



A Case Study of 60-year-old female Patient of Rheumatoid Arthritis Treated Successfully Using Yoga Prana Vidya (YPV) Healing System as Complementary Medicine

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Abstract

Introduction: Rheumatoid arthritis (RA) is an autoimmune disease prevalent worldwide and primarily affects joints. While the cause of RA is not clear, scientific opinion considers it as a combination of genetic and environmental factors. Several treatment options are available and this paper presents a case of one 60 years old female patient suffering for 8 years from chronic RA despite regular medication was healed successfully using Yoga Prana Vidya (YPV) protocols as complementary medicine.

Materials and Methods: Case study method is used in this study going through patient's medical records before and after YPV healing treatment given by a YPV healer.

Results: Within 5 months of self-practice and daily healings given by a healer based at YPV Ashram, the patient fully recovered and is leading healthy life full of vitality, beyond her expectations. She is able to climb the stairs and also bend down, and perform all household chores normally.

Conclusion: This case study documents the evidence gathered on the effective use of YPV in healing and treating Rheumatoid Arthritis. To produce holistic and optimum results, YPV uses a combination of approaches that include: Physical exercises, Rhythmic Yogic Breathing, Forgiveness Sadhana, Salt free diet and fruit diet, Meditation techniques, healing by trained and experienced healers, participation in group healing, regular self-practice of specified techniques. Recommendations include further research on the application of YPV as alternatively effective and low-cost medicine for various medical conditions using appropriate sample.

Keywords: Rheumatoid Arthritis; Yoga Prana Vidya System[®]; YPV[®]; Mobility; Joint Pain and Stiffness

Introduction

Rheumatoid arthritis (RA) is an autoimmune disease with a worldwide prevalence of approximately 0.5% to 1% among adults. Some studies have noted that prevalence in North America and Europe may be higher than prevalence in Asia [1]. Most involved parts are, the knees, hands and wrist, generally on both sides of

the body. Other parts of the body such as, skin, eyes, lungs, heart, nerves and blood may also be affected. Consequently, this may lead to a low red blood cell count, inflammation around the lungs, and heart. It may take some weeks to months for some symptoms to appear gradually. If RA is not controlled, the patient may experience joint deterioration, severe disability, decreased quality of life, the onset of comorbidities and premature mortality.

The mechanism of the body causes the body's immune system attack the joints, resulting in inflammation and thickening of the joint capsule, and the underlying bone and cartilage. The diagnosis is made generally on clinical examination and person's symptoms together with X-rays and laboratory testing to exclude other diseases having similar symptoms. A healthy diet, regular exercise and sometimes medication (they may have a greater rate of adverse effects) can help reduce pain and swelling but this condition cannot be cured as per medical science. Surgery may help to repair, replace, or fuse joints in some cases [2].

While the cause of RA is not clear, the scientific community believes it to be a combination of genetic and environmental factors. A study in India published in 2021 with a review of 2007 published research articles between 2002 to April 2021 found that there is a vast growth of scholarly literature on the subject of RA indicative of great interest in scientific investigation of this phenomenon [2]. A study in India during 2016 revealed that only a third of the RA patients were treated by rheumatologists, while most were treated by orthopedics and practitioners of alternative systems of medicine [3].

Yoga Prana Vidya System (YPV)

Patients of diseases such as Rheumatoid Arthritis often face a challenging journey from diagnosis to treatment. Experience has shown that it is only when the common diseases become critical, the patients start thinking of acting upon corrective actions. It has been observed that Yoga Prana Vidya (YPV), which is a no-touch, no-drug bio-energy healing method has been used successfully to heal patients having simple to complex and multiple medical conditions. There are many recorded medical cases which show that YPV healing system has been successfully applied in management and control of various medical conditions, such as:

- 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
- Psychological cases like anxiety, depression, suicidal tendencies, relationship issues, lack of attention and concentration
- Criminal tendencies
- Cases of substance abuse and addiction, etc.

Literature shows more than 45 research papers published in peer reviewed journals on the efficacy of YPV system protocols as complementary and also as an alternative mode of treatment, and some of these recent publications are cited in references [4-19].

The concept of Yoga has to be viewed and understood in a broader and deeper sense as elucidated by the founder of the Yoga Prana Vidya System. Yoga in recent times is used 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. According to Yogi Patanjali, Yoga is actually known as Ashtanga Yoga which means the Yoga consisting of 8 steps. There are many levels of Yoga in practice. Each of the steps is very important.

