



## CASE REPORT

# A patient case of Adnexal mass with malignant cells healed successfully using Yoga Prana Vidya Energy Healing Techniques as Complementary Therapy

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### Abstract:

**Introduction:** Adnexal tumors are lumps of cells that grow on the organs and connective tissues around the uterus, and may be benign, or malignant needing surgical treatment. This paper presents a case of Adnexal tumor of a 36 years old female patient which was healed successfully using Yoga Prana Vidya healing protocols as complementary medicine while the patient was undergoing Chemotherapy and surgery.

**Method:** Case study method is used in this paper, with data collected through patient's medical record, YPV healer's records and patient feedback. **Results:** The patient felt relieved from pelvic pain with reduced vomiting after 3 Healings. The side effects due to Chemotherapy completely reduced after 3 healings. She started rhythmic yogic breathing and gradually came out of all pains, and vomiting stopped completely. After 3 months of healing, the patient was finally tested and found free from malignant cells.

**Conclusions:** YPV Healing is a well-established modality of no-touch no-drug method, and using this modality as complimentary to the prescribed medical treatment, enabled the patient in this case overcome fear with complete and speedy recovery from Adnexal mass condition. YPV healing reduced her pain as well as the side effects of the chemotherapy, surgery and associated drugs. Further research is recommended using appropriate methodology and sample. YPV system can help Health workers with etheric hygiene to avoid infections. A working knowledge of YPV system will be beneficial to front-line healthcare workers to complement their specialties for holistic treatment.

**Key words:** Adnexal tumors, malignancy, Yoga Prana Vidya System<sup>®</sup>, YPV<sup>®</sup>, Bio-plasmic energy healing

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## 1 | INTRODUCTION

### *Adnexal mass (tumors)*

The US National Cancer Institute [1] defines ‘Adnexal mass’ as a lump in tissue near the uterus, usually in the ovary or fallopian tube. Adnexal masses include ovarian cysts, ectopic (tubal) pregnancies, and benign (not cancer) or malignant (cancer) tumors.[1]

They may be fluid-filled or in solid form. Most Adnexal masses are benign (non-cancerous), but they can be malignant (cancerous). Many Adnexal masses go away on their own, but some require treatment, which may include surgery.

Symptoms of Adnexal mass include: pelvic pain, difficulty in urinating, bleeding near the mass, frequent urination, bloating, irregular periods, especially in pre-menopausal people, constipation, gastrointestinal disorders and pain during sex. [2]

Adnexal mass can be caused by numerous gynaecologic and non-gynaecologic factors. The most common causes include:

- Ovarian cancer- when an ovarian tumor is malignant, it can grow and spread to other areas of the body.
- Ovarian cysts
- Ectopic pregnancy- pregnancy in a fallopian tube instead of the Uterus.
- Hydrosalpinx- fallopian tube fills with fluid, may cause pelvic pain or infertility.
- Tubo-ovarian abscess- infection in the genital tract which may lead to inflammation in a fallopian tube, ovary, and surrounding structures including the bowel or bladder.

Clinical practitioners in India commonly come across Adnexal masses, both painful and asymptomatic. These lesions, both neoplastic and nonneoplastic, pose a great challenge to a gynaecological oncologist. Ovarian carcinoma is the seventh leading cause of cancer death (age-standardized mortality rate: 4/100,000) among women worldwide. In India, it comprises up to 8.7% of cancers in different parts of the country. [3]

If the mass(tumor) grows, if the pain increased, or if it is malignant, surgery will be recommended.[2] This paper presents a patient case of Adnexal mass with malignant cells treated successfully using Yoga Prana Vidya (YPV) protocols as as complementary therapy to Chemo and surgical treatment the patient had undergone.

### *Yoga Prana Vidya System*

Yoga Prana Vidya (YPV) healing system is a holistic and as alternative healing approach that can be used as a complementary medicine for treatment of physical, psychological, mental and emotional illnesses by proximal or distant healing modality. YPV is based on bio-plasmic energy or prana that involves no-touch and no-drug treatment principle.

