

Successful Healing Treatment of Small Intestine Bacterial Overgrowth (SIBO) Using Yoga Prana Vidya (YPV) System

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Abstract

Introduction:

A 63 years old female was diagnosed with Small Intestinal Bacterial Overgrowth (SIBO). She had history of nocturnal symptoms, weight loss and pain in abdomen from last 15 years but the symptoms were increased in the past 3 months. She had increased frequency of passing stool 15 to 20 times a day and vomiting 8 to 10 times a day causing weight loss, acute abdominal pain, severe weakness, complete loss of appetite, palpitation, anxiety, too much worry and panic. She was admitted to hospital and hydrogen breath test diagnosed that she has SIBO. Treatment was given for abdominal pain, vomiting and to come out of weakness, but SIBO was not cured. She was given some multivitamin medicines considering her age and weakness. No other medicines were being continued. So, she decided to take help from Yoga Prana Vidya (YPV) trained healer. This paper presents the case of Small Intestinal Bacterial Overgrowth (SIBO) successfully treated with Yoga Prana Vidya healing protocol.

Methods:

This is the case study method with detailed analysis of medical records of patient's health condition pre and post YPV healing applied as alternative treatment. This is the case of a 63 years old female diagnosed with Small Intestinal Bacterial Overgrowth (SIBO) in July 2020. Initial symptoms were pain in abdominal area, loose motion 15 to 20 times a day, vomiting 8 to 10 times a day, acute weakness. She was hospitalized for 7 days and treatment was given for abdominal pain and weakness. After she got discharged, still loose motion was there with a frequency of 12 to 15 times day. Doctor had advised for close follow up for 1 month.

Results:

Analysis of the patient's health condition and medical case documents pre and post treatment shows that she got cured with Yoga Prana Vidya (YPV) healing method for SIBO..

Conclusion:

This case study documents the evidence on the effective use of YPV in treating SIBO. There is ample scope to conduct further research on the application of YPV as alternatively effective and low cost medicine for various medical conditions.

Keywords: Small intestinal bacterial overgrowth, SIBO, Hydrogen Breath Testing, Diarrhea, Rifaximin, Microbiome, Malabsorption, Inflammatory Bowel Disease, Dysmotility, Yoga Prana Vidya System®, YPV Healing

1. Introduction:

1.1 Small Intestinal Bacterial Overgrowth (SIBO)

SIBO (small intestinal bacterial overgrowth) is an imbalance of the microorganisms in the gut that maintain healthy digestion. When too many bacteria, or the wrong kind, populate the small intestine, it can lead to uncomfortable symptoms such as gas and diarrhea. It can also inhibit patient's ability to digest and absorb nutrients from food.

SIBO stands for “small intestinal bacterial overgrowth”. It means that the bacteria that live in the small intestine are overgrown and the things that normally maintain balance among the gut flora aren't working. It's normal and healthy to have bacteria living in the small intestine, but too many can cause problems with the digestion — especially if they're the wrong kind. The wrong bacteria can overwhelm the beneficial bacteria that needs to be there, and they can upset the digestive system by feeding on products that aren't meant for them.

How does SIBO occur?

The body maintains the balance of flora in the gut through a complex network of chemical and mechanical functions. For SIBO to occur, one or more of these functions must be failing. Gastric acid, bile, enzymes and immunoglobulins are some of the chemicals that control bacteria in the small intestine. Different conditions can inhibit these chemical functions. The emptying of food contents from the small intestine into the large intestine is another important cleansing mechanism. If this mechanism is slowed or impaired, the bacteria in the small intestine have more time to breed, and the bacteria in the large intestine may begin to creep upward.

How does SIBO affect body?

Bacteria in the small intestine digest carbohydrates and convert them into gas and short-chain fatty acids. More bacteria can mean more gas and other by products, which often triggers diarrhea. The bacteria also consume proteins and vitamin B12 meant for us, and bile salts that are supposed to be there to help digest fats. All of this leads to poor digestion of fats and poor absorption of nutrients, especially calcium and fat-soluble vitamins. The result is a variety of gastrointestinal symptoms in the short term, and malnutrition in the longer term. Over time, vitamin and mineral deficiencies can cause lasting damage to bones and nervous system.

