

(CASE REPORT)



A case of deep vein thrombosis of a 42 years old male patient healed successfully using Yoga Prana Vidya (YPV) healing protocols

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World Journal of Advanced Pharmaceutical and Medical Research, 2023, 04(02), 001-007

Publication history: Received on 22 February 2023; revised on 09 April 2023; accepted on 12 April 2023

Article DOI: <https://doi.org/10.53346/wjapmr.2023.4.2.0020>

Abstract

Introduction: Deep vein thrombosis (DVT) is a medical condition leading to pulmonary embolism in most cases. DVT occurs usually in lower limb venous system. Studies in India found that DVT is as prevalent as it exists in the West. Anti-coagulation is the common treatment modality. This paper presents a case of DVT of a 42 years old male patient who was successfully healed using Yoga Prana vidya (YPV) healing protocols as complementary medicine.

Method: This is a case study method going through patient's medical reports, YPV healer's records and patient feedback. YPV intervention consisted of self-practice modules of physical exercises, Rhythmic Yogic breathing and Forgiveness Sadhana. Additionally, the YPV healer conducted healing sessions.

Results: Within 5 weeks of healing, all symptoms of DVT disappeared. The patient was able to recover from fear of the disease completely. The patient continued practicing Rhythmic Yogic Breathing and Forgiveness Sadhana regularly to maintain wellness with self-care. He resumed working from office as usual.

Conclusion: Yoga Prana Vidya System is an integrated and versatile system of treatment and healing which has treated the DVT condition as a complementary medicine with speedy recovery in this case. Further research is recommended using appropriate sample and methodology. It will be beneficial to train the frontline health care workers such as doctors and nurses in the application of YPV techniques as complementary to their individual specialties.

Keywords: Deep Vein Thrombosis; DVT; Pulmonary Embolism (PE); Yoga Prana Vidya System®; YPV ®

1. Introduction

1.1. Deep vein Thrombosis (DVT)

Deep-vein thrombosis is a major medical problem accounting for most cases of pulmonary embolism. The morbidity be reduced only through early diagnosis and treatment. [1] DVT usually involves the lower limb venous system, with clot formation originating in a deep calf vein and propagating proximally. It is a common venous thromboembolic (VTE) disorder with an incidence of 1.6 per 1000 annually in USA. [1] DVT and pulmonary embolism (PE) are the two main manifestations of venous thromboembolism (VTE).

Several studies published from India found that VTE is as common in India as it is in the West. The incidence is 17.46/10,000 admissions, and is on the rise, attributed to an increased awareness amongst treating physicians. [2]

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DVT may be categorised as unprovoked or provoked. Unprovoked DVT implies no identifiable provoking event for DVT is evident, whereas provoked DVT is caused by a known event, like major surgery. Anti-coagulation is the main-stay of treatment of VTE.

This paper presents a case of DVT of a 42 years old male patient who was successfully healed using Yoga Prana vidya (YPV) healing protocols as complementary medicine which refers to treatments that may be used as adjuncts to conventional treatment for faster recovery, and are not usually taught in medical schools.

1.2. Yoga Prana Vidya System

The principles and practice of Yoga Prana Vidya (YPV) are aligned with the concept of Integrated medicine, which has a broader meaning and larger mission, its focus being on health and healing rather than disease and treatment. It views patients as whole people with minds, souls as well as bodies and includes these dimensions into diagnosis and treatment. It also involves patients and doctors working to maintain health by paying attention to lifestyle factors such as diet, exercise, quality of rest and sleep, and the nature of relationships. In clinical practice, patients can present with many different diseases, often both somatic and mental. Holistic medicine such as Yoga Prana Vidya system sees the diseases as symptoms of a more fundamental imbalance in the state of being.

The YPV energy healing principles have been adopted from ancient science and art of energy healing, and YPV system offers a set of techniques and protocols to holistically heal a patient having multiple diseases, and considers the whole person by including their mind, body, and soul in treatment considerations. There are three types of protocols in YPV system to be followed together. These are: (1) Physical and breathing exercises, together with saltless vegetarian diet with fruits and vegetables, (2) meditation practices such as Forgiveness Sadhana and Planetary Peace Meditation (PPM), and (3) Energy healing protocols to accelerate healing of physical body and its parts, and by applying these techniques to the Chakras and Nadis of the energy body which interpenetrates and extends beyond the physical body.[3]

YPV is non-invasive, non-drug and non-touch system of energy transference by a healer to a patient or a client. This is based on the principle that a disease strikes the energy body first before affecting the physical body. A healthy person has a strong energy body and a sick person has a weak energy body, as shown in figures 1&2 respectively.

