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SUCCESSFUL HEALING TREATMENT OF A BRAIN STROKE CASE OF A FEMALE PATIENT USING YOGA PRANA VIDYA SYSTEM- A CASE REPORT

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ABSTRACT

Introduction: A transient ischemic attack (TIA) or ministroke, occurs when blood flow to the brain is blocked temporarily. This paper presents a case of brain ischemic stroke, treated using Yoga Prana Vidya (YPV) healing without drugs or touch successfully as complementary medicine enabling the patient to fully recover within few days.

Methods: This is a case study method with available data of medical reports and patient feedback analysed to know how YPV distal healing was applied to this patient and how the patient recovered. *Results:* YPV Healing immediately normalized the BP of the patient which was very high. From unconscious state the patient came to conscious state but due to paralytic condition she couldn't lift her right hand and right leg. Healer healed her again and from paralytic condition she turned normal. MRI report also showed normal.

Conclusion: YPV healing has effectively healed and normalized the ischemic brain stroke patient. YPV healing is less expensive and without drug or touch, it is also the safest process. There is need for appropriate further interventional studies for this scenario for wider scientific validation of this phenomenon.

Key words: brain stroke, ischemic attack, Yoga Prana Vidya System ®, YPV ®

Introduction

Stroke is caused when a blood vessel bursts (haemorrhagic stroke) or has a blocked clot (ischemic stroke) which cuts off the supply of oxygen and nutrients, resulting in interruption of blood supply to the brain and damage to the brain tissue. The most common symptom of a stroke is sudden weakness or numbness of the face, arm, or leg, most often on one side of the body, occurring in 90% of the stroke cases. Other symptoms include confusion, difficulty speaking or understanding speech, difficulty seeing with one or both eyes, difficulty walking, dizziness, and loss of balance or coordination; severe headache with no known cause and fainting or unconsciousness. The effects of a stroke depend on which part of the brain is injured and how severely it is affected. A very severe stroke can even cause sudden death.[1]

The stroke incidence in India is much higher than in western industrialized countries. In India, the pooled data incorporating all the studies reveal that ischemic stroke occurs in 68-80% and haemorrhagic stroke in 20-32%. [2] The common risk factors known are, hypertension, diabetes, smoking, and dyslipidaemia (abnormally elevated cholesterol in the blood) are quite prevalent and inadequately controlled; mainly because of poor public awareness and inadequate infrastructure. Prevention of stroke is considered the right option for the Indian population through control and/or avoiding risk factors of stroke.[2]

A transient ischemic attack (TIA) or ministroke, occurs when blood flow to the brain is blocked temporarily. Symptoms, which are similar to those of a full stroke, are typically temporary and disappear after a few minutes or hours. A TIA is usually caused by a blood clot. It serves

as a warning of a future stroke, and TIA is not to be ignored and the patient is advised to seek the same treatment as they would for a major stroke. [3]

Treatment of Ischemic stroke and TIA are largely treated with similar techniques, which include: Antiplatelet and anticoagulants, Clot-breaking drugs, stents and surgery where found necessary. [3] Strokes caused by bleeds or leaks in the brain (haemorrhagic stroke) require different treatment strategies. This paper presents a case of brain ischemic stroke, treated using Yoga Prana Vidya (YPV) healing successfully as complementary medicine enabling the patient to fully recover within few days.

Yoga Prana Vidya (YPV) System of healing

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 hundreds 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.

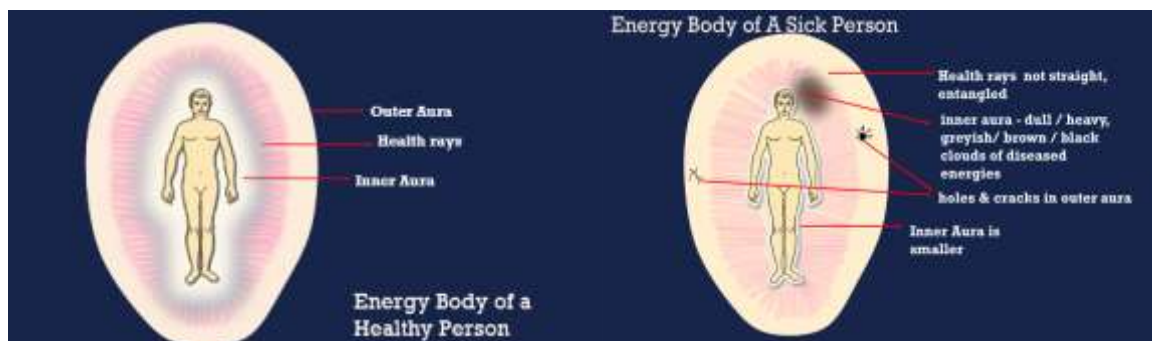


Fig. 1 Energy body of a healthy person

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.

