
Successful Healing Treatment of Varicose Vein with Perforator Incompetence and Ulcerative Gangrene Using Yoga Prana Vidya (YPV) System

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doi: 10.51505/ijmshr.2023.7504

URL: <http://dx.doi.org/10.51505/ijmshr.2023.7504>

Received: Sep 10, 2023

Accepted: Sep 18, 2023

Online Published: Oct 07, 2023

Abstract

Introduction:

A 42 years old male was diagnosed with varicose vein with perforator incompetence and ulcerative gangrene in left leg leading to bleeding, puss, severe pain, numbness and frequent infections. He was not able to walk and perform his day to day activities because of this situation. He had a history of varicose vein since 2010 and was operated 3 times for the same between 2010 to 2019. In 2022, he was again suggested to go for surgery as the situation was worsened. He came in contact with Yoga Prana Vidya (YPV) healer and decided to go for Yoga Prana Vidya (YPV) healing. This paper presents the case of Varicose Vein with perforator incompetence and ulcerative gangrene treated successfully using Yoga Prana Vidya healing protocol.

Methods:

This is the case study method with detailed analysis of medical records and photos of affected leg of patient's health condition pre and post Yoga Prana Vidya (YPV) healing treatment applied as alternative medicine. This is the case of a 42 years old male diagnosed with varicose vein with perforator incompetence and ulcerative gangrene in left leg in May 2022. The initial symptoms were bleeding, puss, severe pain, numbness and frequent infection in left leg. The pain was so severe that he was not able to walk properly or perform his day to day activities. He was on heavy antibiotics and painkillers prescribed by doctor earlier. Doctor suggested to go for surgery for varicose vein.

Results:

Analysis of the patient's health condition, photos of his leg and medical case documents pre and post treatment shows that he got cured with Yoga Prana Vidya (YPV) healing method for Varicose Vein with Perforator Incompetence and ulcerative gangrene.

Conclusion:

This case study documents the evidence on the effective use of Yoga Prana Vidya (YPV) in treating Varicose vein with perforator incompetence and ulcerative gangrene. There is ample scope to conduct further research on the application of YPV as alternatively effective and low cost medicine for various medical conditions.

Keywords: Varicose Vein, Perforator Incompetence, Ulcerative Gangrene, Bleeding, Puss, Yoga Prana Vidya System, YPV Healing

1. Introduction:

1.1 Varicose Vein with Perforator Incompetence

Varicose veins are twisted, enlarged veins, near or raised above the surface of the skin. Varicose veins are often a symptom of an underlying condition called venous insufficiency.

Varicose veins do not occur suddenly. It usually takes years for signs and symptoms to develop. Genetics and inheritance usually play a role in the development of varicose veins but anyone can develop them even without a family history. If left untreated, varicose veins can cause changes to the surface of the skin which may lead to a venous leg ulcer.

Varicose veins are caused by broken valves inside the vein. They are common in people that have had certain types of leg injuries or deep vein blood clots as well as people that work in jobs that require prolonged standing or sitting.

In healthy veins, one way valves direct the flow of venous blood in your leg upward, toward your heart. When one or more of these valves fails to function, then the blood flows in the reverse direction causing the veins under the skin to engorge and distend. This “backup” of blood flow can increase the pressure in your veins to a level that is three to four times the normal. This high pressure then causes the veins to bulge and stretch resulting in inflammation and pain.

Varicose veins are common and are not generally associated with more severe health problems. However, they can be painful, unattractive and worsen over time. Varicose veins can cause legs and feet to swell, create a sense of fatigue in leg muscles, and throbbing and cramping at night. The skin surrounding the veins may also itch and burn. In some severe cases, venous insufficiency may develop, preventing normal blood return to the heart which can lead to problems like deep-vein thrombosis (blood clot). Patients with venous insufficiency often benefit from medical treatment. Left untreated, varicose veins can lead to swelling, increased pain, skin discoloration, and ulcerations of the lower legs. These ulcerations are difficult to treat and can become easily infected and painful. Many of these symptoms and complications can be prevented by early treatment of varicose veins. [1]

Similar to varicose veins, incompetent perforator veins are caused by a malfunction in the vein's valve. And when this valve weakens or becomes damaged, blood is able to pool in the vein, creating pressure against the vein wall.