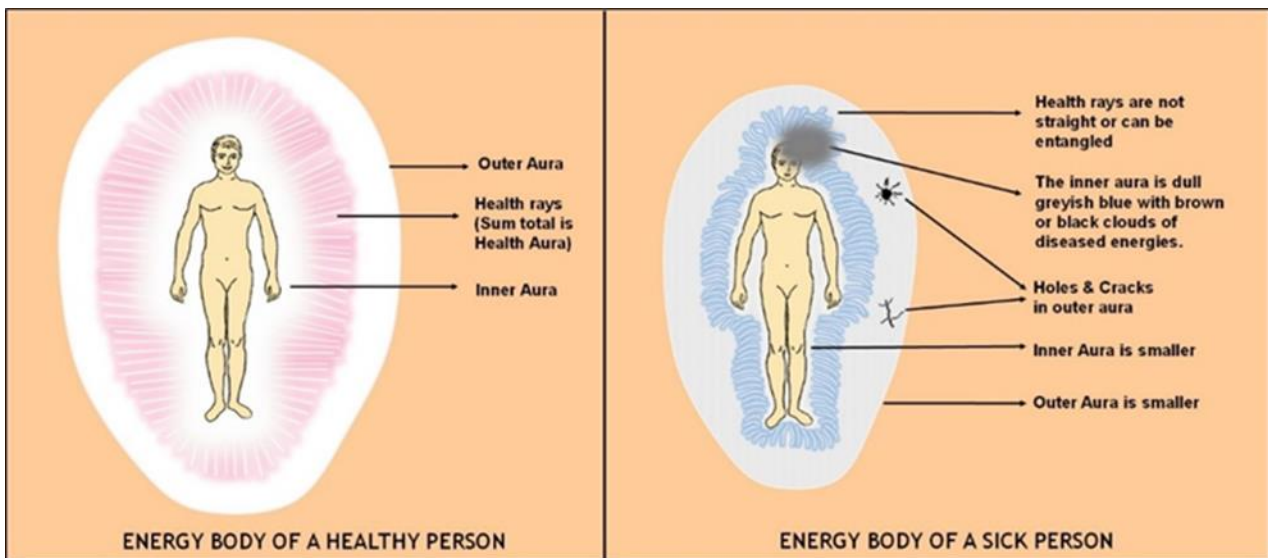


Figure 1 Energy body of a healthy person

Figure 2 Energy body of a sick person

The energy body consists of Chakrams (energy centres) and channels (Nadi's) to receive and distribute the energy known as Pranic energy or bio-plasmic energy as stated in modern Science. The major chakrams treated in YPV system are shown in figure 3.

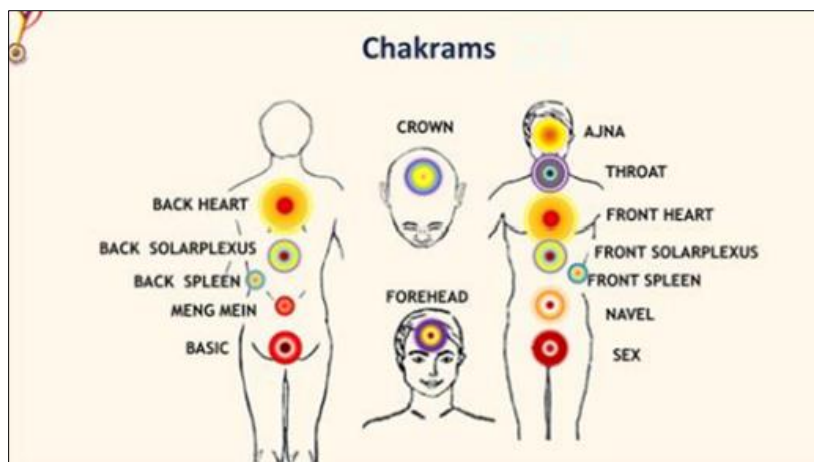


Figure 3 Chakrams in the energy body

The YPV energy healing techniques involve treating the major and minor chakras (in our energy body) and affected organs by cleaning them in order to remove the diseased, dirty, and used-up energy from the system and filling it up with fresh energy from the environment (See figure 4).

