



A case of Sacralization of L-5: Successful Treatment using Yoga Prana Vidya Healing without surgery

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Submitted: 15-10-2021

Revised: 26-10-2021

Accepted: 28-10-2021

ABSTRACT

Introduction: Sacralization is a congenital condition in which the lumbar vertebra fuses completely or partially with the sacrum on either or both sides. The relationship between sacralization and low back pain is not clear. This paper describes a case of Sacralisation of L-5 Vertebra and how it was treated successfully by Yoga Prana Vidya System of energy healing without surgery.

Methods: This paper uses case study method analysing the patient medical records and patient condition pre and post Yoga Prana Vidya (YPV) healing intervention.

Results: After giving two sessions of healings the patient condition returned to normal. The back pain disappeared completely and the patient was fine and fit as normal. A follow up after 6 months, indicated that the patient had not been experiencing any more back pain after YPV healing.

Conclusion: This case report is perhaps first of its kind to have published a treated case of sacralization using energy healing techniques as followed in the YPV protocols. The role of YPV healing as successful complementary and/or alternative medicine has been quite evident. It is recommended that large scale studies be conducted using YPV protocols with appropriate sample sizes to scientifically validate the results for general population.

Keywords: sacralization, LSTVs {Lumbosacral Transitional Vertebrae}, lower backpain, Yoga Prana Vidya System ®, YPV®

I. INTRODUCTION

Sacralization

In human spine, there are five lumbar vertebrae located above the pelvis. Below this, there are five sacral vertebrae, which are fused, proceeding to the tailbone. The spinal column is formed during the normal embryonic development and each type of vertebra assumes its character and position. In some cases, during the embryonic development, some changes can cause congenital

anomalies, leading to deformities of the vertebral bodies. Such congenital defects in fusion or formation of certain parts can affect individuals in different ways. Sacralization is a congenital condition in which the lumbar vertebra fuses completely or partially with the sacrum on either or both sides. Sacralization leads to fusion of the L5 (fifth lumbar vertebra) and S1 (first sacral vertebra) and the inter-vertebral disc between them may be narrow.

the pattern of sacralization varies from person to person, the associated problems, if any, may also vary in severity and intensity. Some persons with sacralization may present with complaints of back pain, spinal or radicular pain and related signs.

Treatment for Sacralization may include: [1]

- Anti-inflammatory drugs, muscle relaxants for back pain, swelling, inflammation. Injections and steroid treatment may be considered.
- Manual therapy, muscle or radicular technique if appropriate.
- Surgical treatment may be considered for cases requiring correction.
- Physiotherapy for low back pain, weakened muscles, sciatic nerve pain, nerve symptoms and spinal traction in certain cases. Use of lumbar belt or corset to reduce pain, inflammation and reduce movement to protect back muscles as advised by physician.
- Exercises for strengthening and stretching of back muscles depending on the condition should be followed as advised. Training of proper use of back and abdominal muscles can help in keeping the back muscles strong and flexible.

LSTVs {Lumbosacral Transitional Vertebrae} are common within the spine, and their association with low back pain has been debated in the literature for nearly a century. LSTVs include sacralization of the lowest lumbar vertebral body



and lumbarization of the uppermost sacral segment. [2]

A study by Mehmet Bulut et al [3] found that the relationship between sacralization and low back pain is not clear. Because of these controversies, future studies need to focus on identifying other parameters that are relevant to distinguishing lumbosacral variation, as well as corroborating the results obtained here with data from other samples. As there are many causes of back pain, further studies are required to determine the link between sacralization and back pain.[3]

Yoga Prana Vidya System

YPV system of healing uses Pranic energy available in nature without the use of any drugs or without touching the patient, who is seated near the

healer or seated distantly, even hundreds or thousands of miles away. The energy body of a human being encompasses the physical body, and consists of an inner aura, outer aura and health rays connecting these two. The health rays which connect the inner and outer Aura are straight in a healthy person. (See Fig 1)

Figure 2 represents sick person's energy body and it can be seen that the health rays are entangled and twisted, and small and dull inner aura which is indicative of unhealthy aura with diseased energy. There are holes and cracks in the outer aura. These defects can be sensed using sensitized hands by a trained and skilled healer. A scientific picture (Fig 3) of this aura can be obtained using GDV (Gas discharge visualisation) camera technique.

