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## An In-Depth Case Study of A 28 Years Old Patient Having PCOD with Hair Loss and Acne Healed Successfully Using Yoga Prana Vidya (YPV) Healing Protocols

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### ABSTRACT:

**Introduction:** PCOD (Polycystic Ovarian Disease) is a very disturbing condition of women of reproductive age, a common endocrine and metabolic disorder. Management of PCOD is a complex process, with inevitable long-term treatment, including appropriate medication and lifestyle changes. Yoga Prana Vidya (YPV) System protocols have been proven to have cured this condition, and this paper presents one such case healed successfully and holistically. The patient had symptoms of male pattern baldness, hair loss and Acne on face.

**Method:** An in-depth case study method has been used in this paper, with data collection from patient records, YPV healer's records and patient feedback.

**Results:** The patient's PCOD condition was cured completely after 1 month and 23 days of healing. Hair loss reduced significantly, and some hair re-growth was also achieved. Acne was cured later completely, after further 16 days of healing. The patient achieved greater emotional and mental stability, besides improving physically. The patient regained her self-confidence and self-esteem.

**Conclusions:** PCOD is one of the most common endocrine disorders affecting females in their reproductive age, and may lead to serious complications, if due care and attention is not given. Yoga Prana Vidya (YPV) protocols are among proven methods of proper management of PCOD without use of any drugs. Further research using YPV with appropriate number of samples of cases like this case is recommended. It will be helpful for frontline health workers such as doctors and nurses to acquire a working knowledge of YPV practices and apply in practice to complement their specialties.

**KEYWORDS:** Polycystic Ovarian Disease (PCOD, Acne, hair loss, weight gain, Yoga Prana Vidya System®, YPV®).

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### INTRODUCTION

Polycystic Ovarian Syndrome (PCOS) or Disease (PCOD) is one of the most common endocrine and metabolic disorders in women of reproductive age. According to a study by Bharali et al. (2022), the prevalence rate of PCOD is high among Indian women. The pooled prevalence of PCOS was close to 10% using Rotterdam's criteria and AES criteria, while it was 5.8% using NIH criteria. The study's overall finding emphasizes the need for more acceptable and uniform diagnostic criteria for screening PCOD [1].

Common symptoms of PCOD include [2]:

- irregular periods or no periods at all
- difficulty getting pregnant (because of irregular ovulation or no ovulation)
- excessive hair growth (hirsutism) – usually on the face, chest, back or buttocks
- weight gain
- thinning hair and hair loss from the head
- oily skin or acne

The management of PCOD is as complex as the condition itself. The management and treatment of PCOD include a healthy diet, regular physical activity, and medications, which address the associated manifestations and co-morbidities. PCOD management strategies mainly aim at resolving the four major components of PCOD including regularity of menstrual periods, control of hyperandrogenism (acne and hirsutism), management of infertility and IR along with its associated risk factors (type 2 diabetes

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mellitus, hyperlipidemia, and obesity). Both non-pharmacological and pharmacological management strategies are important in the overall management of PCOD [3]. A study by Selvaraj et al (2020) found that Yoga and exercise were beneficial in minimizing PCOD risk, as reflected in the risk assessment score. [4]

## **Yoga Prana Vidya System of healing treatment**

Yoga Prana Vidya System of healing has been successfully applied to a wide range of illness conditions as complementary and also as an alternative medicine, as is evident from over 75 published research papers. YPV is an integrated and holistic system, which consists of physical and breathing exercises, meditation techniques, and bioplasmic (Pranic) energy healing techniques.

Literature shows published case reports on successful applications of YPV that include for example, treatment of difficult medical cases, diabetes management and 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 YPV in first aid and emergency, speedy recovery of COVID patients, treatment of hypothyroidism, 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 PCOD condition, a case of breast cancer successfully treated, de-addiction cases, etc [5-19].

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, and improvements in the cognitive abilities and social behaviour of mentally challenged children, and effects of a one-month YPV residential programme [20-23].

