

Successful Healing Treatment of Adenomyosis Using Yoga Prana Vidya (YPV) System

Mrs. Parul Shah¹, Mrs. Meena Dhaval Dholakia²

¹YPV Trainer and Associated Certified YPV Healer, Ahmedabad, Gujarat, India

²Senior YPV Trainer and Certified YPV Healer, Ahmedabad, Gujarat, India

doi: 10.51505/ijmshr.2022.6404

URL: <http://dx.doi.org/10.51505/ijmshr.2022.6404>

Abstract

Introduction: A 37 years old female was diagnosed with Adenomyosis and heavy bleeding during menstrual cycle. She had a history of irregular menstrual cycle and lower abdominal pain. The prescribed medicines did not help her much. So she did not take medication. She decided to take help from Yoga Prana Vidya (YPV) Trained Healer. This paper presents the case of Adenomyosis treated successfully with Yoga Prana Vidya Healing protocol.

Methods:

This is the case study method with detailed analysis of medical records of patient's health condition pre and post YPV healing treatment applied as alternative medicine. This is the case of a 37 years old female diagnosed with Adenomyosis in December 2020. Initial symptom was bleeding got started after one week of completion of menstrual cycle. A Gynaecologist advised to get the Ultrasound done which diagnosed Adenomyosis. The doctor prescribed Hysteroscopic D&C followed by Mirena insertion. She used to have painful menstrual cycle with heavy flow every month.

Results:

Analysis of the patient's health condition and medical case documents pre and post treatment shows that she got cured with Yoga Prana Vidya (YPV) healing method for Adenomyosis.

Conclusion:

This case study documents the evidence on the effective use of YPV in treating Adenomyosis and heavy bleeding during menstrual cycle. 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: Adenomyosis, Heavy Bleeding during menstrual cycle, Myometrium, Yoga Prana Vidya System, YPV Healing

1. Introduction:

1.1. Adenomyosis

Adenomyosis (add-en-o-my-OH-sis) is a condition of the female reproductive system. It causes the muscular wall of uterus to thicken and enlarge. Many women are not aware that they have

Adenomyosis because it does not show symptoms every time. But the condition may affect 20% to 65% of females. Adenomyosis is described as a disease of a pre-menopausal, multiparous women in their 30s to 40s. [1]

Since Doctors aren't sure about the causes of adenomyosis, but for women having severe discomfort due to adenomyosis, removal of uterus (hysterectomy) and D&C (Dilation and Curettage) are considered as available solutions of adenomyosis as on date.

Adenomyosis causes no sign or symptoms, however sometimes adenomyosis can cause:

- 1) heavy or prolonged menstrual bleeding
- 2) severe cramping or knife like pelvic pain during menstruation
- 3) chronic pelvic region pain
- 4) painful intercourse

The female might not know if her uterus has become bigger but she may notice tenderness or pressure in her lower abdomen.

1.2. Importance of problem

The causes of adenomyosis are not known. There have been many theories, which include: [2]

- 1) **Invasive tissue growth.** Some experts believe that endometrial cells from the lining of the uterus invade the muscle that forms the uterine walls. Uterine incisions made during an operation such as a cesarean section (C-section) might promote the direct invasion of the endometrial cells into the wall of the uterus.
- 2) **Developmental origins.** Other experts suspect that endometrial tissue is deposited in the uterine muscle when the uterus is first formed in the fetus.
- 3) **Uterine inflammation related to childbirth.** Another theory suggests a link between adenomyosis and childbirth. Inflammation of the uterine lining during the postpartum period might cause a break in the normal boundary of cells that line the uterus.
- 4) **Stem cell origins.** A recent theory proposes that bone marrow stem cells might invade the uterine muscle, causing adenomyosis.

If one often has prolonged, heavy bleeding during periods, one can develop chronic anemia, which causes fatigue and other health problems.

Although not harmful, the pain and excessive bleeding associated with adenomyosis can disrupt one's lifestyle. One might avoid activities enjoyed in the past because one is in pain or one worries that it might start bleeding.

Due to such physical condition, females may get into psychological issues like stress, fear, embracement and relationship issues.

