



**Role of Yoga Prana Vidya healing protocols in the successful treatment of Reflux Esophagitis - A case study.**

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**Abstract**

**Introduction:** Reflex esophagitis (RE), also known as Gastroesophageal reflux disease (GERD) is a common gastro-intestinal disorder, and if left untreated can lead to complications. Several medical and alternative therapies are available for treatment including patient self-management with lifestyle changes. This paper presents a case of RE treated successfully using Yoga Prana Vidya (YPV) healing protocols.

**Methods:** Case study method is used in this paper, by compiling the data from patient medical records, healer’s records and patient feedback.

**Results:** Within 4 healing sessions, the patient’s burning sensation in the throat reduced, and food intake became easier than before. As healing sessions progressed, all symptoms got healed gradually. The redness in the throat reduced considerably. By the end of 25 healing sessions, the patient was fully healed of all symptoms. The anal fissures also got healed.

**Conclusions:** Application of Integrated Yoga Prana Vidya (YPV) techniques have successfully treated the RE condition of the patient in this case study. Further research studies using appropriate methodology and

sample size is recommended. A working knowledge of YPV to frontline healthcare workers such as doctors and nurses is recommended to enable them to apply these techniques complementarily to their respective specialties to treat and cure the patients holistically.

**Keywords:** Reflux Esophagitis (RE), Gastroesophageal reflux disorder (GERD), Yoga Prana Vidya System®, YPV®

**Introduction**

**Reflux Esophagitis**

Esophagitis is inflammation that may damage tissues of the esophagus, the muscular tube that delivers food from mouth to stomach. Esophagitis can cause painful, difficult swallowing and chest pain. Causes of esophagitis include stomach acids backing up into the esophagus (reflux esophagitis), infection, oral medications and allergies. Treatment for esophagitis depends on the underlying cause and the severity of tissue damage

The prevalence of RE (Reflux esophagitis), also known as Gastroesophageal reflux disease (GERD) in India ranges from 7.6% to 30%, being less than 10% in most population studies, and higher in cohort studies. The

dietary factors associated with GERD include use of spices and non-vegetarian food. [1]

GERD is one of the biggest typical gastrointestinal problems treated by physicians and primary care doctors, which is characterized by heartburn and regurgitation symptoms. In the recent times, the prevalence of GERD has increased, especially in North America and East Asia. Proton pump inhibitors (PPIs) have been the cornerstone of medical treatment for GERD for the past thirty years. According to Chhabra et al (2022), clinicians and patients are becoming more aware of the adverse effects of the PPI class of medications in recent times. [2] If left untreated, esophagitis can lead to changes in the structure of the esophagus, leading to complications such as:

- Scarring or narrowing (stricture) of the esophagus
- Tearing of the esophagus lining tissue from retching (if food gets stuck) or during endoscopy (due to inflammation)
- Barrett's esophagus, characterized by changes to the cells lining the esophagus, increasing risk of esophageal cancer

Treatment for esophagitis depends on the underlying cause and the severity of tissue damage. This paper presents a case of Reflux esophagitis treated successfully using Yoga Prana Vidya (YPV) healing protocols.

### **Yoga Prana Vidya System**

Yoga Prana Vidya (YPV) is a no-touch and a no-medicine proximal or distant healing modality which is based on the principle that our body has the ability to heal itself or normalise itself and this process can be accelerated, if the flow of prana or bio-energy in our body system is regulated using YPV protocols and techniques.

YPV is a holistic and an integrated healing modality which uses breathing exercises, forgiveness sadhana,

meditation techniques, physical exercises and energy healing to cure any physical or psychological ailments, generally as complementary medicine, though there have been instances where YPV modality was successfully applied as alternative medicine when there was no treatment available in main stream medical systems.



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

The YPV energy healing techniques involve treating the major and minor chakras (in our energy body) and affected organs by cleaning them in order to remove the diseased, dirty and used-up energy from the system and filling it up with fresh energy from the environment (See figure 1). In this way, the energy healing techniques can be used as preventive or a curative purpose. The main advantage of YPV energy healing technique is that it works even at a distance.

