
Role of Yoga Prana Vidya (YPV) Healing Techniques in Emergency and First Aid: A Summary of Case Reports

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Abstract

Introduction: First aid refers to the emergency or immediate care to be provided when a person is injured or ill until full medical treatment is available. For minor conditions, first aid care may be enough. For serious problems, first aid care should be continued until more advanced care becomes available. Medical emergencies outside hospital settings can be effectively handled by trained first aid providers. The authors have examined several case summaries in which Yoga Prana Vidya (YPV) System was effectively used as first aid and as a result patients recovered.

Main symptoms & clinical findings: Examples of cases of patients in a variety of conditions presented in this report, such as, Dengue, high BP, blood clot in brain, high fever, Knee OA, hole in heart, jaundice, pancreatic disease, urinary infection, breast cancer, Asthma & Bronchitis, insect bites, pain, Dyspnoea, ulcers, depression and suicidal tendencies, vertigo & headache, accidental fractures, Intracranial haemorrhage, post alcoholic hepatic disorders.

Therapeutic interventions & outcomes: In the summary of cases presented in this report, Yoga Prana Vidya (YPV) Techniques were applied with successful results for patients, who responded positively to YPV healing therapies, and recovery took place in a short time.

Conclusion: When used as first aid, Yoga Prana Vidya (YPV) system of healing is complementary to the general medical and first aid procedures to save the patients until appropriate medical support is available. YPV techniques can be learnt easily and can be practiced effectively by all healthcare givers.

Keywords: First aid, medical emergencies, Yoga Prana Vidya (YPV)

1. Introduction

First aid is the first and immediate assistance given to any person suffering from a serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery (Wikipedia, 2019). It includes initial intervention in a serious condition prior to professional medical help being available, such as performing cardiopulmonary resuscitation (CPR) while awaiting for an ambulance, as well as the

complete treatment of minor conditions, such as applying a plaster to a cut. First aid is generally performed by someone with basic medical training. Mental health first aid is an extension of the concept of first aid to cover mental health.

There are many situations which may require first aid, and many countries have legislation, regulation, or guidance which specifies a minimum level of first aid provision in certain circumstances. First aid, however, does not necessarily require any particular equipment or prior knowledge, and can involve improvisation with materials available at the time, often by untrained people.

As per the Indian Red cross society, First-Aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from getting worse, and/or promote recovery. First Aid can reduce the severity of injuries and consequential deaths, from disasters or any other emergency. It can also increase the capacity of students and communities in first aid response, and broaden their scope to develop the humanitarian response at the time of any emergency (Indian Red Cross Society, *n.d.*).

As an example of the scientific literature relevant to first aid, the authors have identified a very useful systematic review by the Belgian Red Cross-Flanders together with the Indian Red Cross Society, who developed evidence-based guidelines to train lay people on how to manage and prevent emergency situations in India ((De Buck et al., 2015). First Aid training is an essential component for yoga teachers in Australia and a mandatory requirement for membership to Yoga Australia (Yoga Australia, 2017). Several Yoga Institutes (such as Yoga Campus (*n.d.*), Yoga Therapy. Health (2019), Light Centre (*n.d.*) are offering training in Yoga first aid.

Emergency medicine, also known as accident and emergency medicine, is the medical specialty concerned with the care of illnesses or injuries requiring immediate medical attention (Wikipedia, 2019b). Different models for emergency medicine exist internationally. In developing countries, emergency medicine is still evolving and international emergency medicine programs offer hope of improving basic emergency care where resources are limited (Wikipedia, 2019b). For minor conditions, first aid care may be enough. For serious problems, first aid care should be continued until more advanced care becomes available (NHCPS, *n.d.*). Interestingly, none of the Medical Colleges offer any first-aid training courses (Priolcar, 2012). In a study (Raje et al, 2017) it was concluded that a training course of 3 days such as by Red Cross is considered necessary for medical students who are usually taught how to handle emergencies in a hospital setting. However, available knowledge required for handling emergencies outside the hospital setting at the site of the accident or emergency may not be sufficient. This is where relevant training in Complementary and Alternative Healing Techniques, such as YPV can help.

