
A Case of PCOS (Polycystic Ovarian Syndrome) Treated Successfully by the Application of Yoga Prana Vidya Healing System Through Sustained Self-practice, Self-healing and Self-belief

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Abstract

Introduction: Polycystic ovary syndrome (PCOS) is a disorder involving infrequent, irregular or prolonged menstrual periods, caused often by excess male hormone (androgen) levels. The ovaries develop numerous small collections of fluid — called follicles — and may fail to regularly release eggs. PCOS is a complex disorder of uncertain etiology, having strong evidence that it is a genetic disease. This paper presents a case of PCOS treated successfully by Yoga Prana Vidya healing protocols.

Method: This report uses case study method of investigating the case of a 22-year-old female diagnosed with having PCOS (polycystic ovarian syndrome) during 2015. First symptoms were heavy menstrual flow accompanied by weakness. A Gynaecologist advised Ultrasound, full body test that revealed multiple cysts. The doctor prescribed steroids for treatment of this condition without any improvement, and instead deterioration was taking place. Her medical history before PCOS showed that she had sinusitis, low Iron count in blood and irregular periods.

Results: The patient joined YPV from January 2017. She started taking healings from a senior YPV trainer from March, 2017, when she stopped taking medications. The senior YPV trainer helped the patient greatly through healings and constant nurturing. Slowly and gradually through healings, meditations, physical exercises, rhythmic breathing, forgiveness and learning lessons over the course of three years, the patient began to recover from march 2017 onwards.

Conclusion: PCOS is one of the most important endocrine female disorders affecting in the reproductive age and may lead to serious complications, if not given due care and attention. Scientific studies are needed to determine the exact etiology of PCOS, and methods of proper management. Further research using YPV with appropriate number of samples of cases similar to this case is recommended to throw more light on treatment and normalization of this condition to give renewed life to patients in the society at large.

Keywords: Yoga Prana Vidya System ®, YPV ®, Polycystic Ovarian syndrome (PCOS), complementary and alternative medicine

Introduction

1.1 Polycystic Ovarian Syndrome

Polycystic ovarian syndrome (PCOS) is a disorder involving infrequent, irregular or prolonged menstrual periods, caused often by excess male hormone (androgen) levels. The ovaries develop numerous small collections of fluid — called follicles — and may fail to regularly release eggs (Mayo Clinic, 2021). A diagnosis of PCOS is made when a woman experiences at least two of the following signs:

1. Infrequent, irregular or prolonged menstrual cycles. For example, one might have fewer than nine periods a year, more than 35 days between periods and abnormally heavy periods.
2. Elevated levels of male hormone androgen resulting in physical signs, such as excess facial and body hair (hirsutism), and occasionally severe acne and male-pattern baldness.
3. Polycystic ovaries, a condition in which one's ovaries might be enlarged and contain follicles that surround the eggs. As a result, the ovaries might fail to function regularly (Mayo Clinic, 2021).

PCOS is a complex disorder of uncertain etiology, having strong evidence that it is a genetic disease (Kabel, A.M., 2016).

1.2 Importance of the Problem

Medical treatment of PCOS aims to lowering insulin levels, restore fertility, treat hirsutism or acne, restore regular menstruation and prevent endometrial hyperplasia and endometrial cancer. Because these are believed to be the underlying causes, general interventions that help to reduce weight or insulin resistance can be beneficial for all these aims. Vitamin D deficiency may play a role in the development of the metabolic syndrome because vitamin D is essential for formation of the hormones of the adrenal cortex. So, treatment of vitamin D deficiency is indicated in the management of PCOS. Medications for reducing insulin resistance by improving insulin sensitivity such as metformin and thiazolidinedione have been an obvious approach and initial studies seemed to show effectiveness (Kabel, 2016). In the matter of infertility, not all women with PCOS have difficulty becoming pregnant. For those who experience difficulty, anovulation or infrequent ovulation is a common cause.

Though surgery is not commonly performed, the polycystic ovaries can be treated with a laparoscopic procedure called ovarian drilling, which often results in either resumption of spontaneous ovulations or ovulations after adjuvant treatment with clomiphene or FSH. However, there are concerns about the long-term effects of ovarian drilling on ovarian function. Contraceptive pills are frequently effective in reducing hirsutism. A common choice of contraceptive pill is one that contains cyproterone acetate which is a progestogen with anti-androgen effects that blocks the action of male hormones that are believed to contribute to acne and the growth of unwanted facial and body hair.

