



A CASE OF BENIGN PROSTATIC HYPERPLASIA: SUCCESSFUL TREATMENT USING YOGA PRANA VIDYA HEALING WITHOUT SURGICAL OR MEDICAL INTERVENTION

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ABSTRACT

Introduction: Benign Prostatic Hyperplasia (BPH) is an enlargement of the prostate gland, which is an important organ of the male reproductive system. BPH is a most common disorder among some senior males aged 45 years and above. This paper presents a case of an enlarged prostate patient who was healed successfully using Yoga Prana Vidya (YPV) system of Healing protocols without any need for medicines or surgery.

Material and Method: This is a detailed case study method analysing the pre and post healing medical reports of a 58-year-old male who was diagnosed with enlarged prostate and approached Yoga Prana Vidya healers for distant healing.

Results: After 20 days of daily healing, the patient no longer experienced difficulty in urination or pain while urinating. The lab reports revealed about 30% reduction in the size of the prostate gland. Follow up test report after 2 years of the healing intervention showed normal prostate.

Conclusion: It is observed that Yoga Prana Vidya healing which is a no touch, no-drug and proximity or distant healing modality, has been used effectively in the treatment of Benign Prostatic Hyperplasia. YPV as an alternative medicine, has been known to have successfully healed thousands of patients suffering from various ailments. This case is one of its kind as the ailment was treated completely without any other medication. There is a great scope for further research on this topic with appropriate sample sizes.

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INTRODUCTION

Prostate and Benign Prostatic Hyperplasia (BPH)

Prostate is a part of the male reproductive system which is walnut shaped and has a median weight of about an ounce (about 28.4 grams). It produces prostate fluid which is important for the male fertility. This fluid goes into the semen helping the sperm to smoothly travel and survive. The prostate gland is located between the penis and the bladder. The urethra which is the output of the bladder, goes through the middle of the prostate till the penis through which the urine and semen are thrown out of the body. [1]

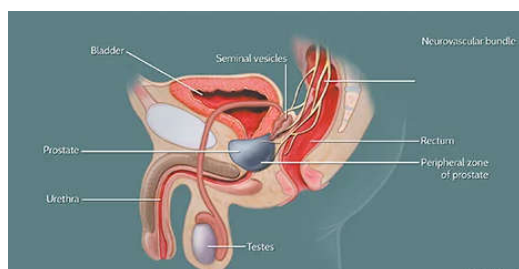


Fig 1 Male Reproductive System

(Picture source: www.pcf.org)

Benign Prostatic Hyperplasia is a condition in which the prostate enlarges in size. The prostate can enlarge either during the early years of a man or after 45 years of age. When the prostate enlarges during the later phase, it is called as Benign Prostatic Hyperplasia. The enlarged prostate creates a pressure on the urinary bladder. Due to this, the bladder weakens, losing its ability to hold the urine. As the urethra narrows due to the pressure applied by the prostate, it becomes difficult for the bladder to completely empty giving rise to the below mentioned symptoms of BPH: [2] [3]

1. Frequent urination especially at night
2. Difficulty or pain while urinating
3. Inconsistent flow of urine
4. Feeling of incomplete urination
5. Urine that has smell or a rare color

Males produce testosterone which is a male reproductive hormone and also produce estrogen, a female reproductive hormone. It has been observed that, older males produce less amounts of testosterone, leaving more amount of estrogen in the blood. This high amount of estrogen gives rise to unusual cell growth in the prostate resulting in BPH. Some researchers have also suggested that the drop in testosterone among older

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males produce greater quantity of dihydrotestosterone (DHT) which is responsible for prostate cell growth and development. This abnormal increase in DHT due to reduced testosterone levels may also give rise to unusual cell growth resulting in BPH.

The challenges faced if detected with Benign Prostatic Hyperplasia may include serious urinary problems leading to unnecessary load on the kidneys and giving rise to damage to the kidneys or formation of kidney stones, bladder damage, urinary tract infections, urine in the blood or even prostate cancer etc. Benign Prostatic Hyperplasia can be detected by studying the flow of urine and the amount of urine passed by the patient. Serious cases of BPH can also be detected by an ultrasound sonography or an MRI. Increased levels of prostate enlargement may sometimes grow into prostate cancer hence would require a prostate-specific antigen (PSA) test report. [4]

Yoga Prana Vidya (YPV) System

Yoga Prana Vidya System is a no-touch and a no-drug energy healing modality which also works at a distance and can cure any physical or psychological problems. It is an integrated and a holistic system which promotes happiness and good health at physical, emotional and mental levels using breathing, healing techniques, meditation and yoga. In the healing techniques, the healer removes the diseased, dirty or the used-up energy from the affected part or the affected chakrams of the patient and fills it up with fresh energy. The main advantage of using Yoga Prana Vidya healing techniques is firstly that the patient need not be physically present in front of the healer as the healing can be done at a distance and secondly it can cure any psychological ailments too which are emotional or mental in nature. Many cases have been treated using Yoga Prana Vidya healing techniques such as Dislocation of knee cap [5], Hodgkin lymphoma cancer [6], Nephrotic Syndrome [7], Epilepticus [8], Snake bite [9], Urinary Fistula [10], Hyperthyroidism [11], High Cervical disc prolapse [12], Cholesterol and asthma [13], Exostosis of ear [14], Heart Block [15], Diabetes [16], Eye issues [17] and many other difficult medical cases. [18]

Chakrams controlling the reproductive system of the body

Fig 2. shows the major energy centres or chakrams.

