ligament injury, post-accident unable to walk	10Days	75% pain reduced, started walking	254
92	YPVS/MS-AH/2018/032	Infectious eczema of the foot from 4 to 5 months	45days	Itching reduced, discoloration reduced	257

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93	YPVS/MS-LP/2017/021	Leg pain	15 sessions	85% improvement	265
94	YPVS/MS-AH/2017/022	Calcaneal spur in heal, varicose veins, thigh pain	20Days	No pain	267
95	YPVS/MS-TT/2018/005	pain in right hand between thumb and index finger	4Days	100% pain reduced	253

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1	YPVS/MS-SH/2018/0023	Shoulder pain in the last 2 years	16 days	95% reduced	1
2	YPVS/MS-AR/2017/021	Viral arthritis, leg swelling, itching and pain	12Days	70% reduction in swelling	4
3	YPVS/MS-SH/2017/059	Adhesive capsulitis; frozen shoulder both sides. Left side more. Pain in cervical area	16 sessions	80% movement in arm and pain improvement; arms strengthened	6
4	YPVS/MS-AR/2015/0008-M	Arthritis: Join pains, acidity, insomnia, psoriasis	10 days	80% pain reduction in joint pains, complete relief from acidity and insomnia, itching due to psoriasis reduced to 40%, 80% reduction in joint pain	12
5	YPVS/MS-SH/2015/043	Pain in right hand and shoulder	16 sessions	Completely healed	14
6	YPVS/MS-SH/2016/031	Shoulder fracture and weakness	30 sessions	Fully recovered	16
7	YPVS/MS-SH/2017/057	Pain in right shoulders in the last 5 years	5 sessions	pain completely gone	19
8	YPVS/MS-SH/2018/056	Pain in shoulders, using pillow while sleeping and less sleep due to pain	7 sessions	80% pain relieved, sleeping without pillows	21
9	YPVS/MS-SH/2018/060	Cervical rib	10Sessions	Shoulder and hand condition normal, no pain, no radiation	24
10	YPVS/MS-SH/2013/052	Extra growth on left shoulder blade	2days	growth became insignificant	28
11	YPVS/MS-AR/2016/23	HLA-B27, back pain from 13 years, breathing problem	1Session	Remarkable reduction in pain, breathing improved deeply	30
12	YPVS/MS-AR/2017/ 010	Arthritis, Unable to household work, irritability	15 sessions	Able to walk easily, Pain reduced by 40%	32

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13	YPVS/MS-AR/2013/015	arthritis	1 month	80% relieved	35
14	YPVS/MS-AR/2015/0001	Arthritis and Spinal Surgery, inability to walk	15 days	80% pain relieved, able to walk	37
15	YPVS/MS-AR/2015/0004	Arthritis in knee joint	20 days	80% relief	40
16	YPVS/MS-AR/2015/0009	Arthritis: in both knees	5 days	knee pain reduced by 80%, able to walk better	44
17	YPVS/MS-AR/2015/0014	Rheumatoid arthritis	15 days	No Swelling, no pain. 90% improvement in health	48
18	YPVS/MS-AR/2016/0013	Acute Arthritis	20 days	80% improvement	50
19	YPVS/MS-AR/2016/016	Arm movement restricted	3 days	Morning stiffness reduced; pain reduced	55
20	YPVS/MS-AR/2016/24	Finger joint pain	4sessions	Completely cured	57
21	YPVS/MS-AR/2017/0003	Arthritis: Right and left elbow join pain and swelling	3 days	50% relief	59
22	YPVS/MS-AR/2017/0007	Arthritis: right knee, left knee replacement has been done	7 days	50% better	61
23	YPVS/MS-AR/2017/0012	Severe Arthritis from 20 yrs.	25 days	80% pain reduced	64
24	YPVS/MS-AR/2017/016	Viral Arthritis	5 sessions	80% improvement	68
25	YPVS/MS-AR/2017/018	Spondylitis, knee pain	21days	knee pain reduced, gained strength	70
26	YPVS/MS-AR/2017/018 A	Viral Arthritis, Joint pains	1.5 months	70% improvement overall in pain, swelling and body comfort	72
27	YPVS/MS-AR/2017/022	Viral ortho, legs and hands swollen, was unable to work or walk, severe pain	24days	Swelling completely healed, pain healed, able to walk	74
28	YPVS/MS-AR/2018/0002	Arthritis: join pain	4 days	50% relief	76

