



Herpes Zoster Infection: Effective Management Using Yoga Prana Vidya Healing Protocols

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Abstract

Introduction: Herpes infections have been acknowledged in disease concepts since ancient times. Medical science has progressed and has produced comprehensive information on herpes viruses, and efficient treatments are now available including complementary and alternative medicines (CAM) such as Yoga Prana Vidya System. Various methods for preventing virus reactivation and virus latency are under research. This paper presents a case of the Herpes Zoster (HZ) of a 19-year-old girl treated with Yoga Prana Vidya System protocols.

Method: This paper uses the case study method going through the patient's medical records, the YPV healer's records of the intervention, and the patient's feedback. The patient was undergoing medical treatment, and the YPV healer conducted a YPV intervention as complementary medicine.

Results: A significant reduction in pain in the affected area occurred from the fourth day of YPV healing. By the 10th day, the patient recovered from the pain completely. The patient felt very cheerful and happy with the results.

Conclusions: YPV framework conventions, with practically little or no utilization of medications or contact, have been demonstrated to work effectively in decreasing different sorts of pain with a speedy recovery, and the results of this study are one such example. YPV Healing treatment has additionally been found to offer solutions to cure different sicknesses as complementary and alternative medication by treating the underlying causes comprehensively. A course educational plan of the YPV Healing treatment framework might be considered for clinical, nursing, and veterinary training. Further Scientific examination is suggested.

Keywords: Herpes Zoster Virus, Post Herpetic neuralgia, Yoga Prana Vidya System®, YPV®

I. Introduction

Herpes Zoster

Herpes zoster (HZ) is a viral illness brought about by the reactivation of the varicella-zoster (VZV) infection. The common influencing factors are immunocompromised states, such as advanced age, diabetes, human immunodeficiency infection (HIV) contamination, and immunosuppressive medications. [1] HZ is a major

health burden that can affect individuals of any age. It is seen more commonly among individuals aged ≥ 50 years [2].

Pain is the principal component of HZ in adulthood regardless of its outward appearance. Acute pain and post-herpetic neuralgia (PHN) are the most unbearable and debilitating symptoms that severely impair Quality of life (QoL) with disrupted everyday activities [3]. Pain is especially challenging to manage once established, making this the most compelling reason for early intervention [3]. The pain in almost all adult HZ patients can be excruciating and is often described as the worst ever experienced [3].

A study in Central India by Namdeo et al. (2020) found that Herpes zoster was seen more commonly in males. The most affected age group was 51 - 60 years. Thoracic dermatomes were most involved. Risk factors were seen in 28.2 % of patients. Complications were seen in 23.5 % of patients including post-herpetic neuralgia in 14.2 % of patients, and higher age group at higher risk [4].

The standard medical therapy of HZ is acyclovir (ACV) and its prodrug valacyclovir or brivudine. HZ vaccines aim to prevent the activation of HZ and the development of PHN. Currently, two HZ vaccines are available for healthy older adults [5].

Rajkumari et al. (2019) reported successful use of Yoga Prana Vidya (YPV) system therapy in the management of PHN of a middle-aged male patient [6]. YPV system is an integrated and holistic method of healthcare intervention that has wide-ranging effectiveness as complementary and alternative medicine (CAM) [6].

A case of VZV (Varicella Zoster Virus (VZV) (Chicken-pox) had been healed successfully using YPV system healing protocols by Atheesh kumar et al. [7].

As an integrated and holistic healing system, the strength of YPV system therapy lies in very effective pain management, achieving a quicker reduction in pain without any use of drugs or touch [8] [9]. YPV's energy healing system works directly on the energy body balancing the chakrams and Nadis of the energy body or Aura as it is commonly called [10]. YPV healing protocols enable removing the diseased or used-up energy of physical body parts and projecting fresh energy, speeding up the recovery to a normal state. This way, an underlying cause of a disease is tackled directly and the cure is long-lasting in most cases as is evidenced in the published literature of over 85 research papers[11].

This paper presents a case of an 19-year-old girl affected by HZ healed successfully using YPV system protocols as complementary medicine.

II. Case report

Details of Patient:

A girl aged 19 years, a student, and a resident of Tumkur, Karnataka.