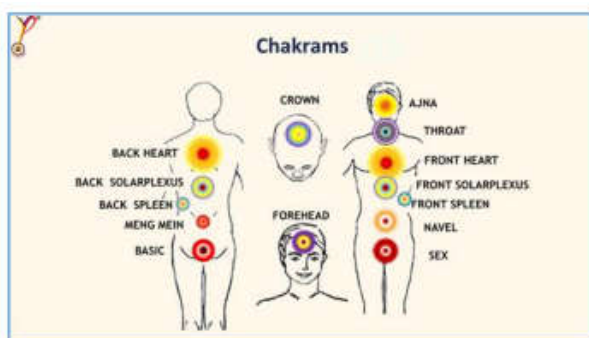


Fig 2 Chakrams or energy centres

The reproductive system is primarily controlled by the sex chakram. The ajna chakram is also important as it controls the pituitary gland and all the endocrine glands. The basic chakram is important for the purpose of healing as it controls the tissues and the organs & glands are made up of tissues. Since throat chakram has close relation to the sex chakram which controls the reproductive system, it is important to treat the throat chakram too. The prostate specifically is controlled

by the prostate minor chakram and the perinium minor chakram. Application of Yoga Prana Vidya Level 3 protocol is also important for the treatment of BPH as it balances all the psychological functions of the chakrams and also promotes faster recovery.

Case Report

Patient's background

The patient is a 58-year-old married business man residing in Mumbai, Maharashtra, India and having two children.

Pre-YPV Medical History

The patient was diagnosed with enlarged prostate on the 25th September 2019 and he had no family history of enlarged prostate. The patient was complaining of frequent urination especially at night and difficulty in urinating. He complained of experiencing pain while passing urine. The patient consulted a family medical doctor who prescribed medicines to be taken regularly. However, the patient already had full faith in Yoga Prana Vidya healing techniques and hence consulted two healers for curing the prostate problem without seeking medicines or surgical procedures.

YPV Intervention

YPV healing protocols used by the healers in this case were:

1. YPVL3 healing-Standard psychotherapy plus sex chakra healing. Applied YPV level 2 healing for prostate and sex chakra. Strengthening of navel and basic chakra. Treated solar and throat chakras.
2. Number of sessions/healings done in a day- 2 healings a day for 20 days
3. Duration of one healing- 30 mins

RESULTS

After 20 days of continuous healings twice daily, the patient reported no pain in urination and the frequency of urinating at night reduced. Also, he did not find any difficulty in urinating. Hence after 20 days of healings, the patient asked the healers to stop further healings.

Due to the Covid pandemic and lockdown conditions, the patient could not manage to go for a lab test immediately, but underwent an ultrasound sonography after about a year, i.e., on the 14th September 2020, to check the state of the prostate. The report showed normal prostate size as shown in table 1 below. When comparing with the prostate measurements obtained before YPV healing, the prostate reduced in weight by about 30% with corresponding reduction in volume.

As a follow up action, the patient undertook another ultrasound sonography test after about 2 years of discontinuing the healings and the reports indicated normal prostate (Table 1). The patient confirmed that he did not go through any medicinal help or surgery during these 2 years.

Table 1 Prostate measurements extracted from Lab reports

S.No.	Date of test	Parameter	Size
1	Before YPV	25-09-2019	Measurements 4.5x3.8x3.6 cm
			Effective weight 33 gms
2	One year after YPV	19-09-2020	Measurements 4.2x4.0x2.5 cm
			Effective weight 23 gms
3	Two years after YPV	27-10-2021	Measurements 3.8x3.7x3.4 cm
			Effective weight 25 gms

DISCUSSION

Despite having plenty of literature describing prostatic enlargement in association with benign prostatic hyperplasia, much less is known about the phenomenon of prostate atrophy. Results of a longitudinal study suggest that changes in prostate size are highly variable among aging men. Although benign prostatic hyperplasia is common, a considerable proportion of aging men have a stable or decreasing prostate size. [19]

There are several ways of treating BPH including use of medical drugs to reduce the size of the gland. In few cases, less invasive surgeries may give instant relief from the pain while urinating. These may include lifting the prostate gland so that the patient is able to urinate properly without any pressure on the bladder, and therapies to destroy the cells causing prostate enlargement and overgrowth or inserting a tube to help empty the bladder. In case of serious conditions, more invasive surgeries may be suggested which may cause several side effects like infections, bleeding, erectile dysfunction etc. [20]

From this case study it is evident that Yoga Prana Vidya can be used effectively to cure enlarged prostate and even give consistent results after discontinuing the healings. Having discussed the challenges faced once detected with enlarged prostate, it is very important to treat it at the right time given that it has an impact on the lifestyle of a person.

It is noted from Table 1 that there is a slight increase in the size of the prostate after 2 years when comparing with measurements taken after one year from YPV healing treatment, which indicates that the patient has to go through yearly maintenance healing sessions or become YPV Level 3 Healer and do self-healings, to keep prostate growth and other health issues under check and control.

CONCLUSION

Yoga Prana Vidya system has proven to be an effective tool to cure enlarged prostate, given that, (1) it is non-invasive, (2) no drugs are used and, (3) it can be applied even when the patient is far away from the healer. Such a modality is especially of a great value during pandemic situations or lockdown conditions. YPV healing protocols along with the other suggested practices like following right diet, practicing breathing exercises, physical exercises, meditation etc. form a holistic treatment regime for curing many types of physical or psychological problems. Yoga Prana Vidya system, as presented in this case study, helped the patient to maintain normal lifestyle with sustained good health and happiness without the need of any other medical help.

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Conflicts of Interest

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