If you have incompetent perforator veins, then you may feel a range of different symptoms. For one, an incompetent vein causes circulatory problems in the body, which can lead to varicose veins, dermatitis, skin ulcers, edema, and discoloration of the skin. It can also cause pain and swelling in the legs. [2]

1.2 Gangrene [3]

Gangrene is death of body tissue due to a lack of blood flow or a serious bacterial infection. Gangrene commonly affects the arms and legs, including the toes and fingers. It can also occur in the muscles and in organs inside the body, such as the gallbladder.

A condition that can damage the blood vessels and affect blood flow, such as diabetes or hardened arteries (atherosclerosis), increases the risk of gangrene.

Treatments for gangrene may include antibiotics, oxygen therapy, and surgery to restore blood flow and remove dead tissue. The earlier gangrene is identified and treated, the better the chances for recovery.

When gangrene affects the skin, signs and symptoms may include:

- Changes in skin color — ranging from pale gray to blue, purple, black, bronze or red
- Swelling
- Blisters
- Sudden, severe pain followed by a feeling of numbness
- A foul-smelling discharge leaking from a sore
- Thin, shiny skin, or skin without hair
- Skin that feels cool or cold to the touch

If gangrene affects tissues beneath the surface of your skin, such as gas gangrene or internal gangrene, you may also have a low-grade fever and generally feel unwell.

If the germs that caused the gangrene spread through the body, a condition called septic shock can occur.

Signs and symptoms of septic shock include:

- Low blood pressure
- Fever, although some people may have a body temperature lower than 98.6 F (37 C)
- Rapid heart rate
- Light headedness
- Shortness of breath
- Confusion

1.3 Importance of problem

The **causes** of varicose veins include: [4]

Weak or damaged valves can lead to varicose veins. Arteries carry blood from the heart to the rest of the body. Veins return blood from the rest of the body to the heart. To return blood to the heart, the veins in the legs must work against gravity.

Muscle contractions in the lower legs act as pumps, and elastic vein walls help blood return to the heart. Tiny valves in the veins open as blood flows toward the heart, then close to stop blood from flowing backward. If these valves are weak or damaged, blood can flow backward and pool in the veins, causing the veins to stretch or twist.

Risk factors

The following can increase the risk of developing varicose veins:

- **Age.** Aging causes wear and tear on the valves in the veins that help control blood flow. Eventually, that wear causes the valves to allow some blood to flow back into the veins, where it collects.
- **Sex.** Women are more likely to develop the condition. Hormonal changes before a menstrual period or during pregnancy or menopause might be a factor because female hormones tend to relax vein walls. Hormone treatments, such as birth control pills, might increase the risk of varicose veins.
- **Pregnancy.** During pregnancy, the blood volume in the body increases. This change supports the growing baby but can also enlarge the veins in the legs.
- **Family history.** If other family members had varicose veins, there's a greater chance you will too.
- **Obesity.** Being overweight puts added pressure on veins.
- **Standing** or sitting for long periods of time. Movement helps blood flow.

Complications

Complications of varicose veins, although rare, can include:

- **Ulcers.** Painful ulcers can form on the skin near varicose veins, particularly near the ankles. A discolored spot on the skin usually begins before an ulcer forms. See your health care provider immediately if you think you've developed a leg ulcer.
- **Blood clots.** Occasionally, veins deep within the legs become enlarged and might cause leg pain and swelling. Seek medical attention for persistent leg pain or swelling because it can be a sign of a blood clot.
- **Bleeding.** Occasionally, veins close to the skin burst. Although this usually causes only minor bleeding, it requires medical attention.

Causes of **gangrene** include: [5]

- Lack of blood supply. The blood provides oxygen and nutrients to the body. It also provides the immune system with antibodies to fight infections. Without a proper blood supply, cells can't survive, and tissue dies.
- Infection. An untreated bacterial infection can cause gangrene.
- Traumatic injury. Gunshot wounds or crushing injuries from car crashes can cause open wounds that let bacteria into the body. If the bacteria infect tissues and remain untreated, gangrene can occur.

Gangrene of the foot

Gangrene occurs when blood flow to a certain area of the body is interrupted. The lack of blood flow causes tissue to die. Gangrene often affects the fingers or toes.

