

(CASE REPORT)



## A case of ulcerative proctosigmoiditis healed successfully using yoga prana vidya healing system as alternate medicine

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### Abstract

**Introduction:** Ulcerative Proctosigmoiditis is a milder form of ulcerative colitis (UC) affecting the rectum and sigmoid colon and it is categorised in IBD (Inflammatory bowel disease). It is considered a chronic condition with no established cure, and management of this condition is with chronic medication. This paper presents a case of 21 years old female patient with Ulcerative proctosigmoiditis treated successfully using Yoga Prana Vidya system protocols as alternate medicine.

**Method:** This study used case study method of investigation going through patient case details, YPV healer's interventional records and detailed feedback from patient after planned follow up.

**Results:** After 30 sessions of healings performed by the healer, the patient experienced 80% recovery as noticed in the sigmoidoscopy test. There was a significant reduction in blood and mucous in the stool. On a follow up of the patient after a year and half, the patient was found sustaining the improvement. The patient further responded to 4 maintenance healing sessions and her condition was reported normal.

**Conclusions:** This study revealed that Yoga Prana Vidya (YPV) System of healing treatment worked successfully as alternative medicine enabling complete cure of the Ulcerative Proctosigmoiditis disease. Further research is recommended using appropriate sample and methodology for wider application of this phenomenon. A working knowledge of YPV is considered helpful for frontline workers of healthcare to apply its protocols as complementary to their practice in holistically treating patients.

**Keywords:** Ulcerative Proctosigmoiditis; Ulcerative Colitis (UC); IBD (Inflammatory bowel disease); Yoga Prana Vidya System ®; YPV®

## 1. Introduction

### 1.1. Ulcerative Proctosigmoiditis

Proctosigmoiditis is one of the four types and a milder form of ulcerative colitis (UC) that affects the rectum and sigmoid colon. The sigmoid colon connects the rest of colon, or large intestine, to the rectum where stool is expelled from the body. Although this form of ulcerative colitis involves very little area of colon, it can still cause significant symptoms [1].

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Common symptoms are rectal bleeding, with frequent stools and mucous discharge from the rectum. Some patients also describe tenesmus (Severe urgency to have a bowel movement). Onset is typically insidious. In severe cases, infected rectal discharge causes lower abdominal pain and severe dehydration, especially in the elderly people [1].

Other symptoms generally associated with ulcerative colitis include: Abdominal pain or rectal pain, Fever, Weight loss, Constipation, and Rectal spasms. Diagnosing UC involves a series of tests, such as blood tests performed to check for anaemia (a low red blood cell count).

An evaluation of the colon is performed using endoscopy - either a sigmoidoscopy, where the doctor passes a flexible instrument into the rectum and lower colon, or a colonoscopy, a similar procedure, which gives the doctor a visualization of the entire colon. Multiple biopsy samples are obtained from both inflamed and normal-appearing mucosa. Stool studies may also be used to exclude other causes of similar complaints [1].

As of 2012, There are only two studies from India, both from northern states, reporting the population prevalence of UC. A study of 21,971 persons in Haryana in 1984 recorded a prevalence rate of 42.8 per 100,000 [2].

UC is a chronic condition and no permanent cure is available in mainstream medicine. Some treatment options are available in ayurveda and one study revealed significant results from Ayurvedic treatment of UC as complementary to anti-inflammatory drugs [3].

## **1.2. Yoga Prana Vidya (YPV) System**

The broad concept of Yoga has to be viewed and understood, while Yoga in recent times is being used only to refer to Asanas or postures of physical exercises and sometimes even to pranayama or a form of systematic breathing exercise. These are, in fact, parts of Yoga and not the complete Yoga. Yoga as propounded by Yogi Patanjali, is actually known as Ashtanga Yoga consisting of 8 steps and each of the steps is equally very important. There are many levels of Yoga in practice.

As per the ancient Yogic teachings, the physical body is an important vehicle of the Soul for use in the physical world and it must be maintained, sustained and used for the purpose of the Divine. The purpose of yoga is to achieve union of the soul with the Divine and manifest its greatness on Earth. The Soul (referring here to the Incarnated Soul or the Jeevatma) has 3 vehicles through which it operates and are interconnected:

- The Physical body includes two parts, the denser part known as Annamaya Kosha and subtler part or Energy Body known as Pranamaya Kosha.
- The Emotional Body or the Kama Kosha
- The Mental Body or the Manomaya Kosha
- Importantly, brain is the instrument of the mind which includes all the above three vehicles. Mind itself is the instrument of the Soul

In addition to treating the dense physical body, it is also important to maintain healthy state of the energy body (also known as etheric body) in order to sustain, maintain or regain good health. Anything that happens to the dense physical body, also affects the Etheric Body. The Prana is Life Force or Energy used for the maintenance of the energy body and Vidya is the know-how. The technology of maintaining the energy body is therefore termed Yoga Prana Vidya (or YPV) system which offers integrated and holistic techniques for maintaining both dense physical and subtler energy bodies and also maintain the etheric connectivity with the higher self.

Healing is the process by which the energy body can be renewed thus bringing beneficial changes in the dense physical body. Used-up energy or diseased energy can be removed and the energy body can be charged with fresh energy. All biological life on earth has the ability to heal itself. Energy follows thought and energy accelerates the healing process. Healing involves two steps: (1) Cleansing, or removing the used-up energy and (2) Energizing, or giving fresh energy.

