

A case of a female patient having Non displaced lateral malleolus fracture, pre-diabetic and hypothyroidism healed successfully using Yoga Prana Vidya healing protocols

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Abstract

Introduction: The principles and practice of Yoga Prana Vidya (YPV) system of healing is Integrated Medicine, its focus being on health and healing rather than disease and treatment. It views people as whole persons with minds, souls as well as bodies and includes these dimensions into healing and treatment for preventive as well as curative purposes holistically. This paper presents a case of a 25 years aged woman with multiple health issues, healed successfully using YPV protocols as complementary medicine.

Method: This paper uses case study method of collecting data from patient’s medical records, YPV healer’s records and patient feedback.

Results: After 24 days of healing, her doctor confirmed that the X- ray was normal, ankle fracture fully healed. Some blisters were found on ankle skin, with pain and

swelling. To treat the blister, the healer applied healing for a week in addition to an ointment. Pain and swelling reduced gradually, and blisters got healed in a week. Subsequently, iron deficiency, pre-diabetic and hypothyroid conditions were also healed within a week.

Conclusions: Integrated and holistic YPV healing protocols helped many patients to lead a normal life thereafter. It is concluded that YPV techniques can be used for faster recovery of patients with injured and fractured bones as evidenced in these reports. Further research using appropriate methodology and sample is recommended.

Keywords: Ankle fracture, blisters, iron deficiency, pre-diabetic, hypothyroid, Yoga Prana Vidya System ®, YPV®

Introduction

Yoga Prana Vidya (YPV)

The principles and practice of Yoga Prana Vidya (YPV) align with the definition of Integrated medicine, and it is not simply a synonym for complementary medicine. [1] Complementary medicine refers to treatments that may be used as adjuncts to conventional treatment and are not usually taught in medical schools. Integrated medicine has a broader meaning and larger mission, its focus being on health and healing rather than disease and treatment. [1] It views patients as whole people with minds, spirits as well as bodies and includes these dimensions into diagnosis and treatment. According to Rees and Weil (2001), it also involves patients and doctors working to maintain health by paying attention to lifestyle factors such as diet, exercise, quality of rest and sleep, and the nature of relationships. [1] In clinical practice, patients can present with many different diseases, often both somatic and mental. Holistic medicine will try to see the diseases as a whole, as symptoms of a more fundamental imbalance in the state of being. [2]

The YPV energy healing principles have been adopted from ancient science and art of energy healing, and YPV system offers a set of techniques and protocols to holistically heal a patient having multiple diseases, and considers the whole person by including their mind, body, and soul in treatment considerations. There are three types of protocols in YPV system to be followed together. These are: (1) Physical and breathing exercises, together with saltless vegetarian diet with fruits and vegetables, (2) meditation practices such as Forgiveness Sadhana and Planetary Peace Meditation (PPM), and (3) Energy healing protocols to accelerate healing of physical body and its parts, and also by applying these

techniques to the Chakras and Nadis of the energy body, which interpenetrates and extends beyond the physical body.[3]

YPV is non-invasive, non-drug and non-touch system of energy transference by a healer to a patient or a client. This is based on the principle that a disease strikes the energy body first before affecting the physical body. A healthy person has a strong energy body and a sick person has a weak energy body, as shown in figures 1&2 respectively.

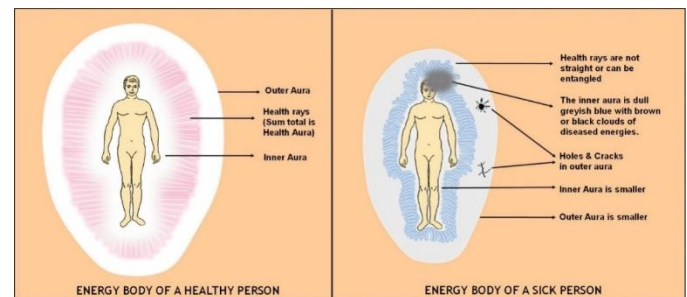


Fig 1: Energy body of a healthy person

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 stated in modern Science. The chakrams treated in YPV system are shown in figure 3.

