



Successful treatment of septated cystic lesion in left ovary with echogenic nodule within-probable dermoid cyst using yoga prana vidya healing: a case study

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ABSTRACT

Introduction: A dermoid cyst is a sac like growth that contains structures such as hair, fluid, teeth, or skin glands that can be found on or in the skin, and also very commonly found in the ovaries of women. Medical treatment of dermoid cysts consists of surgical procedures. This paper presents an alternative method used successfully in a case of a patient using Yoga Prana Vidya (YPV) protocols to treat dermoid cysts in ovaries without surgery.

Material and method: This is a detailed case study method on dermoid cyst treated using the Yoga Prana Vidya (YPV) healing protocols, and correlating with medical reports before and after healing together with patient feedback.

Results: After the initial 7 months of regular YPV practices and healing, the patient experienced improvement in the size of the cysts. Further 2 years of regular YPV self-healing and practices improved the condition of B/L ovaries to become normal in size and echotexture. No adnexal pathology was noticed. After further 3 years of YPV healing and practices, both ovaries were found normal and, no significant abdominal adenopathy noted and no significant sonological abnormality detected in abdomen and pelvis.

Conclusion: Various proven YPV regimes such as rhythmic breathing exercise, physical exercise, fruit diet, forgiveness techniques and planetary peace meditations and energy healings enabled the patient to successfully eliminate the cyst without any medical interventions. The other factors that contributed to this achievement are the patient's determination and persistent efforts over longer periods with hope and perseverance. The successful treatment of dermoid cyst using YPV techniques opens potential avenues for applying these techniques for numerous other reproductive ailments that are commonly faced by women during their reproductive age.

Keywords: Yoga Prana Vidya system®, YPV®, Dermoid cyst, energy healing, holistic approach

I. INTRODUCTION

Dermoid cyst

A dermoid cyst is a sac like growth that contains structures such as hair, fluid, teeth, or skin glands that can be found on or in the skin. These cysts grow slowly and are not tender unless ruptured. They usually occur on the face, inside the skull, on the lower back, and in the ovaries. Superficial dermoid cysts on the face usually can be removed without complications. [1] Medical interventions are usually sought as needed when the cyst increases in size, changes color or for cosmetic purposes. This cyst develops from a totipotential germ cell (a primary oocyte) that is retained with the egg sac (ovary). These cysts are usually complex, meaning their walls may be thick or irregular in contour. A complex cyst may have septations in the centre that divides the cyst into compartments, or the fluid may look like it layers out with different densities or debris. [2] These growths can develop in a woman during their reproductive years. They can cause torsion, infection, rupture and may even lead to cancer. These dermoid cysts can be removed with either conventional surgery or laparoscopy. [1] In the past, septated ovarian tumors were deemed complex and the patients were sent immediately to surgery [3]. Though in the past they were thought of as a risk for malignancy, septated ovarian cystic tumors are now known to be actually mostly benign. Certain complex ovarian tumors may be safely monitored using ultrasound without raising the risk of ovarian cancer, according to a study conducted at the university of Kentucky Markey medical center in Lexington. [3] Knowledge of the structure of dermoid cysts is an important prerequisite to the understanding of their radiographic appearance. The tumors are cystic, sometimes loculated, and vary from a few millimetres in diameter to the size of melon. They are distinguishable from teratomas



by their cystic nature, but the distinction cannot always be made on a histologic basis alone [4]. Ultrasound can also be useful in differentiating benign ovarian masses from malignant lesions [5].

Yoga prana vidya (YPV)

Yoga Prana Vidya system of healing has been found to be effective in treating various human ailments owing to its holistic and integrated nature. [6] Yoga Prana Vidya is derived from an ancient art and science of energy healing, as an integrated holistic system without any drugs or touch. Besides applying energy healing techniques, it includes physical exercises, breathing techniques, forgiveness sadhana, diet, and meditation. [7]

The human existence primarily consists of Annamaya kosha or the physical body, followed and surrounded by pranamaya kosha, or the energy body (AURA) complementing each other called the etheric double. [8] They affect each other in such a manner that the ailments in the physical body have their consequent effect in the energy body and vice versa. YPV involves the healing of the pranamaya kosha or the energy body which interpenetrates and extends beyond the visible physical body by several inches. The energy body or pranamaya kosha is referred to as bioplasmic body by modern science. Any changes in energy body can affect physical body and any ailments in physical body have corresponding effects in the energy body.