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29	YPVS/MS-AR/2018/0005	Arthritis: Joint pain and numbness in hand	10 days	numbness reduced to 80%, joint pain reduced by 60 to 70%	78
30	YPVS/MS-AR/2018/0011	Arthritis: Hands	10 days	Absence of pain	80
31	YPVS/MS-AR/2018/017	Rheumatoid Arthritis	5 sessions	Swelling in elbow and wrist reduced by 90%, Medication reduced by 50%	83
32	YPVS/MS-AR/2018/019	Rheumatoid Arthritis	5Days	pain and swelling reduced by 40%	85
33	YPVS/MS-AR/2018/020	Rheumatoid arthritis	5days	pain reduced	87
34	YPVS/MS-SH/2018/0013-M	shoulder pain, knee pain, sugar	5 days	90% relieved in shoulder pain and knee pain completely healed	89
35	YPVS/MS-SH/2013/0017	Shoulder pain and back ache	5 days	completely Relief from pain	91
36	YPVS/MS-SH/2014/0001	Severe Shoulder pain and hand pain	30 days	90% healed	93
37	YPVS/MS-SH/2014/053	Shoulder pain, sleeplessness due to nose block	5Sessions	pain completely gone, able to move neck freely, and sleeping well	95
38	YPVS/MS-SH/2014/054	Varicose vein, osteo arthritis, pain of frozen shoulder in right arm	5days	Arm could be moved easily, pain substantially reduced	97
39	YPVS/MS-SH/2015/0015	Shoulder pain	15 days	Completely healed	99
40	YPVS/MS-SH/2015/0037	Right hand from shoulder to finger paining	14 days	80% pain reduced and improvement in fingers by 40%	101
41	YPVS/MS-SH/2015/0038	Shoulder pain and neck pain	30 days	Pain almost gone, 100% improvement in physical stamina	105
42	YPVS/MS-SH/2016/0002	Shoulder pain	10 days	Completely Healed	109
43	YPVS/MS-SH/2016/0003	Neck Pain	3 days	Neck pain reduced	111

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44	YPVS/MS-SH/2016/0016	Left should and elbow joint pain	3 days	95% healed	113
45	YPVS/MS-SH/2016/0018	Neck pain and lower back pain	4 days	completely healed	115
46	YPVS/MS-SH/2016/0025	Pain in Left shoulder and arm. Cannot lift the hand	5 days	Completely healed	119
47	YPVS/MS-SH/2016/0027	Frozen Shoulder	4 days	30% Improvement	121
48	YPVS/MS-SH/2016/0033	Because of accident 10 years ago, pain in back and shoulders	30days	Tremendous Relief from all pains	123
49	YPVS/MS-SH/2016/0034	Severe Left Shoulder pain	2 sessions a day for 4 days	50% improvement after 2nd day	127
50	YPVS/MS-SH/2016/0035	Left shoulder and left-hand pain	6 days	Lot of relief from pain	130
51	YPVS/MS-SH/2016/0036	Neck Pain from one year	1 session	After healing I got relieved	134
52	YPVS/MS-SH/2016/0040	Frozen Shoulder	8 days	80% healed	136
53	YPVS/MS-SH/2016/0041	Swelling and Painful right shoulder, could not life the arm	4 days	100% fine	138
54	YPVS/MS-SH/2016/043	Right shoulder frozen, pain	7 sessions	pain reduction in 1st healing itself. After 7 healings, pain substantially reduced	142
55	YPVS/MS-SH/2016/046	Shoulder pain	5days	85% pain reduced	144
56	YPVS/MS-SH/2016/058	Shoulder pain	10Sessions	80% improvement	146
57	YPVS/MS-SH/2017/0008	Painful Shoulder, difficulty is lifting right arm	5 days	90% healed	148
58	YPVS/MS-SH/2017/0024-M	Cervical Spondylitis, cannot fold index finger, constipation	6 days	60% better	152
59	YPVS/MS-SH/2017/0026	Pain and numbness in Left shoulder because of Cervical Contraction	4 days	90% reduction in pain and 100% reduction in numbness	154
60	YPVS/MS-SH/2017/0028	Cervical Spondylitis	15 days	60% Healed	156

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61	YPVS/MS-SH/2017/0029	Shoulder pain due to fracture	5 days	Shoulder pain reduced to 70%	159
62	YPVS/MS-SH/2017/0030-M	Neck pain and fever	5 days	Completely Healed	161
63	YPVS/MS-SH/2017/0032-M	Knee pain, shoulder pain, back pain	5 days	Relieved from all pains	163
64	YPVS/MS-SH/2017/0039	Left hand and shoulder pain	2 days	80% reduction of pain and free movement of hand and neck	165
65	YPVS/MS-SH/2017/014	Shoulder pain	7 sessions	80% reduction in pain	167
66	YPVS/MS-SH/2017/049	right shoulder pain, ankle pain	10sessions	Pain reduced a lot	169
67	YPVS/MS-SH/2017/055	Left hand swelling due to overworking with computer	3days	Could lift my hands, swelling almost healed, no pain	172
68	YPVS/MS-SH/2018/0006	Shoulder pain	4 days	50% healed	174
69	YPVS/MS-SH/2018/0007	Shoulder pain, not able to life right arm	5 days	can lift right arm and no pain	176
70	YPVS/MS-SH/2018/0010-M	Neck pain, low back ache, pain in toes and fingers	5 days	80% neck pain reduced	180
71	YPVS/MS-SH/2018/0012-M	Neck Pain, back pain, Head ache, leg pain, eye pain	5 days	Completely relieved of all pains	182
72	YPVS/MS-SH/2018/0019	Back pain and shoulder pain	4 days	95% reduced	184
73	YPVS/MS-SH/2018/0020	Spondylitis	4 days	Complete Recovery	186
74	YPVS/MS-SH/2018/0022	Pain in Right Shoulder and right arm	2 days	50% pain reduced	188