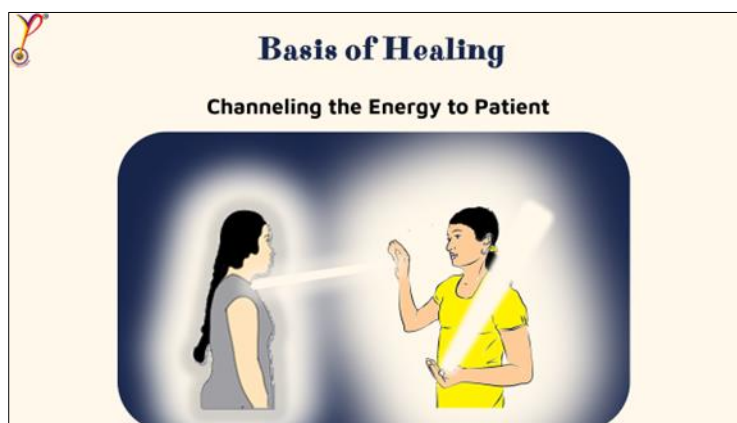


Figure 4 Channeling energy by a healer

A search of literature shows over 70 published research articles including experimental and case studies, on successful applications of YPV healing techniques as complementary and alternative modalities to main stream medical systems. Some examples of the published articles are, treatment of infertility for successful pregnancy [4], treatment of PCOS [5], treatment of PCOS symptoms and hormonal imbalance [6], pregnancy of IVF patient [7], Endometriosis [8], and breast cancer [9], diabetes [10], arterial heart blocks [11], Cholesterol & Asthma[12], Thyroidism [13], cases of various types of cancer [14 - 16], COVID 19 [17 - 19].

2. Case report

2.1. Patient Information

Patient was a male Aged 42 years and a working executive living with his family.

2.2. Pre YPV medical conditions

Patient experienced pain which started in left leg from the night of 16 May 2021, with more pain felt in the next morning. He had no other medical complaints other than this condition.

He thought it might be ordinary muscular pain, tried some home remedies and used pain killer sprays. In some seating posture he felt good. Patient thought to wait and watch, and consult doctors in the next few days.

2.3. Diagnosis

He consulted doctors who conducted tests of venous doppler study on 24 May, 2021, and the results indicated the following in the left lower limb.

- Complete thrombus in distal common femoral vein, superficial femoral vein, deep femoral vein, popliteal vein and tibiofemoral trunk. Extension of thrombus into saphenopopliteal junction.
- Complete thrombus in upper mid part of small Saphenous vein.
- Mild subcutaneous edema noted over the leg region.

The tests concluded that it was DVT and high homocysteine level. High levels of homocysteine in blood means it can damage the inside of one's arteries and increase the risk of forming blood clots. Treatment includes folic acid supplementation.

Doctor prescribed tablets of Folimax plus for 1 month and Eliquis 10 for one week. During the next visit to doctor on 11 June 2021, the doctor prescribed Eliquis 5 for 4 months and Folimax plus for 20 days. Doctor further advised to do tests after 5-6 months, and advised to restrict activities like driving, weight lifting etc. for a few months.

Before the diagnosis of DVT, he was normal mentally and emotionally. But after the diagnosis basing on medical reports, he was found disturbed with fears.

2.4. YPV Intervention details

At this stage, the patient approached an Associated YPV Healer with his case details. The healer started healing from 24 May, 2021. The healer found the patient mentally disturbed and emotionally upset upon this unexpected health condition.

2.5. Healing sessions and Protocols

Daily healing done using HDP Level 1 protocol for both the legs. Left leg as the affected part, with more emphasis on veins and muscles. The healer additionally healed the patient in group healing session for 15 minutes daily. Totally, the healer did healing for 1 month and 6 days. The patient was asked to do Rhythmic Yogic Breathing and Forgiveness Sadhana using YPV Sadhana Application.