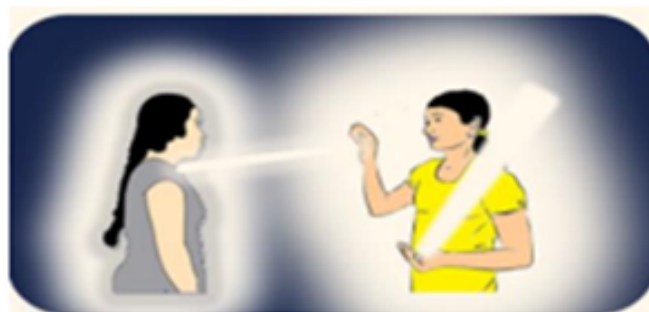


Fig 1. Channelling of energy from the healer to the patient

YPV helps to heal the ailments in the physical body by dealing with energy body of an individual. The energy body, also known as Pranamayakosa, interpenetrates and extends beyond (surrounds) the physical body and consists of an inner aura, an outer aura and health rays connecting the inner aura and the outer auras. The energy body consists of energy centres or chakrams (wheels) (See figure 2) and ‘Nadis’ (channels) to distribute the energy to various chakrams and body parts.

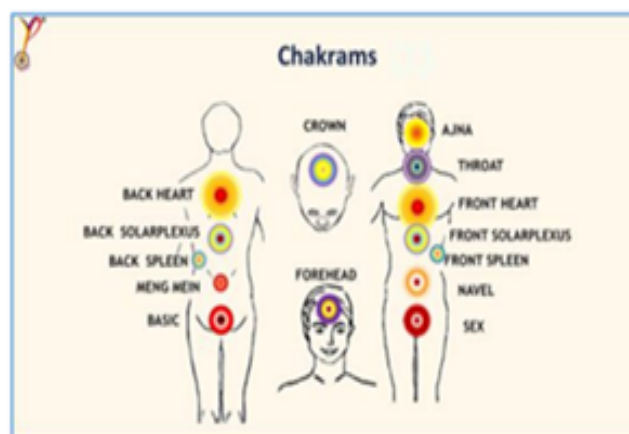


Figure 2 Major Chakrams or Energy Centres

Trained and certified healers practice the skills of scanning the wheels (energy centres) and aura and carry out cleansing and energizing the wheels and affected body parts of the sick person. Figure 3 shows the energy bodies of a healthy person and sick person, and the differences are noticeable.

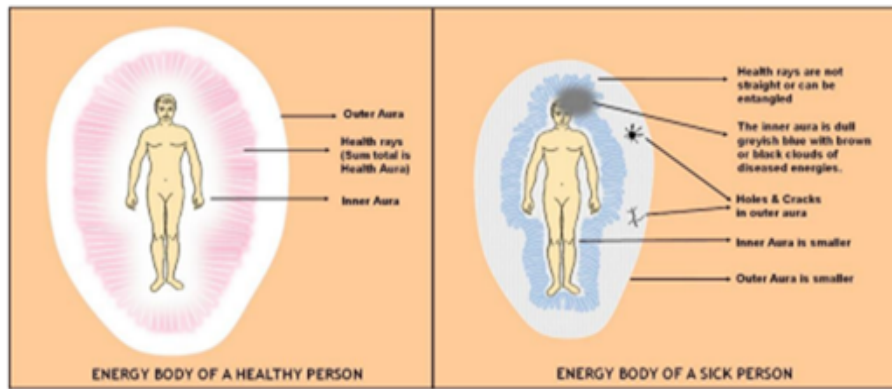


Figure 3 Energy body of a healthy person Vs. Energy body of a sick person

Patients usually experience recovery and relief from illness within a few healings given by the healer. Depending upon an individual’s health condition, a healing session may last for 10 to 30 minutes, and one or more sessions per day as decided appropriately by the healer.

Thus, YPV system uses ancient techniques of energy healing, and its protocols are structured for systematic healing of patients for treating various illnesses. More than 65 published research articles show consistent results of recovery for patients with various physical, psychological, and mental illnesses.