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75	YPVS/MS-SH/2018/009	Spondylitis	5 sessions	Pain reduced by 60%	190
76	YPVS/MS-SH/2018/011	Spondylitis, Lowe back pain	5 sessions	Pain reduced by 60%	193
77	YPVS/MS-SH/2018/047	Neck movement restriction, right shoulder joint pain, hip joint pain, lower back pain	10Days	All pain reduced by 60%	196
78	YPVS/MS-SH/2018/048	severe right shoulder pain	5Sessions	Relived from pain	198
79	YPVS/MS-SH/2018/050	Left shoulder pain	5Sessions	80% pain reduced	201
80	YPVS/MS-SH/2018/051	Neck pain, both shoulders pain	3Session	No pain	203
81	YPVS/MS-SH/2019/0021	Pain in Right Shoulder and neck area	5 days	100% recovery	205
82	YPVS/MS-SH/2019/045	Right shoulder pain, neck pain	19sessions	99% healed	207

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1	YPVS/MS/ 2016/0007	Extra bone growth in both middle finger of hands	15 days	40% extra growth is reduced	1
2	YPVS/MS/ 2017/024A	Osteoporosis, Degeneration of knees	40 sessions	Able to walk and fold knees for longer time, Good improvement in medial joint space, medial and tibial condylar area looks normal, sclerosis of bone reducing in intensity	7
3	YPVS/MS/ 2014/0015	Soft tissue injury in right leg due to accident, operation suggested	3 days	Pain completely gone; Surgery avoided	21
4	YPVS/MS/ 2014/059	Suffering from multiple sclerosis	25Session	60-70% improvement	23
5	YPVS/MS/ 2015/0005	Unable to fold right hand fingers, due to pain in right hand could not lift the hand from 6 years	1 session	Pain reduced by 60%, lifted the hand and could hold the pen and write on the sheet of paper	25
6	YPVS/MS/ 2015/0020-M	Itching in the entire body, hand pain	4 days	Hand pain reduced by 80% and itching by 70%	27
7	YPVS/MS/ 2016 /030	Shoulder pain	10 sessions	Able to drive 2-wheeler comfortably	29
8	YPVS/MS/ 2016/0021	Tenosynovitis	5 days in a week, totally 60 days	Pain has disappeared completely	31
9	YPVS/MS/ 2016/053	After fall lot of blood loss, fear of walking	10 Days	Fast recovery from situation	35
10	YPVS/MS/ 2018/0014	Not able to sit without support, joint pain	22 days	doing her work on her own	37
11	YPVS/MS/ 2019/0003	Wrist pain in the last 3 years	2 days	100% cured	39
12	YPVS/MS- KN/ 2013/0050	Knee Pain, Difficulty in climbing staircase	5 sessions	Complete relief in pain and able to walk without pain	41

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13	YPVS/MS-KN/2014/053	Hip area pain, knee pain, obese	14sessions	Completely healed	43
14	YPVS/MS-KN/2015/0015	Knee Pain, Calf Pain and Muscle Pain	12 sessions	70% improvement, Can Walk without support and heal others	45
15	YPVS/MS-KN/2016/036	Backache, pain in knees	7Sessions	Completely healed	47
16	YPVS/MS-KN/2016/38	Infection in the operated both knees	14 session	completely healed and no pain	49
17	YPVS/MS-KN/2017/0051	Knee Pain, Difficulty in climbing staircase	2 Sessions	Pain reduced by 80% and able to climb stairs	56
18	YPVS/MS/2016/033	tennis elbow	1 session	fully cured after 1 session	58
19	YPVS/MS/2016/0016	Osteoporosis condition		T score (Before = -1.6, after = -0.8)	61
20	YPVS/MS/2017/032	Right foot deep cut and infection spreading	15-20 sessions	dramatic improvement	65
21	YPVS/MS/2018/ 048	Rheumatoid Arthritis, 5% to 10% mobility in right hand, Knee pain	20 sessions	70% pain reduced in right hand and able to work with right hand after sessions	68
22	YPVS/MS/2018/027	Wound and swelling in right leg caused by an accident	20Days	Wound healed faster	70
23	YPVS/MS-KN/2008/0016	Knee Pain	15 sessions	100% recovery, No knee Pain	74
24	YPVS/MS/2005/0012	Severe cramp in right hip	2 days	Next day after first healing completely relieved	76
25	YPVS/MS/2010/0013	Severe body ache	1 session	Lot of relief	79
26	YPVS/MS/2013/060	Elbow pain, diabetic, itching	4session	Elbow pain and itching completely healed	81
27	YPVS/MS/2014/045	Lump on left hand wrist	40Sessions	Completely vanished	83
28	YPVS/MS/2014/052	Spondylitis, right knee arthritis, shoulder pain, heel spur, black spots in eye	5days	pain healed to great extent; eye issue reduced to a great extent	87