1. Patient medical history

The issue first started on 05/06/2023. For the past 2 days, the patient was having the issue of HZ, suspected cause to be a viral infection.

2. Medical symptoms & causes experienced by the patient

- Severe pain in the affected area (right buttock), Emotional stress, Pain, burning, tingling
- Sensitivity to touch

- A red rash that began a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching
- Fever
- Headache
- Sensitivity to light
- Fatigue

As regards her social life, the patient was under severe stress due to not getting the expected rank in CET and NEET examinations and was in a dilemma as to which course to take and join for her future career

III. Medical treatment

The patient consulted a Skin specialist who diagnosed it as Herpes Zoster and prescribed some medicines. The duration of medical treatment was one week.

IV. YPV intervention

Complementarily to the medical treatment, the YPV Healer, acting upon a request from the patient's family, started healing on 07/06/23 in a distant mode using YPV Level 5 Healing once every day. During the first 5 days, the healer performed local healing of the affected area every hour. After 5 days of healing, the YPV Level 5 healing was continued till the 10th day, with local healing thrice a day. Other YPV protocols used were cleansing internal organs, infection protocol, and strengthening the body by energizing the hand and sole minor chakrams.

The patient did YPV practices of Rhythmic yogic breathing as advised by the Healer every hour initially for 4 days and 3 times a day afterward. A group blessing was given to the patient daily for faster recovery. The total duration of healing was 10 days. Further Healing was discontinued on 17/06/2023.

V. Results

Figure 2 shows the condition after 10 days of YPV healing in comparison with Figure 1 which shows the condition before YPV healing.



Figure 1: Before YPV Healing

Figure 2: After YPV Healing

The patient's father reported a significant reduction in pain in the affected area from the fourth day of healing. By the 10th day, the patient recovered from the pain completely. The patient felt very cheerful and happy with the results.

Feedback from the patient's father (on 26 June 2023):

*“My daughter was diagnosed with herpes and got severe pain and blisters on her skin and was unable to tolerate the pain. We took allopathy medicine and requested **** for healing.He has done 10 days of healing.Now she is all right and recovered well.Thank u very much sir for your support and healing. Due to ***** healing, the pain was drastically reduced 4th day onwards and now she is not having pain at all.In my opinion along with medication and YPV healing recovered faster than normal treatment.Once again thank u, master, and sir.”*

VI. Discussion

In India, although the incidence of Herpes Zoster commonly known as shingles has not been assessed, some regional cases have been reported [12]. Shingles is an uncomfortable viral condition caused by the same virus that causes chicken pox. While there is no cure, several natural remedies can offer relief from symptoms.

A study by Patki et al. reviewed the literature on clinical cases of herpes zoster in India and found that high proportions of older adults (above the age of 50 years) were reported to have the disease, and Thoracic dermatomes and postherpetic neuralgia are common clinical presentation and complications[12].

Literature shows a case of Ayurveda pain management in herpes zoster by medicinal leeches and other composite therapy was reported [13].

A review by Shinde et al. tried to provide more comprehensive and accurate data on the effects of different herbals on the VZV as a probable alternative treatment for VZV[14].

A case of PHN healed successfully using YPV protocols was earlier reported by Rajkumari et al [6]. In this case one sample subject, a male patient aged 45 years suffering from PHN was selected from clinical practice and treated with a set of YPV protocols. The patient was asked to do YPV self-practice protocols. Before this, the patient had been treated with conventional therapy consisting of Opioid Analgesic Pentazocin injection, sedatives like valium, and tricyclic antidepressants like Gabapentin for four months duration with little relief from pain. The patient did self-practice of some YPV protocols including rhythmic yogic breathing 2-3 times a day. Initially, YPV healing was given three times a day for 3 days and then once a day for 4 days. Within a week the patient was completely relieved of his pain, stopped taking any analgesic, or psychotropic drugs, and resumed his daily chores [6].

VII. Conclusions and Recommendations

YPV system protocols, without any use of drugs or touch, have been proven to work effectively in reducing various kinds of pain as evidenced in this study. YPV healing therapy has also been found to treat several other illnesses as complementary and alternative medicine by treating the underlying conditions holistically. A YPV healing system course curriculum may be included in medical, nursing, and veterinary education. Further research is recommended.

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