In YPV, the healer thus becomes a channel of energy, who receives and transfers energy. Yoga Prana Vidya (YPV) is a revolutionary form of energy "medicine". It is based on ancient science and art that has been revived in a new form which is easily adaptable and is compatible with busy life in modern world. A healer can heal him/herself besides healing others. There are two modes of YPV healing. In one mode, a healer heals the other person seated in the same room, which is known as proximal healing. In the other mode known as distal healing, a healer is situated at a place away from the patient, and healing energy can be sent distantly and instantly through inter-connection with and through

the earth's energy body. During pandemic times such as COVID, distal healing had been effectively the main mode used to deliver healing energies to all needed patients situated hundreds or even thousands of kilometers away.

Literature search reveals about 50 published research articles based on documented medical and psychological cases, which show that YPV healing system has been successfully applied in the management and control of various illness conditions including, for example:

Diabetes, Blood pressure and heart ailments, ENT and respiratory ailments, Musculoskeletal, First aid and emergency cases, Dental cases, Eye camps and Healing camps, Cancer cases, Digestive disorders, Multiple disorders, kidney function, prostate function, Psychological cases like anxiety, depression, suicidal tendencies, relationship issues, lack of attention and concentration, academic performance, improving mentally retarded children's condition, Criminal tendencies, Cases of substance abuse and addiction, COVID cases etc. [ 4-24].

The YPV system protocols have been found effective as complementary and also as alternative mode of treatment. This paper presents a case study of Ulcerative Proctosigmoiditis healed successfully by a healer using YPV protocols as alternative medicine.

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## 2. Case report

### 2.1. Patient information

This is the case of a 21-year-old female student preparing for civils, who was suffering from bleeding and mucous in her stool and slight abdominal pain. The patient visited a medical specialist on 25/5/2019, who conducted Sigmoidoscopy. The patient was diagnosed with Ulcerative Proctosigmoiditis, and was put on medicine Vegaz OD, an anti-inflammatory drug, twice daily. As there was no cure of this disease, the treatment solution was chronic medication.

After about a year and half of using chronic medication, with a view to finding a cure for this condition, the mother of the patient came to know about YPV healing through a friend and she approached a YPV healer for the healing treatment.

### 2.2. YPV intervention

The YPV healer conducted an intervention which consisted of the following YPV protocols:

- General cleansing with green and brilliant violet.
- YPV Psychotherapy: cleansing and energizing the heart, throat, ajna and crown chakras with brilliant violet.
- Solar plexus chakra cleansed with brilliant violet and energized with white.
- Internal organ cleansing and strengthening technique.
- Blood cleansing and strengthening technique.
- Cleaned and energised the navel chakra, with green and violet and energized with green, blue and violet.
- Cleaned and energised the large and small intestines with green and violet and energized with greenish blue and violet.
- Spleen chakras cleansed and energised with green and violet.
- Basic chakra cleansed with green and orange and energised with red

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## 3. Results

After 30 sessions of healings from 19/10/20 to 18/11/20, performed by the healer, the patient experienced 80% recovery as noticed in the next sigmoidoscopy test conducted on 16/1/2021. There was a significant reduction in blood and mucous in the stool. The patient was practicing Rhythmic Yogic breathing and forgiveness sadhana and planetary peace meditation every day. Thereafter, the patient's grandmother, who learnt YPV healing levels 1, 2 & 3 courses continued with the healings.

### 3.1. Follow up

On a follow up of the patient after a year and half, during July 2022, the healer was informed that little mucous was seen since then and blood was rarely seen. After giving 4 more sessions of healing from 13/7/2022 till 16/7/22, the patient informed that the stool was normal and no mucous was seen. The patient felt satisfied with the cure, which brought great relief for her, having come out of the condition.

Also, the patient was counselled by the healer about keeping the emotions in balance and how to overcome fear and anxiety by finding her inner strength. The practices of rhythmic breathing, forgiveness and Planetary peace meditation helped her to overcome academic stress caused by her hectic study and preparation for civils competitive examinations.

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#### 4. Discussion

Ulcerative Colitis (UC) is a disease with a reducing and relapsing nature, and patients generally will need lifelong treatment as per mainstream medicine either for control or for maintenance of remission [2]. Some of the drugs used to treat UC are very expensive. In general, most patients in India meet the costs of healthcare on their own, due to lack of health-insurance cover. Hence, to comply with and adhere to treatment depends also on their capacity to afford it. A recent study from Mumbai found that 81% of patients with IBD (Irritable Bowel Disease) were non-adherent to treatment and such non-adherent patients were three times more likely to develop a relapse as compared to those who adhered to prescribed medicines. [2] Treatment of ulcerative colitis is indefinite and most patients would receive maintenance treatment and most gastroenterologists however follow the practice of treating UC indefinitely [2].

There have been some applications of CAM (complementary and alternative medicine approaches) to treat this condition. In a study using Ayurvedic treatment by Patel et al. (2010), it was observed that the symptoms and signs, daily dose of steroids and other anti-inflammatory drugs in the treatment of UC were reduced by more than 75% with a highly significant result. The haemoglobin level was also increased as a consequence [3].

In the present case study, it is found that Yoga Prana Vidya (YPV) System of healing treatment worked as alternate medicine enabling complete cure of the disease.

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#### 5. Conclusion

Yoga Prana Vidya System of healing has been found to treat and cure many diseases as a low cost complementary and also alternative medicine, as is evident from published literature. Its effectiveness in curing as observed in case studies suggests that further research is highly desirable with appropriate methodology and sample size to gain more knowledge about this phenomenon. A working knowledge of Yoga Prana Vidya (YPV) system is highly recommended for all frontline medical and healthcare workers to apply YPV protocols complementarily to cure various diseases in an accelerated manner.

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#### Compliance with ethical standards

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##### *Disclosure of conflict of interest*

No conflicts of interest exist in this work.

##### *Statement of informed consent*

Informed consent was obtained from the patient on condition of anonymity.

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