The literature shows that, by using Yoga Prana Vidya (YPV) healing techniques, many cases have been successfully treated such as, some difficult medical cases [4], Diabetes management & control [5], removing arterial block in heart without surgery [6], vision improvements for participants of an Eye Camp [7], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [8], Role of Yoga Prana Vidya in first aid and emergency [9], improvements of health and immunity of senior citizens [10], speedy recovery of COVID patients [11], treatment of hypothyroidism [12], Lowering academic anxiety and enhancing academic performance of high school children [13], saving life of a snake-bitten human female [14], improvements in the cognitive abilities and social behaviour of mentally challenged children [15], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [16], healing treatment of a female patient suffering from kneecap dislocation [17]. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [18], and significant reduction in anxiety and depression in corporate employees [19]. The authors are presenting a case report of a patient suffering from adnexal mass treated using Yoga Prana Vidya (YPV) protocols as complementary therapy while undergoing medical treatment with chemotherapy and surgery.

## 2 | METHOD

This paper used case study method, going through patients' medical records, healers' records, and patients' feedback.

## 3 | Case report

### *Patient's background*

The patient was a 36 years old female housewife diagnosed with Adnexal mass (tumor) with malignant cells. The symptoms she had were pelvic pain, difficulty in breathing, and vomiting.

### *Patient's condition before Healing*

She tested positive for Covid during August 2020 and took treatment for the same in her house. After a week, Covid got cured. But she started feeling short of breath. After one month of medical treatment, she became normal. During August 2022, the patient had stomach pain on the right side. The doctor treated her for the liver problem.

Her pain increased and her stomach was swollen, filled with water. Frequently, she used to have fever, abdominal pain, vomiting, inflammation of stomach (water was collected in stomach) and had difficulty in breathing. The doctors then suggested scanning, and in that report of 3 Sept 2022 the patient was diagnosed with an Adnexal mass (malignant). The patient started undergoing Chemotherapy from 8th September, 2022.

### *YPV Intervention*

The patient's husband was a school teacher who came to know about YPV Healing during the school visit of the healer. They requested the healer to conduct YPV Healing sessions to the patient. As agreed mutually, the patient started undergoing YPV healing complementary to Chemotherapy from 8th September 2022

Between 8th September to 17th September 2022, the healing took place twice a day.

The healer found that the patient’s throat chakram as well as sex chakrams were congested.

Also, the healer found that there were many unauthorized cords in her energy body system, and several fears the patient had. Accordingly, the healer cut the unauthorized cords in every Healing and removed the fear too using appropriate YPV healing protocols.

As a result, the patient felt relief after 3 healing sessions, with reduced pain and vomiting. During the initial 5 days, one Healing session took 25 minutes, and thereafter it took 20 minutes. After 15 Healings, the time duration of Healing was reduced to 15 minutes.

The patient had the second chemotherapy session on 27th September 2022, and again vomiting, pain, and fever started. After 2 to 3 Healings, the symptoms reduced. The Healing was done till October 9th, 2022. The shortness of breath improved. The patient's husband took YPV Level 1 Class on October 11th & 12th, and continued healing her. Her condition was getting better now. Earlier, because of fear she used to lose her energy, and her aura used to minimize. Healings helped her reduce her fears and sustain the aura. She started practicing YPV rhythmic breathing.

On 12 November 2022, she had a surgery. The surgery took place for 8-9 hours, from morning to evening. They consulted the healer again requesting for receiving healings from a Senior most Healer. The Healer requested the Senior most Healer to bless the patient for successful surgery. As per the request received, the Senior most healer healed and blessed the patient in the Group Healing sessions for few days.

After surgery, the patient was in ICU under ventilation. Healing was being done daily. After 5 days of Healing, she was taken off the ventilator and started breathing naturally. Because of YPV healing along with medical treatment, the patient recovered soon and was moved to the General ward. The Healing was being done daily during November month as well. The healer continued the Healings till December 11, 2022. Thereafter, Healing was continued by the patient's husband who, by then, became a trained level 1 healer.