Symptoms of SIBO:

SIBO symptoms can resemble a variety of other gastrointestinal conditions, and often another condition has contributed to SIBO. Patient may experience some or many of these, depending on the severity of patient's condition:

- Abdominal pain
- Abdominal distension
- Nausea
- Bloating
- Gas
- Diarrhoea
- Constipation
- Unintentional weight loss
- Fatigue

1.2 Importance of problem

Low stomach acid (hypochlorhydria) reduces the body's ability to moderate bacterial growth. Factors that may reduce stomach acid levels include:

- H. Pylori infection.
- Prolonged use of medications such as antacids and proton pump inhibitors.
- Gastric bypass surgery.

Small intestine dysmotility means that waste is retained for too long in the small intestine before emptying into the large intestine. This allows the small intestine bacteria to continue to multiply, while the large intestine bacteria may make their way into the small intestine. Some dysmotility disorders include:

- Gastroparesis
- Intestinal pseudo-obstruction
- Hypothyroidism

Structural problems in the small intestine can inhibit motility and the regular clearing of residual bacteria and create extra nooks and crannies for bacteria to accumulate. These can be caused by gastrointestinal diseases or by complications of surgery. Structural problems include:

- Small bowel diverticulosis
- Small bowel obstructions
- Abdominal adhesions

Overuse of certain medications can upset the normal balance of flora.

These include:

- Antibiotics
- Narcotics
- Gastric acid suppressants

Some studies indicate that up to 80% of people with irritable bowel syndrome (IBS) have SIBO. The prevalence among healthy people is unknown. Doctors assume that SIBO is generally underdiagnosed. Mild cases may be asymptomatic, while moderate cases feature many non-specific symptoms that overlap with other conditions, such as IBS. SIBO isn't often directly tested for, and even when it is, the tests available are imperfect.

Common symptoms of SIBO, including gas and bloating, abdominal pain and distension are uncomfortable enough. But left unmanaged, SIBO can cause more serious complications with long-term consequences. Malabsorption of fats, proteins and carbohydrates can lead to malnutrition and vitamin deficiencies. In particular, vitamin B12 deficiency can cause nervous system problems & anemia. Poor calcium absorption can lead to long-term osteoporosis or kidney stones.

The symptoms of SIBO overlap with many other gastrointestinal conditions, some of which patient may already have. So, when patient seek a medical diagnosis, SIBO might not be the first thing the healthcare provider suspects. If, however, the symptoms and medical history suggest SIBO, the healthcare provider may suggest a breath test to verify it. This simple, non-invasive test measures hydrogen and/or methane levels in one's breath to determine the presence of gas-producing bacteria in the gut. If the levels are above a certain number, it suggests an abundance of bacteria.

The healthcare provider may suggest additional tests to look for signs of causes and complications of SIBO, including:

- Blood tests for vitamin deficiencies and blood protein deficiencies.
- A stool test (poop inspection) for excess undigested fats or bile acids.
- Imaging tests to check for structural problems.

Differential Diagnosis

Diagnoses that produce chronic diarrhea should be in the differential and investigated while evaluating small intestinal bacterial overgrowth. Irritable bowel syndrome (IBS), celiac disease (CD), and inflammatory bowel disease (IBD) all have considerable overlap with SIBO. Irritable bowel syndrome has recurrent abdominal pain related to bowel movements and is associated with a change in stool frequency or appearance. Celiac disease and SIBO have similar clinical symptoms; however, celiac disease will have positive celiac serologies and a negative carbohydrate breath test. Both Crohn disease and SIBO have patchy mucosal inflammation.

However, Crohn disease additionally could demonstrate transmural inflammation and granulomas on biopsy and perianal involvement with anal fissures and fistulas.

1.3 Yoga Prana Vidya (YPV) System as an alternative modality:

Yoga Prana Vidya (YPV) is an integrated and holistic energy healing system of complementary and alternative medicine used in the treatment of physical and mental health conditions. It integrates the science of breathing, healing, meditation etc. to provide holistic wellness solutions. It is based on Pranic energy, also known as bio-plasmic energy principle. Yoga Prana Vidya system deals with healing the energy body, and in turn heals the physical body through systematic healing protocols and techniques along with patient self-practice tools such as physical exercises, rhythmic yogic breathing, forgiveness sadhana and Planetary Peace Meditation.