The Yoga Prana Vidya (YPV) System

Yoga means union, and prana Vidya means knowledge of energy. The word union in this context means the union of the personality with the soul and the soul with the higher consciousness. . As it has been the practice since ancient times, Ashtanga Yoga has been the comprehensive system having 8 steps of yoga, and one of the step is asana, second step is Pranayama - breathing. Next

steps are dos and don'ts which are known as Yama and Niyama are part of necessary purification. Fifth step is to identify and withdraw from the unwanted lower nature and past. Further steps are Concentration and awareness known as Dharana and Dhyana this leads to Samadhi or oneness with higher nature. So, broadly speaking, Yoga is not just one step, but several steps complementing each other. All these ways are used in a balanced way in YPV Meditation system (Yoga Prana Vidya Research, 2019).

YPV is a complementary System which can be used along with any other modality. This is an integrated system which not only has healing, but a synthesis of physical exercises, breathing techniques, diet, forgiveness technique, meditation and energy-based healing. It is holistic. By using this, for example, a heart patient's heart will function properly, along with that, the person will experience peace within, and body's immune system will also get strengthened. So, there's recovery taking place at all levels.

The various vital organs of our body are working in unison in our energy body. Heart, lungs, kidneys, brain, all these are not separate units inside the energy system, but interconnected with each other. Just by balancing the energy system, the entire body can get benefited immensely. Yoga Prana Vidya (YPV) is healing science that offers a range of techniques in providing first aid and in handling emergencies until full medical assistance is available.

Basics of YPV in case of first aid and emergency

The first aid healer should remain calm and enthusiastic, feel confident and avoid getting panicky, so that the energy of the patient automatically increases to a certain degree. If the first aid care provider feels sad or under panic, then the patient will lose energy and feel dejected! Those who do first aid must first learn how to maintain their energy level.

Physical body is encompassed within the energy body which is called as Etheric Double in theosophy or Pranamaya Kosha in Sanskrit or also called as Bio-Plasmic body; this energy body composes of 5 major components, inner aura, outer aura, health rays, chakras and Nadis. When one falls ill, one's energy body shrinks and there may be cracks and holes in the energy body (see Fig. 1 & 2), so the energy is getting leaked out. His or her health rays are entangled, flow of energy is minimized in nadis and chakras. So, by just cleaning the affected part and around the aura flow of energy can be increased and further energizing is the YPV technique. When a person is injured, the same phenomenon of loss of energy occurs. Using the YPV techniques, the healer causes his energy body to raise its energy level. Using a GDV camera photograph (Figure 4), one's energy body can be scientifically visualized to validate difference between before and after YPV healing. The technique is named as "Biological Emission and Optical Radiation Stimulated by Electromagnetic Field Amplified by Gaseous Discharge with Visualization by Computer Processing". In short BEO GDV Technique and images after processing are named as BEO-grams or GDV-gram. The GDV-Camera device is certified in Russia as a medicine tool and can be used in hospitals and medicine centers without limitations. The certification is taking place in Europe as well (Korotkov, 2007).