As per the ancient Yogic teachings, it is the Soul using this physical body, the physical body being an important vehicle of the Soul. This vehicle is extremely important 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 with the Divine and manifest our own 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 Energy Body known as Pranamaya Kosha, including Physical body known as Annamaya Kosha.
- The Emotional Body or the Kamamaya Kosha
- The Mental Body or the Manomaya Kosha
- Importantly Brain is the instrument of the Mind which includes all the above three vehicles. Mind is itself the instrument of the Soul

In order to sustain, maintain and/or regain good health, it is not adequate to only treat the Physical Body but also a healthy state of one's Energy Body. This is because our Energy or the Etheric Body

is the basic mould of the physical body, which science now recognizes as a bio-plasmic (etheric) body. Anything that happens to the physical body, happens to the Etheric Body. The Prana is Life Force or Energy used for the maintenance of the energy body and Vidya is the technology of how to do so. The technology of maintaining the energy body is therefore termed Yoga Prana Vidya (or YPV) system which offers integrated and holistic techniques for maintaining the physical and energy body and also maintain the etheric connectivity with the higher self.

Healing is the process by which the energy body can be renewed thus bringing change in the physical body. Used up energy or diseased energy can be removed and the energy body can be impregnated with fresh energy. All biological life on earth has the ability to heal itself. Energy follows thought and energy accelerates the healing process. So, the energy is used in healing, to accelerate the healing process and the body heals itself. Healing involves 2 steps: Cleansing, or removing the used-up energy and Energizing, or giving fresh energy.

In YPV, the healer becomes a channel of energy who receives and transfers energy. Yoga Prana Vidya (YPV) is a revolutionary form of energy "medicine". It is an ancient science and art that has been revived in a new form which is easily adaptable and in tune with modern day busy life. 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, when a healer is situated at a place away from the patient, healing energy can be sent distantly and instantly through inter-connection with and through the earth's energy body, which is known as distal healing. During COVID pandemic times, distal healing was effectively the main mode used to deliver healing energies to all needed patients situated even thousands of kilometers away.

Case Report

Patient's background

A 60 years old female patient, a home maker and resident of Gujarat State, India had been suffering from chronic Rheumatoid Arthritis since 2013. The patient experienced severe joint pain in both knees, arms, legs and spine area. Particularly in mornings and in cold weather the pain increased. The patient had no family history of Rheumatoid Arthritis.

Difficulties due to rheumatism arthritis

Since December, 2012 she was not able to sit on the floor and climb the stairs. She was not able to bend down too. She was not able to cut the hard vegetable and knead the dough. She was facing so many difficulties in doing routine household chores. In winters, her fingers used to get severe stiffness and pain. There was considerable increase in knee pain during winters. Sometimes she was experiencing severe swelling also. She was able to sweep and mop floors on her own for many years, but after the onset of Rheumatoid Arthritis she was not able to do it.

Medical treatment before YPV

Medically diagnosed that it was Rheumatoid Arthritis and it cannot be cured. It had mixed in blood. So, she has to take medication for throughout the life and it will give symptomatic relief to some extent. Doctor prescribed some medicines which contained steroids. She lost 10 kgs of weight in just 3 months. She was experiencing tiredness and weakness too. Her breathing pattern also got affected. So, she immediately stopped these medicines, and afterwards she started taking homeopathy medicines. Her RA Values in blood tests are as shown in table 1 below. It may be observed that an effect of using Homeopathy medicines was likely, and RA values were found to decrease over a period of 4 years till 2017, yet well above the desirable reference range of 15 units (see Table 1). The conditions remained same till November 2018. Weight loss also was happening on and off and she was feeling tiredness and weakness every day.

Year	RA factor
2013	208 ML
2014	455 ML
2015	325 ML
2017	67 ML

Table 1: RA values from lab tests from 2013 to 2017.

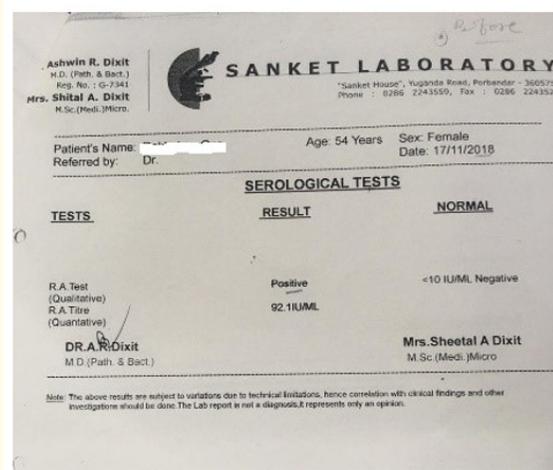
Ypv healing protocol

The Patient was healed by a healer based at YPV Ashram from 1st October,2019 to 28th February,2020 by using HDP Level 1 (Healer Development Programme Level1) Protocols of YPV. A Healing session of 20 minutes was given once daily for the first 3 to 4 months, and subsequently it was done thrice a week to sustain and maintain the status.

