



## **Risky fetal heart rate and potential birth defects at 2 months pregnancy resolved successfully using Yoga Prana Vidya (YPV) healing protocols: A case study**

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### **Abstract**

**Introduction:** Fetal Heart Rate (FHR), the pulsations as determined in ultrasound tests, serve as an important criterion for confirmation of fetal viability. If FHR is found abnormal in first trimester, appropriate interventions may be needed to save pregnancy. This article presents a case of 2 months pregnancy of a 30 years old woman who had undergone YPV healing treatment to save her pregnancy, when her doctor advised to consider abortion.

**Method:** Case study method is used in this article by collecting data from patient medical records, healer's records and patient feedback.

**Results:** After 20 days of YPV healing, ultra sound test revealed normal FHR and also fetus development normal as per her doctor's assessment. The patient was advised to proceed with conception and delivery. Further sonographic tests after 3 weeks confirmed safe pregnancy.

**Conclusions:** Regular medical and nursing care, known as prenatal care or antenatal care, is strongly recommended to women during pregnancy. Yoga Prana Vidya protocols can effectively contribute to antenatal care to heal both the mother and fetus as needed without any drugs and even distantly, which is the safest mode to save pregnancy and maintain good health for both. Further research is recommended with appropriate sample and methodology.

**Keywords:** Antenatal care, safe pregnancy, Complementary & alternative medicine, Yoga Prana Vidya System®, YPV ®

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## I. Introduction

### *Fetal Heart Rate (FHR)*

During the first trimester of pregnancy, the normal embryonic heart rate varies between each week of gestation, as determined by a few western studies. Indian studies on the same are not available.[1] Fetal heart pulsations serve as the criteria for confirmation of fetal viability. [1] A study by Hethyshi (2019) concluded that there could be some difference in the fetal heart rate pattern among different populations.

The screening process using ultrasound can help determine the risk of the fetus having certain birth defects.[2] If the results of the first trimester screening tests are abnormal, genetic counseling is recommended.[2]

This article presents a case of 2 months pregnancy of a 30 years old married Indian woman who approached a YPV healer for healing treatment to save her pregnancy, when her doctor advised that the fetus' FHR and development were weak, and advised to consider abortion.

### *Yoga Prana Vidya (YPV) System*

YPV system of healing has been found effective as a complementary and also as an alternative medicine to treat and cure many types of diseases and ill-health conditions. YPV is non-invasive, non-drug and non-touch system of energy transference by a healer to a patient/client. This is based on the principle that there is an energy body surrounding and interpenetrating the physical body, and a disease in most cases strikes the energy body first before affecting the physical body and both bodies affect each other. A healthy person has a strong energy body and a sick person has a weak energy body, as shown in figures1&2 respectively.

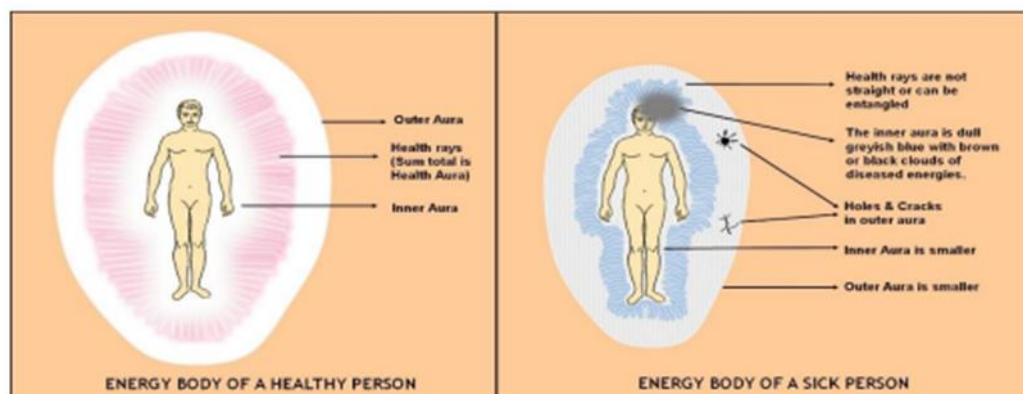


Fig 1 Energy body of a healthy person Fig 2 Energy body of a sick person

The energy body consists of Chakrams (energy centres) and channels (Nadi's) to receive and distribute the energy known as Pranic energy or bio-plasmic energy as known in modern Science. The chakrams treated in YPV system are shown in figure 3.

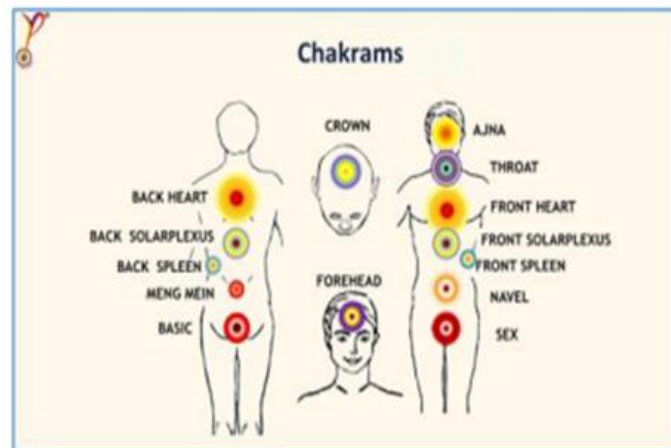


Fig 3 Chakrams in the energy body

The YPV energy healing techniques and protocols have been adopted from ancient science and art of energy healing. The YPV energy healing techniques involve treating the major and minor chakras (in our energy body) and affected organs by cleaning them in order to remove the diseased, dirty and used-up energy from the system and filling it up with fresh energy drawn from the environment (See figure 4).