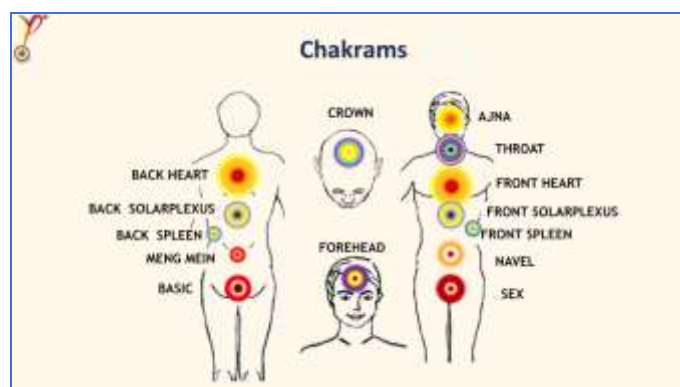


Fig 4: Chakrams (Energy centres)

In individual healing, a trained healer heals the patient while in face-to-face position. When the patient is at a distance from the healer, like in a

different town, a trained healer can perform distance healing to the patient. Group healing is given to the entire group of people who participate in the group

session by individual or group of healers. A trained healer can heal himself or herself through practice.

Safety

YPV is totally a safe process, as there is no drug used nor any physical touch between the healer and the patient. The training of healers is conducted by qualified trainers and the entire process of healing is a safe and secure method without any side-effects to the patient.

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 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.

Methods

This is a case study method with available medical reports and patient feedback analysed to know how YPV was applied to this brain stroke patient and how the patient recovered. Presented below is the case report.

Case report

Patient name: xxx (Name withheld for reasons of confidentiality. Gender: Female, Age: 41 years, lives in Jhalna, Maharashtra, India.

On 8 August 2020 the patient felt dizziness after eating usual breakfast and started losing consciousness. At that time, she asked her daughter to call up the healer who is her brother's friend and a Yoga Prana Vidya Healer and Trainer.

YPV healing

At that time, when the patient's daughter called up the healer, she was admitted to the hospital in Jhalna and was taken to the hospital in a stretcher as her condition was so worst that her hands and legs were not even moving.

After about 1 to 1.5 hours when she came back to a conscious state in the hospital, at that time the patient came to know everything. Next day an MRI was done and the doctor stated that she had brain stroke and left brain was badly affected. The patient's cholesterol also was very high. But YPV healing helped. The Healer healed her three times that same day

and even healed the next day too. The Healer used YPV HDP-1 protocol, and additionally did cleansing of entire brain using colour Prana techniques. Main middle brain was cleaned throughout. Each healing session took approximately between 30 and 40 minutes.

The doctors were surprised with the improvements of the patient, because according to MRI reports the patient should have been paralysed. Within a week the patient was completely normal and sustained normal health observed after a 3-month follow-up.