Risk factors

Things that can increase the risk of gangrene include:

- **Diabetes.** High blood sugar levels can eventually damage blood vessels. Blood vessel damage can slow or block blood flow to a part of the body.
- **Blood vessel disease.** Hardened and narrowed arteries (atherosclerosis) and blood clots can block blood flow to an area of the body.
- **Severe injury or surgery.** Any process that causes trauma to the skin and underlying tissue, including frostbite, increases the risk of gangrene. The risk is greater if you have an underlying condition that affects blood flow to the injured area.
- **Smoking.** People who smoke have a higher risk of gangrene.
- **Obesity.** Extra weight can push on arteries, slowing blood flow and increasing the risk of infection and poor wound healing.
- **Immunosuppression.** Chemotherapy, radiation and certain infections, such as human immunodeficiency virus (HIV), can affect the body's ability to fight off infections.
- **Injections.** Rarely, injectable drugs have been linked to infection with bacteria that cause gangrene.
- **Complications of corona virus disease 2019 (COVID-19).** There have been a few reports of people getting dry gangrene in their fingers and toes after having COVID-19-related blood clotting problems (coagulopathy). More research is needed to confirm this link.

Complications

Gangrene can lead to serious complications if it's not immediately treated. Bacteria can spread quickly to other tissues and organs. You may need to have a body part removed (amputated) to save your life. Removal of infected tissue can lead to scarring or the need for reconstructive surgery.

As a holistic therapy, Yoga Prana Vidya (YPV) has a potential to relieve both the physical and psychological suffering in people having varicose veins and gangrene.

1.4 Yoga Prana Vidya (YPV) System as an alternative modality:

Yoga Prana Vidya (YPV) is an integrated and holistic energy healing system of complementary and alternative medicine used in the treatment of physical and mental health conditions. It integrates the science of breathing, healing, meditation etc to provide holistic wellness solutions. It is based on Pranic energy, also known as bio-plasmic energy principle. Yoga Prana Vidya system deals with healing the energy body, and in turn heals the physical body through systematic healing protocols and techniques along with patient self-practice tools such as physical exercises, rhythmic breathing, forgiveness sadhana and Planetary Peace Meditation.

YPV system uses ancient techniques of energy healing and its protocols are structured for systematic healing of patients for treating various illnesses. More than 90 published research articles show consistent results of recovery for patients. For example, illnesses successfully dealt with by YPV system and documented publications include some difficult medical cases [6], Diabetes management & control [7], removing arterial block in heart without surgery [8], vision improvements for participants of an Eye Camp [9], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive program [10], Role of Yoga Prana Vidya in first aid and emergency [11], improvements of health and immunity of senior citizens [12], speedy recovery of COVID patients [13], treatment of hypothyroidism [14], Lowering academic anxiety and enhancing academic performance of high school children [15], saving life of a snake-bitten human female [16], improvements in the cognitive abilities and social behavior of mentally challenged children [17], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [18], healing treatment of a female patient suffering from kneecap dislocation [19]. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [20], and significant reduction in anxiety and depression in corporate employees [21]. Successful Yoga Prana Vidya (YPV) Healing Treatment of Irritable Bowel Syndrome (IBS) [22]. A Case Study of Yoga Prana Vidya (YPV) Healing Modality Used Successfully in Treatment of a Female Patient of Transient Ischemic Attack (TIA) With History of Sinus Tachycardia (ST) [23]. treatment of polycystic ovarian syndrome [24]. Treatment of High Blood cholesterol levels and asthma [25]. Urinary Fistula: Successful conservative management [26]. Management of CVJ (Cranio vertebral junction) anomaly and High Cervical disc prolapse [27]. Treatment of a brain stroke [28]. Treatment of varicella-zoster virus (chickenpox) infection [29]. Treatment of dental abscess: A study of 4 cases [30]. Speedy recovery of orthopedic cases of bone injuries and fractures: a multiple case study [31]. A Case of PCOS (Polycystic Ovarian Syndrome) Treated Successfully [32]. A case of benign prostatic hyperplasia [33]. A case study of stage 2 kidney disease [34]. Distance healing intervention for COVID-19 patients [35]. The outcome of a Yoga Prana Vidya health and healing camp [36]. Serious Burn Cases: Successful Treatment [37]. A case study of a pet dog bitten by snake (cobra) healed successfully and brought to life [38]. A case of Discoid Lupus of a female patient healed successfully [39]. A Successful Confirmed Pregnancy Case of IVF (In vitro fertilization) Patient [40]. Successful self-healing of vitiligo condition and overcoming psychosocial stresses [41]. Successful healing treatment of adenomyosis [42]. A case of hearing loss in the infected ear [43]. Case of H S (Henoch-Schonlein) PURPURA: Successful