The human body is capable of healing itself and has consciousness of its own. The rate of healing depends on the vitality of a person. By increasing vitality through various means the healing process is accelerated. Healing involves channelling of energy from the healer to the patient. The main sources of energy are sun, air and earth. Other sources of energy are flowing water, spiritual energy and human beings have energy inherent in their system

A trained healer has the power to draw and transfer the energy. Thus, in YPV, the healer

becomes a channel for transferring/projecting the energy to the person who is depleted of energy. Similar to the many systems in our physical body, for the energy body to sustain, there is a system in the energy body. Just as we need water pumps and pipelines to maintain irrigation water in the fields, we need energy pumps (chakrams) and pipelines (meridians) to give energy in and around physical body. Major chakrams in the human energy body are as shown in Figure 3. Each of the Chakrams energizes the corresponding organs of the physical body, causing the energy to flow through meridians or nadis. The sex chakram which is located in pubic area controls and energizes the reproductive organs, uterus and ovaries. There are also health rays in the energy body that expel the used up and the diseased energy on a continuous basis like the pores expel toxins from the physical body. Energy body as shown in Figure 1 contains three parts: Inner aura, health aura (sum of health rays) and outer aura which extend beyond the physical body. Outer aura is like a container of the energy system. If the energy of the affected part is lesser or more compared to other parts, depletion or congestion, then both are the diseased conditions. So, the healing techniques involve a process of cleansing or removing the existing used up energy, diseased energy or excess energy and then filling with fresh energy. Figure 1 presents the comparison of energy bodies of a healthy and a sick person and figure 2 presents the gas discharge visualization image (GDV) of the human aura before and after undergoing YPV healing.

Cleansing and energizing of the physical body can be achieved by numerous ways, but the YPV techniques that are proved advantageous are, (i) Physical exercises, (ii) Rhythmic yogic breathing exercises (iii) Proper diet (iv) Forgiveness technique and (v) Planetary peace meditation apart from YPV healing by a healer or oneself.