As an alternative medicine, Acupuncture is one of the modalities that had been emerging as one of the commonly used methods for treatment of PCOS. Acupuncture may help PCOS patients to regulate and manage their periods. Moreover, it may help in decreasing body weight, reducing headache and improving patients' mood. Also, placing acupuncture needles in the areas related to the reproductive system may improve blood supply to the reproductive area, normalize hormone levels and help the proper functioning of the reproductive system.

Other possible risks for women with PCOS are: diseases such as endometrial hyperplasia and endometrial cancer, insulin resistance and type II diabetes, hypertension, depression, psychological disorders, dyslipidemia, cardiovascular diseases, cerebrovascular stroke, weight gain, sleep apnea, non-alcoholic fatty liver disease, acanthosis nigricans (patches of darkened skin under the arms, in the groin, on the back of the neck) and autoimmune thyroiditis. Early diagnosis and treatment may reduce the risk of these complications, such as type 2 diabetes and heart disease (Kabel, A.M., 2016).

1.3 Yoga Prana Vidya (YPV) System as an alternative modality

Yoga Prana Vidya is an integrated and holistic system of complementary and alternative medicine used in the treatment of physical and mental illnesses. It is based on Pranic energy, also known as bio-plasmic energy principle, and is a no-touch no-drug treatment modality. Yoga Prana Vidya system deals with healing the energy body, and in turn heals the physical body through systematic healing protocols and techniques besides patient self-practice tools such as physical exercises, Rhythmic breathing, forgiveness sadhana, and Planetary peace meditation. The energy body, also known as Pranamayakosa, interpenetrates and extends beyond (surrounds) the physical body as shown in Figures 1 and 2, and consists of an inner aura, an outer aura and health rays connecting the inner aura and the outer auras. By comparing the figures 1 and 2, one can visualize the difference in the energy body of a sick person in contrast to the energy body of a healthy person. The energy body consists of energy centers or chakrams (wheels) as shown in Fig 4, and Nadis (channels) to distribute the energy to various chakrams and body parts. Figure 3 illustrates a picture of the energy body obtained from a GDV (Gas Discharge Visualisation) camera. From Fig 3 we can see the effects of YPV energy healing that removes the defects in the energy body, thereby treating the physical body parts. 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. 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 20 minutes, and one or more sessions per day as decided appropriately by the healer.

