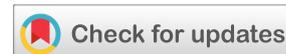


(CASE REPORT)



## A case of 32 Years old female patient with chronic anal fissures healed successfully by Yoga Prana Vidya healing protocols

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### Abstract

**Introduction:** Anal fissures accompanied by pain and discomfort, are common occurrence in 1 out of 5 people. There are several remedial treatment modalities available. This paper presents a case study of a 32-year-old female patient with chronic anal fissures healed successfully using Yoga Prana Vidya (YPV) Protocols which are non-drug and non-invasive modalities, as she had developed the fissures after the delivery of her child and could not find relief with any other modality.

**Method:** This paper uses case study method by going through patient medical records, healer's records and patient feedback.

**Results:** After 4 days of YPV healings given by the healer, the pain and symptoms had reduced substantially. Further use of consistent healings given by the healer and self-healing of the patient produced sustained results with negligible recurrence of this condition. Eventually YPV distal treatment delivered a cure and resettled the patient with normal life. The psychological and emotional issues the patient had were counselled and treated by YPV techniques simultaneously.

**Conclusions:** Consistent use of Yoga Prana Vidya (YPV) healing protocols have treated the condition of anal fissures successfully without any medicine and without any surgery. YPV integrated therapies are very versatile and holistic in nature whereby a patient is healed psychologically also besides physically through self-healing techniques, in addition to receiving healing sessions from an external healer. Frontline health workers will be benefitted by learning YPV healing protocols to apply complementarily in their respective work areas to treat patients. Further research with appropriate methodology and sample size is recommended.

**Keywords:** Anal fissures; Complementary and alternative treatment; Yoga Prana Vidya System ®; YPV®

### 1. Introduction

An anal fissure is a break or tear in the skin of the anal canal. Anal fissures may be noticed by bright red anal bleeding on toilet paper and undergarments, or sometimes in the toilet. If acute, they are painful after defecation; but with chronic fissures, pain intensity often reduces. Anal fissures usually extend from the anal opening and are usually located posteriorly in the midline, probably because of the relatively unsupported nature and poor perfusion of the anal wall in that location. Fissure depth may be superficial or sometimes down to the underlying sphincter muscle. Untreated fissures develop a hood-like skin tag (sentinel piles) which covers the fissure and cause discomfort and pain [1]. The incidence of anal fissures is around 1 in 350 adults. They occur equally common in men and women and most often occur in adults aged 15 to 40 [1]

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Non-surgical treatments are recommended initially for acute and chronic anal fissures. Other measures include warm sitz baths, topical anaesthetics, and high-fibre diet and stool softeners. Surgical procedures are generally reserved for people with anal fissure who have tried medical therapy for at least one to three months and have not healed. It is not the first option in treatment [1].

For adults, the following may help prevent anal fissures: Avoiding straining when defecating. This includes treating and preventing constipation by eating food rich in dietary fibre, drinking enough water, occasional use of a stool softener, and avoiding constipating agents. Similarly, prompt treatment of diarrhoea may reduce anal strain. Careful anal hygiene after defecation, including using soft toilet paper and cleaning with water, plus the use of sanitary wipes.

Several studies conducted in India have demonstrated that the prevalence of anal fissure has a regional variation [2]. A study by Chaudhary et al (2018-19) concluded that the prevalence of anal fissure among patients with anorectal complaints is around 18%. Mixed dietary habits and constipation could be considered as risk factors for the anal fissure [2]. This paper presents a case of anal fissures treated successfully by the application of Yoga Prana Vidya healing protocols.

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## 2. Yoga Prana Vidya System