healing [44].A Case of Metastatic Breast Cancer [45].Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction [46].Treatment of a Congenital CMV (Cytomegalovirus) Case [47].A Case of Non-Alcoholic Fatty Liver Disease [NAFLD] (Non-alcoholic fatty liver disease): Successful Treatment [48].A Rare case of pulmonary embolism and Renal Artery embolism treated successfully [49].Treatment and healing of Musculo-skeletal problems [50].Participant experiences of the One-year Yoga Prana Vidya intensive residential program: A qualitative research study [51].A case of ulcerative proctosigmoiditis healed successfully [52].Treatment of an Endometriosis [53].Gastroesophageal Malignancy: Successful Healing Treatment [54].Treatment of PCOS symptoms and hormonal imbalance [55].Rheumatoid Arthritis Treated Successfully [56].A Case Study of A 29-Year-Old House Wife with History of Recurrent Spontaneous Miscarriages and Ovarian Cysts [57].A case of esophageal cancer Stage 2 successfully healed [58].A quantitative research study of the effects of Yoga Prana Vidya healing intervention on fatigue and subjective happiness of a sample of university students [59].A Case Study of Senso-Neural Hearing Loss Healed Successfully [60].A case of vasculitic neuropathy: successful healing [61].A Case of Subarachnoid Hemorrhage and Postop Cerebral Vasospasm Successfully Healed [62].Successful healing treatment of canine pets [63].Chronic anal fissures healed successfully [64].Treatment of Nocturnal Enuresis [65].Successful treatment of Reflux Esophagitis - A case study [66].Adnexal mass with malignant cells healed successfully [67].Risky fetal heart rate and potential birth defects at 2 months' pregnancy resolved successfully [68].A case of successful treatment of contact dermatitis caused by *Hologarna ferruginea* March and [69].Management of vitamin D toxicity: Successful healing [70].A case of deep vein thrombosis [71].Effective Alternative Medicine to overcome Addiction and Empower Rehabilitation [72].An In-Depth Case Study of a patient having PCOD (Polycystic Ovarian Disease) with Hair Loss and Acne Healed Successfully [73].Skin Allergy and Injury: A Case Series Study of Successful Healing [74].A case of Unilateral multi-cystic dysplastic Kidney in a 7 – month fetus - Successful healing [75].Successful Healing Treatment of Renal Calculi (Kidney Stones) [76].Exploring Manifestation Theory And Its Connection With Psychology Analysis Of Results Of Yoga Prana Vidya YPV Model Of Intentional Manifestation Through Case Studies [77].A case of a female patient having Non displaced lateral malleolus fracture, pre-diabetic and hypothyroidism healed successfully [78].A Case Of Chocolate Ovarian Cyst Successful Healing [79].A case of diabetic retinopathy with blurred vision healed successfully [80].Overcoming Academic Anxiety and Depression [81].Ringworm Infection: A case of successful cure [82]. Self care in Health [83].A Pediatric Bronchopneumonia case: Successful healing with speedy recovery [84].A Case Report of Isolated Left Zygomatic Arch Fracture [85].

Patients with varicose vein and gangrene face a very painful, unfortunate and worrisome journey from diagnosis to treatment. The reality of such condition is that since a lot of people have them, many take them for granted and hence untreated. Experience has shown that it is only when the condition becomes critical, the patient starts thinking of acting upon corrective actions. Such condition can also become critical, because in such situation some medical doctors opt to go for removal of veins using laser surgery or removal of limb because of the gangrene. Based on MRI

(Magnetic resonance imaging) and other reports, doctors conclude the prescription and medical line of action.

One such example of varicose vein with perforator incompetence and ulcerative gangrene in one patient, it has been observed that Yoga Prana Vidya™ (YPV ©), which is a no touch, no drug, bio-energy healing method, has been used to successfully heal patients having simple to complex and multiple medical conditions. This paper presents one case study of a patient having varicose veins with perforator incompetence and ulcerative gangrene, successfully healed by Yoga Prana Vidya (YPV ©).