#### **Summary of YPV Healing techniques used**

- Cutting unauthorized cords from aura.
- YPV Level 5 techniques and general sweeping.
- YPV psychotherapy-Level 3 healing of Heart, Solar, Throat, Ajna and Crown (HSTAC)
- Cleansing Spleen chakrams, cleansed with green and violet, and energized with gold.
- Level 5 localizing technique on sex chakram, right ovary, left ovary, and uterus separately.
- Cleansing lungs and lobes thoroughly, energizing with light whitish green, orange, and violet.
- Localized diaphragm with light blue, cleanse with green and violet, energized gently with gold.
- Cleanse Mengmein chakram, energized with light whitish blue.

- Cleanse kidneys and energized with green and gold.
- Cleanse Ajna chakram, instructed it to seek and destroy the malignant cells.
- Energized with gold.
- Cleansing Forehead and Back Head chakrams with green and violet, energized with little green and more violet.
- Cleansing Heart and solar plexus chakrams thoroughly with green, level 5 technique, violet.
- Energizing heart chakrams with green and violet, as HSTAC was done already.
- Energizing Solar plexus chakram with light whitish blue.
- Cleansing Internal organs, and liver thoroughly, energized liver with green, blue, and violet.
- Cleansing Navel chakram and energized with green and violet.
- Basic chakram localized with light blue, cleansed with brilliant violet, green, level 5 technique, energized with light whitish blue.
- Localized perineum, cleansed and energized with light whitish blue.
- Hand minor and sole minor chakrams cleansed with green and orange, energized with gold.

#### **4 | RESULTS**

The patient felt relieved from the pain and vomiting reduced eventually. Pelvic pain was considerably less after 3 Healings. After a few Healings, she started rhythmic yogic breathing and slowly came out of pelvic pain and breathing and she completely stopped vomiting. After 3 months of Healing, the patient was finally CT tested on 19 December, 2022 and found free from malignant cells. Further, her husband did the supportive healings.

#### **5 | DISCUSSION**

Cancer patients experience long struggle from diagnosis to treatment, recovery and survival. Their main hurdles are their own fears of this dreaded disease. YPV's great contribution to cancer treatments is in eliminating or reducing excessive anxiety and fears of patients using YPV psychotherapy protocols that enable patients to maintain calmness, regain confidence, with hope and optimism to fully recover and survive.

Another important aspect of YPV healing is in body's cell regeneration that can happen when appropriate healing protocols are used in the YPV energy healing process. Experience shows that YPV protocols of powerful healings rendered by expert healers have produced miraculous results for cancer patients with speedy and complete cure, working parallelly with chemo and radiation therapies.

In the literature it has been observed that YPV protocols were previously applied successfully in several types of cancer cases such as Hodgkin Lymphoma [16], esophageal cancer [20], Gastroesophageal malignancy [21], and breast cancer [22]. In all these cases, it has been found that YPV healing protocols helped as complementary therapy in reducing/eliminating pain and overcoming side/after effects of cancer treatment therapies such as chemotherapy and radiation therapy. In all these cases the YPV psychotherapy (Level 3 protocol) helped the patients to overcome fears about cancer and its possible devastating effects.

## 6 | CONCLUSIONS

YPV Healing which is a modality of no-touch-no-drug method using complimentary to the prescribed medical treatment, enabled the patient in this case with speedy recovery from Adnexal mass condition. YPV psychotherapy made the patient come out of fear of the further spreading of malignant cells. YPV healings reduced her pain as well as the side effects of the drugs. Further research is recommended using appropriate methodology and sample. Health workers need etheric hygiene to avoid infections, for which YPV system can help with appropriate protocols. It will be beneficial to front-line workers to acquire some working knowledge of YPV Healing to complement their specialties. YPV may be promoted on priority into every family as an in-house preventive, alternative and complimentary modality to promote and sustain health and positive psychological state of entire family.

## 7 | ACKNOWLEDGMENTS

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### Conflict of interest

None

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Nil

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