Yoga Prana Vidya (YPV) is a holistic healing modality which aims to correct the physical ailment by focusing on the root cause of the ailment. Yoga Prana Vidya sees the physical ailment as a symptom of deep-rooted subconscious misalignments. Some examples of psychological misalignments are visible as fear, worries, anxieties, phobias etc. Over a period of time, they bring about abnormalities in lifestyle and precipitate in the physical body ailments. This precipitation happens via the energy body or *Pranamaya Kosha* which interpenetrates, extends and surrounds the physical body. These misalignments can be sensed in the energy body much prior to the manifestation of the ailment in the physical body. These misalignments can be observed as imbalances in the chakras and aura of the person by using Yoga Prana Vidya's techniques. The balance in the energy body is brought about by "YPV healing," and complemented by practicing Planetary Peace (PPM) Meditation, doing Rhythmic Yogic Breathing (RYB) and practicing YPV's *Forgiveness Sadhana*. Over a period when the subconscious misalignments are balanced, the emotional quotient improves and brings a balance in the energy body, effecting in a respite/relief in the physical body. The YPV way is to prevent the ailment by keeping the energy body in balance when there is no physical damage. When YPV treatment is given after the manifestation of the ailment, it retards the worsening of the ailment and in many cases reverses the disease progression and brings about a recovery. YPV treatment can run parallel as complementary to allopathic, ayurvedic or homeopathic treatments. There are over 65 research papers that testify the efficacy of Yoga Prana Vidya's treatment. Some examples of topics of published research papers include, Some difficult medical cases, diabetes management & control, heart block, Eye camp, high cholesterol and asthma, emergency and first aid cases, speedy recovery of COVID patients, hypothyroidism, anxiety and depression of corporate employees, academic performance of high school students, well-being of undertrial prisoners, IQ and social behaviour of mentally challenged children, patient recovery from Hodgkin lymphoma, dental abscess, orthopedic cases, PCOS (Polycystic Ovarian syndrome), breast cancer, and oesophageal cancer [3 - 20].

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## 3. Case Report

Case study of Ms. A, Age: 32, Female. Resident of Pune, Maharashtra.

### 3.1. Pre-YPV medical condition

The patient was suffering from fissures, inflammation, and allergies. The symptoms for this showed after her daughter was born in 2015. The symptoms were body itching, fissures, burning and pain in anus, difficulty evacuation, and inflammation in anal sphincter, low HB, hyperacidity. She also had a skinny frame and was not putting on weight. Because of this, her diet was restricted to a lactose and gluten-free diet, vegetable soups. She had to have fruit and saltless diet and she was asked to avoid milk, non-veg and chilli. Emotionally, she was feeling hopeless, helpless, and having a low self-esteem with negative thinking, and she was unable to come out of its vicious circle. Her social life had taken a beating as she was unable to go out, travel, and attend functions. She could not sit without doughnut seat. Various medical tests were conducted for allergies but they came as normal. So, doctors deduced it as a psychosomatic disorder.

She attempted various treatments including allopathic, ayurvedic and homeopathic. She started with allopathic treatment, but had to stop soon as the symptoms only worsened. She then switched to ayurvedic treatment. Though it helped initially, the fissures came back after a year and then was partially cured, but her fissures came back in 2017. So,

she eventually stopped Ayurvedic treatment too. In 2017 she was taking homeopathy treatment; she was finding little relief with homeopathy.

### 3.2. YPV Intervention

Upon recommendation from a friend, the patient then contacted the YPV healer in Pune and started taking YPV healings. After 4 days of healings given by the healer, the pain and symptoms had reduced substantially. So, she started taking daily distance healing sessions. During that time, she was having recurrence of the fissures, but was always relieved when healing was administered. She too learnt levels 1, 2 and 3 of YPV healing and she would additionally heal herself.

1<sup>st</sup> phase YPV Sessions were began by the healer on 1<sup>st</sup> of November 2017 and lasted for 7 months till 31<sup>st</sup> of May 2018. Healings were given for 30 minutes each session daily by the Healer. The Protocol used was HDP 1 miraculous healing for affected area. Standard YPV Psychotherapy, normalizing all chakras, thorough blood cleansing, with focus of treatment was anus minor and perineum minor chakras and rectum and intestines. Affected area was energized with green, bluish-violet, gold or green, blue and violet colour Pranas. As advised by the healer, the patient began YPV rhythmic breathing, YPV forgiveness sadhana, and PPM which she followed diligently.

In the second phase, from 1<sup>st</sup> of Jun 2018 till 31<sup>st</sup> of Oct 2018 healings were reduced to alternate days. The healer would give her continuous healings only when the fissures or allergies came up, for a couple of days.

Since 1<sup>st</sup> of Nov 2018, the patient would heal herself as preventive action, 3 to 4 times every week, the protocol used by patient was of YPV Level 2&3. The affected area was energised with Green, blue and violet. The healer would heal her only when the fissures came or as needed maximum twice a week.