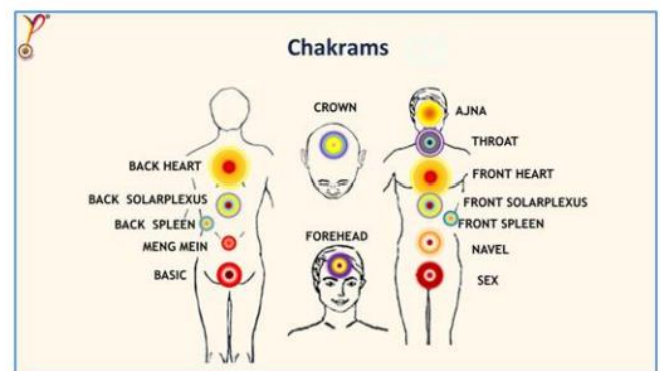


Fig 3: Chakrams in the energy body

The YPV energy healing techniques 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 from the environment (See figure 4).

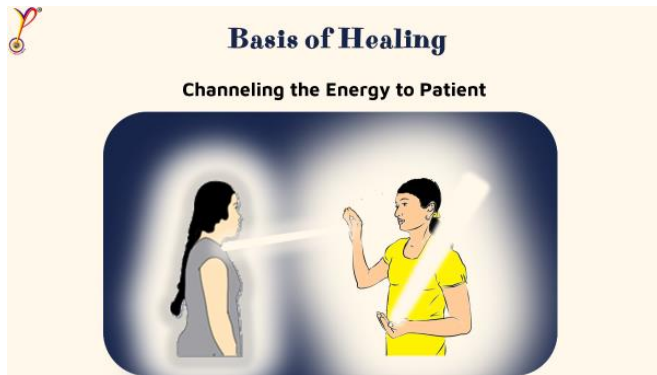


Fig 4: Channeling energy by a healer

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 [4], treatment of PCOS [5], treatment of PCOS symptoms and hormonal imbalance [6], pregnancy of IVF patient [7], Endometriosis [8], and breast cancer [9].

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

This paper presents a case of a 25 years old female who suffered ankle fracture (Non displaced lateral malleolus fracture), and was also diagnosed with pre-diabetic and hypothyroid conditions, was healed and normalised

these three conditions successfully using integrated YPV healing protocols.

Ankle fracture

Ankle fractures are common injuries that could result from a trivial twisting injury in old frail patients, or up to high energy trauma in a young people. The aim of treatment of these fractures is to restore joint stability and alignment with a view to reducing the risk of post-traumatic ankle arthritis. [20]

Lateral malleolus fracture is the most common type of ankle fracture. It is a break of the lateral malleolus, the knobby bump on the outside of the ankle (in the lower portion of the fibula). (see figure 5). 'Nondisplaced' means bones are broken but still in correct position and alignment.

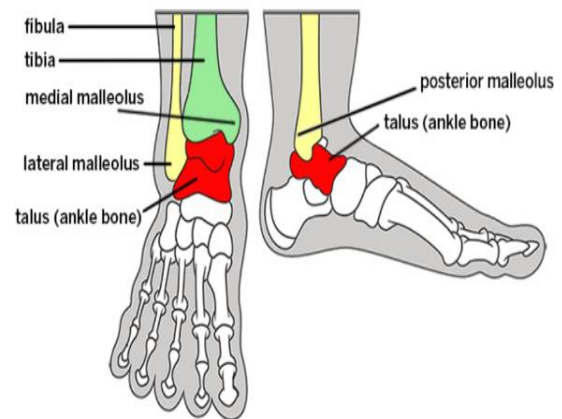


Fig 5 A diagram of Ankle structure (Source: https://www.hss.edu/condition-list_ankle-fractures.asp)

Case report

The patient was a female aged 25yrs, a software engineer working from home residing in a city in Karnataka.

Condition before ypv healing

She felt heavy sprain in her right ankle on 07/03/2022. As she had pain and was not able to walk properly, consulted her doctor who prescribed a medicine. The next day an X-ray of the ankle was taken which showed

non displaced lateral malleolus fracture. On 08/03/2022, the doctor applied pop bandage to the fractured right leg and stated that it might take 3 to 4 months for complete recovery.

YPV healing

The patient then consulted a YPV healer over a phone call through her sister, sharing her X-ray report. The Healer prescribed her to do Rhythmic Yogic Breathing (RYB) and forgiveness sadhana thrice a day, and to consume less salt in food and more fruits in diet. The healer started distant healing sessions from 08/03/2022. While receiving healings, the patient took pain killer medicine for a week and later on continued healings only thereafter.

The healer applied the following YPV healing protocols in distance healing mode.

-Standard YPV psychotherapy done to heart chakram, solar plexus chakram, throat chakram, ajna chakram and crown chakram to reduce the stress,

- Healing was given using HDP Level 1 protocols to affected part to reduce pain, swelling and to regenerate the part,

-YPV advance healing protocols used to cleanse and balance all the chakrams.

