



## A CASE OF CHOCOLATE OVARIAN CYST: SUCCESSFUL HEALING USING YOGA PRANA VIDYA HEALING PROTOCOLS AS ALTERNATIVE MEDICINE

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### ABSTRACT

**Introduction:** Chocolate cysts are the lesions so named due to the thick dark brown chocolate-like appearance of the fluid contained within them. Diagnosis of large chocolate cyst is done by collecting patient medical history and doing a pelvic examination. Treatment includes removal of ovaries in older women; though not recommended for women hoping to conceive. The larger cysts causing painful periods are mostly removed by surgery. This paper presents a case of 32 years old married woman, whose chocolate cyst was treated without need of surgery using Yoga Prana Vidya (YPV) protocols. **Method:** This is a case study method by collecting case data from patient, healing intervention data from healer and patient feedback. **Results:** The chocolate cyst in this patient's case was completely healed and fully dissolved within 2 weeks of YPV healing intervention. The ovaries became healthy and more fertile to conceive. Menstrual cycle became regular, with negligible pain, and normal blood flow, and increased chances of conceiving. The patient became more confident and happier consequently. The patient pursued training in YPV level 1 healing course for self-healing practice in future. A follow up 6 months after YPV healing intervention ended revealed that the patient conceived as confirmed by her Doctor. **Conclusions:** This case is one among several other cases of troublesome cysts in female reproductive system treated successfully by YPV healers as alternative medicine. Further research is recommended using appropriate sample and methodology. Professionals such as gynaecologists and nurses will be benefitted by learning a working knowledge of YPV system protocols to help female patients having problems in their reproductive system to be treated complementary to their respective specialties.

**KEYWORDS:** Chocolate cysts, female reproductive system, Yoga Prana Vidya System ®, YPV ®.

### INTRODUCTION

Endometriosis is a common, estrogen-dependent, inflammatory disease wherein normal endometrial tissue is abnormally present outside the uterine cavity. Endometriomas are cystic lesions that stem from endometriosis. Endometriomas are most commonly found in the ovaries. Approximately 10% of reproductive-aged women are affected by this condition which is a common cause of chronic pain, dyspareunia, dysmenorrhea, and infertility. Generally, endometriosis is non-cancerous and is found within the pelvis, on the ovaries.<sup>[1]</sup>

However, implants can also be found throughout the abdomen, such as on the bowel, within prior surgical incisions, and even in rare cases in distant locations of the body, such as the cerebellum.<sup>[2]</sup> Endometrioma is experienced by about 17 to 44% of women diagnosed with endometriosis. Chocolate cysts are the lesions so

named due to the thick dark brown appearance of the fluid contained within them.<sup>[3]</sup> Endometriomas indicate a more severe disease state in patients with endometriosis and can lead to specific issues, such as decreased ovarian reserve.<sup>[4]</sup>

The symptoms generally are: painful menstrual cycle, pain during sexual intercourse, irregular and/or heavy bleeding during periods, heaviness of abdomen and pain during exercise. A gynaecologist may diagnose large chocolate cyst by collecting patient medical history and doing a pelvic examination. A small cyst may be diagnosed by doing trans vaginal ultrasound, X-ray, or blood test. Due to associated complications and possible sterility, a regular pelvic examination can help in diagnosing the disorder at early stages when cure is easier.

Treatment of chocolate cyst includes removal of ovaries in older women; though not recommended for women

hoping to conceive. The larger cysts causing painful periods are mostly removed by surgery.