Fig 4 Channeling energy by a healer

A search of literature shows over 70 published research articles including experimental and case studies, on successful applications of YPV healing techniques as complementary and alternative modalities to main stream medical systems. Some examples of the published articles related to women's health are, treatment of infertility for successful pregnancy [3], treatment of PCOS [4], treatment of PCOS symptoms and hormonal imbalance [5], pregnancy of IVF patient [6], Endometriosis [7], and breast cancer [8].

Literature shows several cases of common diseases healed successfully using YPV healing protocols have been published, for example, diabetes [9], arterial heart blocks [10], Cholesterol & Asthma [11], Thyroidism [12], cases of various types of cancer [13] [14] [15], COVID 19 [16] [17] [18].

A case of 30 years old married woman at 2 months pregnancy, who approached a YPV healer for healing treatment to save her pregnancy with complaints of weak FHR of fetus and development, is narrated below.

## II. Case report

### *Patient information*

Patient was a house wife, 30 years of age; name and place withheld for reasons of anonymity.

### *Health condition before YPV healing*

The patient was a YPV level 1 student under a Certified healer & trainer. She was at two months of pregnancy and visited her doctor for checkup. After taking ultrasound test on 22 December 2022, the doctor informed the patient that her baby (fetus) heart beat and growth were not good, and suggested to go for abortion.

Having faced the disappointment, the patient was reluctant at the thought of abortion. She told the doctor that she would think it over and come a week later. As a student of YPV healing, she contacted her Trainer-healer and narrated the doctor's findings and suggestion to consider abortion.

The trainer-healer advised the patient to wait, and proposed to try YPV healing sessions with good prospects of saving pregnancy, and offered a plan to conduct healing sessions for 20 days, and then to go for ultrasound test. The patient agreed to this healing plan and the Trainer-healer started healing sessions from the same day.

### *Healing protocols used*

The trainer-healer used YPV Level 5 healing protocol, and conducted daily one Level 5 session of 20 minutes, and a divine Group healing session of 15 minutes, twice a day.

In addition to the healing sessions, the trainer-healer asked the patient to self-practice Rhythmic yogic breathing (RYB) and forgiveness sadhana three times in a day.

### *Progress made by the patient*

YPV Healing sessions commenced from 23 December, 2022.

During the initial 5 days, the patient's condition was found to be normal but was vomiting occasionally. She was doing Rhythmic yogic breathing (RYB) and forgiveness sadhana three times a day - morning, afternoon and evening. As a result, she experienced calmness.

During the next 5 days, she was feeling better, no vomiting, no weakness, and eating proper diet. She had slight body pain and stress. She called her trainer-healer and hoped that her baby would be fine with positive affirmations. The healer continued daily blessing and healing. Now her stress is reduced and pain vanished.

During the next 5 days, the patient informed the Trainer-healer that her ultrasound appointment was scheduled for next week, feeling a bit apprehensive about the outcome. The trainer-healer counselled her to expect good and positive outcome without getting worried. At times when she was feeling tired, the healer asked her to do RYB to ease and relax. Yet, emotionally she was unstable feeling very nervous with some negative thoughts coming in her mind again and again. Then the Trainer-healer asked her to do forgiveness sadhana while continuing to heal her.

During the next few days, the patient was feeling a greater sense of optimism in view of the next scheduled visit to doctor on 11 January 2023 for an ultrasound test. She was feeling very receptive to healing sessions with faith. The symptoms of morning sickness prevailed on her occasionally, though less frequently.

## **III. Results**

Subsequent to the YPV healing intervention for 20 days, her doctor conducted ultrasound testing and confirmed that fetus' heart rate (FHR) and growth were very good and no problem could be anticipated. Before YPV intervention, the measured parameter CRL (crown to rump) of fetus was 7.1 mm on 22 December 2022, and now after the YPV intervention on 11 January 2023 it is 28 mm. In the doctor's view it was a miraculous

result. The patient was assured of successful and trouble-free conception and delivery. Everything looked good and the patient was very happy with the result.

Further follow up of patient after 3 weeks confirmed normal fetus and growing well as per the new sonographic test and evaluation.

#### **IV. Discussion**

Fetal ultrasound scan provides accurate information to facilitate the delivery of optimized antenatal care with the best possible outcomes for mother and fetus. In early pregnancy, it is important to confirm viability, establish gestational age accurately, determine the number of fetuses in the presence of a multiple pregnancy.[19] In the present case, the patient sought scanning at 8<sup>th</sup> week enabling her to know potential problems of fetus and take preventive action in time. Though the doctor's assessment stated weak fetus and suggested abortion, the patient explored the option of alternative medicine to save her pregnancy, and sought YPV healing for 20 days that led to successful and safe pregnancy.

There are no relevant research articles available on this topic for comparison of results. However, Yoga Prana Vidya (YPV) applications have in the past resolved pregnancy related issues successfully as cited earlier. [3] [6]

#### **V. Conclusions**

As an integrated and holistic system of healing and treatment, Yoga Prana Vidya (YPV) applications have been found to have produced miraculous results in resolving health issues of various kinds for women, men and also children. This article offers great scope for further research with appropriate sample and methodology. Recommendations include imparting working knowledge of YPV system of healing for frontline healthcare workers such as doctors and nurses to use YPV system of healing as a complementary mode for holistic treatment of patients.

#### **VI. Acknowledgements**

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#### **Conflicts of interest**

None

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