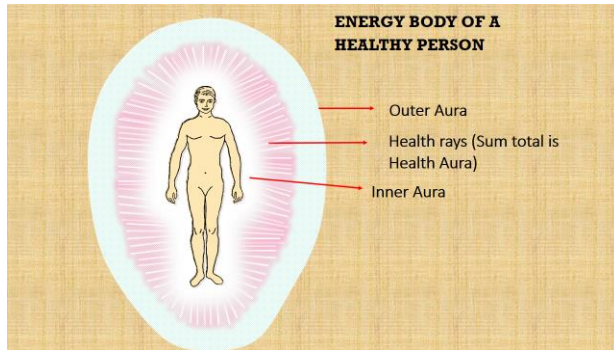


Fig 1: Energy body of a healthy person

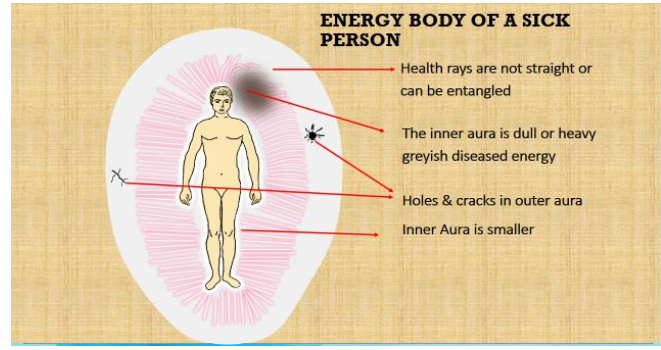


Fig 2: Energy body of a sick person

Similar to pumps and channels in a field to circulate irrigation water, there are energy pumps and energy channels in the energy body. The energy pumps are called *chakrams* and the pipelines are called *meridians*. The basic chakram is shown in Figure 3. Till the basic chakram is working well, a person can survive. This is what is to be understood from first aid point of view. Till the Heart chakram (Figure 3) is big, the patient's heart has chances of survival. To reduce the stress or tension, we have to treat the Solar chakram (Figure 3). So for first aid, it should be remembered that till the Basic chakram is alive and active nothing untoward will happen to the patient. It is the main center for life. The first aid care giver has to learn how to make it bigger. One needs to learn few simple YPV techniques such as, Rhythmic Yogic Breathing (RYB), proper diet, Forgiveness sadhana (to forgive everyone and ask for Forgiveness), and Planetary peace meditation (to bless the planet earth and its inhabitants for bringing peace on the planet Earth). This will make the Heart chakram bigger. Preventive YPV healing can also be complementary healing when a subject is stuck at a place where medical help cannot be reached.

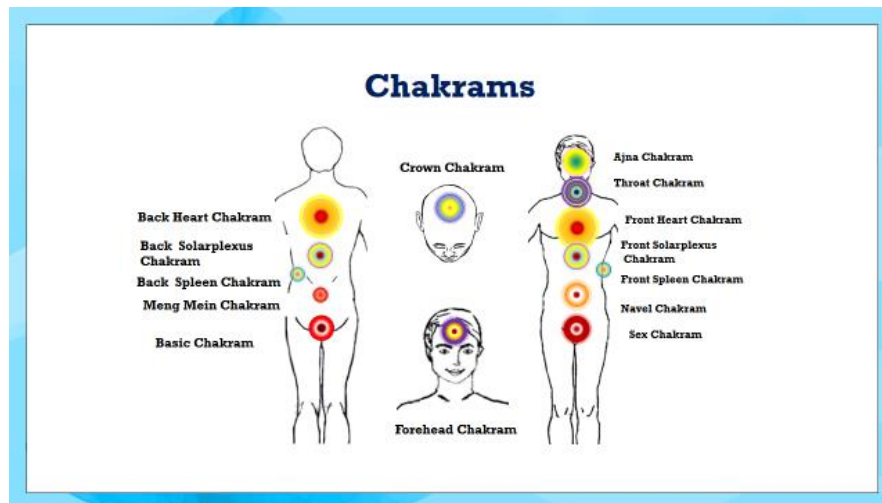


Fig 3: Chakrams or Energy Centres

(Source for Figures 1, 2 &3: YPV Research)

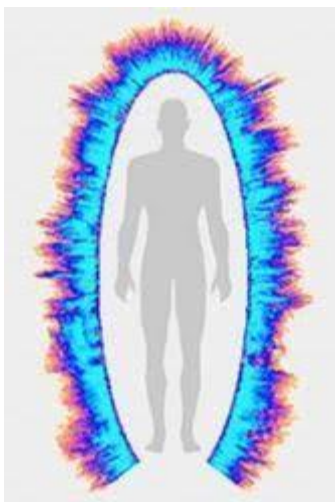


Fig 4: Picture of Human Aura taken with GDV cameras (Source: Google search)

Importance of right food

In sickness, people should consume light food; preferably they should be on fruit diet and no fried food, no salt and boiled food. Food from mineral kingdom has less energy than food from plant kingdom. Nothing can compare to what fruit diet has, and who is sick should insist on fruit diet.

Yoga Prana Vidya healing protocols and techniques have been found to successfully treat and cure difficult medical cases (Neravetla&Nanduri, 2019), self-healing case of high blood cholesterol levels and asthma (Nanduri&Vasavada, 2019), Addressing eye problems and achieving improvements of Vision (Nanduri&Chaitra, 2019), Treating EXOSTOSIS of ear without surgery (Gupta & Nanduri, 2019), Successful management of Post-Herpetic Neuralgia (PHN) (Sachdeva&Nanduri, 2019), Treatment of heart block case patient without surgery (Ramya&Nanduri, 2019), Management and control of diabetes (Ashalatha, Ramya&Nanduri (2019). A one-month intensive YPV residential programme enabled the participants to improve physical and mental health (Neravetla&Nanduri, 2020). In the following paragraphs, some examples of situations are given in which first aid can be applied using YPV protocols.