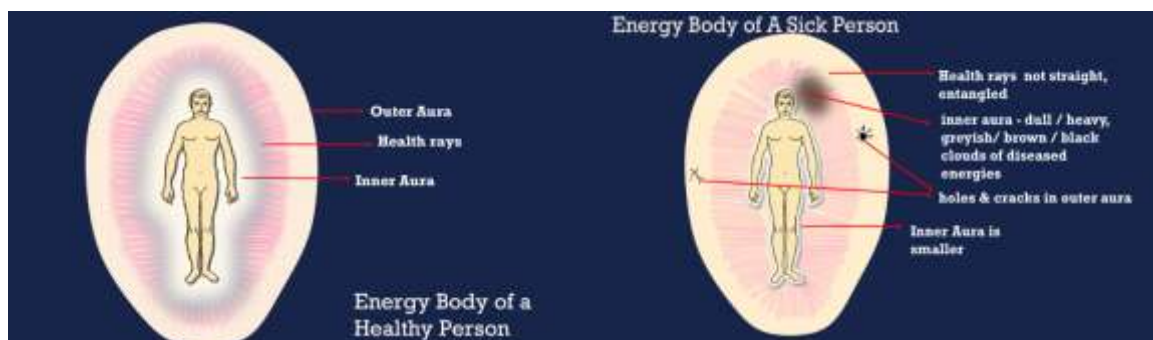


Fig. 1 Energy body of a healthy person

Fig. 2 Energy body of a sick person



Fig. 3: Picture of Aura taken Using GDV Camera

Chakrams or energy centres

As shown in Figure 4, there are eleven energy centres or chakrams. These chakrams (also known as chakras) keep rotating and distributing energy through channels or meridians to various

parts of the body. Also, the eleven chakrams actively control various body functions, organs and nervous system. Each one of the Chakrams has a uniquely assigned task/duty to take care of an important aspect of human body.

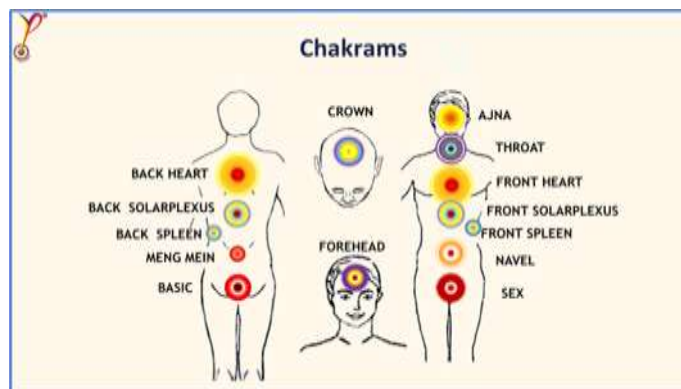


Fig 4: Chakrams in the Energy body

Yoga Prana Vidya (YPV), has been applied successfully to heal patients having various ailments such as diabetes, Hypothyroidism and difficult and multiple medical conditions. [4] [5] [6] [7]. It is integrated and holistic approach that combines a set of simple physical exercises, fruit and no added salt or low-salt vegetarian diet, Rhythmic Yogic Breathing (RYB) or Pranic Breathing, and certain meditation techniques. Regular practice of YPV aids as a preventive action from diseases for normally healthy people, and further helps in keeping fit through ageing. [8] Different kinds of healing practices have been existing since ages. [9] It is in recent times that, because of the simplicity and merits, these techniques have been adapted to help people gain relief in conditions ranging from simple pain to various physical and psychological ailments. [10] Yoga Prana Vidya emphasises that for cure one must tackle the root cause. It is well known that most diseases are psychosomatic, and the root cause of most illnesses is therefore mental disorders or emotional disturbances. Findings from empirical studies conducted by YPV research group on anxiety and depression in corporate environment found significant improvements achieved from a 3 months YPV intervention at work place. [11] In another 3 months YPV intervention in a prison, the outcomes of criminal attitude and personal well-being of under-trial prisoners were found to be significantly improved. [12] Thus the YPV psychotherapy techniques are at the forefront of and integrated with all YPV healing protocols to help patients recover faster both mentally (also emotionally) and physically. This paper describes a case of Sacralisation of L-5 Vertebra and how it was treated successfully by Yoga Prana Vidya System without surgery.

Method

This paper uses case study method analysing the patient medical records and patient condition pre and post YPV healing intervention.

Case report

Pre-YPV condition of patient

A 38-year-old female patient complained of lower backpain. Medical diagnostic (MRI, Annexure 1) report stated that sacralization of L5 vertebra and posterior bulging of the L3 and L4 vertebra noted.

The doctor prescribed some medication and advised that if the pain does not subside in few days, surgery will be the only option. After four days of taking medication, her back pain persisted. The patient and her husband decided not to go for surgery but to try Yoga Prana Vidya healing instead. They contacted a known YPV healer who applied Yoga Prana Vidya Healing protocols, and the patient was given two sessions of healing.