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## 4. Results

As the healing progressed, the patient felt in control of the situation as she could manage herself. She started feeling confident and her helplessness faded slowly. She reduced taking healings to maximum of twice a week and would heal herself on the other days. She stopped taking regular healings in June of 2019 and since then has been out of all her original symptoms. The fissures have not come back. She experiences body itching which vanishes when self-healing is administered. She is having a near-normal diet and has concluded that her allergies are because of eating red or green chillies. She also has less of non-vegetarian food. Her weight has since increased in a healthy way. She was able to go abroad for vacation, which was never the case earlier. She experienced a 180-degree shift in her relationship with her mother-in-law. She attributes this to YPV teachings and techniques. After 2019, she joined as a school teacher. She has been able to travel effortlessly. She also helps her family members by healing and encouraging them to maintain a positive mind frame.

The patient experienced tapering down of symptoms as summarised below.

Before starting with healing (during 2015 to 2017), the fissures were present 70-80% of the days. In the beginning of 2017, she started Ayurvedic treatment which reduced the number of days, but they again recurred by Nov 2017, and that is when she started with the YPV healing. By 2019, it was about 50% of the number of days. In 2020, it reduced to 20% of the days. It is then she started working, and as of now as mentioned, the fissures occur once in six months and disappear after few days, so it is now about 2% of the original frequency.

### 4.1. Follow up

A follow up of the patient was done on 13<sup>th</sup> of Dec 2022, and the patient revealed that the original symptoms occasionally appear once in two or three months with some itching or skin rashes. And fissures also occur occasionally once in 6 months and last only for a couple of days. All the symptoms go away within a couple of days of healing.

The patient stated - *"After 2017, no medication was taken for fissures. Medication was for allergies, which I have even now when I get the rashes. I have homeopathy pills for good health."*

Regarding the diet the patient explained as follows.

“Initially I was on semi-liquid diet. After healing started, when I attempted to eat non-veg or spicy food, the fissures would reoccur. So, I continued with simple diet. Since 2020, I noticed that I could consume normal food except chillies, both red and green.”

About the overall experience, the patient stated that she was so down and felt socially isolated when this whole thing started. But now, she feels emotionally strong, “mainly I am happy that I am in control of my life. Healing gave me a way to drive my life, the way I want to take it. So, thanks to YPV.”

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## 5. Discussion

Most anal fissures will heal with treatment, although they can re-appear again easily, particularly if one does not follow self-help advice. There are a number of self-help measures the doctors and other practitioners may recommend to relieve constipation and reduce the pain caused by anal fissures. Relieving constipation can allow anal fissures to heal and reduce the chance of further fissures developing in the future.

There are a number of different medicines a general medical practitioner may recommend to help reduce the symptoms and allow anal fissure to heal. A follow up appointment is usually recommended. If the fissure has completely healed, the healthcare practitioner may recommend a further follow-up appointment a few weeks later.

According to Malik et al (2019), Energy Therapy has been a well-known non-surgical, minimally invasive treatment option for symptomatic grades I and II internal haemorrhoids. This treatment has not yet been studied in anal fissures. Anal fissures, like haemorrhoids, can severely disrupt the quality of life for patients. Currently, only a few non-surgical treatments are available for anal fissures which involve conservative and supportive measures that include: increasing dietary fibre intake, stool softeners, sitz baths, topical analgesics or vasodilators [21].

A study with Chakras energy healing by Huang (2020) concluded in their study, that the patients with haemorrhoids and fissures may have deficiency of the chakras’ energy passing through meridians, and the treatment and replenishment of these energies that are weak, as well as the rebalancing of the patients’ energy with dietary counseling, are effective in the clinical treatment of haemorrhoids, without the necessity of surgery. With this treatment modality, the patient is able to continue working without stopping for recovering from the surgery, having reduction in costs and possible complications [22].

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## 6. Conclusion

The authors of this case study have concluded that consistent use of Yoga Prana Vidya (YPV) healing protocols have treated the condition of anal fissures successfully without any medicine and without any surgery. YPV integrated therapies are very versatile and holistic in nature, whereby a patient is healed psychologically also besides physically through self-healing techniques, besides receiving healing sessions from an external healer. It is undoubtedly evident that frontline health workers will be benefitted by learning YPV healing protocols to apply complementarily in their respective work areas to treat patients. Further research with appropriate methodology and sample size is recommended.

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## Compliance with ethical standards

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### *Disclosure of conflict of interest*

There is no conflict of interest.

### *Statement of informed consent*

Informed consent was obtained from all individual participants included in the study.

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