Breathing problems

Breathing problems can arise from underlying lung diseases such as asthma or emphysema, as well as from illnesses such as pneumonia. Signs of a breathing problem include fast or shallow breathing, noisy breathing, producing unusual sounds, or the inability to talk due to breathlessness. Severe allergic reactions can also cause wheezing. High-pitched inhalation may suggest a partial blockage of the upper airway. Using YPV breathing technique, one can increase one's oxygen levels and overcome breathing problems.

Traumatic Injuries

First aid providers are often called to assist people with traumatic injuries. Knowing how to respond to a variety of situations is important for first aid providers. First aid responders are

valuable in providing initial care and assisting more skilled providers in delivering care to the seriously injured persons. Different YPV techniques are used based on the traumatic cases to address the situation until the situation normalises.

Controlling bleeding

Blood loss often gets the most attention. Many times, the amount of bleeding is overestimated and draws attention to wounds when more serious injuries should be dealt with first. Whenever confronted with bleeding, a quick overview of the person is to be performed to make sure something more serious is not being overlooked. Personal protective equipment is to be used prior to caring for an injured and bleeding person. The person can be instructed to perform some self-care while preparing to put on protective gear. Massive bleeding can occur due to extreme injuries such as open fractures or deep lacerations. In case of bleeding wound, the YPV Healing technique is to remove diseased energy and give blue Prana, because blue Prana will constrict it.

Fever in excess

Red colour Prana in general is used to strengthen the physical body, but In case of fever in excess, diseased energy is removed and cooling blue Prana is given.

Bites and stings

Insect bites and stings are a common and an annoying occurrence. Most bites are minor but the potential for a serious allergic reaction does exist. The YPV healer will be watchful for any signs or symptoms of a severe allergic reaction, as this must prompt immediate emergency notification. Bites and stings caused by insects such as spiders, scorpions, and fire ants can cause local reactions, but on occasion more serious systemic reactions can occur. Allergic reaction can be minimised by just repeated cleansing and removing the diseased energy and supplying healthy energy.

Stress

Stress is easily recognised by sweating, hands shaking and heart palpitation, which means, mind is not controlled. To bring the mind in control first aid starts with proper breathing and this breathing technique is called Rhythmic Yogic Breathing (RYB). The RYB cannot be replaced by any medicine, and qualified healers can heal people who cannot heal themselves.

In stress state, adrenal glands are activated and hands start to shake, causes digestive problem, breathing becomes erratic and heart palpitation occurs. Because of anger or irritation, one cannot think properly, does things in haste and repents later. From bio-field energy (YPV) point of view, it is observed during stress that the Heart chakram becomes smaller and the Solar is bigger. In such a situation the person may even collapse. So, as first aid, the healer makes Heart chakram Bigger, thereby reducing the stress energy that has troubled the heart and brain. When the heart chakram is made bigger than peaceful energy enters the body and makes the person calm to handle or face the situation. Energy body can also be made bigger with YPV Healing. During stress heart chakram shrinks causing our immune system to shutoff. Also, with HEART chakram down, the thymus gland also is down. Thymus gland also affects the spleen, and one can easily catch diseases. But these disturbances do not happen when Heart chakram is bigger. Heart

chakram also affects physical heart and lungs. Energising the Basic chakram also is important for the strengthening of the whole body and Heart chakram to maintain calmness. With application of YPV techniques such as breathing exercise or forgiveness or healing or meditation, these two chakrams are in good condition. In Stress state, the front brain does not function normally. We breathe to reduce stress levels; we breathe and make HEART chakram bigger. This brings the brain back to its normal functioning. Also, as we forgive, HEART chakram also becomes bigger.