Result post YPV healing

After giving two sessions of healings the patient condition returned to normal. The back pain disappeared completely and the patient was fine and fit as normal.

Report from the patient's husband is reproduced here. "My wife had severe backpain on 3rd of January 2021. I consulted a doctor next day who suggested to obtain MRI. After Seeing MRI report, the doctor said that may wife had been suffering from sacralisation of L4 and L5 vertebrae and gave medicine. He further said, if the medicine could not cure then only option is surgery. My wife had taken medicine for 3 days but all in vain and the pain persisted. So, I called my friend, a YPV healer, to heal my wife. The healer gave two healings and the pain reduced greatly. She is fine and fit as though nothing ever happened to her back. I am thankful to the healer and the entire team of YPV for the selfless service they are rendering to the people."

II. DISCUSSION

In the literature there is scanty information on the use of energy healing to treat sacralization



cases. Some ayurvedic treatments [13] and also some yoga asanas are also recommended by some Yogic teachers to treat the sacralized patients but no data is available in the form of case reports.

Vijayaraghavan et al (2017) reported a case of female patient with sacralization of vertebrae, treated with integrated naturopathy and physiotherapy. This Patient improved significantly after stretching and hydro treatments like Water massage, and at last follow up 2 months; the patient was asymptomatic and involved in daily activities with full range of movements. [14]

This case report is perhaps first of its kind to have published a treated case of sacralization using energy healing techniques as followed in the YPV protocols. A follow up after 6 months, indicated that the patient had not been experiencing any more back pain after YPV healing.

III. CONCLUSION

Published literature and field data indicate that the applications of Yoga Prana Vidya (YPV) healing protocols and techniques have been successfully treating patients suffering from a variety of illnesses, and the role of YPV is complementary and /or alternative medicine. It is recommended that large scale studies be conducted using YPV protocols with appropriate sample sizes to scientifically validate the results for general population.

Acknowledgements

The authors gratefully acknowledge the cooperation of the patient and family in sharing the case data, and also to Sri Ramana Trust for permission given to use their registered copyright terms Yoga Prana Vidya System[®] and YPV[®]

Conflicts of Interest

None

Funding

Nil

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Annexure 1: Diagnostic report

1.5 T MRI OF LUMBO-SACRAL SPINE:
 MR imaging of lumbo-sacral spine was performed T1- and T2- weighted serial sections obtained in sagittal & axial planes using a Phased-Array surface coil on a 1.5 Tesla scanner.

Sacralisation of L5 vertebra is noted.

Diffuse posterior bulging with postero-central extrusion of L4-L5 intervertebral disc is noted with mild caudal subligamentous migration (7 mm) and causing compression over ventral dural theca and bilateral traversing nerve roots (right > left).

Posterior bulging of L3-L4 intervertebral disc is noted causing mild compression over ventral dural theca and bilateral traversing nerve roots.

Dehydrated changes are seen at L3-L4 & L4-L5 intervertebral discs as evidenced by reduction in the bright signal intensity of nucleus pulposus on T2- weighted sagittal sections.
 Annular tear is seen at L3-L4 & L4-L5 disc levels.
 Marginal anterior osteophytes are noted at lower lumbar vertebrae.
 Type II Modic changes are noted at adjacent endplate of L4-L5 vertebrae.
 Haemangioma is noted in L3 vertebral body.
 Loss of normal lumbar lordosis is noted.

Rest of the intervertebral discs & vertebral bodies appear normal.
 Rest of the bony central lumbar canal is adequate in diameter with no evidence of stenosis.
 MR Myelography does not reveal extra-dural block or nerve roots cut-off.
 The lower end of the spinal cord and conus medullaris are normal.
 Ligamentum flavum & bilateral facet joints appear normal.
 No evident intra-spinal mass or pre-para-vertebral collection is seen.

Spinal level	L1-L2	L2-L3	L3-L4	L4-L5	L5-S1
AP canal diameter (in mm)	17	20	13	15	6

Visualized both sacro-iliac joints appear unremarkable.

IMPRESSION:
 The MR findings are:

- Sacralisation of L5 vertebra.
- Diffuse posterior bulging with postero-central extrusion of L4-L5 intervertebral disc with mild caudal subligamentous migration (7 mm) and causing compression over ventral dural theca and bilateral traversing nerve roots (right > left).
- Posterior bulging of L3-L4 intervertebral disc causing mild compression over ventral dural theca and bilateral traversing nerve roots.
- Annular tear at L3-L4 & L4-L5 disc levels.
- No evident intrinsic cord abnormality.