Here we present a case report of PCOD of a female aged 28 years treated successfully through a YPV intervention conducted by a YPV healer using distal mode of healing techniques.

## **CASE REPORT**

### **Patient Information**

The patient was an unmarried female aged 28 years who lived in Delhi.

She was a teacher, took a break for a year and a half focusing on health. Later in 2020-2021 she resumed working part time 1-2 hours per day online.

### **Health condition before YPV healing**

Patient was diagnosed in March 2013 with PCOD and follicles in ovaries at the age of 19. Symptoms were painless, but irregular periods (2 times in a month, 15 days cycle) and was prescribed hormonal pills, which she took only for 2-3 months. Doctors said that it is happening because of hormonal imbalances, like it happens with every teenager, but for everyone the symptoms are not similar. In this condition doctors said it is normal, hence the patient took it lightly and ignored this diagnosis. Fortunately, at that time there were no signs of facial hair and no thinning of hair or hair fall.

She noticed thinning of hair and increase in irregularity of periods from 2017 onwards and started taking homeopathy for the same. The patient was getting emotionally weaker resulting in losing a lot of weight.

During 2017 she noticed again 15-20 day cycle started. Only spotting was happening and no heavy bleeding. She again got a medical checkup done for the second time in October 28, 2020 where the diagnosis showed that both the ovaries have multiple follicles (14- 15) and was detected with PCOD. Symptoms were thinning of hair, male- pattern baldness (see Figure 1A), stomach issues like diarrhea. After this diagnosis, the patient followed yoga and some diet practices which helped her emotionally. Her doctor advised there was need to lower prolactin, PP insulin, DHEAS and total testosterone more for betterment. The report of sonography examination of pelvis dated 28<sup>th</sup> October 2020, taken immediately before consulting for healings showed PCOD.

During January 2021, the patient started having 40-41 days cycle, when she got her third medical checkup, which showed that there were multiple tiny follicles and PCOD. Symptoms were excessive hair loss. Causes maybe stress of family, self – image, and break up in relationship etc.

### **Psychological and Emotional issues**

Due to excessive hair loss the patient was losing confidence to an extent that she left her government job and avoided all interactions and crowd gatherings. It also led to a lot emotional turmoil. Due to diarrhea, the patient started to lose a lot of weight and felt weak day by day (7-8 kgs was lost within 5 months). All the health problems collectively were making her feel that she will not be accepted in the society and people will find it hard to love her. She was dealing with a lot of suicidal thoughts, and she did not speak to anyone for months, did not laugh, felt like she should die. Hair fall was a major problem and mainly wanted to focus on that. The patient started to develop baldness and overall thinning of hair, suspected may be because of insulin affecting testosterone levels.

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The patient was taking homeopathy for PCOD, and saw some differences with that too. She expressed that, testosterone and DHEAS (Sex hormone) were very high earlier but she brought them to normal level with some changes to diet, yoga, and homeopathy.



**Fig 1 A & B: Acne, male pattern baldness & Hair loss**

**Fig 1 C: Acne**

### How the patient approached the healer

The patient read about Energy Healing on Reddit by someone from California about how energy healings can work distantly. It gave her a clue to search for energy healers near her, in India. She found one YPV healer's page on Instagram where the healer explained well about Yoga Prana Vidya energy healing techniques and that, anyone can opt for healing sessions and can get healed distantly. Healer had also posted that she healed a PCOD case and normalized it within 3 months, which really motivated the patient to try. On 14<sup>th</sup> November 2021, the patient consulted the YPV healer, for Insulin and Hormone issues (PCOD), hair thinning and hair fall, follicles in ovaries, and emotional instability.

The patient was initially somewhat skeptical about how YPV healing works and decided at first to try 7 healing sessions for hair fall and baldness and irregular periods. In those 7 days she did not see much difference but felt emotionally better and extended YPV healing intervention to a month of healing.

To sum up, the problems identified for YPV intervention were - Insulin and Hormone issues (PCOD), hair thinning and hair fall, male pattern baldness, multiple follicles in ovaries.

