

**A case of Unilateral multicystic dysplastic Kidney in a 7 – month fetus - Successful healing treatment using Yoga Prana Vidya (YPV) healing protocols**

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**Abstract**

**Introduction:** It is crucial to check fetus health in pregnancy through colour doppler echo cardio graphy tests to evaluate any health risks in fetus and in the pregnant woman, and seek appropriate intervention to save pregnancy and achieve healthy child birth. This paper presents a case of multiple cysts in right kidney of the fetus detected during 7<sup>th</sup> month of pregnancy through tests of a 25 years old pregnant woman who sought Yoga Prana Vidya (YPV) healing as alternative treatment to save her pregnancy.

**Method:** This is a case study method, of going through patient medical records, YPV healers’ records and patient feedback.

**Results:** After 42 healing sessions spread through 6 weeks, ultra sound evaluation revealed that the fetus was free of all cysts and both kidneys were found to be

healthy. Safe delivery of a healthy baby took place as expected. A follow up 3 months after delivery confirmed both the child and mother were healthy and normal.

**Conclusions:** Yoga Prana Vidya (YPV) healing methods have been found to be very effectively applied both proximally and distantly to patients with various illness conditions, complementary as well as alternative medicine without the need of drugs or touch. This case is an example of YPV healing treatment given successfully to fetus in the womb, which is a miraculous achievement. Further research may be conducted with appropriate methodology and sample. It will be beneficial to train doctors and nurses in the application of YPV techniques for holistic treatment of patients.

**Keywords:** Multi cystic dysplastic Kidney (MCDK), Fetus, pregnancy complications, Yoga Prana Vidya System®, YPV®

## Introduction

### Multicystic dysplastic Kidney (MCDK)

MCDK is one of the common renal abnormalities that can be identified during fetal ultrasound evaluation. Different studies reported the prevalence differently, and one report stated that it occurs in approximately 1 in 4300 live births. Frequently, MCDK is unilateral and isolated with overall favorable outcomes. It is frequently found in male fetuses. [1]. This disease usually results in an enlarged, nonfunctioning kidney in the neonate. Surgical intervention may not be needed as most cases resolve over time with conservative management. The sonographic findings of renal anomalies may modify obstetrical management, facilitate pediatric and surgical care of the new born, or may lead to choosing termination of pregnancy. [2]

Earlier, several reports emphasised that most MCDK kidneys undergo involution during the first five years of life. A conservative approach to children with MCDK has therefore been advocated, but others have suggested surgical removal on the basis of risk of hypertension, mass effect, potential for malignant change, and cost of repeated ultrasound examination. [3]

In the past, physicians chose to perform an immediate nephrectomy on the multicystic kidney due to concerns related to the development of systemic hypertension or malignancy in the affected kidney. Today the preferred medical practice is to leave the multicystic kidney in situ as long as it does not cause any major complications to the patient.[4]

This paper presents a case of MCDK in a 7-month fetus diagnosed by ultrasound test, was treated successfully using Yoga Prana Vidya (YPV) healing protocols, and resulted in safe delivery with no health issues for both pregnant mother and the child after birth.

## Yoga Prana Vidya System

Yoga Prana Vidya (YPV) healing system is a holistic and as alternative healing approach that can also be used as a complementary medicine for treatment of physical, psychological, mental and emotional illnesses by proximal or distant healing modality. YPV is based on bio-plasmic energy or prana that involves no-touch and no-drug treatment principle.



Fig 1: Channelling of energy from the healer to the patient

YPV helps to heal the ailments in the physical body by dealing with energy body of an individual (See Fig 1). The energy body, also known as Pranamayakosa, interpenetrates and extends beyond (surrounds) the physical body and consists of an inner aura, an outer aura and health rays connecting the inner aura and the outer auras. The energy body consists of energy centres or chakrams (wheels) (See figure 2) and 'Nadis' (channels) to distribute the energy to various chakrams and body parts.