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
29	YPVS/MS/ 2015/ 047	Stress, weakness, Pain in hands and legs	6 sessions	80% improvement	89
30	YPVS/MS/ 2015/ 057	Autoimmune disease, Tiredness	15 sessions	Able to work, Improvement in physical strength	91
31	YPVS/MS/ 2015/0004	Right hand severe pain, not able to lift the right hand	2 days	pain reduced by 80%, able to lift the hand	93
32	YPVS/MS/ 2015/0009	Swelling and pain in knee and unable to walk	4 days	swelling completely reduced and able to walk normally	95
33	YPVS/MS/ 2015/049	Pain in legs, kidney affected	9sessions	60% improvement	97
34	YPVS/MS/ 2016/0001	Foot Corn, not able to walk	5 days	Able to walk. 80% pain reduced	99
35	YPVS/MS/ 2016/0002	Muscle Cramp and severe pain in neck area	3 days	80% healed	103
36	YPVS/MS/ 2016/0011	Severe thigh pain	15 days	immediate relief from pain during first session, completely recovered in 15 sessions	105
37	YPVS/MS/ 2016/0017-M	Joint pain, waist pain, head ache and neck area	5 days	80 to 90% improvement in all	108
38	YPVS/MS/ 2016/0018	All joint pains, unable to climb stairs, fever	5 days	95 to 98% healed	110
39	YPVS/MS/ 2016/0022	Swelling in foot, pain if walk more	5 days	No swelling and pain in leg.	112
40	YPVS/MS/ 2016/031	tennis elbow	5 sessions	completely relieved	114
41	YPVS/MS/ 2016/036	Pain in finger joints	2Days	90% pain released	116
42	YPVS/MS/ 2016/041	wound in both ankles because of tightening of foot rest, swelling, fever, high BP	28Days	Completely healed	118

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
43	YPVS/MS/2016/058	wound during working(bleeding)	5Session	bleeding stopped just after healing started, at the end completely healed	126
44	YPVS/MS/2017/ 034	Hand joint pain	1 session	80% improvement	131
45	YPVS/MS/2017/ 035	Sprain in right hand	3 sessions	completely relived of pain	133
46	YPVS/MS/2017/ 040	Muscle cramps in arms due to intense gym workout	1 session	80% recovery	135
47	YPVS/MS/2017/0006	Right hand wrist pain and difficulty while using thumb	4 days	90-95% healed	138
48	YPVS/MS/2017/0008	Wound near eyes and right elbow	11 days	80% pain reduction	143
49	YPVS/MS/2017/0019	Crack over palms, pain in hands and legs	10 days	92 to 95% healed. Can lift the hand and work.	146
50	YPVS/MS/2017/0023	Slow improvement of right hand and right leg. They were inactive	7 days	Totally recovered	149
51	YPVS/MS/2017/042	Right hand pain above elbow, fear	2sessions	80% pain reduced	151
52	YPVS/MS/2017/046-m	Joint pain,	60 sessions	No pain, feeling good	153
53	YPVS/MS/2017/054	Cramps, internal bleeding at ribs, numbness, weakness	15Sessions	able to walk now, taking food	157
54	YPVS/MS/2018 /028	Head injury due accident with steel ladder	12 sessions	Swelling vanished, completely recovered	159
55	YPVS/MS/2018/0010	Complain of left elbow pain in the last 4 months	3 days	50 to 60% pain reduced	162
56	YPVS/MS/2018/025	Traumatic injury to wrist joint after hitting wall	1session	Swelling is gone after healing, pain is also gone, no redness is seen	164

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
57	YPVS/MS/2018/029	Pain and swelling in left hand ring and little finger	5Days	Reduction in pain and swelling	167
58	YPVS/MS/2018/037	Right hand pain especially at elbow, swelling, blood pressure	10Days	80% pain reduced, no swelling	170
59	YPVS/MS/2018/050	Below ribs pain	1session	pain reduced completely	173
60	YPVS/MS/2018/051	Got hurt while playing, nail came off in severe pain	5days	pain reduced, wound healed faster.	175
61	YPVS/MS/2018/054	Right armpit pain	2days	Pain completely reduced	177
62	YPVS/MS/2018/055	Sprain in ankle and heel	2sessions	completely relived from pain and swelling	179
63	YPVS/MS/2018/055M	Stress and right-hand pain, relationship problem	5Days	Hand pain reduced by 60%	181
64	YPVS/MS/2018/056	Swelling in right arm	1session	Got relived in one healing	183
65	YPVS/MS/2019/044	slipped on the floor, pain in left area of chest and muscle pain in left hand	7Sessions	completely healed	185
66	YPVS/MS-KN/ 2001/022	Knee pain since 5years, specially aggravates in winter	7Days	Pain reduced	188
67	YPVS/MS-KN/ 2008/0027	Knee Pain	2 sessions	Knee Pain completely gone, Patient now healer	182
68	YPVS/MS-KN/ 2008/009	Knee pain	15Days	completely healed	194
69	YPVS/MS-KN/ 2012/017	Knee pain since 2years, insomnia, acidity occasionally	8Days	Knee pain reduced by 50% and stress by 20%	196
70	YPVS/MS-KN/ 2013/010	Knee pain, swollen feet	8Days	No pain at all	198
71	YPVS/MS-KN/2014/006	severe knee joint pain	4Days	after 4 healings 75% pain reduced and can able to sit on the floor	200