The YPV healer prescribed the following self-practice modules to the patient.

- 1) Salt water bath every day: Apply fine salt on the wet body after normal bath and after applying wait for 1-2 mins. Then wash with normal water. This will help remove all the contamination of diseased energy in and around the body.
- 2) For the Gut problem, patient was suggested to have fruits as the first meal of the day and reduce salt and sugar intake in any and all means.
- 3) Rhythmic Yogic Breathing thrice daily, Forgiveness Sadhana twice daily, and Planetary Peace Meditation once daily with physical exercises before and after meditation.
- 4) Journaling, when facing emotional turmoil.

The healer was applying HDP level 1 protocols which includes Standard Psychotherapy and deep cleansing and regeneration of organs on a daily basis for 30-35 minutes, every day. The healer was focusing more on removing diseased energy from her organs like ovaries, uterus, fallopian tube and was also focusing her to bless with the energies of self- love, courage and confidence.

### YPV healing results

Daily healings started from 14<sup>th</sup> Nov 2021.

The patient messaged the healer - *"thank you - I have accepted that these things work, because I have been a very sensitive person so I rarely share my things, but I think that these emotions have blocked me as I get scared easily, but I felt comfortable by talking to you, and I see some hope in energy healing now."* *"I am doing forgiveness sadhana twice, breathing twice and I am meditating, but normal meditation because the app one is too long and my concentration is not that good as of now."*

To this feedback, the healer suggested to try incorporating Planetary Peace Meditation (PPM) because it has a different purpose, and by blessing others and Mother Earth, Good karma is generated; and with more good karma we experience lesser problems in our life. Problems tend to dissolve very fast. When one channels blessings, the grosser and diseased energies in oneself will transform or get expelled. The patient subsequently started to do PPM.

The patient gave feedback after few days - *"I am good for now, don't exactly know what I am feeling. My sleep pattern is same, I think. As such I don't feel big changes to be very true. Maybe I am little calmer now."*

In her next message after few days, the patient informed the healer - *"Same thing, I want the most help with hair. And I read gut, liver and pancreas are also responsible for hormones. If they could be focused on, that's good too."*

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The healer obtained daily feedback on the following activities, and to reflect and respond with a rating on a scale of 1 to 10 about, stress, happiness and sleep pattern.

- RYB Breathing
- Forgiveness Sadhana
- PPM Meditation
- Physical exercises

During the last week of November, 2021, she was somewhat stressed because of issues with her boyfriend. Patient said, “When I meditate, sometimes my body shakes. I don't know if it is shaking from inside and I feel it or it really shakes from outside as well, since my eyes are closed. I don't shake it with my will, it just happens. Even when I do the Planetary Peace Meditation - it shakes a little. And while doing normal meditation - it shakes a lot sometimes. Why does this happen? It is as if my body is moving from right to left, left to right.”

The healer advised – “When we meditate our body absorbs energy, we also receive from the higher spiritual planes. And too much of receiving of energy can also cause congestion and heaviness. Which is why in the Planetary Peace Meditation we continuously bless also that means that we are receiving energy from the crown chakras and then energy goes out from our hands to the whole earth, our family members, career and relationships. So, at first our body makes space to absorb this divine energy which is why our body shakes a little bit, some old energy releases and fresh energy is absorbed.

During December, 2021 the patient experienced being anxious and feeling little weird, because of some meetings between her family and her boyfriend's family which ended in failure of marriage prospects. She was worried about her thinning hair and self-image. By the end of December, she experienced a reduction in hair fall, and some improvement in gut condition as well. Earlier, hair thinning ruined her confidence to the extent that she lost her job because of lack of self-confidence. Now she was thankful to the healer for the progress.

