



CASE REPORT

A case of esophageal cancer Stage 2 successfully healed using Yoga Prana Vidya protocols as complementary medicine

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Abstract

Introduction: Esophageal cancer is very common among various types of cancers reported in India. Medical treatments with chemotherapy and Radiation therapy are available for patients who consequently suffer some side effects such as pain, constipation, diarrhea, hair fall etc. Yoga Prana Vidya (YPV) system practices and protocols have been found to be effective as complementary medicine to overcome the challenges of side effects besides helping the patients to overcome anxiety and worry associated with this dreaded disease. This paper presents a case of a 74-year-old male patient of esophageal cancer successfully healed using YPV protocols as complementary medicine.

Methodology: This study uses case study method going through patient's medical case records, YPV healer's records and patient feedback.

Results: YPV intervention of about 5 months during chemotherapy and radiation therapy enabled the patient overcome anxiety, fear and worry, responded well to treatments using 8 chemotherapy sessions, and 23 Radiation therapy sessions, and regained normal health. A follow up after 1 ½ years confirmed that the patient was normal with stable health.

Conclusions: It is observed that YPV practices and healings have greatly helped the cancer patients to overcome various challenges and enabled them to return to normal life as successful cancer survivors. Further research using appropriate sample size and methodology is recommended. It is worthwhile for the frontline health workers such as doctors and nurses to acquire a working knowledge of YPV practices and protocols to apply as complementary therapy to their respective professions to holistically treat the patients.

Keywords: Esophageal cancer, Esophageal squamous cell carcinoma (SCC), Yoga Prana Vidya System[®], YPV[®].

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1 | INTRODUCTION

Esophageal cancer:

Esophageal squamous cell carcinoma (SCC) is the most common type of esophageal cancer in the Indian subcontinent, and it most commonly occurs in the distal third of the esophagus. About 47,000 new cases are reported each year and the reported deaths each year reach up to 42,000 in India [1]. According to ICMR guidelines, the standard treatment of operable esophageal cancer is surgery. Other treatment options are radiation, chemo-radiation for definitive treatment and combination of radiation and chemotherapy with surgery. However, the overall survival rates are not satisfactory and the reported five-year survival ranges from 5% to 30% [2]

Yoga Prana Vidya System:

Published literature of over 60 research articles shows that Yoga Prana Vidya (YPV) system protocols have been found to have successfully healed many types of diseases as complementary and also alternative medicine (CAM). Some examples of published, case reports of successfully healed cancer cases are Gastroesophageal malignancy [3], Breast cancer [4] and Hodgkin Lymphoma [5], in which cases integrated YPV protocols were applied, and minimized the side effects due to Chemotherapy and Radiation with speedy recovery. YPV psychotherapy healings helped the patient to overcome anxiety, worry and depressive feelings maintaining calmness and peace mentally and emotionally. Some examples of illness conditions successfully cured by YPV healing treatment protocols are: some difficult medical cases, diabetes, arterial heart block, postherpetic neuralgia, exostosis of ear, vision improvements, high blood cholesterol and asthma, improved wellbeing and immunity, cases of first-aid and emergency, speedy recovery of COVID-19 patients, hypothyroidism, serious snakebite etc. [6-18]. There are also research studies conducted and papers published such as, a study on reduction in anxiety and depression of corporate employees [19], reduction in the criminal attitude of under-trial prisoners [20], improvement of IQ and social behaviour of mentally retarded children [21], enhanced academic performance of over 100 high school students using Planetary Peace Meditation [22]. YPV system protocols consist of-(1) self-practice modules for patients to practice simple Physical exercises, Rhythmic Yogic Breathing (RYB), Forgiveness Sadhana, and Planetary peace meditation (PPM), (2) Controlled vegetarian salt-less diet, with plenty of fruit and veg, and (3) Bio-plasmic energy (Prana) healing. The bio-plasmic energy healing is very effectively given by

healers trained to achieve several levels of competency. Quite often the patients are also given training to do some self-healing. Use of all these techniques help the patient to recover holistically.

This paper presents a case of 74 years old male patient, who was diagnosed with esophageal cancer, and was treated successfully using YPV system protocols as complementary medicine while undergoing chemotherapy and radiation treatment.

2 | CASE REPORT

Patient Information:

Patient is a 74-year-old male living with his family in Maharashtra, India.

Pre -YPV medical condition of the patient:

On 21/08/2020 the patient complained of sore throat, and the consulted doctor suggested some further tests. A PT Scan was done on 28/08/2020 and the consulting doctors called for a biopsy report which came on 31/08/2020. The diagnosis report revealed that the patient was having esophageal cancer, stage 2, and 7 to 8 chemo sessions were recommended. The medical opinion stated that if the chemo sessions alone do not work, radiation therapy will be done. Surgical option was not considered appropriate because of the patient's age. It was also clarified that if radiation treatment is done, patient will not be able to eat any solid food. In other respects, the patient's condition was found normal, before the condition of cancer was detected.

YPV Intervention:

Patient's daughter was associated with YPV as a healer from 2014. On 26/08/2020 she contacted a senior YPV healer based at YPV Ashram for healing the patient in this case. It was noticed that the patient had several emotional issues upon becoming aware of diagnosis of cancer which was shockingly unexpected.

Self-practice protocols:

The senior healer had prescribed planetary peace meditation (PPM), Forgiveness Sadhana and Rhythmic Yogic breathing (RYB) daily. Recommended diet as per YPV protocols was -saltless diet, or with very low salt, and only light food with vegetables and fruits was prescribed to him.