There are more than 355 million females menstruating in India, out of which more than 60% need medical assistance for their gynac related problems. Adenomyosis is one of such disease. Patients with adenomyosis who are pregnant have a greater risk of miscarriage. But early detection with ultrasound can help. According to a study published in Obstetrical and Gynaecological survey, adenomyosis most often affects women in their 40s and 50s who have already had children, but about 20% of cases occur in females under the age of 40. Doctors are seeing more women with adenomyosis and infertility undergoing In Vitro Fertilization (IVF) as more people put off having children until their late 30s and 40s. Women with adenomyosis and pregnancy have higher rates of miscarriage in both normal and IVF births. [3]

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

1.3. 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 illnesses. 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 35 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 [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 behavior 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]. Successful Yoga Prana Vidya (YPV) Healing Treatment of Irritable Bowel Syndrome (IBS) [20]. 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) [21].

Patients with adenomyosis face a very unfortunate and worrisome journey from diagnosis to treatment. The reality of such condition is that since a lot of women 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 uterus (hysterectomy) or D&C (Dilation and Curettage). Based on USG of abdomen and pelvis, doctors conclude the prescription and medical line of action.

1.4.

One such example of adenomyosis 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 adenomyosis and heavy bleeding with irregular menstrual cycle, successfully healed by YPV ©.

2. Method

Patient background information

A 37 years old female residing in Mumbai city of Maharashtra state, India, qualified with Masters in Computer Application Degree and active in Digital marketing profession, accountancy and teaching many students digital marketing, married and has 2 children.

Pre-YPV medical history

The patient had previous history of severe gastric problems treated by allopathy and homeopathy. She had irregular menstrual cycle, heavy bleeding and painful periods from more than 6 years. Along with physical issues of menstrual cycle, she had mood swings, anger, irritability and anxiety during menstrual cycle. She had previous history of left ovarian surgery due to Chocolate Cyst. Suddenly she faced heavy bleeding after some days of normal menstrual cycle, so she went for medical advice. The diagnosis as per Ultrasonography showed that the myometrium/uterus was affected with heterogeneous echo texture with few tiny cystic spaces within anterior myometrium, also known as Adenomyosis of Uterus. The patient also had shoulder pain, back pain and some relationship issues. She was brought up as single mother's child, so some emotional issues were also there. It is very difficult for patient to work normally due to irregular and problematic menstrual cycle.

Medical Treatment Recommended Before YPV

After Sonography reports, the patient was advised by doctor to go for Hysteroscopic D&C followed by Mirena insertion. Medicine was given for 3 days till pre-operative tests to be done.

Patient's condition with medication before YPV

She had problem every month during menstrual cycle. She had to suffer for a week and medicines were giving temporary solution. It used to affect her professional life and personal life as well. Most importantly she wanted to find permanent solution for her physical and emotional issues since her children were also getting affected due to all her issues. Surgery was the only

solution as per medical doctors for which she was not convinced. She was already on allopathy and homeopathy medicine for long time but having no relief.

YPV Intervention

On 12th December 2020 patient was on a family trip and suddenly heavy bleeding started though menstrual cycle was completed just a week before. Patient's mother contacted YPV Healer and after starting YPV Healing, patient observed decreased flow of bleeding which was negligible after some time and she was feeling good. YPV healing was given on instruction of patient's mother and patient was not aware about YPV healing being done for her. After medical diagnosis, patient was surprised when she came to know about adenomyosis. So YPV Healing was continued for her. Healing was being done twice a day for first 20 days, then once in a day for next 45 days and also preventive healing was done for 2 weeks. After successful healing of adenomyosis with all other psychological issues, patient was very much confident and satisfied. The patient was not under any type of medication during YPV Healing treatment being given for Adenomyosis.