During the first week of January 2022, she was not able to sleep properly for a few days, excessive thinking about current situation overwhelmed her. She was not emotionally stable, having separated permanently from her boyfriend. YPV healing enabled her to recover from this situation. She said, “*I have released all my frustration and anger towards this situation by journaling. I had pent up sadness for which I cried a lot today, but I no longer want to cry. After today's session with you I have set goals for this month and this year. I will work on them forgetting everything. And thank you, you are God sent for me. In today's healing session, can you please focus more on my gut, may be because of stress I felt nauseated and pukish. I will do meditation also today.*”

Healer advised that forgiveness is a lifelong process, as we can never have an exact count of how many people are yet to be forgiven. Because of the breakup, her turmoil continued, and she was guided to reflect, and it will take some time to become normal. As agreed mutually, on 6<sup>th</sup> January 2022, healing sessions were ended for treating PCOD, hair fall and male-pattern baldness. On 5<sup>th</sup> March 2022, her doctor confirmed that as per her latest Ultrasound report, the PCOD condition was found to be cured and her normal condition was restored.

### Feedback from patient

*“PCOD was detected in all the earlier ultrasound reports from 2013 but it wasn't there in the last ultrasound report I had after the healing sessions. And there is 95% reduction in hair fall. Physically I saw a lot of improvement in my immunity as well as after few weeks of healing, I wasn't getting cold even during the coldest month of winter in Delhi. And from last 3-4 months, I feel better emotionally as well. Forgiveness sadhana makes me feel so light, as if something has gotten out of my heart. On emotional level also, I am happy and calmer. My periods came normal for three months but again an emotional turmoil disturbed it a little and I am trying to maintain my emotional balance, with all the techniques of YPV fortunately I am able to sustain. My weight had become 43kgs in the last 5 months before starting the healings. But when the healings started to the 3 months of the starting date the weight normalized to 48kgs which is correct according to my height. But after all the healing sessions I am better in all aspects.”*

### Healing sessions for Treatment of ACNE

Patient consulted the healer to heal for Acne on 6<sup>th</sup> April 2022, following PCOD and emotional turmoil. The patient was found having outside food frequently, and having reactions on face. Such as Acne on cheeks, forehead, blackheads on nose (see Figure 1C).

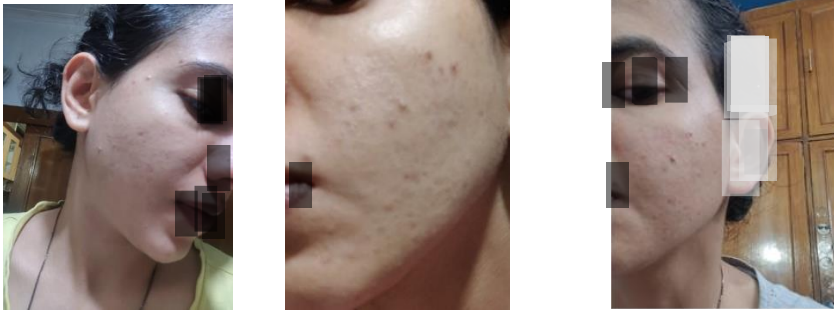
The healer prescribed to the patient the following: To drink plenty of water so that her intestines were always clear and her body kept well irrigated; to have more coconut water, cucumber, watermelons etc.; to avoid chai, and start the mornings with only fruits; take half a spoon of Isabgol every morning that will help in emptying the bowel; and to do regularly Rhythmic breathing, Complete and Cleansing breath.



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### Healing for acne started from 6<sup>th</sup> April 2022.

For Acne, the healer did Facial healings twice a day, once in the morning she used to give a 30 minutes therapy and, in the night, she gave a 5 minute therapy to clean her affected part where acne was present. Facial healing protocol in which Standard psychotherapy and facial treatment is done daily. Later, when she took up the course for facial healings, the healer asked her to do that practice on herself, and the healer on her part reduced facial healings to 3-4 times in a week.



**Fig 2 A & B: progress after 2 days of healing**      **Fig 2 C: Progress after 5 days of healing**

Sensed that anger was one of the reasons behind acne. Patient was doing Planetary Peace Meditation thrice a week, forgiveness, breathing, white board technique taught in YPV level 3 course. Patient attended Facial healing course so that she can do her own healings.