He did 4 times regular breathing daily, and forgiveness sadhana and PPM once daily, which he did enthusiastically. As a result, one could feel the changes in him at all levels, and he started joining the online 15 minutes healing session sat 10 am daily, as he was advised to sit with his feet soaked in salt water during this session on a regular basis.

Healing sessions:

The healer used HDP 2 protocol healing, focusing on thyroid gland, parathyroid gland and throat section. The protocols were appropriately selected as and when the patient was facing issues like constipation, pain due to gall bladder stone, spine pain etc., considering respective areas and body parts to be healed.

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The healer was applying HDP2 healing and also level 5 healing protocol which is a very higher degree of healing. In a day, two healing sessions were conducted by the healer and sometimes additionally as needed. Every healing session took around 40-45 mins. The daily healing sessions were mainly focused on healing his throat area, esophagus and other affected areas(organs) and for energy loss. The patient was told to continue doing Rhythmic Yogic breathing and forgiveness sadhana.

Additionally, some healing sessions were conducted by the patient's daughter also. In view of the complexity of the case, the entire process of YPV healing intervention was facilitated as team work with the senior healer as the principal healer under the guidance of the Grand mentor of YPV, and further utilizing group healings and also online healing sessions to make the healing highly effective. The overall duration of this intervention from start to completion of treatment was nearly 5 months from 26/08/2020 to 20/01/2021.

YPV healing during chemotherapy Treatment:

The patient had undergone 8 chemotherapy sessions between 01/09/2020 and 10/11/2020. Some challenges experienced by the patient during this period were concerning excessive anxiety, severe constipation, dryness in throat, some weakness and body ache, slight stomach pain, acidity and stomachache, and despite taking medicines the patient was not feeling good. There was lack of sleep, severe swelling in throat because of vomiting, and his medicine got stuck in his throat and he was not able to speak properly and was hospitalized. Some tests revealed that his sodium and WBC count was low, saline & medications were given to balance it. A high level of CRP was found in the blood. He was given hospital treatment to resolve these issues. Also, tests revealed that he had gall bladder calculus (stone) of 7mm.

Despite facing these challenges, he enjoyed doing forgiveness sadhana, breathing exercises and planetary peace meditation and experienced relief from constipation. He was able to walk slowly but not able to do any exercise. Otherwise, he was observed to be happy, walking, talking and doing things on his own. His blood reports at the end of this period were good. Hb level found increased from 7 to 9.9. Sodium level was good, blood platelets increased. He followed recommended YPV diet of 70% fruit diet and 30% vegetable soup.

YPV healing during radiation treatment:

The patient had undergone 10 radiation therapy sessions from 30 September 2020 till 23 November 2020 Daily radiation for 5 to 8 minutes(excluding weekends) for 45 days, and also given once-a-week chemo session.

Some challenges the patient faced were: weakness, Liver SGPT rise and TSH(thyroid)high, constipation and diarrhea. The side effects he faced were: nausea, sleep deprivation, weakness, swelling in his feet and knees. He felt panic and anxiety. Despite these challenges, he was happy knowing how the healers were healing him, and he sent blessings to all, thanking all. He practiced forgiveness sadhana and breathing exercises regularly. Finally, the patient found relief, and felt very positive. On 20/01/2021 all test reports were found good and normal. YPV healings helped the patient in all three very important domains, viz., physical, emotional and mental. After the end of medical treatment of cancer, YPV healings were still continued once a daily for maintenance of normalcy, while the patient continued with the Rhythmic breathing and forgiveness sadhana. He needed to regain his muscle strength and so the healings continued further a few months.

A follow up during August 2022 revealed that he is now able to do daily activities with very little external help. He started attending to his shop for supervision and for change in the environment. He was also found able to walk up on stairs as he lives in the first floor of the building. There was some slight uneasiness in his voice and little difficulty in swallowing. Special care was taken on his diet, besides physical and emotional health. In August 2022, his medical check-up was done and his reports were found normal.

3 | DISCUSSION

YPV healing protocols have been known to have helped treatment of several cases of cancer successfully as complementary medicine as is evident from literature [3-5]. Powerful healings were applied using YPV level 5 techniques by competent senior healers. It is observed that this healer in this study applied YPV Level 5 healing, which has highly advanced techniques and requires high capability in healing, achieved through development by spiritual practices of Arhat Yoga Level 3 and above. One common path to achieve this level of competency according to the founder of YPV, is such that an aspirant would normally take a minimum of 5 years of persistent effort, upgradation, actual application in healing and certification upon achievement of this stage. One other way to become Level 5 healer is followed by those YPV healers who have achieved the healing proficiency of level 3 or 4, upgraded to Arhat yoga Level 3 or above in Spiritual practices and have done One Year Spiritual Intensive Program (OYSIP) at YPV Ashram, Sri Ramana Trust, and are upgraded during the one year as Level 5 healers in a Group.

While Chemotherapy and Radiation therapies are known to medically treat cancer cells, patients suffer side effects of these treatments and also, they suffer from anxiety, worry and depressive thoughts on these dreaded diseases. In all these cases, YPV practices and healings have greatly helped the patients to overcome various challenges and enabled them to become successful cancer survivors.

4 | CONCLUSIONS

Yoga Prana vidya (YPV) practices and healing protocols have been successfully applied to treat many types of diseases as complementary and also as alternative medicine as is evident from published literature. Further research is recommended using appropriate sample and methodology to know more about this phenomenon. It is also recommended that it will be helpful for the frontline health workers such as doctors and nurses to acquire a working knowledge of YPV to complement their specialties for holistic treatment of patients.

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Conflicts of interest

None

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