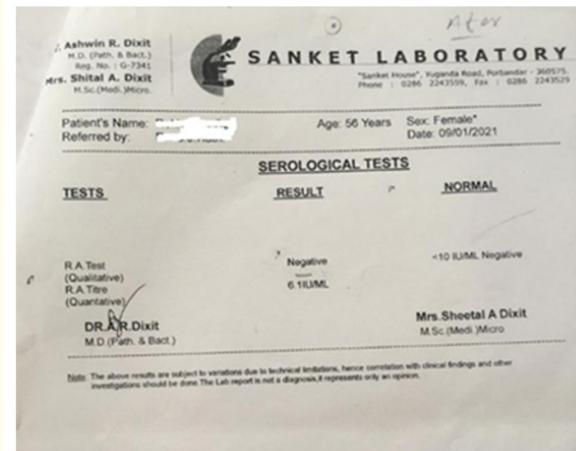
The healings were directed to affected parts such as both the legs and arms including hips, knees, ankles, soles, and minor chakras related to these for hands, arm pits, elbows, wrist, fingers and palm. More focus of healing was given to knees and fingers of both hands. Standard YPV Psychotherapy, Blood Cleansing, Pain and Regeneration protocols were used for arms and legs. To relieve the patient from weakness and tiredness the healer performed healing using specified protocol. The patient on her own was practicing Rhythmic Yogic Breathing and Forgiveness Sadhana from YPV Sadhana App daily from day- one onwards. She recovered completely after 5 months of healing, and started leading healthy life as before, full of vitality, beyond her expectations. She is able to climb the stairs and also bend down. She is able to cut the hard vegetables and knead the dough, and live normal life. See table 2 for values of RA factor before and after YPV healing intervention (See Annexures 1 and 2).

	Date of lab test	RA factor
Before YPV healing	17 Nov 2018	92.1 ML
After YPV healing	09 Jan 2021	6.21 ML

Table 2: Values of RA factor before and after YPV healing intervention.



Annexure 1



Annexure 2

Effects on the other parameters

Other physical health issues

The patient was also diagnosed having Glaucoma in both eyes during this period. Doctor prescribed some eye drops for daily use, and also advised to wait for 3 months. If there is no improvement, she needed to go for minor surgery for Glaucoma. She was having continuous watery eyes and itching in both eyes. So, the healer started healing for Glaucoma and after 3 months, Doctor told that no surgery was required. Watery eyes and itching reduced by 50-60%.

Emotional and mental issues

Earlier, the patient was found having worry, anxiety, fear, anger and lack of emotional stability. But as healing progressed, she gained substantial emotional and mental stability.

Patient feedback

Given below is a transcript translated in English of the Patient’s video feedback.

“I am 60 years old. I live in Porbandar (Gujarat) city. I had chronic Rheumatoid Arthritis for the last 10 years. There was no improvement at all with heavy steroid medication. I lost 10 kgs due to the side effects of steroids. Arthritis had mixed into my blood because of that I was not able to do my routine household chores.

I was not able to sit on the floor. I was also not able to cut the hard vegetables. There was intense pain in my joints. Then YPV Healer and my daughter healed me for almost six months from Shri Ramana Trust YPV Ashram. I found healing very helpful and I was able to do all the things without any pain. Due to Covid-19, the doctor has advised me not to come for the RA-test. So, I recently did my RA blood test, and reports came negative. I have not experienced any pain for almost 2 years. I am very much thankful to Dharna Vasavda and YPV System. Thank you”.

Discussion

YPV healing is a no-drug no-touch healing modality with which the patient in this case was able to successfully overcome her Rheumatoid Arthritis ailments without further need for medications. Complementary and alternative medicine (CAM) has become popular with consumers worldwide and accounts for significant private and public health expenditures. According to earlier reports, the prevalence of CAM use by rheumatoid arthritis (RA) patients in the United States is anywhere between 28% and 90% [20].

In a study of classical Ayurvedic treatment for RA, the results indicated that classical Ayurvedic treatment was effective in this first cohort of patients who completed treatment. Even patients with severe functional limitations showed significant improvement [21].

There are studies that have evidence for and are against to suggest that some of the complementary and alternative medicines (CAM) are effective against rheumatoid arthritis (RA). However, there are no adequate studies that have evaluated the role that can be played by CAM in the management of RA. A focused approach in defining the role and limitation as well as the possible adverse events and safety should help in integrating both CAM and mainstream treatment of RA [22].

Conclusion

This paper presented evidence gathered on the effectiveness of YPV healing in the cure of Rheumatoid Arthritis. Regular practice of Rhythmic Yogic Breathing and Forgiveness Sadhana by the patient impacted the outcome positively in this case, besides YPV energy healing. YPV uses a combination of approaches, such as: (a) Physical exercises including rhythmic yogic breathing, (b)

Salt free diet and fruit diet, (c) Meditation techniques, (d) Healing by trained and experienced healers, (e) Patient’s participation in group healing, and (f) Regular self-practice of specified Sadhanas including Forgiveness Sadhana. YPV has been found to help as a preventive medicine when the seekers undertake regular practices of the self-practice techniques of YPV such as exercises, Rhythmic breathing, Forgiveness Sadhana Meditation and salt free controlled diet. Further studies may be conducted with appropriate sample size to know more about the influence of YPV healing system in the treatment of RA.

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Conflict of Interest

None.

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