**Fig 3A: Acne on cheeks cured completely**      **Fig 3B: forehead without wrinkles and acne after healing**

Healing to treat Acne ended on 21<sup>st</sup> April 2022, after 16 sessions. The progress of improvement in ACNE condition after 2 days and 5 days of healing is evident from Figures 2A, 2B & 2C. Her ACNE cured completely as seen in Figures 3A and Fig 3B. It can be observed from figure 3B that wrinkles and puffiness on forehead also vanished as a result of facial healing.

### Follow up

The YPV healer did a follow up to obtain feedback after one year of healings on 2<sup>nd</sup> Jan 2023. The patient informed that her periods are regular every month with proper bleeding. She is not experiencing pain. PCOD has not got detected any time after the healings have stopped, symptoms of PCOD like acne, oily skin and hair fall has completely gone. “ I have learned YPV level 1, 2 ,3, Arhat course, Spiritual Technology for Business Management, Facial, Crystal course, Psychic Self-Defense course, Spiritual Essence of Humans workshop and have come to YPV Ashram, Sri Ramana Trust, once for a 15 day program. All the courses have a combined and a holistic effect on my life and health. I am myself doing psychotherapy and facial healing daily, however my skin has become extremely soft and rosy, despite of living in an air quality of 700 in Delhi, my skin looks fresh and so many people have praised as well. I have been joining daily online Morning Sadhana by Shri NJ Reddy sir and also his Group Divine Healing session. I am actively taking webinars on breathing and forgiveness, so that my story can help other lives as well.”, she said. Her emotions are balanced and she is able to express herself more openly and joyously.

The patient rejoined the job in the government school immediately after the healings, as she regained purpose and confidence. In January 2022, patient joined for YPV level 1 class, completed training in Yoga Prana Vidya level 2 & 3 courses by March, and during June 2022 she did Arhat Yoga course, achieving progress spiritually also. The patient continues to heal herself and family members daily.

Upon a subsequent follow up on 21<sup>st</sup> April 2023, she stated – “I am in the process of becoming a YPV trainer and I am completely normal. There is no PCOD, no Acne, no Hair fall. For hair regrowth I am focusing on my diet and breathing and meditation schedule.”

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## DISCUSSION

Yoga Prana Vidya System of healing protocols have been proven to effectively cure a variety of ill-health conditions as complementary and alternative medicine, holistically. Its strength is derived from a combination of integrated approaches such as, physical exercises, breathing exercises, one time fruit diet, Forgiveness Sadhana technique, planetary peace meditation which are self-practice modules for patients to boost immunity and achieving speedy recovery.

Yashika Gupta et al (2022) reported a case study of PCOS of a 22 years old female treated Successfully over a period of 3 years by the application of Yoga Prana Vidya Healing System protocols through sustained self-practice, self-healing and self-belief [17].

Another author Sudha Mukesh reported a case of a 22-year-old female from continental Europe, who was suffering from PCOS symptoms and hormonal shifts, availed distal YPV healing sessions online by joining a healing camp organized by a group of healers based in India, with successful results [24].

According to a study by Sinia Malik et al (2015) of Indian Fertility Society, studies of PCOS in India carried out in convenience samples reported a prevalence of 3.7% to 22.5%, with 9.13% to 36% prevalence in adolescents only. According to the authors, The wide variation in prevalence might be due to heterogeneous presentation of symptoms, diagnostic criteria practiced, limitations in diagnosis, age groups, and ethnic populations studied. Therefore, it is essential to consider these factors before diagnosis and/or management is initiated. [25].

## CONCLUSIONS

PCOD is one of the most important endocrine disorders affecting in the reproductive age of females, and if due care and attention is not given it may lead to serious complications. Yoga Prana Vidya (YPV) protocols are among proven methods of proper management of PCOD **without** use of any drugs. Further research using YPV with appropriate number of samples of cases like this case is recommended. It will be helpful for frontline health workers such as doctors and nurses to learn and apply a working knowledge of YPV practices to complement their specialties.

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## CONFLICTS OF INTEREST

None

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Nil

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