Most of the ovarian cyst (80%–85%) are benign, and two-thirds of these occur in women between 20 and 44 years of age. They may be identified in asymptomatic women during routine pelvic examination or may produce symptoms. Management of the ovarian cyst through surgery is available to meet urgent need of the patient, but to establish a satisfactory conservatory medical treatment is the need of the hour.<sup>[5]</sup>

Treatment of Ovarian cysts have been attempted successfully in alternative medicine such as Ayurveda and Homeopathy and Yoga Prana Vidya System. According to Pandya et al (2020), ovarian cysts can be managed in Ayurveda on the line of *Kaphaja Granthi* (nodular/glandular swellings by *Kapha Dosh*) and *Vidradhi* (abscess).<sup>[6]</sup> Mahajan & Tayade (2023) reported a successful case of ovarian cysts treated successfully using Homeopathy.<sup>[7]</sup>

In the Yoga Prana Vidya System, several Polycystic cases have been treated successfully without use of drugs or touch and using energy healing principles and protocols. Published research articles include, for example, Yashika Gupta et al. (Polycystic Ovarian syndrome)<sup>[8]</sup>, Leelavathi Nayak et.al.(Septated cystic legion in left ovary)<sup>[9]</sup>, Sudha Mukhesh et.al. (PCOS and hormonal imbalance)<sup>[10]</sup>, and Reet Kaur Saluja et.al. (PCOD).<sup>[11]</sup>

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

Literature search shows over 75 published research articles are available on the successful applications of YPV healing system which is integrated and holistic, and it is observed that Yoga Prana Vidya (YPV) system of healing has been successfully applied to a wide range of illness conditions as complementary and as an alternative medicine. YPV is an integrated and holistic system, which consists of physical and breathing exercises, meditation techniques, and bioplasmic (Pranic) energy healing techniques.<sup>[12]</sup>

Literature shows published successful case reports on applications of YPV for several other health conditions, such as treatment of difficult medical cases<sup>[13]</sup>, diabetes management & control<sup>[14]</sup>, removing arterial block in heart without surgery<sup>[15]</sup>, vision improvements for participants of an Eye Camp<sup>[16]</sup>, improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme<sup>[17]</sup>, Role of Yoga Prana Vidya in first aid and emergency<sup>[18]</sup>, speedy recovery of COVID patients<sup>[19]</sup>, treatment of hypothyroidism<sup>[20]</sup>, Lowering academic anxiety and enhancing academic performance of high school children<sup>[21]</sup>, saving life of a snake-bitten human female<sup>[22]</sup>, managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy<sup>[23]</sup>, healing treatment of a female patient suffering from kneecap dislocation<sup>[24]</sup>, a case of breast

cancer successfully treated<sup>[25]</sup>, De-addiction cases<sup>[26]</sup>, etc. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners<sup>[27]</sup>, significant reduction in anxiety and depression in corporate employees<sup>[28]</sup>, improvements in the cognitive abilities and social behaviour of mentally challenged children.<sup>[29]</sup> This paper describes a case report of successful YPV application of Chocolate ovarian cyst successfully healed using Yoga Prana Vidya healing protocols.

#### **CASE REPORT**

The patient is a 32 years old married working woman based in Ahmedabad, Gujarat.

#### ***Medical history***

There was not any medical issue at first; however, patient was taking medical treatment to conceive. Patient was sent for sonography test to check date of ovulation on 11<sup>th</sup> day of period. The results showed ovulation had already happened. At the same time, on 04 October, 2022, the doctor found chocolate cyst in right ovary. From then onwards, the patient was having Mild pain in left side of stomach.

According to the patient, Chocolate ovarian cyst might have been caused as a side effect of medicines taken for conceiving. The patient experienced symptoms such as - irregular periods, irritation, mood swings, severe lower back, and leg pain during cycles since previous 6 to 7 months. The patient was also found mentally worried doubting about achieving motherhood. No medicines or any medical treatment for the cyst were taken.

#### ***YPV intervention***

The patient having heard about successful YPV healing experiences in family, decided to take help from the YPV healer who was a participant in an intensive programme of one year duration at the YPV Ashram. As agreed mutually by the patient and healer, healing sessions were started in distal mode from 5<sup>th</sup> October 2022 by the healer.