Following YPV protocols followed by Patient

1. Rhythmic Yogic Breathing, 3times 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 meditate on once a day
(includes 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 parts of Uterus is treated with the use of colour Prana

Healing 2 times a day for first 20 days (12th December 2020 to 31st December 2020)

Then once in a day healing for 45 days (1st January 2021 to 14th February 2021)

Preventive healing for 2 weeks. (15th February 2021 to 28th February 2021)

3. Results

After YPV intervention

The result of YPV healing is miraculous after treatment of the patient for Adenomyosis. The result of Sonography report before and after treatment has been mentioned on next page which clearly show that extra growth on myometrium of Uterus (Adenomyosis) was removed successfully with YPV healing therapy. 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 her work as per her

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: Ultrasound of abdomen and pelvis

Date	Result (impression from Lab Test Report)
16 Dec 2020	Uterine myometrium shows heterogeneous echo texture with few tiny cystic spaces within the anterior myometrium. Adenomyosis of uterus
12 Feb 2021	Uterus appears normal. Endometrial and myometrial echo pattern appear normal

4. Discussion

Adenomyosis is a female reproductive system problem where abnormal growth of tissues in myometrium of uterus occurs. Exact cause of Adenomyosis is not known. But the disease resolves after menopause. Those women who have severe discomfort due to adenomyosis, the hormonal treatment can help. Removal of uterus (Hysterectomy) cures adenomyosis.[2][22] From this study it is observed that YPV healing played an important role to reduce symptoms of adenomyosis 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 adenomyosis with faster relief of symptoms. This study and follow up shows that the positive results of YPV Healing therapy on Adenomyosis is permanent and patient does not have any problem even after one year of treatment without any need of surgery or hormonal treatment.[23], [24]

Conclusion

This case report documents the evidence gathered on the effective use of YPV in Healing Critical health problem Adenomyosis 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 Adenomyosis 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 Sri Ramana Trust (Thally, Tamilnadu, India) for using their registered copyright terms Yoga Prana Vidya System and YPV and Shri N Jayachander Reddy, Founder Yoga Prana Vidya System for valuable guidance.

Funding:

Nil

Conflict of interest:

None

Ethical approval:

Not required

References:

www.my.clevelandclinic.org/health/diseases/14167-adenomyosis

<https://www.mayoclinic.org/diseases-conditions/adenomyosis/symptoms-causes/syc-20369138#:~:text=Adenomyosis%20>

www.indianexpress.com/article/parenting/health-fitness/what-is-adenomyosis-and-how-does-it-affect-pregnancy-7297839/light

Neravetla J, Nanduri, VS. A study into the successful treatment of some difficult Medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine. Int J SciEng Res, 2019, 10 (7):882-8877

Rajagopal AH, Ramya A, Nanduri, VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System, Journal of Biology and Life Science ISSN 2157-6076, 2019, Vol. 10, No. 2

Ramya A, Nanduri, VS. Cardiac Case Study: Successful Healing Treatment of a 48-Year-Old Male with Block in Heart, Using Yoga Prana Vidya (YPV) Healing System. Saudi J Nurs Health Care, Nov 2019; 2(11): 353-356. <https://www.yogapranavidya.com/about-ypv-research/publications/successful-healing-treatment-of-a-48-year-old-male-with-block-in-heart-using-ypv/>

Nanduri VS, Chaitra N. How the participants of a Yoga Prana Vidya (YPV) Eye Camp experienced vision improvements: A Case study. The Journal of Community Health Management. (2019) 6(4): 139-146. DOI: <https://doi.org/10.18231/j.jchm.2019.028>

Neravetla J, Nanduri VS. A study of the effects of Yoga Prana Vidya one-month intensive residential programme for participants on their physical health, psychological well-being and improved immunity. International Journal of Research and Analytical Reviews (IJRAR), 7(2), 18-27.

Neravetla J, Nanduri, VS. Role of Yoga Prana Vidya (YPV) Healing Techniques in Emergency and First Aid: A Summary of Case Reports. International Journal of Medical Science and Health Research. 4(3), 133-146

Nanduri VS. Effectiveness of Yoga Prana Vidya practice protocols for health improvements and boosting immunity of seniors – A review. J.Bio.Innov 9(4), pp: 583-588, 2020 |ISSN 2277-8330 (Electronic)

Nanduri VS, Karnani V. Successful and speedy recovery of COVID patients using Yoga Prana Vidya (YPV) Healing. Covid-19 2020; 1(4):78-82 Doi: <http://doi.org/10.18231/j.covid.2020.005>

Revathi R, Janani N, Nanduri, VS. Successful healing treatment of Hypothyroidism using Integrated Yoga Prana Vidya (YPV) healing approach as complementary medicine: Case reports. J Prev Med Holistic Health 2020;6(1):1-7.