Complementary healing in hospital setting

In case of chemo-therapy or radiation, energy can be used to minimise the side effects of these therapy and to save the areas close to places where radiation is being given. Similarly, before, during and after the surgery healing can be done to maintain the healthy level of energy. A patient waiting for urgent surgery can be greatly helped by healing his bleeding or painful fresh wounds or injuries so that he may not collapse while preparing for surgery. In many emergency cases healing as first aid may be helpful, and can be proceeded as complementary along with the other treatments.

2. Method

This study uses case study method examining volumes of available case report records to extract and compile the relevant data identifying salient examples of cases handled using YPV healing. There is vast number of first aid/emergency cases where YPV was applied successfully as complementary to mainstream medicine and also in hospital settings. For purposes of this paper, some examples of recently handled cases are stated in Table 1, where YPV healing was used effectively.

Table 1: Some examples of First aid and emergency cases handled with YPV healing

Sl. No.	Patient info	Case background/symptoms	YPV healing therapy applied and result
1	Male 21Years	Dengue affected. Platelet count dropped to 75,000	After one day healing, platelet count increased to 80,000. After next day of healing increased to 95,000. He is out of danger
2	Male adult 35 years	High SGPT level with dengue. Low platelet count. Hospitalised.	In one day of healing, platelet count increased to 97,000.
3	Male 55 years	High BP, sweating	BP reduced to normal after 20 minutes of healing
4	Female 78 years Diabetic, high cholesterol	Slurry speech, hospitalised, advised MRI. Diagnosed with blood clot in critical location in brain. 80% in magnitude. Doctor consulted. Slurry speech, loosing balance. Surgery not possible. Could not put stent.	Guided healing was given and Healing continued. Discharged from Hospital after a week. Patient was taken for second opinion. After first week of healing, speech improved, getting better, After second week of healing, speech was normal, walking normally
5	Male 70 years	No control of urine, hospitalised with high fever, high BP, low oxygen, low sodium, low platelet count 77,000, shifted to ICU. All tests done. Healing started. Left knee OA.	After one day of healing, BP turned normal. Patient slept well. Diagnosed with infection in lungs. After one day of further healing, Shifted to general ward. Started fruit diet. After two days, incontinence stopped and catheter removed. After three days of healing, sodium and

			platelets normal, left knee getting better. Discharged from Hospital. Revisited doctor after 1 week, seen a lot of improvement in platelets, normal life restored.
6	3 ½ months baby	Diagnosed with a hole 3/3.5 mm dia. in heart. kept in ICU and put on ventilator, Surgery was not possible due to fever and infection	Healing was carried out. After two weeks, oxygen support was removed. Baby safe and taken out of ventilator, is under observation before surgery.
7	Male 44 years	Suffering from jaundice over a month. Legs swollen, lever function was found in high risk, admitted in ICU in unconscious condition. Sodium low, thyroid high	YPV healing given. After 3 days he was getting better, day after day.
8	Male 34 years	Not passing urine and stool. Admitted in hospital. Diagnosed with pancreatic disease.	After two days of healing patient condition improved and stable
9	Female 75 years	Urinary infection, diabetic, high BP	After 5 days of healing patient was found to be improving very much. Healing continued further
10	Female 52 years	Right Breast cancer. Carcinoma. Chemo started. nausea	YPV exercise, breathing, meditation, and healing continued over 3 months, No surgery was needed. PET scan showed good results. Significant reduction in malignant condition.
11	Female 66 years, Emergency case	Asthma and bronchitis. 40 years of Asthma history. Hospitalised. Lung infection, Put on oxygen	Healing done over two weeks. Condition came to normal.
12	Male 45 years	Mosquito bites caused severe redness over neck, face, extensive itching over neck	YPV generalised sweeping, extensive localised sweeping over neck area of biting and swelling. Healing reduced redness and itching after 10 minutes
13	Female 50	While working in kitchen, a	Immediately localised sweeping was done in