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
72	YPVS/MS-KN/2014/012	Knee pain	8Days	complete relief from knee pain	202
73	YPVS/MS-KN/2014/013	knee and sole pain	15Days	No pain in knees and can able to sit down	204
74	YPVS/MS-KN/2015/003	Hypertension, knee pain, Diabetic	8Days	Knee pain reduced by 80%, can do walking	208
75	YPVS/MS-KN/2015/008	Knee pain, calf pain and muscular pain	12Days	70% better	211
76	YPVS/MS-KN/2015/023	Persistent mild at times severe knee pain from 10years	1month	Almost healed	213
77	YPVS/MS-KN/2015/042	Right knee injury, total bed rest	6days	80% improvement	216
78	YPVS/MS-KN/2019/014	Difficulty in folding leg, deposition of water in right knee, severe pain, swelling in knee joint	5Days	completely healed	220
79	YPVS/MS-KN/2016/005	Leg pain(knee), lip pain because of accident	1Day	95% knee pain reduced; 80% lip pain reduced	224
80	YPVS/MS-KN/2016/018	Deposition of water in Right knee, severe pain, wheezing, headache	5Days	Swelling completely reduced, pain reduced	226
81	YPVS/MS-KN/2016/024	Severe pain in right knee, lower jaw teeth problem, eye watering, tiredness, restlessness	7Days	90% relief from all symptoms	229
82	YPVS/MS-KN/2016/029	knee pain and swelling	7 sessions	completely healed	231
83	YPVS/MS-KN/2016/030	knee pain in the last 2 months	3 sessions	completely healed	234
84	YPVS/MS-KN/2016/032	knee pain	8 sessions, 13 days		236
85	YPVS/MS-KN/2016/045	knee pain	60Days	70-80% cured	239
86	YPVS/MS-KN/2017/001	Degeneration of knee bone, joint pains	6Days	Can walk better, 90% pain reduced	244

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87	YPVS/MS-KN/ 2017/011	Left knee joint pain and swelling	5Days	Before healing patient was not able to walk, after 2 sittings walked with help of sticks and after 5 healings even started to climb and no swelling	246
88	YPVS/MS-KN/ 2017/019	knee pain, hip pain	weekly 3 times	60% knee pain reduced	248
89	YPVS/MS-KN/ 2017/021	Knee pain, can't able to fold knees	2Days	No pain, can able to fold the knees	250
90	YPVS/MS-KN/ 2017/026	Left knee pain and left leg pain	5 sessions	1st session itself, 30% reduced. 80% left and knee pain reduced.	251
91	YPVS/MS-KN/ 2017/028	Knee pain, tiredness in legs	50days	knee pain and tiredness revived	254
92	YPVS/MS-KN/ 2017/031	knee pain	20 session, 20 days	completely healed	257
93	YPVS/MS-KN/ 2017/034	Knee pain, gallbladder stones, kidney stones	10Days	70% knee pain reduced, able to walk	260
94	YPVS/MS-KN/ 2017/043	Waist and right knee pain	16days	pain free	262
95	YPVS/MS-KN/ 2017/046	knee pain, difficult to walk and stretch	12Days	Completely out of pain	264
96	YPVS/MS-KN/ 2017/052	Knee pain	1Month	Knee pain reduced	268
97	YPVS/MS-KN/ 2018/007	Diabetic, shoulder pain, knee pain	5Days	100% knee pain reduced; Shoulder pain reduced by 75%	270
98	YPVS/MS-KN/ 2018/020	Knee pain, High BP, Joint pain, Diabetic, Sleeplessness	5Days	Pain reduced and improvement in all symptoms	272
99	YPVS/MS-KN/ 2018/025	Knee pain	7 sessions	Could walk after 5 sessions. 75% reduced	274
100	YPVS/MS-KN/ 2018/033	Wart on left knee	3Days	Size of Wart reduced	276
101	YPVS/MS-KN/ 2018/039	Knee pain	1session	90% of knee pain reduced	279
102	YPVS/MS-KN /2018/040	Specially more pain in knee	5Sessions	pain is gone	281