YPV system uses ancient techniques of energy healing and its protocols are structured for systematic healing of patients for treating various illnesses. More than 120 published research articles show consistent results of recovery for patients. For example, illnesses successfully dealt with by YPV system and documented publications include some difficult medical cases [3], Diabetes management & control [4], removing arterial block in heart without surgery [5], vision improvements for participants of an Eye Camp [6], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive program [7], Role of Yoga Prana Vidya in first aid and emergency [8], improvements of health and immunity of senior citizens [9], speedy recovery of COVID patients [10], treatment of hypothyroidism [11], Lowering academic anxiety and enhancing academic performance of high school children [12], saving life of a snake-bitten human female [13], improvements in the cognitive abilities and social behavior of mentally challenged children [14], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [15], healing treatment of a female patient suffering from kneecap dislocation [16]. A case study of a pet dog bitten by snake (cobra) healed successfully and brought to life [17], A case of Discoid Lupus of a female patient healed successfully [18], A Successful Confirmed Pregnancy Case of IVF(In vitro fertilization) Patient [19], Successful self-healing of vitiligo condition and overcoming psychosocial stresses [20], Successful healing treatment of adenomyosis [21], A case of Unilateral multi-cystic dysplastic Kidney in a 7 – month fetus - Successful healing [22], Successful Healing Treatment of Renal Calculi (Kidney Stones) [23], Exploring Manifestation Theory And Its Connection With Psychology Analysis Of Results Of Yoga Prana Vidya YPV Model Of Intentional Manifestation Through Case Studies [24]. A case of a female patient having Non-displaced lateral malleolus fracture, pre-diabetic and hypothyroidism healed successfully [25]. A Case Of Chocolate Ovarian Cyst Successful Healing [26]. A case of diabetic retinopathy with blurred vision healed successfully [27], Overcoming Academic Anxiety and Depression [28], Ringworm Infection: A case of successful cure [29], Self-care in Health [30], A Pediatric Bronchopneumonia case: Successful healing with speedy recovery [31], A Case Report of Isolated Left Zygomatic Arch Fracture [32], Pediatric autism spectrum disorder [33], Anal Fissures [34], Chronic Addiction to Tobacco [35], skin ailments: A multiple case study [36], Varicose Vein With Perforator Incompetence And Ulcerative Gangrene

[37], Esophageal Varices And Post-evl [38], Herpes Zoster Infection [39], A case of accidentally crushed hand [40], A case of Plantar fasciitis [41], Atopic Dermatitis (Eczema) [42], Treatment of thermal injury (skin burn) cases [43], A case of acute pancreatitis [44], A Case of Acute Appendicitis [45], A similar study on a Randomized Control Trial using 10 PM Online Divine Group Healing was done for Well-Being of IT professionals. [46], Bed-wetting of two girl child aged 6 and 8 respectively [47].

As a holistic therapy, Yoga Prana Vidya (YPV) has a potential to relieve both the physical and psychological suffering in people having SIBO.

One such example of SIBO in one patient, it has been observed that Yoga Prana Vidya® (YPV®), which is a no touch, no drug, bio-energy healing method, has been used to successfully heal patients having simple to complex and multiple medical conditions. This paper presents one case study of a 63-year-old female patient having SIBO, successfully healed by YPV®.

2. Method

2.1 Patient's background information

A 63 years old female residing in Ranchi city of Chhattisgarh state, India, a housewife having moderate body build up, weight 45 Kg, with no history of hypertension or Diabetes and has 4 children.

2.2 Pre-YPV medical history

The patient had previous history of abdominal pain, loose motion, vomiting, loss of appetite, weight loss and weakness. She had similar symptoms since last 15 years but they were in manageable condition. But since last 3 months the intensity of abdominal pain, frequency of loose motion and vomiting were increasing which resulted in complete loss of appetite and severe weakness gradually. The pain in lower abdominal area had become unbearable, frequency of loose motion was increased up to 15 to 20 times a day and vomiting 8 to 10 times a day. This had made her so weak that she was not able to move her body on her own because of acute pain and weakness. This also resulted in anxiety, worry and panic situation. She had lost around 11 Kg weight during this situation.

2.3 Medical Treatment Recommended Before YPV

With acute abdominal pain, 15 to 20 times loose motion a day and 8 to 10 times vomiting a day, she was admitted to hospital for 7 days where in she was given IV fluids, antibiotics, analgesics' PPI and other supportive measures. She was diagnosed with Small Intestinal Bacterial Overgrowth after the Hydrogen Breath Test on 12th July 2018.

2.4 Patient's condition with medication before YPV

After 7 days of hospitalization, when she was discharged, the pain in abdominal area was reduced but not cured fully, loose motion was decreased up to 10 to 15 times day. The nature of the underlying disease, its complications and the available treatment options were explained in detail to her family members. She was also advised for close follow-up for 1 month with supported medication. The symptoms were decreased but not cured, giving her not much relief.

