
A Case Report of Isolated Left Zygomatic Arch Fracture: Successful Management by Yoga Prana Vidya (YPV) Healing Protocols

Leelavathi Nayak¹, Venkata Satyanarayana Nanduri²

¹ Certified YPV healer & Trainer, Mangaluru, Karnataka, India

² Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally-635118, Krishnagiri district, Tamil Nadu

ABSTRACT:

Introduction: Fractures of the zygomatic bone can present with complicated aesthetic and neurological pathology. Isolated, nondisplaced fractures may be treated without surgery, whereas displaced zygomatic arch fractures are usually treated with surgical reduction this paper presents a case of Zygomatic arch fracture healed successfully without surgical intervention.

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

Results: The redness in the eye and pain in all affected parts reduced within a week of YPV healing. The injury and its effects were fully healed within 1 month of YPV healing without any recurrence of pain or swelling.

Conclusions: Yoga Prana Vidya system, which is integrated and holistic, has been found to be successful in the treatment of many types of illnesses. Further research is recommended using appropriate sample and methodology. Practicing doctors and nurses will find it beneficial to receive training in the application of YPV healing protocols to complement their respective professional practices.

KEYWORDS: Zygomatic arch fracture, non-surgical management, Yoga Prana Vidya System ®, YPV®

INTRODUCTION

Incidence of Zygomatic fractures

The zygomatic bone forms the lateral aspect of the midface and comprises the lateral and the inferior orbital rim and malar eminence, thus creating facial width and projection. Isolated zygomatic arch fractures can present with specific symptoms, and the literature on appropriate management is not described well. Fractures of the zygomatic arch compromise 10% to 15% of all facial fractures and are typically the result of a direct blow to the face. Isolated, nondisplaced fractures may be treated without surgery, whereas displaced zygomatic arch fractures are usually treated with surgical reduction. Fractures of the zygomatic bone can present with complicated aesthetic and neurological pathology. Specifically, the management of isolated zygomatic fracture has been sparsely discussed in the literature, and most studies are based upon older techniques. [1] A study in India on hospitalised Zygomatic cases found that male patients far outnumbered females and the commonest age group was 20 - 40. Zygoma fractures were the commonest, amongst patients who had isolated arch fractures and formed 29% of the total number. Road Traffic Accidents were the common cause, with drunken driving without a helmet being the most significant contributing factor. [2] Yoga Prana Vidya system This is an integrated and holistic system that has been successfully applied to treat several diseases and ill health conditions, as evidenced by over 75 published research papers. YPV is an integrated and holistic system, which consists of physical and breathing exercises, meditation techniques, and bioplasmic (Pranic) energy healing techniques [3]. Published successful case reports on applications of YPV include, treatment of difficult medical cases [4], diabetes management & control [5], removing the arterial block in the heart without surgery [6], vision improvements for participants of an Eye Camp [7], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [8], Role of Yoga Prana Vidya in first aid and emergency [9], speedy recovery of COVID patients [10], treatment of hypothyroidism [11], Lowering academic anxiety and enhancing the academic performance of high school children [12], saving life of a snake-bitten human female [13], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [14], healing treatment of a female patient suffering from kneecap dislocation [15], Treatment and cure of PCOS condition [16], a case of breast cancer successfully treated [17], De-addiction cases [18], etc. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the well-being of prisoners [19], a significant reduction in anxiety and depression in corporate employees [20], improvements in the cognitive abilities and social behaviour of mentally challenged children [21].

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CASE REPORT

Patient details

The subject patient was a 56 years old female housewife residing in Mangaluru.

Patient condition before YPV healing

While doing some work at home, the subject fell from a ladder on 10/11/2022. Her maid reached her immediately and asked her about the incident. The subject was unable to recognise the maid and could not understand what she was speaking. The subject told slowly that she was feeling giddy. Maid called her sister, and the subject could not recognise her sister also, feeling some pain in her head, nausea, and giddiness. The subject's sister then called a YPV healer as she knew about YPV healing. Figure 1 shows the condition before YPV healing.