- Ramya A, Kraleti P, Gopal KVT, Nanduri, VS. Efficacy of Planetary Peace Meditation (PPM) of Yoga Prana Vidya (YPV) System in Enhancing Academic Performance of High School Children: A Case study. Indian Journal of Psychology and Education, 10 (2), July 2020, 59-64. ISSN -2231-1432
- Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: successful treatment using yoga pranavidya (YPV) healing system. 2021; 5 (01):101-110 <http://dx.doi.org/10.51505/ijmshr.2021.5111> DOI: 10.51505/ijmshr.2021.5111
- Rajkumari K, Bembalkar S, Nanduri VS. A Pilot Study of the Effects of Yoga Prana Vidya (YPV) protocols on social behaviour, cognitive abilities and IQ of mentally challenged children, Pediatric Review – International Journal of Pediatric Research-2021 Volume 8 Number 1 (January-February-2021):7-15 Available From <https://pediatrics.medresearch.in/index.php/ijpr/article/view/653>
- Jain V, Bindal S, Bhatia PK, Nanduri VS. Managing pain and side effects of a Hodgkin lymphoma female patient undergoing Chemotherapy using Yoga Prana Vidya System as complementary medicine: A case report. International Journal of Medical Sciences and Academic Research, v. 2, n. 05, 30 Oct. 2021.
- Dholakia M, Tandon I, Dholakia D, Nanduri, VS. "Successful Healing Treatment of Kneecap (Patellar) Dislocation of a Teen Female Patient Using Yoga Prana Vidya System Protocols without Surgery: A Case Report". Acta Scientific Women's Health 3.11 (2021): 15-20.
- Nanduri VS, Revathi R. Effects of Yoga Prana Vidya intervention on psychological wellbeing and criminal attitude of under-trial prisoners. Ind J Psychiatric Social Work. 2020; 11(2).Epub.1-9 DOI: <http://dx.doi.org/10.29120/ijpsw.2020.v11.i2.232>
- Nanduri VS. A Study on the Effects of Yoga Prana Vidya System (YPV) Intervention at workplace for Corporate Employees and Executives to alleviate Anxiety, Depression and Burnout; and participants' perceptions and experiences of the YPV Intervention. International Journal of Indian Psychology, 2020;8(3), 374-390. DIP:18.01.047/20200803, DOI:10.25215/0803.047
- Saluja R, Nanduri VS, A Case Report: Successful Yoga Prana Vidya (YPV) Healing Treatment of Irritable Bowel Syndrome (IBS). International Journal of Medical Science and Clinical Research Studies. ISSN(print): 2767-8326, ISSN(online): 2767-8342. Volume 02 Issue 05 May 2022. Page No: 374-379. DOI: <https://doi.org/10.47191/ijmscrs/v2-i5-13>, Impact Factor: 5.365
- LeelavathiNayak, Nanduri VS, 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). ISSN: 2581-902X. Volume 05, Issue 03 (May-June 2022), PP 19-28. <https://ijmsdr.org/pages/Current%Issue.html>
<https://www.nhs.uk/conditions/hysterectomy/why-its-done/>
- Yashika Gupta, Nanduri VS, 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. International Journal of Medical Science and Health Research, Vol. 6, No. 02; 2022, ISSN: 2581-3366, <https://ijmshr.com/link/331>

Nayak S, Shah F, Nanduri VS, Role of Yoga Prana Vidya Protocols as Complementary Medicine for Female Reproductive System: A Successful Confirmed Pregnancy Case of IVF Patient. International Journal Of Pharmaceutical And Bio-Medical Science. ISSN(print): 2767-827X, ISSN(online): 2767-830X, Volume 02 Issue 06 June 2022, Page No: 137-142. <https://ijpbms.com/index.php/ijpbms/article/view/94/56>