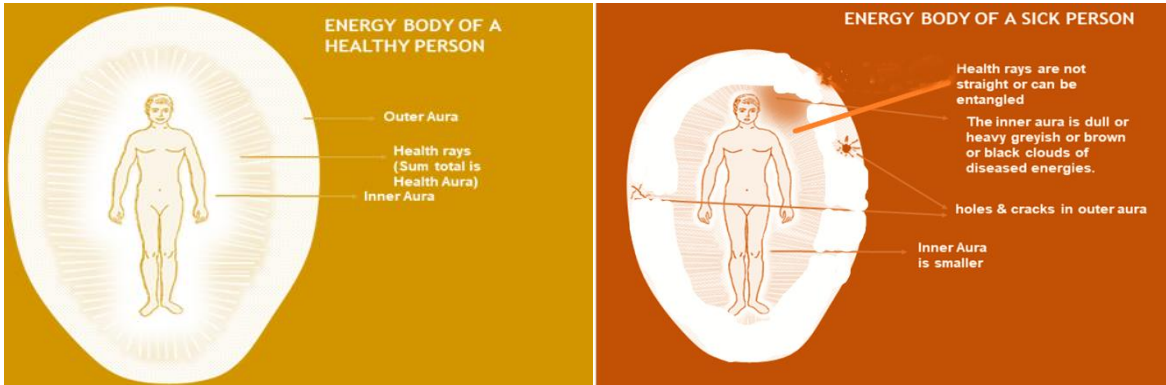


Fig 1: Energy body of a healthy person

Fig 2: Energy body of a sick person

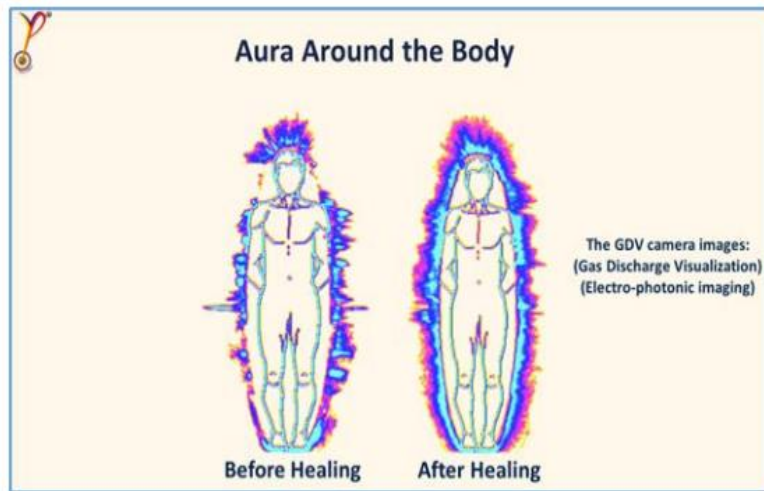


Fig 3: Picture of the energy body taken using GDV Camera

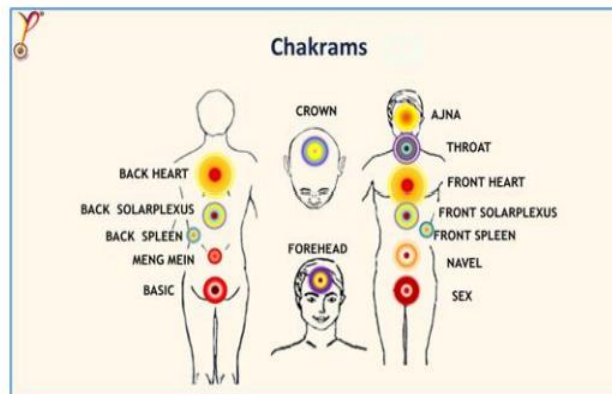


Fig 4: Chakrams (wheels) in the energy body

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 30 published research articles show consistent results of recovery for patients. For example, illnesses successfully dealt with by YPV system and documented publications include difficult medical cases (Neravetla & Nanduri, 2019), cases of type 2 diabetes (Rajagopal, Ramya & Nanduri, 2019), arterial heart block case (Ramya & Nanduri, 2019), post-herpetic neuralgia (Sachdeva & Nanduri., 2019), exostosis of ear (Gupta, & Nanduri 2019), and vision improvements (Nanduri, & Chaitra, 2019).

A case of sustained self-healing to lower high blood cholesterol and curing of asthma was achieved by a trained healer (Nanduri & Vasavada, 2019). Other published literature includes- Improved wellbeing and immunity achieved with intensive one-month practice (Neravetla & Nanduri, 2020), cases of first-aid and emergency (N. Jayachander Reddy & Nanduri 2020), speedy recovery of COVID-19 patients (Nanduri & Karnani, 2020), hypothyroidism (Revathi, Janani & Nanduri, 2020), serious snakebite (Ramya, Ashwin, Divya & Nanduri, 2021). Some empirical studies successfully conducted by Yoga Prana Vidya researchers include, reduction in anxiety and depression of corporate employees (Nanduri, 2020), improved wellbeing and reduced criminal attitude of under-trial prisoners (Nanduri & Revathi, 2020)., improvement of IQ and social behaviour of mentally retarded children (Khatri, Bembalkar & Nanduri, 2021). One study on improvement of academic performance by the use of Planetary Peace Meditation of over 100 high school students was also among the published literature (Ramya, Kraleti, Gopal & Nanduri, 2020). A conference paper of over 400 documented COVID-19 patients healed resulting in speedy recovery successfully was presented and is taken for publication in a scientific Journal (Neravetla, Karnani & Nanduri, 2021).

1.4 One important aspect of YPV energy healing is that a trained healer can heal himself or herself, a process known as self-healing, with the same effectiveness as that of receiving healing from another healer. This paper presents a case of a patient of PCOS who initially received healing from another senior healer and later on continued self-healing for a period of three years with persistent effort and self-belief, achieving her goal of complete cure successfully.

2. Method

This paper uses case reporting methodology going through full case details, medical records and patient feedback.

Case report

Patient background information

A 22-year-old female was diagnosed with having PCOS (polycystic ovarian syndrome) during 2015. She was a master's degree holder in mathematics and working as a mathematics teacher.

Pre-YPV condition of the patient

First symptoms she had were heavy menstrual flow accompanied by weakness. The body became so weak that she was not able to lift even a mobile phone. Day after day she was feeling

more week. She was frustrated as every time she was feeling more week and unable to do any work. She consulted a Gynecologist who advised Ultrasound, full body test.