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103	YPVS/MS-KN/2018/041	Knee pain and back pain	10sessions	Almost healed	283
104	YPVS/MS-KN/2018/047	Osteo arthritis, pain in both knee join, could not stand for long time	10Days	60% pain reduced	286
105	YPVS/MS-KN/2018/048	very bad pain in both knee joints,not able to sit on floor, could not bend knee	10sessions	After 6th session can able to bend knee, after 8 seessions can able to sit on floor, after 10 session can able to do exercise	289
106	YPVS/MS-KN/2018/049	Chronic Osteo-arthritis	15 sessions in 12 days	Swelling completely reduced in 8th healing and pain reduced by 50%	291
107	YPVS/MS/2017/064	Severe pain in hands, mobility affected	5Sessions	first healing itself pain has gone	294
108	YPVS/MS/2018/043	Swollen right thumb and cannot bend fully	12days	Swelling and pain reduced, can able to bend the finger completely now	297
109	YPVS/MS-KN/2015/002	Knee and ankle pain	3Days	Great relief, no pain	302
110	YPVS/MS-KN/2016/014	Water deposition in right knee, difficult in folding leg, severe pain, swelling in knee joint	5Days	Completely healed	304
111	YPVS/MS/2017/063	de Querrvain's of right wrist. Considerable pain while moving the wrist	20 sessions	pain slowly reduced as the healings progressed. Completely healed	308
112	YPVS/MS-KN/2016/035	swelling on left leg near knee, pain from last 6-12 months	5days	pain and swelling significantly reduced	311

Yoga Prana Vidya System

Book 4

Musculoskeletal System

Case Studies

Part IV



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2	YPVS/MS-FR/2019/04	Fracture in middle finger of right feet	18session	100% relief	8
3	YPVS/MS-S/2015/0043	Syringohydromyelia	60 sessions	Symptoms completely gone	14
4	YPVS/MS-FR/2017/004A	feet ligament tear and mild fracture	5 sessions	completely cured, no pain	21
5	YPVS/MS-S/2015/0018	Severe Lower Back pain	10 Sessions	Pain has not repeated	24
6	YPVS/MS-S/2016/0016	Lower Back pain	5 sessions	Pain has not repeated	26
7	YPVS/MS-S/2016/0038	Severe Back pain and Skin allergy	10 sessions	90% reduction in back pain and 30% reduction in skin allergy	28
8	YPVS/MS-S/2016/040	Back Pain	2 Sessions	Reduced by 50%	30
9	YPVS/MS-S/2017/0079	Hypersensitive right back pain and right knee pain	4 sessions	80% reduction in pain	32
10	YPVS/MS-S/2018/0005	Leg pain, Neck pain and Back pain	5 sessions	100% recovery from pain	34
11	YPVS/MS-S/2018/0007	Severe Lower Back pain	10 sessions	100% pain gone and not recurred, Able to sit and Stand for long time	36
12	YPVS/MS-S/2019/0060	Spondylolisthesis(L4-L5), back pain and neck pain	30 sessions	All pains reduced by 80%, all stress reduced	38
13	YPVS/MS-FR/2014/003	Fracture in left elbow, multiple fracture	5Sessions	hand exercises can be done easily, recovered very fast, no pain in hands	43
14	YPVS/MS-FR/2017/007	Displaced left subcondular fracture, pain jaws	5Days	80% pain reduced	45
15	YPVS/MS-FR/2017/015	Fracture in right foot	26days	85% improvement	51

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16	YPVS/MS-S/2016/048	cervical pain, ear pain	5 sessions	85% pain relieved	63
17	YPVS/MS-FR/2017/014	Road accident with multiple fracture	45days	completely healed	66
18	YPVS/MS-FR/2017/010	Left lower bone got fracture, skin opened for operating	10Days	swelling and pain reduced by 50%	71
19	YPVS/MS-FR/2018/009	Lower arm bone got fracture in accident, swelling in the affected part	5Days	Swelling completely reduced, pain reduced to 40-60%	75
20	YPVS/MS-FR/2018/007	leg, thigh bone fracture	7Days	85% pain and swelling reduced	79
21	YPVS/MS-FR/2019/006	Left ankle has got fractured, pain and swelling	5days	pain and swelling almost healed	83
22	YPVS/MS-FR/2018/008	Hairline fracture on left shoulder	7Days	Able to move the arm and rotate arm without any pain	87
23	YPVS/MS-FR/2018/018	accident. Elbow area fracture; diagnosed as compound radial neck; advised surgery; also warned of post operation complication of limited side to side movement	3 months	completely healed of elbow fracture and neck improved; good amount of bone formation took place. arm movement restored	91
24	YPVS/ MS-S/ 2017/0038	Backpain, spondylitis, leg pain	2 sessions	In 2 sessions 90% relieved of pain	97
25	YPVS/MS-FR/2014/016	Fracture on right foot	9 sessions	Able to move toe, Plaster removed	99
26	YPVS/MS-FR/2015/017	left hand finger crushed; 10 stitches and fracture; frozen right shoulder	15 sessions	fracture healed. Relief from shoulder and finger pain.	102
27	YPVS/MS-FR/2016/003	major fracture in wrist; constipation due to medication	5 sessions	no pain after 3 session, scar reduced, constipation healed	105