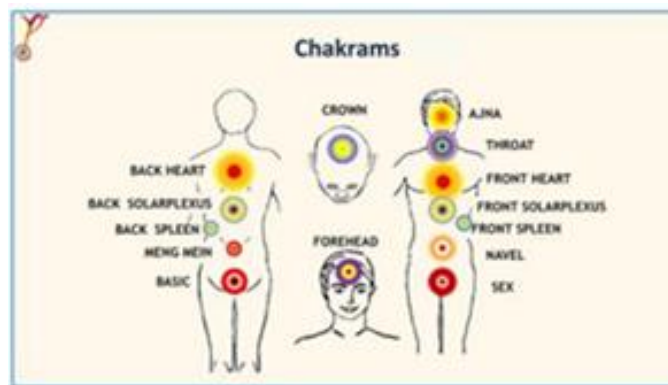


Figure 2: Major Chakrams or Energy Centres

Trained and certified healers practice the skills of scanning the wheels (energy centres) and aura and carry out cleansing and energizing the wheels and affected body parts of the sick person. Figure 3 shows the energy bodies of a healthy person and sick person, and the differences are noticeable.

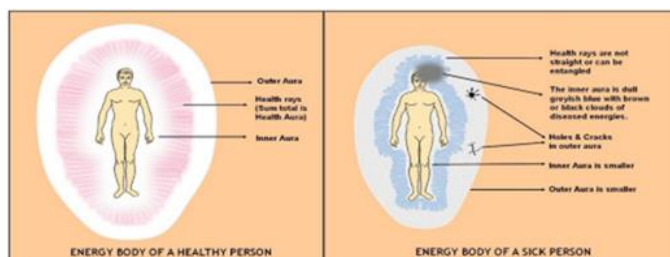


Figure 3: Energy body of a healthy person Vs. Energy body of a sick person

Patients usually experience recovery and relief from illness within a few healings given by the healer. Depending upon an individual's health condition, a healing session may last for 10 to 30 minutes, and one or more sessions per day as decided appropriately by the healer.

Thus, YPV system uses ancient techniques of energy healing, and its protocols are structured for systematic healing of patients for treating various illnesses. More than 70 published research articles show consistent results of recovery for patients with various physical, psychological, and mental illnesses.

The literature shows that, by using Yoga Prana Vidya (YPV) healing techniques, many cases have been successfully treated such as, some difficult medical cases [5], Diabetes management & control [6], removing arterial block in heart without surgery [7], vision improvements for participants of an Eye Camp [8], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [9], Role of Yoga Prana Vidya in first aid and emergency [10], improvements of health and immunity

of senior citizens [11], speedy recovery of COVID patients [12], treatment of hypothyroidism [13], Lowering academic anxiety and enhancing academic performance of high school children [14], saving life of a snake-bitten human female [15], improvements in the cognitive abilities and social behaviour of mentally challenged children [16], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [17], healing treatment of a female patient suffering from kneecap dislocation [18]. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [19], and significant reduction in anxiety and depression in corporate employees [20].

## Case report

### Patient's information

The patient was a 25 years old housewife resident in a north Indian city.

### Pre YPV medical conditions

The patient was observed to have normal health without any comorbidities. She was in 7th month of pregnancy, when she came to know about some complications in her pregnancy through several medical tests including sonography (test date 18 November, 2020) that revealed cysts in her child's (fetus) organs. At first, there was a cyst in the baby's brain, which got dissolved after a few treatments, Subsequently, cysts were found in the right kidney through colour doppler, and the other kidney was starting to damage. Doctor said that the baby can only live with one kidney if she stays alive. Doctors said that there are many complications because if the baby has such problem, water gets filled in the kidney, and it cannot be treated. They gave her medications but there were no improvements seen. Doctors also said that there

will be complications in the delivery also. The patient took the medicines for some time and then gave it up as there were no results. Emotionally and mentally, it was hard for the patient to go through this as she waited for pregnancy for the past 5 years and these complications made her hard for her to accept the situation as it is. Earlier than this the patient was very confident but when doctor said that there would be complications, patient started to lose confidence and had doubts about the delivery. There was no diet or lifestyle changes suggested by the doctor apart from prescribed medicines. Then she started to search about alternative treatment and healing methods. When she came to know about YPV healing, she thought of giving it a try. The patient had some migraine issues as well during this phase. Patient's younger sister who had earlier experienced YPV healing with successful results, contacted the healer, and advised her sister to proceed with taking YPV healings to resolve the MCDK issue in the fetus.