YPV healing treatment and results

The Healer commenced the YPV healing session, starting with cleansing the head area and related chakrams, and balancing the chakrams. After 30 minutes of healing, the subject felt better and recognised her sister and told her that she slipped down the ladder. By this time, the subject's sister called a nearby doctor also. After about 40 minutes, the doctor came and checked BP and sugar levels, which were found to be normal. By this time her nausea and giddiness also reduced. The doctor gave an injection to treat nausea. After a while, she felt some giddiness and puffiness below the eyes and she visited a nearby hospital for consultation. A CT scan report stated that there was no intracranial bleeding or contusion, but there was a fracture of the left zygomatic arch near the eye. The doctors prescribed some medicine for pain and nausea and told to apply a cold pack. She just took medicine for one day and requested the YPV healer to continue healing, because puffiness below the eye turned black, and had pains at the zygomatic arch area, inside the head, left shoulder, and hip. On the 2nd day after the accident, her eye became very reddish.

The healer suggested she do rhythmic breathing and forgiveness sadhana daily 3 times and to take more fruits in her diet. YPV Healings were given twice daily for 20 minutes each session. The protocols used were:

- Using advanced healing techniques using colour energies, the healer cleansed and energised the brain, head area, eye, and related chakrams, and balanced.
- Cleansed and energised the area below the eyes and zygomatic arch area using colour energies to reduce pain and swelling.
- Other painful parts like the shoulder and hip are also cleansed and energised using advanced colour energies.
- Blood cleansing and strengthening protocol used to heal the lungs and purify and strengthen the blood.
- HDP level 1 protocol used to heal the zygomatic arch.

Healing continued for a week. Redness in the eye and pain in all affected parts were reduced. Sometimes feeling pain in the head, the patient consulted a neurosurgeon on 17/11/2022 with her CT scan report. The neurosurgeon checked the report and stated that there was no medical issue and that her condition will become normal soon. He advised the patient to visit again only if the headache and giddiness persist longer than 3 weeks. He did not prescribe any medicine.

At the request of the patient, the healer continued healing once daily for 20 minutes each session. The redness of the eye and painful parts got healed in 10 days of healings. The area below the eye got healed in 20 days of the healing as of 30/11/2022. As she had little pain at the zygomatic arch when pressed, the healer continued healing for 5 more days, and ended healing treatment on 05/12/2022. The condition after healing is shown in Figure 2. The patient thankfully expressed her happiness and thankfully acknowledged the healer's timely help. She continued regular practice of YPV Sadhana modules of physical exercises, Rhythmic breathing, and forgiveness sadhana (from YPV Sadhana App).



Fig 1: Before healing

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Fig 2: After healing

DISCUSSION

In the case presented, the patient sought Yoga Prana Vidya (YPV) healing method for healing of injury with pain and swelling, and successful results were seen within one month. This case appears to be a unique case using YPV healing, and for comparison similar cases have not been found in the literature. In addition to treatment, the etiology of injury must also be considered to prevent recurrence. Reports show that the incidence of such fractures is higher among men and among young adults between the ages of 20 and 40. Road traffic accidents and assault, account for most zygomatic arch fractures. Drug or alcohol use is also a common complaint. When a patient presents with a facial fracture, the fracture may be an indicator of underlying substance abuse, which could lead to further injury. Caring for the patient and identifying the underlying cause thus becomes a point of intervention with the potential to save the patient's life and prevent recurring injury. [22]

CONCLUSIONS

Yoga Prana Vidya System of healing is an integrated and holistic modality which has been found to successfully heal various types of illnesses as complementary and alternative medicine. Further research using appropriate sample and methodology is recommended. It is considered helpful to train frontline healthcare workers such as doctors and nurses in the application of YPV healing protocols to complement their respective specialties for the speedy recovery of patients.

ACKNOWLEDGEMENTS

The authors hereby express sincere thanks to the patient for sharing case details on condition of anonymity, and to Sri Ramana Trust for permission given to use their copyright terms Yoga Prana Vidya System® and YPV®.

Conflicts of interest

None

Funding

Nil

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