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28	YPVS/MS-FR/2017/004	Fracture: right femur, underwent surgery	15Days	Pain and swelling healed, surgical wound healed well	107
29	YPVS/MS-FR/2017/005	Injury in leg, pain and swelling, hairline crack found	15days	Came out of plaster within 20days	119
30	YPVS/MS-FR/2017/006	Broken shoulder accident, operated	10Days	Pain reduced drastically	123
31	YPVS/MS-FR/2018/001	left collarbone fracture, severe pain	9Days	80-85% pain reduced, can able to lift the hand	127
32	YPVS/MS-FR/2018/011	sport pain (Achilles tendon)	5days	80-85% pain reduced	131
33	YPVS/MS-FR/2018/012	Fracture in left arm, pain	7Sessions	Pain gone	133
34	YPVS/MS-FR/2019/005A	right hand fracture, swelling	7days	Swelling completely reduced at 5th session, at 7th session pain completely healed and was able to move the hand	136
35	YPVS/MS-S/2004/003	Sever pain and heaviness on the upper back, especially on the middle portion of the spine	2Days	100% relief	140
36	YPVS/MS-S/2011/084	spondylitis	8 sessions	after 4 healings, pain reduced and could sleep well. Back to normal daily activities	142
37	YPVS/MS-S/2012/070	pain in lower back, muscle pull/strain	1session	relief from pain and next day back to normal posture	144
38	YPVS/MS-S/2013/013	Back pain from last 3months	2Days	completely healed	146
39	YPVS/MS-S/2013/072	Back pain, gap between L4-L5, Sciatica pain	5Days	All pain reduced	148
40	YPVS/MS-S/2014/014	obesity, physical pain due to accident	5Days	Reduced weight and low back pain relived	150

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41	YPVS/MS-S/2014/024	Back pain and shoulder pain	4Days	Pain is completely cured	152
42	YPVS/MS-S/2014/071	Back pain, uterus, polyps	6days	pain reduced gradually and substantially	154
43	YPVS/MS-S/2014/076	Injury in spine, C3-C4, Swelling, pain, Nerve twist of right shoulder	35Days	90% healed	156
44	YPVS/MS-S/2015/007	Severe low back pain	10Days	Complete relief and pain have not reoccurred	159
45	YPVS/MS-S/2015/019	slip disc L4, L5, L6 compression, varicose veins	10Days	100% pain vanished, can sit, stand, walk for a long time	161
46	YPVS/MS-S/2015/039	Back pain, knee ligament tear	9Days	Completely healed	163
47	YPVS/MS-S/2015/080	prolapsed inter vertebral disc, severe back ache	3 weeks	out of pain completely	167
48	YPVS/MS-S/2015/082	Fell crack on spine	9Months	no pain	169
49	YPVS/MS-S/2016/001	Low back pain (lumbar region)	12Days	Pain is no more and can able to travel for more distance	173
50	YPVS/MS-S/2016/002	Back pain from last 6months	5Days	Completely healed	175
51	YPVS/MS-S/2016/004	Low back ache	3Days	99% relief from pain	177
52	YPVS/MS-S/2016/0041	Back Pain	3 sessions	Back pain completely gone	179
53	YPVS/MS-S/2016/0042	Back pain. Knee Pain	30 sessions	Knee pain and Back pain completely gone	181
54	YPVS/MS-S/2016/008	Low back pain	5days	Comfortably can sit, pain vanished, walk for long time	186
55	YPVS/MS-S/2016/009	Neck pain, back pain, low back pain, migraine	1Day	Migraine has not repeated and neck pain and back pain got reduced by 40%	188

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56	YPVS/MS-S/2016/012	Back pain	14Days	Relived from pain and pain has not repeated	190
57	YPVS/MS-S/2016/015	Back pain, urinary problem, both leg pain, inability to walk properly, weakness in legs	20Days	able to walk without anyone's support 80% back ache healed	192
58	YPVS/MS-S/2016/023	Back pain	5Days	Complete Relief	197
59	YPVS/MS-S/2016/025	Back pain and fear	10days	Back pain reduced by 70%, Fear reduced	199
60	YPVS/MS-S/2016/046	Back pain from 10 years	6Days	completely reduced	201
61	YPVS/MS-S/2016/048	Back pain	1session	90% healed	204
62	YPVS/MS-S/2016/051	Backpain	1session	Completely healed	206
63	YPVS/MS-S/2016/052	Sciatica, severe pain in waist and leg pain	12Days	Able to walk better, 60% pain reduced	208
64	YPVS/MS-S/2016/058	Spine injury after a fall	12-15 days	after 10 healings 80% improvement without any medication and feeding the baby.	212
65	YPVS/MS-S/2016/062	Back pain, cramps	5 sessions	80% pain reduced	215
66	YPVS/MS-S/2016/063	Blood cholesterol, knee pain	1Year	Health improvement is remarkable	217
67	YPVS/MS-S/2016/077	Disk problem, stress, depression	25Days	dropped idea of operation, 75% pain reduced	219
68	YPVS/MS-S/2016/078	Gap in spine C5-C6	15Days	80% Relief	221
69	YPVS/MS-S/2016/083	cervical spondylitis	40 sessions	pain and stiffness reduced; mentally peaceful	224
70	YPVS/MS-S/2017/010	Diabetic, mental stress, thyroid, low back ache, left shoulder joint pain	5Days	Shoulder pain reduced by 95% And low back ache by 100%	228