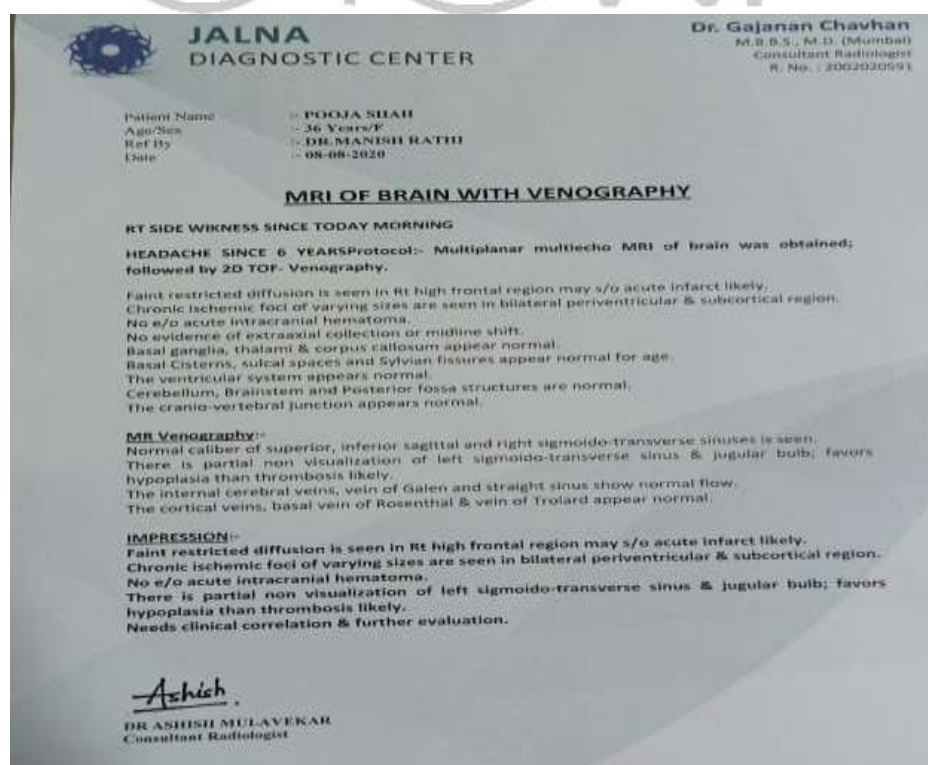
Patient feedback

"At that time, when we called him up, he did my healing and I was admitted to the hospital in Jhalna and was taken to the hospital in a stretcher as my condition was so worst that my hands and legs weren't even moving.

After about 1 to 1.5 hours when I came in a conscious state in the hospital, at that

Annexures

Annexure 1: MRI Scan report before healing



time I came to know everything that happened with me. Next day we got an MRI done and the doctor said that I had brain stroke and left brain was badly affected. My cholesterol also was very high. But thanks to the healer Ritesh Bhai who healed me on the spot. He healed me three times that same day and even healed me the next day.

The doctor's themselves were so surprised because accordingly to my MRI reports I should have been paralysed but my hand was hardly 25 % damaged. Within a week I was completely alright and even today (after three months), I have no problem as such. Thank you to Ritesh bhai and the entire YPV team."

This was her first-time occurrence of brain stroke. She was in hospital for 3 days. She was discharged on 4th day. She is on a dose of blood thinners regularly to avoid blood clotting.

Annexure 2: Brain Angiography 1

CT BRAIN ANGIOGRAPHY

A CT Neck and Brain Angiography was performed on a 128 Slice Dual Source CT scanner.

CT BRAIN : The brain parenchyma shows normal attenuation values . No e/o any fresh cerebral infarcts / bleeds / SOL . The ventricular system appears normal.No e/o midline shift . The posterior fossa and its contents appear normal . E/o prominent cisterna magna - anatomical variant .

CT NECK AND BRAIN ANGIOGRAPHY : The bilateral Common carotid arteries show normal origins , caliber and contrast enhancement . No e/o focal stenotic lesions. The bilateral carotid bulbs show normal contrast enhancement. E/o tortuosity seen in the cervical part of the rt ICA . The bilateral ECA show normal caliber and contrast enhancement . The bilateral ICA show normal caliber and contrast enhancement . The bilateral MCA and their branches show normal caliber and contrast enhancement . The bilateral ACA show normal caliber and contrast enhancement . The bilateral vertebral arteries show normal origins , caliber and contrast enhancement . The basilar artery and bilateral PCA show normal caliber and contrast enhancement .

Annexure 3: Brain angiography 2

CT BRAIN ANGIOGRAPHY

No e/o any demonstrable aneurysmal dilatations.
No e/o any arteriovenous malformations.

IMPRESSION : FINDINGS ARE S/O

**1) CT BRAIN DOES NOT REVEAL ANY SIGNIFICANT ABNORMALITY
NO E/O ANY FRESH CEREBRAL INFARCTS / BLEEDS/ SOL**

**2) CT NECK AND BRAIN ANGIOGRAPHY DOES NOT REVEAL
ANY SIGNIFICANT ABNORMALITY AT PRESENT
NO E/O ANY DEMONSTRABLE ANEURYSMS / AVM.
NO E/O ANY SIGNIFICANT FOCAL STENOTIC LESIONS
OR MAJOR VASCULAR OCCLUSIONS.**

Discussion

There is scanty literature available on stroke management using complementary and alternative modalities. An advisory issued by Morarji Desai National institute of Yoga (MDNIY)

[13] gives some useful tips on Yogic management of Stroke and paralysis. A study found that Yoga seems to offer a relief from a long list of medical ailments in stroke by alleviating both the mind and the body from stress. [14]

This paper presents a case of brain ischemic stroke, treated using Yoga Prana Vidya (YPV) healing successfully as complementary medicine enabling the patient to fully recover within few days. This is a good example of the scope and versatility of YPV healing system that enabled a patient affected by brain ischemic stroke to recover to normalcy without use of drugs, treated using Yoga Prana Vidya (YPV) healing successfully as complementary medicine enabling the patient to fully recover within few days. There is need for appropriate interventional studies for this scenario in future.

Conclusion

Experience has shown that Yoga Prana Vidya has been successfully applied to heal and treat patients to recover from a variety of illnesses. There is plenty of scope to conduct targeted research using Yoga Prana Vidya Techniques and protocols to heal and treat a variety of physical and mental health conditions of people with adequate sample sizes to scientifically validate the efficacy and effectiveness of its applications.

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Conflicts of interest

None

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Nil

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