2. Method

Patient's background information

A 42 years old diabetic male residing in Ahmedabad city of Gujarat state, India with basic schooling education in local language, working as a sweeper, doing house keeping work at residential societies, schools and hotels along with cleaning of drainage lines, married and has 3 children.

Pre-YPV medical history

The patient was suffering from severe pain, frequent infections and ulcers in left leg even after 3 surgeries on varicose vein. The problem started with pain and numbness in legs in the year 2010 with itching in legs which resulted in skin detachment which was increasing day by day due to his unhygienic work of sweeping the streets, drainage line work and cleaning the washroom though dressing was being done regularly.

Since the recovery was very slow, he changed the doctor. After getting the reports done doctor decided to go for surgery in 2010, where 4 cuts were done. This surgery gave relief for 2 years and again problems of Ulcer and infection got started.

In 2012, surgery for GSV (Great Saphenous Vein) stripping was done in lower limbs with 2 cuts that gave again some relief from pain for a short while. As per the doctor one vein was more affected which was very deep, which they were not able to remove.

So the problem continued. In 2019 situation got worsen with left leg again. There was no sensation, numbness, severe pain. So again patient underwent laser treatment by latest therapy in Civil Hospital of Ahmedabad.

Due to frequent surgeries on same leg, there was no strength in the leg. Again the pain started after one and half years with same issues. Due to lockdown of Covid pandemic, doctor suggested to rest, do work in which legs remain in resting position, reduce weight and maintain hygiene to avoid further infection etc. But patient was not able to follow many things due to his job and survival issues.

Patient was suffering continuously and he used to take painkiller and antibiotic medicines as per previous prescription of doctor. He used to do dressing of ulcer on his own. Gradually, his leg had started becoming black and was affected with infection and gangrene.

So, he had undergone surgery for 3 times between 2012 to 2019 but every time the surgery used to give him temporary relief.

Medical Treatment Recommended Before YPV

Every time patient was being suggested to go for surgery or was given pain reducing medicines, heavy antibiotics to control infection, gangrene and ulcer. Also doctor would suggest patient to take rest and change his work. Due to financial situations, patient was not able to afford surgery again and again which was giving him temporary relief as per past experiences.

Patient's condition with medication before YPV

Since patient had already undergone surgery for 3 times, which had resulted in a weak left leg. Also due to diabetes, frequent ulcer issue was there. Most of the time dressing and common antibiotics with pain killers were being taken which gave temporary relief. He was not able to walk properly. Repeated ulcer gave infection and gangrene effect. The leg had become black and numbness was there with pain from feet to thigh region of the left leg. Sometimes pain killers were taken by patient without visiting doctor due to poor financial condition and no leave from tedious job.

YPV Intervention

Patient was working as a sweeper in the residential society of Healer. Patient was working in painful condition of bleeding ulcer and was not able to walk properly. On 13th May 2022 when healer saw his situation, healer talked to him about YPV Healing. After dressing and 1st set of healing was done, the pain was reduced by 80%. That day he worked easily almost without pain and bleeding.

Every day when he used to come for work, he used to visit healer for dressing and healing since he was getting more relief day by day. Healer used to do healing twice in a day and sometimes in between if the pain was more, healing was done thrice a day. Since patient was diabetic and not taking any precaution and medication except pain killers, requirement of healing was more every day. For first month, healing was done thrice in a day, for next 2 months (June and July) twice in a day and then once in a day for remaining time of one and a half month. Healing was done from 13th May 2022 to 15th September 2022 and patient was healed successfully.

Following YPV protocols followed by Patient

1. Rhythmic Yogic Breathing: 3 times a day (As guided in YPV sadhana app)
- 2 Forgiveness Sadhana: 3 times a day daily (As guided in YPV sadhana app)
- 3 Planetary peace meditation once a day
(including physical exercise before and after meditation as per YPV sadhana app)

YPV Healing by Healer

YPV Psychotherapy Internal organ and blood cleansing techniques of YPV Healing. Affected legs was treated with the use of colour prana.

Healing was done 3 times in a day- 13th May 2022 to 31st May 2022
Then twice in a day- 1st June 2022 to 31st July 2022 and
Once in a day from 1st August 2022 to 15th September 2022

Total healing was done from 13th May 2022 to 15th September 2022

3. Results

After YPV intervention

The result of YPV healing is miraculous after treatment of the patient for varicose vein with perforator incompetence, ulcer and gangrene.