2.5 YPV Intervention

After discharge from hospital, patient's daughter contacted the YPV Healer and after starting YPV Healing, it was observed that the frequency of loose motion had decreased up to 8 times a day within first one week of healing. Her body strength was improved by around 25% and abdominal pain was reduced up to 40%. After 1 month of healing, she had improvements in anxiety and palpitation by 30 %, overall body strength recovered by 55%, number of motions passed per day reduced to 6 times from 10 to 15 times pre-YPV interventions. After 3 months of healing, her body strength improved by 70%, she was able to walk slowly without any external support. The number of motions passed per day decreased to 3 times per day. After 4 months of healing, loss of appetite was fully cured and she was able to eat food normally, state of motion recovered by 80 %, no more anxiety or palpitation. After 6 months of healing, no weakness as her body strength recovered 100%, no nausea or vomiting tendency, Frequency of motion got normalized. No anxiety, palpitation, pain. She gained weight of almost 8 Kg during the 6 to 8 months of healing. After 8 months of healing, she went to reassess her condition as she was feeling better. So, on 13th March 2019, again Hydrogen Breath Test was carried out in Ramaiah Memorial Hospital, Bangalore to re-value her condition. The Hydrogen Breath Test result concluded as negative for SIBO. After successful healing of SIBO, patient was very much confident and satisfied.

2.6 Following YPV protocols followed by Patient

1. Rhythmic Yogic Breathing, 3 times a day (As guided in YPV Sadhana App)
2. Forgiveness Sadhana 2 times a day daily (As guided in YPV Sadhana App)

2.7 YPV Healing by Healer

YPV Psychotherapy

Internal organ and blood cleansing techniques of YPV healing

Frequency of healing:

4 times a day for first 30 days (13th July 2018 to 11th August 2018)

Twice a day for next 30 days (12th August 2018 to 10th September 2018)

Once a day for next 60 days (11th September 2018 to 11th November 2018)

Once in alternate day for next 95 days (10th November 2018 to 12th March 2019)

3. Results

3.1 After YPV intervention

The result of YPV healing is miraculous after treatment of the patient for SIBO. The result of Hydrogen Breath Test report before and after treatment has been mentioned on next page which clearly show that SIBO was cured successfully with YPV healing therapy. As per the feedback of patient during therapy all the physical issues were cured with YPV healing.

Since YPV healing in this case was done from distance, without using any medicines, it was convenient for patient since no hospital or clinic visit was required and patient was able to do her work as per her normal scheduled time and place. It is seen that the results given by YPV healing are stable and lasting even after 6 years of treatment.

Table 1: Hydrogen Breath Test

Date	Result (impression from Lab Test Report)
12 July 2018	Baseline breath hydrogen levels are elevated. There is significant rise in H2 level at 30mins (> 12ppm from baseline)
13 March 2019	Hydrogen + Methane negative

4. Discussion

Small intestinal bacterial overgrowth (SIBO) is a commonly diagnosed gastrointestinal disorder affecting millions of individuals throughout the United States. It refers to a condition in which there is an excess and imbalance of small intestinal bacteria. Despite its prevalence, it remains underdiagnosed due to the invasive nature of diagnostic testing. Symptoms observed in SIBO, including abdominal distension, bloating, diarrhea, and gas formation, are nonspecific and can overlap with other gastrointestinal disorders. From this study, it is observed that YPV healing played an important role to reduce symptoms of SIBO along with other physical, emotional and mental health issues or disturbances without disturbing day to day life of patient. Some of the regular YPV practices like Rhythmic Yogic Breathing, Forgiveness Sadhana and Planetary Peace Meditation by patient along with healing helped to improve faster without any side effects. YPV therapy is useful to cure difficult cases like SIBO with faster relief of symptoms. This study and follow-up shows that the positive results of YPV Healing therapy on SIBO are sustained and patient does not have any problem even after six years of treatment without any need of medicines or other treatment.

Conclusion

This case report documents the evidence gathered on the effective use of YPV in Healing Critical health problem of SIBO and its symptoms. YPV healing is useful to treat even cases where the proper cause of the disease is not known. Scientific studies are needed to determine the right etiology of SIBO and methods of proper management. Such research study shows that YPV has been helping not only as a healing therapy but also can be used as a preventive therapy.

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None

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Patient's consent PDF sent

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