	years	thorn entered right middle finger and broke inside. Tip of the thorn broke and not visible to extract.	blue, to control blood from oozing. Repeated soaking and cleansing done. As a result, the thorn came out visibly, that enabled extraction.
14	Male 49 years	Severe pain in abdomen, Since one day high fever	Generalised sweeping and colour prana applied to affected chakrams. After one day of healing, complete relief from pain and fever.
15	Female 60 years	Severe Dyspnea in the last two days. Patient had 20 years of Asthma history	YPV Psychotherapy, and colour prana applied to chakrams and healed. Acute asthmatic attack was completely controlled after 1 day of healing. No Dyspnea symptoms after 10 days.
16	Male 47 years	Ulcers in oral cavity in hard palate Since 15 days. Had cancer phobia	YPV Psychotherapy, cleansing of entire oral cavity, palate, colour prana applied. After 1day healing, phobia subsided, ulcers reduced in oral cavity. After 2 days ulcers completely reduced.
17	Boy 10 years	Severe bleeding of right palm cut by kite string	Immediately applied repeated localised sweeping, healed with colour prana, bleeding stopped after one session, pain reduced, wound healed fully after 5 days
18	Female 25 years	Sudden aggressive behaviour and intention to commit suicide	Chakrams scanned, general sweeping done, colour prana applied, and Pranic psychotherapy done, within 15minutes patient calmed down, and violent behaviour regressed, shielding done for 8 hours. Became normal after 3 days.
19	Female 52 years	Severe vertigo, headache, in the last 15 days, could not sit nor walk.	YPV Psychotherapy and colour healing applied. After 1 day, vertigo controlled 70%, headache fully controlled
20	Female 21 years	Accidental fall from steps, severe pain on the right side of body, tried analgesic supportive treatment. No relief.	Generalised sweeping and colour prana healing applied. Patient responded, after one day of healing, relieved of pain.
21	Male 50 years	Sudden weakness of upper limbs and face, gradual loss of consciousness, sluggish body reflexes, CT scan reveals	YPV psychotherapy, cleansing, generalised sweeping, colour healing to chakrams applied. Patient recovered from coma fully in 2 days. Speech was still slurred. Fully

		Intracranial H' age	recovered after 7days.
22	Female 45 years	Swelling in both earlobes, severe allergic reaction following surgical repair of earlobe done 15 days back, mild pain in both ears	YPV Psychotherapy applied; blood cleansing done, colour prana healing done for chakrams, local cleansing of earlobes and surrounding areas done. After 5 sessions, redness and swelling gone completely. Both ears healthy.
23	Male 70 years	Severe uncontrolled bleeding from both nostrils in the last 2 days, hospitalised for hepatic coma (post alcoholic hepatic coma). His kidneys also not responding.	YPV psychotherapy, cleansing of entire brain and chakrams in head, blood purification healing, local cleansing of nose. Within 24 hours, patient came out of hepatic coma. Bleeding was completely controlled in 24 hours, discharged from hospital after 5 days. He quit alcohol and resumed normal life in farms
24	Female 27 years	CSF Rhinorrhoea left side following car accident 5 days back, no response following medical intervention,	Generalised and localised sweeping of nose and nasal cavity, healing of chakrams using colour prana nose and nasal cavity. After 4 days of healing, patient moved out of bed and walked comfortably without any leak.
25	Female 50 years	Colles' fracture right upper limb	YPV psychotherapy: localised cleansing, healing of elbow and wrist chakrams. One-week later plaster removed, wound was healthy, no pain in arm, well responded to healing.
26	Boy 4 years	The child had inserted a button cell in right nostril long back. After surgical removal, nasal mucosal lining was completely blackened and ulcerated due to diffusion of metal in mucosa. There was risk of nasal bleeding	Local cleansing of both nostrils and colour prana healing was done. After 15 sessions, blackening of mucosa resolved completely. No complication of bleeding arose. Patient recovered fully.

Discussion

The examples of the emergency cases and first aid stated in the table 1 are just a small sample of innumerable cases of emergency and first aid rendered by YPV healers for decades. It is observed that YPV healing process is effective in serving the community in this primary segment of healthcare. As seen in the Literature, there are a number of institutions which are offering training courses in Yoga based First Aid. The need for first aid is ever growing and YPV healing

process being integrated and holistic, offers a much greater scope to heal patients' physical and mental conditions beyond first stage.

Conclusions

Decades of experience and evidence gathered has shown that YPV healing has been found very successful as complementary to mainstream medicine in successfully handling first aid and emergency cases, with speedy recovery of patients. Yoga Prana Vidya System is a science of Healing that is integrative and holistic and these techniques can be learnt easily under certified YPV Trainer, and practiced by all concerned in healthcare.

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