Attached are the photos of the stage wise condition of patient's left leg along with the medical reports showing past history. As per the feedback of patient during therapy the psychological issues were also cured with YPV healing. Improved professional performance along with emotional and mental stability of patient with physical improvement in health is given by YPV healing.

Since YPV healing is done from distance without using any medicine, it is convenient to patient since no hospital or clinic visit was required and patient was able to do his work as per his normal scheduled time and place. It is seen that the results given by YPV healing are stable and lasting even after 1 year of treatment.

Table 1: Doppler Examination of previous conditions

Date	Result (from Lab Test Report)
20 Aug 2012	Incompetent Perforators seen
14Dec 2019	Superficial varicosities and incompetent perforators seen

JAY X-RAY
COLOUR & SONOGRAPHY
DOPPLER & CLINIC
JAY X-RAY & IMAGING PVT. LTD.
1 & 2-A, Ground Floor, Palmspring Complex, 6, Shantisadan Society, B/h. Kalupur Comm. Co. Op. Bank, Nr. Parimal Crossing, Ellisbridge, Ahmedabad-380 006 Ph. : 079-26406441, 26462475 E-mail : jxipl2005@gmail.com

Dr. Bhavin R. Zumkhawala
M.D. (Radiology)

Dr. Bhavik P. Shah
M.D. (Radiology)

NAME :- [REDACTED]
REF. DR. :- NISHIT PATEL. M.S.
DATE :- 20/08/2012
INVESTIGATION :- VENOUS DOPPLER EXAMINATION FOR LEFT LOWER LIMB.

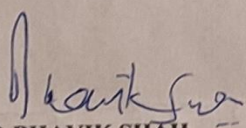
H/O GREAT SAPHENOUS VEIN STRIPPING.

FINDINGS AND CONCLUSION ARE AS FOLLOWS-

- 1) NO EVIDENCE OF DVT OR DEEP VENOUS REFLUX SEEN IN VEINS OF LEFT LOWER LIMB.
- 2) LEFT SAPHENO-POPLITEAL JUNCTION IS COMPETANT.
- 3) THERE ARE INCOMPETANT PERFORATORS SEEN AT LATERAL ASPECT OF MIDDLE THIRD OF LEFT LEG WITH LOCALISED VARICOSITY. ANOTHER INCOMPETANT PERFORATOR IS SEEN JUST ABOVE ANKLE ON LATERAL ASPECT.
- 4) SIMILAR INCOMPETANT PERFORATORS SEEN AT UPPER, MIDDLE AND LOWER THIRD OF LEG AT MEDIAL APSECT WITH MILD VARICOSITY IS SEEN IN LOWER LEG REGION.

CLINICAL CORELATION WOULD BE OF HELP.

THANKS FOR REF.


DR BHAVIK SHAH

TIMINGS : 8-30 A.M. TO 7-30 P.M. (MONDAY TO SATURDAY)

FACILITIES AVAILABLE

- ◆ All types of Digital diagnostic X-Rays & related procedures.
- ◆ Superficial parts, 3D-4D TRUS, TVS & Interventional Sonographic Procedures.
- ◆ Colour doppler-Echocardiography & peripheral vascular doppler.
- ◆ Portable X-ray & Portable sonography on request.

DIGITAL X-RAY

Dr. Bhavin R. Zumkhawala : (R) 26400623, Dr. Bhavik P. Shah : (R) 26930368



CIVIL HOSPITAL, AHMEDABAD
DEPT OF RADIO DIAGNOSIS & IMAGING

Patient: [Redacted] (M/39 Yrs) Dept-Unit: Surgery OPD-NMP
OPD/IPD No: 19/00477412 / Location : DOPPLER
Report No : D2075/19 dated 13-Dec-2019 06:44 PM Result Dt. : 14-Dec-2019 11:12 AM
Clin. Suspicion : Rcpt No :

DOPPLER STUDY OF LOWER LIMB VEINS FOR VARICOSE VEINS
Clinical Profile: H/o GSV stripping on left side in 2012
Surgery for right lower limb varicose veins in 2012 (Documents not available)