#### **YPV intervention**

The healer started conducting distant healing sessions from 21st November, 2020. Besides going through healing sessions, the patient was prescribed to practice Rhythmic Yogic breathing and forgiveness sadhana multiple times a day. All the practices were done on a daily basis.

The healer used HDP Level 1 healing protocol which included standard YPV psychotherapy healing, blood cleansing protocol and internal organ cleansing technique for mother, and simple healing of the fetus. The healing procedure for the baby (fetus) was general sweeping and healing with divine light and white colour. The affected parts were thoroughly cleansed multiple times a day so that congested energies can be removed. The mother was blessed with courage, hope, strength to

face this situation. Group blessings also were given for her after meditations.

The duration of one full detailed healing once a day was about 40 minutes, due to complexity of the case, and affected parts of the baby(fetus) was treated with healing sessions multiple times a day for about 5 minutes. After one month as things started to improve, healings sessions were reduced to thrice a week. This YPV intervention consisting of 42 full healing sessions, was concluded on 15th January, 2021.

The progress made by the patient is as follows.

During weeks 1 & 2 the patient gradually gained energy, felt relieved emotionally and felt a bit normal physically, as she was able to do things on her own, despite complete bedrest for a month advised by her doctor.

During weeks 3, 4 and 5, the effect of feeling energetic and emotionally stable continued. However, many thoughts about all the worse situations were disturbing her, as there were tests done multiple times.

Finally, during the 6<sup>th</sup> week, the ultrasound tests of the pregnancy came normal, and her doctor quoted it as a miracle, and nothing like this he experienced before. The findings confirmed no complications and the cyst of the baby was healing.

#### **Post healing condition**

The baby successfully took birth on 21st January 2021. The baby was totally healthy as there were no complications in the delivery. After the delivery baby was all good and healthy without any health problems. The mother (patient) was also happy and had no complications during delivery.

#### **Follow up**

Verbatim quote of feedback after 3 months (April 2021) obtained through the patient's sister is given below.

“...I just wanted to say how thankful I am to you!!! My sister was 7 months pregnant when she got to know there is complication and the child’s one kidney doesn’t work. we talked to many doctors and doctors said there are many complications in the delivery for baby and the mother both, so we decided to start healing. And within few weeks we saw a drastic improvement and the baby was delivered safe and sound. now he is going to be 3 months and totally fine. What you did was truly magical even doctors were surprised, thank you so much; you are a blessing. My family is blessing you so much.”

A second follow up done on 05 September 2022 on the latest condition of the baby, revealed that the child was completely fine and did all activities normally.

### Discussion

MCDK consists of multiple noncommunicating cysts of various sizes separated by dysplastic renal parenchyma. Primitive urine filled nephrons are the basis of the multiple cysts, which are seen initially at the periphery of the kidney. The affected kidney is non-functional and frequently undergoes involution when the cysts shrink from absence of urine production.[21]

Renal cyst formation, leading us to diagnose the infant with MCDK, which is a potential cause of hypertension after birth. A 2005 meta-analysis revealed that the risk of hypertension among such children was actually less than that observed in the general population (0.54% vs. 1–4.5% between the ages of four and adolescence) [6]. Eickmeyer et al. reported that 9 of the 301 patients analyzed developed hypertension throughout the follow-up period, constituting the 3% incidence of hypertension observed. [22]

A literature search has not yielded any publication on such previous instances of applying healing energy to

heal MCDK condition of fetus, for comparison of results, and this case appears as a unique occurrence.

### Conclusions

Decades of experience and evidence gathered through research it is observed that Yoga Prana Vidya (YPV) healing methods have been found to be very effectively applied both proximally and distantly to patients with various illness conditions, complementary as well as alternative medicine without the need of drugs or touch. This case is an example of YPV healing treatment given successfully to fetus in the womb, which is a miraculous achievement. Further research may be conducted with appropriate methodology and sample. It is highly desirable to impart a working knowledge of YPV healing methods to frontline health workers such as doctors and nurses to apply these techniques complementarily in their specialties.

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