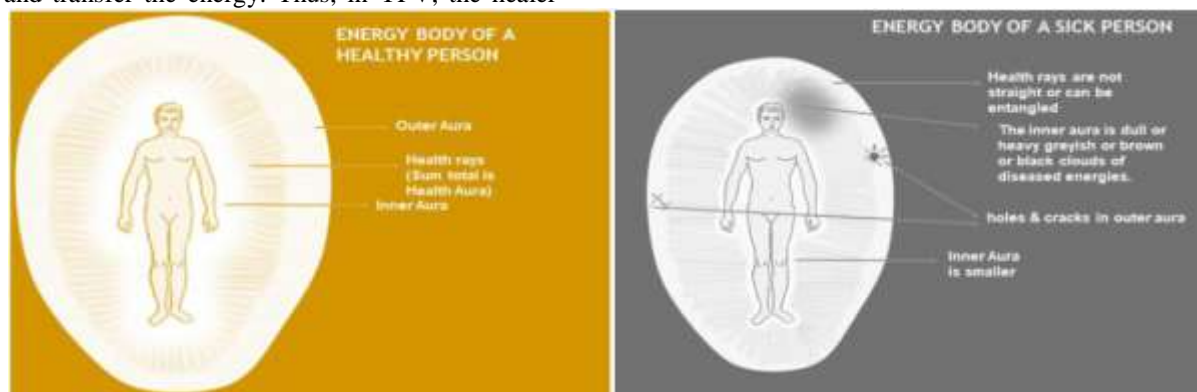


Fig 1: Comparison of energy bodies of a healthy person and a sick person

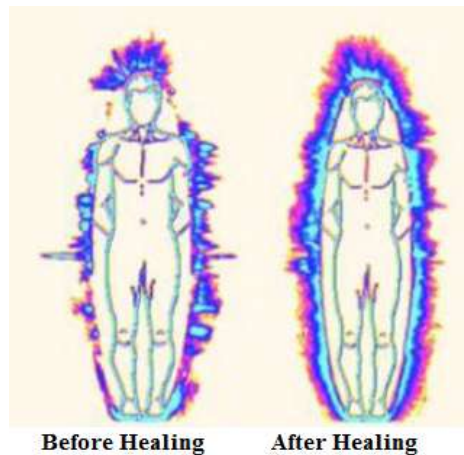


Figure 2: Gas discharge visualization (GDV) image of the human aura before and after healing

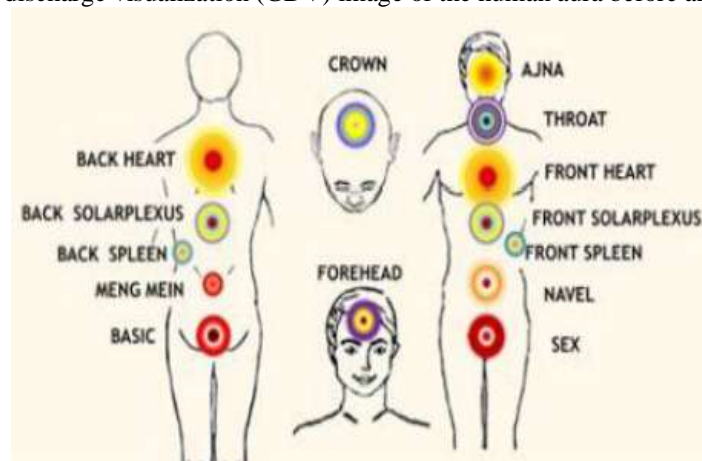


Figure 3: Major chakras or energy centres in the human body

Thus, YPV is an integrated and holistic system of healing and evidence shows that it has been used successfully as complementary and alternative medicine to treat hundreds of cases of several physical and psychological illnesses including some difficult medical cases. There are over 25 published articles of successful applications of Yoga Prana Vidya. Some examples are: difficult medical cases [9], Treatment of diabetes [10], vision improvements [11], improvements of wellbeing and immunity [12], cases of first aid and emergency [13], health improvements of senior citizens [14], speedy recovery of COVID patients [15], and anxiety and depression [16].

Method

Case report

Pre YPV condition of the patient

A female, aged 31years, was suffering from irregular menstrual cycle since a year (with the flow lasting for a week and at time more than a week). The subject decided to consult a

gynaecologist, during 2014, when the complications increased and the flow was up-to 10 days or more. She was diagnosed with a septated cystic lesion in left ovary with echogenic nodule within –probable haemorrhagic vs dermoid cyst. It was suggested by the doctor to wait for a month and then operate the cyst and remove it before the complications worsen. The word operation and cyst induced unnecessary fear in the subject which led to emotional imbalance.

YPV intervention

During the same time, the subject was introduced towards Yoga Prana Vidya (YPV) healing modality which she incorporated in her regime and observed drastic changes. Physical and psychological healing done using YPV healing technique for sex chakram, basic chakram, solar plexus chakram, heart chakram, throat chakram, ajna chakram and crown chakram to remove diseased energy, negative psychological energies and to strengthen the affected organs.