In this test Multiple cysts were found. The doctor prescribed steroids for treatment of this condition. The patient did not experience any improvement and was getting frustrated going to doctors, medical shops, labs and giving blood samples. She was feeling helpless and lifeless as they had put her on insulin and asked her not to eat sweets. Yet, there was no improvement, and instead deterioration was taking place. Her medical history before PCOS shows that she had sinusitis, low Iron count in blood and irregular periods.

YPV intervention

Through a friend the patient joined YPV from January 2017. She started taking healings from a senior YPV trainer from March, 2017, when she stopped taking medications. The senior YPV trainer helped the patient greatly through healings and constant nurturing. The trainer further helped the patient upgrade into higher courses in YPV. Slowly and gradually through healings, meditations, exercises, rhythmic breathing, forgiveness and learning lessons over the course of three years, the patient began to recover from march 2017 onwards.

The patient was also doing self-healing from 2017 to 2020 until she fully recovered.

She used the following YPV healing protocols:

- 1 Psychotherapy
- 2 Internal organ cleansing
- 3 Blood cleansing technique
- 4 Cleaning and energizing hand and sole minor chakras.
- 5 Thorough cleaning of sex chakra, ovaries, uterus and respective minor chakras and energizing ovaries and sex chakra with green and gold.
- 6 Strengthened basic and navel chakras.
- 7 Thorough cleaning of brain,
8. Cleaning and energizing pineal gland. pituitary gland hypothalamus.

3. Results

After YPV intervention

The patient condition began improving from the time she started taking YPV healings. The patient got full relief after 3 years of sustained YPV practices and healings. The patient feels better, happy and relaxed. She is now associate certified healer in 2019 and YPV level 1 trainer in 2020. Table 1 shows a progression of healing results over a period of 4 years from diagnosis to final normalised condition of the patient

Table 1: Lower abdomen Ultrasound test results – diagnosis to normalized condition

Date	Result (impression from Lab test report)
22 Oct 2016	Bilateral polycystic ovaries
08 May 2019	Left Hydrosalpinx
20 Nov 2019	Pelvic inflammation; Left Ovary B/L adenexae Hypoechoic
06 Feb 2020	Adenexae normal, ovaries normal, cul de sac normal, no free fluid or adenopathy seen, all other major organs of lower abdomen normal.

Sustained self-healing efforts over a period of 3 years, and self-belief are the main factors of the successful final result of curing her own PCOS condition. The patient's feedback is reproduced below.

Patient feedback

“I am a 27yr old Delhiite having done master's in mathematics. I was suffering from PCOD since a year before when I came into ypv in Jan 2017. I used to have very heavy menstrual flow followed by extreme weakness since 2015. I was taking allopathic medicines. They gave me steroids and it had to be taken lifelong. They put me on insulin and asked not to have sweets, which I am very fond of. I tried yoga also but I was not getting much relief. So, I was very distressed and hopeless. I hadn't thought of this kind of life. Then one day one of my MSc friends told me about meditation and healings that they can help in health as well as getting good job. She introduced me to a YPV Trainer and Healer.

I started taking healings from my trainer in Jan 2017, she helped me a lot through healings and constant nurturing. She helped me upgrade into higher level courses. Slowly through healings, meditations, physical exercises, rhythmic breathing, forgiveness and learning my lessons over the course of three years, I started to recover. I started going to Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally in TN to improve my health conditions and upgrade myself Spiritually. I thank so much ... my trainers and group for all the love and support.”

4. Discussion

PCOS is a complex illness of undefined etiology, believed to be a genetic disease (Kabel, 2016). Besides attempting medical treatment of this condition, one may consider various options carefully. As an alternative modality, YPV offers great scope to treat this condition, as seen in this case, because of its simplicity of no-drug and no-touch modality and a painless process to the patient. In case the patient has not acquired sufficient skills and competencies for self-healing, an external healer can render required services of appropriate YPV protocols and techniques to fully treat the patient.

Conclusion

PCOS is one of the most important endocrine female disorders affecting them in the reproductive age and may lead to serious complications, if not given due care and attention. Scientific studies are needed to determine the exact etiology of PCOS, and methods of proper management. Further research using YPV with appropriate number of samples of cases similar to this case is recommended to throw more light on treatment and normalization of this condition to give renewed life to patients in the society at large.

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Conflicts of Interest

None

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