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71	YPVS/MS-S/2017/011	Low back pain	2Days	100% relief	230
72	YPVS/MS-S/2017/022	Low back pain	20Days	no pain in back	232
73	YPVS/MS-S/2017/036	Low back pain, leg pain	5Days	Able to walk without any pain	236
74	YPVS/MS-S/2017/037	Low back pain (7months pregnant)	5Days	90% pain reduced	238
75	YPVS/MS-S/2017/040	Pain in the base of the spine	10 sessions	After 5 session, 50% reduced. After 10 sessions, pain reduced by 75%	240
76	YPVS/MS-S/2017/049	Slip disc	5 sessions	80-90% relief	242
77	YPVS/MS-S/2017/057	Lower back pain, both leg pain	1session	completely healed	244
78	YPVS/MS-S/2017/059	Stress, lower back pain, headache	2days	90% back pain reduced; headache completely healed	247
79	YPVS/MS-S/2017/063	Back pain	27days	Completely healed	249
80	YPVS/MS-S/2017/073	Slip disk, dislocation at L3, L4, L5, L5 S1	1Month	Healed completely	251
81	YPVS/MS-S/2017/074	Severe back pain	15Days	50% pain reduced	253
82	YPVS/MS-S/2017/075	Pain in hand and neck due to accident, problem in bending hand and neck, irritated, uneasy	30Days	Able to make free movement of neck and hands, pain reduced	255
83	YPVS/MS-S/2017/080	Back pain	16 Days	completely healed	257
84	YPVS/MS-S/2018/0027	Lower Back pain and Sleeplessness	3 sessions	Reduction in pain and stress levels	259
85	YPVS/MS-S/2018/005	Back pain, neck pain, leg pain, Headache, eye problem	5Days	Completely healed	261
86	YPVS/MS-S/2018/006	Back pain, Gastric, Migraine, Headache, weight loss	5Days	improved from all symptoms	263

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87	YPVS/MS-S/2018/017	severe back ache when standing for long time from last 4 years	5Days	pain reduced by 80-90%, no pain notices even after standing for a long time	265
88	YPVS/MS-S/2018/020	Severe back pain, delayed periods, headache	2Days	Backache 100% healed, got periods	267
89	YPVS/MS-S/2018/021	Back pain, hand pain, gastric	1day	Back pain 90% reduced, left hand pain 80% reduced	269
90	YPVS/MS-S/2018/026	Low back pain from 10years, knee pain, unable to lift left hand since 6months, diabetic	1day	knee pain reduced by 20%, left shoulder pain reduced by 50%	271
91	YPVS/MS-S/2018/028	Low back pain, sleeplessness	3Days	pain reduced; sleeplessness completely healed	273
92	YPVS/MS-S/2018/029	Back pain, heavy pain in shoulder, not able to sleep, not able to take food properly	5Days	Pain completely relived	275
93	YPVS/MS-S/2018/030	Back pain, joint pains	15Days	No shooting pain and almost pain reduced	277
94	YPVS/MS-S/2018/031	Full back pain, spinal column pain, burning sensation in hands-thighs leg pain	10Days	completely healed	281
95	YPVS/MS-S/2018/032	Spinal cord injury, unable to move neck and lift both hands	10Days	can able to move the neck and lift hands in one healing and after 10 days of healing completely healed	284
96	YPVS/MS-S/2018/033	Back pain, no proper sleep, restless	10Days	no pain, getting good sleep	287
97	YPVS/MS-S/2018/034	Severe back pain (recommended complete bed rest)	1month	completely healed stopped tablets	289
98	YPVS/MS-S/2018/035	Lower back pain	15Days	No pain	293

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99	YPVS/MS-S/2018/044	Back pain radiating to right lower limb, right hip joint pain from 5 months- radiating pain to knee	8Days	Able to walk comfortably than before	295
100	YPVS/MS-S/2018/045	Back pain, burning in legs, eye problem	5Days	60% better in all symptoms	298
101	YPVS/MS-S/2018/061	Spondylitis	4sessions	completely healed	300
102	YPVS/MS-S/2018/064	Right hand pain, upper back pain on the right side	4sessions	80% healed	303
103	YPVS/MS-S/2018/065	Lower back pain, lot of leg cramps	13Sessions	after 10 healings no leg pain, after 12th healings no leg cramps	306
104	YPVS/MS-S/2018/066	Severe pain at the lower back while getting up from the chair, mild annular disk bulge L3L4	27Sessions	40% reduction in pain	309
105	YPVS/MS-S/2018/067	Back pain	4sessions	50% healed	312
106	YPVS/MS-S/2018/068	Lower back pain	3sessions	Recovered from pain	314
107	YPVS/MS-S/2018/069	Low back pain, left hip pain, left leg is paining	3sessions	No low back pain, 90% left hip pain reduced	316
108	YPVS/MS-S/2019/060	back pain, neck pain	30sessions	80% healed	318
109	YPVS/MS-S/2019/081	Severe neck catches, very painful, not able to move neck	2sessions	could move her neck normally, no pain	323
110	YPVS/MS-S/2017/0054	Spondylitis	63 sessions	80% reduction in pain	325
111	YPVS/MS-S/2017/0055	Cervical Muscular spasm	14 sessions	80% improvement	329