The healer and the subject do not necessarily have to be physically present in front of each other. Hence, YPV healing techniques can be applied almost instantaneously from any part of the world to anyone within the earth's energy field. Figure 2 shows Energy body of a healthy person and a sick person and the differences are noticeable.

Figure 3 shows major chakrams of the human energy body which are healed and treated by YPV healing protocols to normalise various ailments.

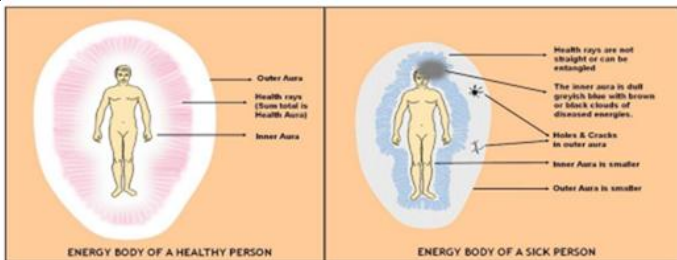


Fig 2: Energy body of a healthy person and a sick person

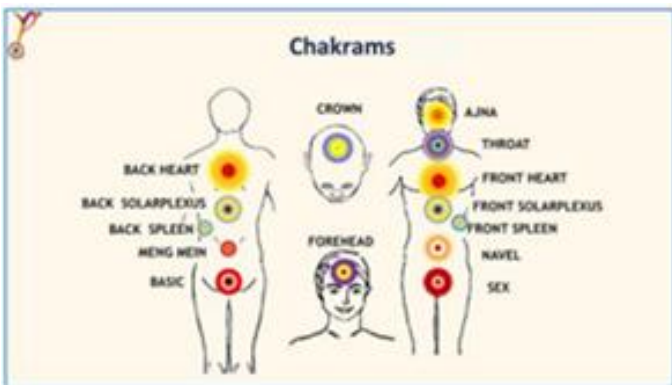


Fig 3. Major Chakrams or energy centres

The application of YPV level 3 (YPV Psychotherapy) protocol additionally helps in treating the stress, trauma, anxiety or any other psychological imbalances of a subject. This accelerates the complete healing process helping speedy recovery of the subject.

Literature shows some published successful case reports on applications of YPV that include, treatment of difficult medical cases, diabetes management & control, removing arterial block in heart without surgery, vision improvements for participants of an Eye Camp, improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme, Role of Yoga Prana Vidya in first aid and emergency, speedy recovery of COVID patients, treatment of hypo thyroidism, Lowering academic anxiety and enhancing academic performance of high school children, saving life of a snake-bitten human female, managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy, healing treatment of a female patient suffering from kneecap dislocation, treatment and

cure of PCOS condition, a case of breast cancer successfully treated, De-addiction cases, etc. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners, significant reduction in anxiety and depression in corporate employees, improvements in the cognitive abilities and social behaviour of mentally challenged children [3-20]. Saluja et al. (2022) reported successful healing of esophageal cancer Stage 2 using YPV healing protocols [21], and Nathani et al. (2022) treated successfully a case of Gastro esophageal Malignancy using YPV healing protocols [22]. The authors are presenting a case report of Reflux Esophagitis (RE) healed using Yoga Prana Vidya Protocols, as follows.

### Case Report

#### Patient information

The patient was a 27 years old female living in Bangalore with 2 years old child and her husband.

#### Pre YPV health condition

The patient was suffering from burning sensation in the throat and stomach, tightness in the chest, difficulty in swallowing and anal fissures, for about an year and half. She was not able to eat any spicy food. If by chance she ate any restaurant or street food, she would have to suffer from burning sensation in the throat and acidity.

She is a working woman and was finding it highly stressful to handle work, home and raise her 2-year-old baby catering to baby's needs. She had to wake up frequently at nights, as the baby had to be fed. So, sleep was deprived. And reporting to work and running the household was hectic and stressful.

She visited a doctor who prescribed her with antacids, which were not of much help. She was advised to undergo gastro duodenoscopy on 16/2/21, and the result showed her condition was reflux esophagitis (RE).