Post Healing condition of the patient

The subject observed gradual changes in her own emotions and behaviour, in terms of reduced irritation and stress. The menstrual cycle started lasting for shorter duration and was normal in five months. During this duration the subject was only practicing the regime suggested by the YPV practitioner such as fruits diet, exercise, rhythmic yogic breathing, regular self-healing, forgiveness technique and practice of (PPM) Planetary peace meditation. The subject then took an ultrasound for the second time during January 2015. The report

showed that the dermoid cyst which was supposed to be operated was dissolved which the doctor said was nothing less than a miracle. Though the dermoid cyst was dissolved, the doctor said that there were other cysts that were still present. The subject continued the YPV regime and underwent an ultrasound again in March 2017, and the report was completely normal. During 2020, The subject participated in the one-year spiritual intensive program in YPV Ashram, and the ultra sound reports of before and after participation (March 2020-2021) in this program were also obtained.

Table 1: Summary of Ultra Sound reports

Date of Ultra sound test	Summary of finding	Remarks
09-05-2014	Septated cystic lesion in left ovary with echogenic nodule within (measuring 17 mm) –probable hemorrhagic vs dermoid cyst. Right ovary shows small follicles	Medical opinion was to wait and observe for a month and surgically remove cyst
05-01-2015	Interval reduction in size of B/L Ovarian cysts	After 7 months of YPV practices and healing
08-03-2017	B/L Ovaries normal in size and echotexture. No adnexal pathology.	After 2 years of regular YPV self-healing and practices.
10-03-2020	B/L Ovaries normal in size and echotexture. Follicle measuring 19 mm noted in right ovary.	After further 3 years of regular self-healing and YPV practices.
16-03-2021	Both ovaries normal. No significant abdominal adenopathy noted. No significant sonological abnormality detected in abdomen and pelvis	Patient continued regular YPV practices. Follow up after further 1 year showed complete cure.

Table 1 shows the progress made by the patient with persistent YPV self-healing and practices for a period of over six years achieving complete cure of this disease, made possible by strong traits of self-belief and determination to avoid surgical treatment.

II. CONCLUSION

This study has presented a successful case of treatment of dermoid cyst in the ovaries using self-healing protocols of Yoga Prana Vidya system with persistent determination and self-belief. The successful and non-complicated treatment is a good example of how this technique can be applied successfully for various other ailments as well related to reproductive disorders which are gradually increasing in the women population. The practice of proven result-oriented techniques such as breathing techniques, forgiveness sadhana, exercise, super brain asana and planetary peace

meditation and energy healing are easy to learn by the subjects for self-healing and complete cure.

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Conflicts of interest

None

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NAME & HOSPITAL NO	LEELAVATHI	OP
AGE & SEX	21 YRS	FEMALE
DATE & AREA OF INTEREST	09/05/2014	ABDOMEN & PELVIS
REF BY & INDICATION	DR.	

USG ABDOMEN AND PELVIS

LIVER: Normal in size with normal echotexture. No evidence of IHBR dilatation. No evidence of SOL. Portal vein appears normal. CBD appear normal. No e/o calculus / SOL. Extra hepatic biliary tract appears normal in size.

GALL BLADDER: Well distended. Wall appears normal. No e/o calculus.

SPLEEN: Normal in size and echotexture. No evidence of SOL / calcification.

PANCREAS: Normal in size and echotexture. Pancreatic duct appears normal. No evidence of calculus / calcifications.

RIGHT KIDNEY: Right kidney is normal in size & echotexture. No evidence of calculus/ hydronephrosis.

LEFT KIDNEY: Left kidney is normal in size & echotexture. No evidence of calculus/ hydronephrosis. Bilateral ureters are not dilated.

RETROPERITONEUM: No evidence of enlarged retroperitoneal lymphnodes.

URINARY BLADDER: Well distended. Normal.

UTERUS: Normal in size and echotexture. Endometrium is normal.

OVARIES: Septated cystic lesion in left ovary measuring 4.6x4.2cms with echogenic nodule within measuring 17mm. Right ovary shows small follicles.

- No evidence of ascites/pleural effusion.

IMPRESSION:

- Septated cystic lesion in left ovary (4.6x4.2cms) with echogenic nodule within (17mm) - Probable hemorrhagic vs dermoid cyst.
- Review after 1month.

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PROFESSOR AND HOD