As the healing sessions progressed week after week, the patient's condition was getting better. The patient felt grateful for having healing sessions, feeling much better and came out of anxiety and fear of this situation. During the 4th week, the patient found nearly 80% relief in pain and completely came out of anxiety and fear.

By the end of the 5th week, almost all symptoms of DVT disappeared. The patient continued practicing Rhythmic Yogic Breathing and forgiveness sadhana. Started working from office. He obeyed some restrictions placed on him such as not to drive vehicles for some more time.

2.6. Follow up: Feedback dated 18 Feb 2023

During a follow up on 18 February 2023, the patient stated –“I am really thankful to YPV healer and YPV system helping me to come out of my Deep Vein Thrombosis condition.

During this period, I approached to YPV Healer, and I found some positive changes on all levels because of healings. I really wonder once I came to know through YPV system that emotional and mental health is also be treated along with physical.

Day by day I found some positive changes and finally came out of this fully. Also started routine life and came out of restrictions like no weight lifting, no driving...

Currently I am fully recovered and having no other issue.

Suggested techniques like Deep Breathing, Forgiveness Sadhana are the crux of peaceful life.

For particularly my Deep Vein Thrombosis problem YPV helps a lot on physical, mental and emotional level to come out of it easily.

YPV made difference in life how to see the things situation around us positively... Particularly not to be too much judgemental....Also, especially when in COVID, helps from unknowns from every direction made me to change perception...

Pain gradually relieved once Eliquis-10 mg taken for first ten days. Then for another six months Eliquis-5 mg continued. During this period, alternate therapy like Healing from Sujay has performed substantial role. Sometimes pain in morning has automatically relieved in evening, later came to know, Sujay has performed Healing remotely, Thanks to Him!

After six months, when consulted back to Doctor, he told I am fine and can climb Himalaya too, no worries!

This entire process and also in COVID taught me, being remain positive, in receptive mode, gives results in long term.

It helps in interpersonal relationships, in work place. In conflicts, turning situation in favour of you or subside the conflict is like happening for you from another world!

Still sometimes in long driving or slow-moving traffic, getting pain in leg and have to alight immediately for relief from pain. But I believe this will also go with YPV techniques mentioned above.

Again, Thanks a lot to You, Your Team, Master and Supreme God !

Stay awaked within, Stay Blessed!

Keep the noble cause up?"

3. Discussion

A variety of clinical conditions are associated with increased risk of venous thrombosis. The initial aim of treatment is prevention of thrombus extension and PE. The long-term goal is to decrease the incidence of recurrent VTE, and chronic thromboembolic extension. [20]

The risk of VTE is especially high in hospitalized patients, in a majority of whom it is clinically silent. It is one of the commonest causes of unplanned readmission and preventable death. [21]

A search of relevant literature has not revealed any previously reported cases of DVT using energy healing similar to YPV system as reported in this case study.

A case of DVT in an old patient totally cured exclusively by the non-invasive method of treatment with micro doses of potentized homeopathic drugs selected based on the totality of symptoms and individualization of the case has been reported by Chaudhary et al (2020). [22]

A study by Mamidi and Gupta (2017) reported various Ayurvedic panchakarma procedures and internal medicines provided promising results especially in reducing the swelling, decreasing the severity of thrombosis in deep veins, managing various associated conditions like hypothyroidism, hypercholesterolemia, hypertension, stroke in a better way and also improving quality of life without causing any adverse effects, in a case report.[23]

4. Conclusion

Yoga Prana Vidya (YPV) system protocols have proven to alleviate and treat different ill-health conditions holistically because of integrated processes to normalise the patients physically, mentally, and emotionally. Further research is recommended using appropriate sample and methodology. As a complementary mode, the YPV is very effective working with medical systems such as allopathy, Ayurveda, Homeopathy etc., for speedy recovery of patients for which purpose it will be helpful to train the healthcare professionals to acquire a working knowledge of YPV system and its protocols.

Compliance with ethical standards

Acknowledgments

Grateful thanks to the patient for sharing case details on condition of anonymity, and to Sri Ramana Trust for allowing to use their copyright terms Yoga Prana Vidya System ® and YPV®.

Disclosure of conflict of interest

No conflict of interest

Statement of ethical approval

Ethical approval not required

Statement of informed consent

Patient consent was taken under condition of strict confidentiality

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