### YPV Intervention

She came to know about YPV healing system through her mother, who attended YPV level 1 class. She then approached a YPV healer for conducting healing sessions to cure her RE condition. The healer started giving healings from 25/6/2021, and by 24/07/2021 the healer gave 25 healings sessions, with each session lasting around 30 to 35 minutes.

The following YPV healing Protocols were applied by the healer.

- General cleansing
- YPV Psychotherapy
- Internal organs cleansing and blood cleansing techniques
- Throat chakra and secondary throat chakras cleansed with green, violet and energized with green, violet and brilliant violet.
- Throat cavity and esophagus localise with blue and cleansed with green and violet and energised with green and bluish violet.
- The sphincter of stomach was cleansed with green and violet and energised with greenish blue and violet to heal infection and redness.
- Stomach was cleansed with green and violet and energized with blue for a few days to inhibit the excess acid production.
- Navel Chakra was cleansed with green and violet and energised with green, blue and violet.
- Spleen chakras were cleansed and energised with green and violet.
- Basic chakra after cleansing with green was energised with Red to strengthen the body.

### Results

Within 4 healing sessions, the patient found some relief from the burning sensation in the throat, and food intake

was a bit easier. As sessions progressed, all her symptoms got healed gradually & miraculously. The redness in the throat reduced considerably. By the end of 25 sessions, the patient was fully healed of all symptoms. The anal fissures also got healed and she was able to pass stool with ease. She was able to savour spicy food without adverse effects. The patient felt extremely happy and satisfied with the results. The patient was advised to do Rhythmic breathing, for givenness sadhana and Planetary peace meditation, every day. It helped her to ease the stress and she remained energetic throughout the day.

The following is patient feedback six months later (dated 12 January, 2022)

“I’m XXX. I was suffering from Reflux esophagitis, difficulty in swallowing food, burning sensation in the stomach and throat and tightening in the chest and fissure also, for 2 yrs., after delivery, from 2019. I got to know about healing through my mother, who had recently learnt it. I started taking healings from 25th June 2021. Within 3-4 sessions, the burning sensation started to reduce. As healings progressed, all symptoms got miraculously cured. I took 25 sessions and feel 99% better. With the healing sessions, I started feeling much better, day by day, both emotionally and physically. I used to feel very energetic after every healing session. Thanks to YPV system of healing.”

### Discussion

GERD is a very common disorder in a large number of patients and can be managed effectively with combination of life style modifications and appropriate medical therapy, and in some rare cases using surgical methods. [23]

Stress, coupled with exhaustion, may present more changes in the body that lead to increased acid reflux. Regardless of what exactly happens in the brain and the

body, those who experience symptoms of acid reflux know that stress can make them feel uncomfortable, and treating lifestyle factors is important. Some techniques for coping with stress are: Exercise, avoiding trigger foods, practicing relaxation techniques such as Yoga and meditation. [24]

In this case of Retreated by the application of YPV healing techniques, the patient was observed to be highly stressed before healing sessions started. Management of RE requires sustained and persistent changes in lifestyle commensurate with stress reduction or relaxation techniques including use of right diet. In this regard, energy healing techniques of YPV have worked well for the patient to manage RE.

There is scanty literature available on treatment of RE using energy healing such as YPV. However, it is observed that Saluja et al (2022) reported a case of esophageal cancer Stage 2 healed successfully [21], and Nathani et al (2022) reported successful healing of a case of Gastro esophageal Malignancy [22], both using integrated YPV techniques.

### Conclusions

Application of Integrated Yoga Prana Vidya (YPV) techniques have successfully treated the RE condition of the patient in this case study, and this offers great scope for further research studies using appropriate methodology and sample.

The role of YPV as a preventive modality has also been established as observed in many cases of diseases including pandemics such as COVID where YPV helped to boost immunity greatly. Recommendations include imparting a working knowledge of YPV to frontline health care workers such as doctors and nurses to apply these techniques complementarily to their respective specialties to treat and cure the patients holistically.

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