

## A pediatric patient case of vesicoureteral reflux: Successful healing using Yoga Prana Vidya protocols

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### ABSTRACT

Vesicoureteral reflux (VUR) is characterized by abnormal urine flow from the bladder back through the ureters, finally reaching the kidneys. The disease is usually symptomless and is diagnosed accidentally when patients suffer from febrile urinary tract infections. Many treatment guidelines are available ranging from medicine to surgery. However, management is a clinical art. Here, we present a pediatric case of VUR healed by Yoga Prana Vidya (YPV) therapies without surgery. The normal condition of the patient's kidneys and bladder was achieved within 2½ months of the YPV healing intervention. This case shows that YPV protocols have successfully treated a pediatric VUR condition without the need for surgery. Further research using appropriate sample and methodology is recommended.

**Key words:** Urinary tract infection, Vesicoureteral reflux, Yoga Prana Vidya system®, Yoga Prana Vidya®

Vesicoureteral reflux (VUR) is a major contributor to renal morbidity in children. Yet, there is no consensus on its management [1]. The major goals of management are the prevention of urinary tract infections (UTIs) and renal damage. The treatment options for VUR include watchful waiting, continuous antibiotic prophylaxis, endoscopic injection of tissue bulking substances, and surgical (open, laparoscopic, or robotic) interventions. Each of these has certain advantages and disadvantages [1].


Sinha and Agarwal [1] opined that the resolution of VUR is never the end-point in its management, as the primary aim of treatment remains the prevention of UTI and renal damage. Rao *et al.* [2] concluded that although many guidelines are available for the management of VUR, it is still a clinical art in which the clinician has to incorporate many variables such as age, grade of reflux, history of previous febrile UTI, existing renal scarring, other urogenital malformations, compliance with treatment, patients' preferences, availability of resources, and available scientific evidence for each mode of treatment to decide the appropriate management strategy with the ultimate aim of preventing recurrent UTI and renal damage.

The Yoga Prana Vidya (YPV) System of Healing has been established as an effective complementary and/or alternative treatment of various illnesses and diseases (including infectious

diseases). A thorough literature review shows over 100 published research papers narrating how certified YPV healers applied proven protocols to treat various illnesses. Some examples are, chronic and rare diseases treated through long-term YPV interventions [3], diabetes management through long-term YPV interventions [4], arterial block in the heart [5], vision improvements [6], treatment of high blood cholesterol and asthma [7], emergency and first aid cases treated [8], speedy recovery of COVID-19 patients [9-11], hypothyroidism [12], anxiety and depression of corporate employees [13], and academic performance of High School Children [14]. Besides treating diseases, YPV has also been used in improving psychological well-being and reducing the criminal attitude of under-trial prisoners [15], improving the social behaviour and cognitive abilities of mentally retarded children [16], and pediatric cases of nocturnal enuresis [17], bronchopneumonia case [18], and a case of cytomegalovirus [19]. This paper presents a case of VUR in a 7-year-old boy treated successfully by a trained and competent YPV healer.

### CASE REPORT

A boy aged 7 years, living with his parents in Jaipur, Rajasthan, visited the hospital with the complaint of frequent UTIs. The patient was diagnosed with VUR, which is a congenital disease in which the urine goes upward in the ureters and causes infections in the kidneys. Furthermore, he was diagnosed with mild hydrourethral

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nephrosis and swelling in both kidneys. The doctors suggested a surgical intervention and prescribed antibiotics and anti-allergic medications on July 24, 2022.

He was suffering from frequent UTIs from October to December 2022. The patient had painful urination and a fever. He used an inhaler for mild breathlessness. Owing to his medical conditions, he has been unable to attend school since December 2022.

The patient's parents came to know about the YPV therapy and enrolled him for the same. The healer-trainer who handled this case was an Associated Certified YPV healer and YPV level 1 trainer. Healing sessions were conducted for him from April 19<sup>th</sup>, 2023, onward. As he started taking healings, his health conditions started improving, and there were no episodes of fever. Furthermore, there was no pain during urination, and there was no urge to go for urination frequently. His breathing also became normal, and he no longer needed an inhaler.

The healer-trainer used the following protocols on alternate days for 15 min a day.

1. YPV Level 5: Healing with psychotherapy
2. Thorough cleaning of the meng mein chakram and applying a blue color prana
3. Thorough cleaning of the kidneys, ureters, bladder, and urethra
4. Cleaning the sex chakram and giving a white-colored prana
5. Strengthening the basic and navel chakrams.

The laboratory reports for June 05, 2023 showed the normal condition of the kidneys and bladder. The healing sessions continued till June 30, 2023. He was keeping well, and the doctors advised him to continue with the healing sessions as needed. During a monthly follow-up on August 1<sup>st</sup>, 2023, the patient was doing well and practicing Rhythmic Yogic Breathing twice every day from the YPV Sadhana App. The patient's parents gave the following response about his YPY therapy:

"In October, November, and December 2022, my son was suffering from UTI frequently again and again. After the medical test, I came to know that he is suffering from vesicourethral reflux which is a congenital disease where the urine goes upward in the ureters which causes infection in the kidneys. The doctors suggested surgery and gave me some medication. But last month, my boy took YPV healing sessions from ma'am on alternate days. Now after one month, again medical tests were done and there is an improvement in the reports. The sonography picture shows that the changes have become milder. No infection or fever occurred. I am very thankful to her." As of August 01, 2023, his mother has learned YPV level 1 healing and wishes to learn further courses.

## DISCUSSION

Although many guidelines are available for the management of VUR, it is still a clinical art. Many variables, such as age, grade of reflux, history of previous febrile UTIs, existing renal scarring, other urogenital malformations, compliance with treatment, patients' preferences, availability of resources, and available scientific evidence for each mode of treatment, are to

be considered. The ultimate aim is to prevent recurrent UTIs and renal damage. In this case, the patient's mother sought YPV healing intervention in preference to surgery, and the desired result was achieved without surgical intervention.

The YPV energy healing system has a history of successful treatment of various types of diseases, including kidneys and urinary systems, such as nocturnal enuresis [17] and stage 2 kidney disease [20].

## CONCLUSION

In this case, the healer-trainer successfully healed the VUR condition within 2½ months without a need for surgical intervention. YPV system therapies offer great scope in the treatment of this condition, and therefore, it is recommended that further research should be conducted with an appropriate sample and methodology.

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