One set of Level 5 healing of duration 20 to 25 minutes was given to the patient daily, in addition to Group Divine healing session of 15 minutes for 14 days. Thereafter, one session on alternate days for 3 weeks were given. Further to it, the patient was also prescribed to attend 10 pm online Divine Group healing session regularly and practice Rhythmic Yogic Breathing (RYB) and Forgiveness sadhana.

Apart from level 5 healing, the patient's reproductive system, sexual organs, sex chakra and perinium minor chakra was treated. Additionally, puncturing technique was done from YPV crystal healing protocols. After thorough cleansing, energising was done to dissolve the cyst. Ovary and uterus minor chakras and the spleen were also treated.

Feedback from patient was obtained periodically to know progress in physical and psychological levels. Within one week from start of healing, patient's menstrual period appeared, and period cramps reduced by 80%. There was no more leg pain and back pain at this time.

Patient had undergone USG Pelvis Transvaginal sonography test (tvs) on 20<sup>th</sup> October 2022 and the results showed that the cyst got dissolved. Healings were continued for the next 3 weeks on alternate days for prevention of any relapse. Menstrual period in the following month cycle occurred exactly after 25 days and flow was also good and pain was negligible.

The patient was not under any medical treatment during the YPV healing intervention and no medication was used. On her part, the patient practiced Forgiveness sadhana – 2 times a day, Rhythmic Breathing Exercise – 3 times daily, and participated in live online Divine Group healing session daily at 10 pm. The YPV healing sessions ended on 11<sup>th</sup> November 2022, with total duration of healing sessions was 1 month and 1 week. Total 40 healing sessions were done by the healing during this period.

**Summary of Results:** Cyst completely healed and fully dissolved, while the ovaries became healthy and more fertile to conceive. There was negligible pain during menstrual cycle, cycle became regular, and blood flow normalised. Patient is very hopeful that chances of conceiving have become more. She is more confident and happier in general. The patient is greatly relieved feeling that she no longer must go through unbearable pain during menstrual cycles. She showed great interest in learning YPV Level 1 healing course and after learning continuing self-healing practice. A follow up 6 months after YPV healing intervention ended revealed that the patient conceived as confirmed by her Doctor.

## DISCUSSION

Literature shows various Complementary and alternative treatments to dissolve cysts have been tried and proved successful. Ayurvedic management of this type of cyst was investigated by Pandya et al (2020), and found that management of this problem is possible on the basis of Ayurvedic fundamental principles. *Virechana Karma* and *Triphaladi Kashaya* with processed *Guggulu* provided statistically significant improvement in reduction and resolution in size of cyst, lower abdominal pain, backache, and menstrual abnormalities.<sup>[5]</sup> In another study Mahajan et al (2023) have shown a positive curative role of homeopathic medicine in the management of chocolate cyst of the ovary.<sup>[6]</sup>

In the Yoga Prana Vidya System (YPV), several Polycystic cases have been treated successfully without any use of drugs or touch and using only energy healing principles and protocols. Published research articles, for example, are: Yashika Gupta et al. (Polycystic Ovarian

syndrome)<sup>[8]</sup>, Leelavathi Nayak et.al.(Septated cystic legion in left ovary)<sup>[9]</sup>, Sudha Mukhesh et.al. (PCOS and hormonal imbalance)<sup>[10]</sup>, and Reet Kaur Saluja et.al. (PCOD).<sup>[11]</sup> These articles described successful results obtained by use of relevant YPV healing protocols by different healers which produced consistent results.

## CONCLUSIONS

Several studies have established consistent results obtained using YPV healing protocols in the treatment of cysts in female reproductive system. YPV Being integrated and holistic system, the patients treated experienced cure of this condition as alternative medicine not only physically, but also found great relief mentally and emotionally. Recommendations include further research using appropriate sample and methodology. It is considered helpful for mainstream healthcare workers such as doctors and nurses to obtain a working knowledge of YPV healing protocols to use complementarily in their respective specialties.

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## Conflicts of interest

None

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