- Blood cleansing protocol also used for the lungs. Healing session of 20 min daily was conducted, and all the chakras cleansed and balanced. Pain gradually reduced and she started walking slowly without support.

After 24 days of healing, on 30/03/2022 her doctor confirmed that the X- ray of ankle joint was normal, showing fully healed. However, when the pop bandage was removed, some blisters were found on ankle skin because of heat inside the pop. The doctor then prescribed an ointment to apply on blister.

The patient then requested the healer for healing to treat the blister. The healer used HDP Level 1 protocols to heal pain, swelling and heal the blister. Pain and swelling reduced gradually, and blisters got healed in a week (See figure 6).



Fig 6: Photos of feet with blister and swelling before healing, and after healing

Other health conditions

The patient began walking normally but after few days, she was experiencing some swelling on foot sometimes. She consulted her doctor who did a blood test on 02/05/2022. The report showed iron deficiency, pre diabetic (fasting blood sugar 121mg/dl) and hypothyroidism (TSH – 4.28mcIU/ml).

Doctor prescribed iron syrup, nutrition powder and a tablet to reduce swelling. She started using the tablet and continued diet and YPV techniques. Healings continued for a week. Healer used advance level 2 protocol to heal pancreas, thyroid and pituitary gland and related chakras. Blood test was done again on 10/05/2022 and report showed fasting blood sugar 90mg/dl and TSH level was 3.36mcIU/ml which are normal. As agreed with the

patient, the healer continued YPV healings for another week and ended on 18/05/2022.

The Healer advised the patient to continue YPV sadhana practices and to do a blood test, especially Hba1c and TSH, after 6 months. Accordingly, the patient had undergone blood tests on 25/11/2022 and the blood reports of Hba1c and TSH were found to be normal. She learnt YPV healing and started practicing self-healing and healing others.

Patient feedback

Verbatim quote from the patient's feedback is given below.

"I am xxx, residing at XXXXXX, working as software engineer in Bangalore, working from home when I got the sprain on right ankle in a family function on march 7th 2022. As I had more pain and swelling consulted doctor and he prescribed medicine and x ray taken showing some fracture and had put pop bandage. My sister knew a YPV healer and consulted over a phone call on 8th march 2022 and requested for healings for fast recovery as doctor told me that may take 3 to 4 months for complete recovery. She suggested me to practice rhythmic breathing and forgiveness practice and also to take more fruits in diet. Gradually my pain reduced and removed pop on 30th march 2022 and also taken xray. It was ok but blisters formed in ankle area as I had little pain in that area when I was walking. Healing continued and blisters got healed in a week but sometimes I was getting little swelling when I was walking more. I consulted a doctor and had done blood test done on 2nd may 2022. doctor said little iron deficiency, pre diabetic and thyroid problem. I just taken tablet to reduce the swelling and requested for healing for diabetes and thyroid. After one week again blood test done on 10th may 2022 and report came normal. Healing continued

for a week till 18th may 2022 and stopped. Healer suggested me to practice ypv sadhana and to learn ypv healing. Now I am a ypv healer and practicing it. I thank to ypv system and healer. "

Discussion & Conclusions

Some reports of bone injuries/fractures successfully healed previously using Yoga Prana Vidya (YPV) techniques were reported by Dholakia, Tandon et al (2021) and Shah, Atheeshkumar et al. (2022) [21-22]. Dholakia and Tandon et al. reported a case of patellar (knee cap) dislocation of a 19 years aged young lady injured accidentally, was healed completely and became normal after sustained YPV healing intervention for 3 months, supported by physiotherapy.[21] Shah and Atheeshkumar et al. reported eleven cases of bone injury and fracture treated successfully by yoga prana vidya (YPV) techniques as a complementary medicine for faster recovery. This study stated that two healers independently healed eleven cases of bone injury and fracture using the bone regeneration techniques of YPV. [22] it is observed in this study that full recovery took place within 10 days to 45 days for the 3 hospitalised cases, and within 3 to 8 days for the two patients who had bandage/dressing done at a medical facility. In case of the remaining 6 patients who sought YPV healing help in preference to seeking medical help the recovery took place within 5 to 20 days. YPV healing helped these patients to lead a normal life thereafter. It is concluded that YPV techniques can be used for faster recovery of patients with injured and fractured bones as evidenced in these reports. Further research using appropriate methodology and sample is recommended.

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(Thally-635118, Tamilnadu) for permission given to use their copyright terms Yoga Prana Vidya System ®, and YPV®.

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