On GRAY SCALE, COLOR DOPPLER & SPECTRAL WAVE ANALYSIS:

- **Bilateral Femoral vein, Popliteal vein, paired anterior and posterior tibial veins** appear normal in course and compressibility, show normal color flow and spectral waveform.
- No evidence of DVT is noted.
- **SFJ:** Right - H/o Surgery (Documents not available) Left - H/o GSV Stripping
- **SPJ:** Right - Continues as vein of Giacomini Left - Continues as vein of Giacomini
- **Few varying sized Lymph nodes are noted in left inguinal region, largest measures approx. 44 x12 mm**

Superficial varicosities:

Right - Few varicosities noted in

- **Medial aspect of thigh along the course of GSV**
- **In Upper, mid and lower 1/3 rd of leg on medial, anteromedial and anterolateral aspect**

Left - Few varicosities noted in

- **In mid and lower 1/3 rd of thigh on posterior and posterolateral aspect**
- **In Upper, mid and lower 1/3 rd of leg on medial, anteromedial and anterolateral aspect**
- **In Upper and lower 1/3 rd of leg on posterior aspect**

Incompetent perforators:

Right -

1. **Approximately 3.7 mm in lower 1/3 rd of leg on medial aspect**
2. **Approximately 3.1 mm in upper 1/3 rd of leg on lateral aspect**

Left -

1. **Approximately 3.3 mm in mid 1/3 rd of leg on medial aspect**
2. **Approximately 3.4 mm in lower 1/3 rd of leg on medial aspect just above ankle**
3. **Approximately 3.3 mm in mid 1/3 rd of leg on anterior aspect**
4. **Approximately 3.1 mm in upper 1/3 rd of leg on lateral aspect**
5. **Approximately 3.3 mm in mid 1/3 rd of leg on lateral aspect**

IMPRESSION: Superficial varicosities and incompetent perforators as described above.

Dr. Ashish Arvind
Dr. Ravij Patel

Table 2: Collage photo of the left leg getting improvement

Photos of improvement taking place in left leg from 13th May 2022 to 8th Sept 2022



4. Discussion

Varicose veins with perforator incompetence is a problem where valves in veins are weak or damaged causing backward blood flow; while ulcerative gangrene is a problem where proper blood flow does not take place and bacteria causes infection to spread more. From this study it is observed that Yoga Prana Vidya (YPV) healing played an important role to reduce symptoms of varicose vein with perforated incompetence and ulcerative gangrene along with other physical, emotional and mental health issues or disturbances without disturbing day to day life of patient. Some of the regular YPV practices like Rhythmic Yogic Breathing, Forgiveness and Planetary Peace Meditation by patient along with healing helped to improve faster without any side effects. YPV therapy is useful to cure difficult cases like varicose vein with perforated incompetence and ulcerative gangrene with faster relief of symptoms. This study and follow up shows that the positive results of YPV Healing therapy on varicose vein is permanent and patient does not have any problem even after one year of treatment without any need of surgery or other treatment.

Conclusion

This case report documents the evidence gathered on the effective use of YPV in Healing Critical health problem of Varicose Vein with perforator incompetence, ulcerative gangrene and its symptoms. YPV healing is useful to treat cases where the proper cause of the disease is not known. Scientific studies are needed to determine the right etiology of varicose vein with perforator incompetence, ulcerative gangrene and methods of proper management. Such research study shows that YPV has been helping not only as a therapy but also can be used as a preventive therapy.

Acknowledgement

Authors would like to acknowledge the patient for sharing case details for this study, thankful to Yoga Prana Vidya Ashram, Sri Ramana Trust (Thally, Tamilnadu, India) for using their registered copyright terms Yoga Prana Vidya System and YPV and grateful to Shri N Jayachander Reddy, Founder Yoga Prana Vidya System for valuable guidance.

Funding:

Nil

Conflict of interest:

None

Ethical approval:

Not required

References:

<https://pacificveincare.com/common-issues/varicose-veins/>

<https://pacificveincare.com/when-perforator-veins-become-incompetent/>

<https://www.mayoclinic.org/gangrene/syc-20352567>

<https://www.mayoclinic.org/diseases-conditions/varicose-veins/symptoms-causes/syc-20350643>

<https://www.mayoclinic.org/diseases-conditions/gangrene/symptoms-causes/syc-20352567>

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