



A case of acute pancreatitis healed successfully using Yoga Prana Vidya (YPV) healing protocols as complementary medicine

Archana Singh¹, Venkata Satyanarayana Nanduri²

¹ Department of Health & Wellness Research, Certified YPV Healer and Trainer, Varanasi, Uttar Pradesh, India

² Department of Health & Wellness Research, Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally, Tamil Nadu, India

Abstract

Introduction: Since there is currently no way to stop the progression of inflammation once it has begun, the treatment of acute pancreatitis (AP) is mainly supportive. This paper presents a case of a male patient who was diagnosed with AP and had to undergo several hospital admissions and allopathic treatment, supported by the Yoga Prana Vidya (YPV) system of healing as complementary treatment successfully.

Method: This is an in-depth case study with data collected from the patient and the YPV healers who attended to this patient with YPV energy healing sessions continuously over nearly 4 months.

Results: The healing sessions helped the patient relieve the abdominal pain without the use of painkillers. The infection was brought under control and the patient returned to normal. A follow-up after 6 months revealed that his condition was stable.

Conclusions: YPV healing protocols have successfully worked as complementary medicine in the case of acute pancreatitis patient. Further research with appropriate methodology and sample is recommended.

Keywords: Acute pancreatitis, WOPN (walled-off pancreatic necrosis), yoga prana vidya system ®, YPV ®

Introduction

Acute Pancreatitis

Acute pancreatitis is a condition where the pancreas becomes inflamed (swollen) over a short period of time. The pancreas is a small organ, located behind the stomach, that helps with digestion. Most people with acute pancreatitis start to feel better within about a week and have no further problems [1]. Acute pancreatitis is different to chronic pancreatitis, where the pancreas has become permanently damaged from inflammation over many years [1].

One of the most frequent reasons for hospitalisation among gastrointestinal disorders is acute pancreatitis. Different nations have different causes of pancreatitis. According to the 2013 Revised Atlanta classification, acute pancreatitis can be categorised as mild, moderately severe, or severe. Scores like Ranson's score, BISAP score, APACHE-II score, and SOFA score can be used to stratify acute pancreatic severity. Abdominal pain elevated lipase or amylase supported imaging findings and organ failure in cases of severe acute pancreatitis. Utilising the Modified Marshall Scoring System, organ failure can be detected. Conservative measures such as fluid resuscitation, enteral feeding, analgesics, and antibiotics are used to begin management. When infected pancreatic necrosis is found, surgical treatment is recommended [2].

Yoga Prana Vidya (YPV) System

The YPV system is an integrative and holistic system of healing found successful as complementary and alternative medicine (CAM) in the successful treatment of several diseases. YPV healing camps for patients have been found to be very popular in pain relief without medicines and pain killers [3-7]. The role of YPV system in the successful management of metabolic diseases is well established [8-10]. YPV system protocols have been successfully applied by trained YPV healers in the treatment of cancer cases where

the side effects of chemo treatment have been eliminated with great relief to patients [11-16].

The YPV psychotherapy technique of healing the upper chakras (HSTAC technique), and meditation techniques such as forgiveness sadhana and planetary peace meditation have been very effective in the treatment of anxiety, worry and depression of patients, corporate employees and students for example, thereby helping them to be calm, relaxed, balanced and receptive and more positive in their pursuits [17-20].

The YPV system uses proven methods of training and certification of YPV healers at different levels to ensure consistent results of healing by different healers using the same protocols [21].

This paper presents the case report of a male patient of acute pancreatitis, successfully treated using YPV protocols as complementary medicine while the patient was undergoing allopathic evaluation and treatment.

Case report

Patient information

The patient was a 57-year-old male employed person, based in Gandhinagar in western India.

Medical interventions

The patient faced health issues first time when he was on a family visit to Varanasi. Due to vomiting and stomach pain, he was admitted to a Hospital in Varanasi from 24th to 28th November 2023. The diagnosed Medical Condition was acute pancreatitis as per the USG report dated 26-11-2023. He was discharged after conservative management of the symptoms.

As the symptoms repeated, he was admitted again to the same hospital from 16-12-2023 to 21.12.2023 to treat severe pain in the abdomen. With treatment, his condition

improved and he was discharged in stable condition. The hospital discharge note stated that the patient was diagnosed as having Acute Pancreatitis with PPC (pseudo-pancreatic cyst) and DM (diabetes mellitus). The CEST (Contrast-enhanced Computed Tomography) report of 17-12-2023 stated that the patient's condition was acute, mild to moderate, pancreatitis, and the MDCTI (Modified CT Severity Index) score was 4/10.

A USG report dated 30 December 2023 confirmed the diagnosis to be Acute Pancreatitis with a thin pseudo-pancreatic cyst (Volume 250 cc) in the body of the pancreas, with co-morbidity of diabetes Mellitus on medication. He had thrombosis in the intestines, causing severe abdominal pain, especially after eating food.

The patient attended a YPV healing camp in Varanasi on 4 January 2024. He took some painkillers before leaving home. But as soon as he sat down in the car his pain started increasing. By the time he reached the camp, his condition became critical. He was not in a position to move due to the pain. The Seniormost YPV Healer and 6 healers with him started healing. The patient was initially not sure of how the YPV healing would help. The team of healers maintained planned healing throughout the night. By about 2 am he got a lot of relief and by morning, he was fully relieved of pain. He did not have to go to the hospital. He had narrow stools as if the large intestine has become narrow. His peristalsis was severely affected. Further, he was advised to take a liquid or semi-liquid diet, till he recovers substantially.

Subsequently, he participated in a Yoga Prana Vidya (YPV) healing camp in Hosur (TN) from 22 to 25 January 2024. In this healing camp, the YPV Healing protocols helped reduce the pain without painkillers.

However, the stomach pain started again, after he had a heavy meal and was admitted to a Hospital in Bangalore for a day on 25 January 2024. Afterward, he traveled back to his home in Gandhinagar, Gujarat.

Thereafter, he was admitted to a Hospital in Ahmedabad from 30-01-24 to 31-01-24. An investigation by the doctors revealed that the fluid was reduced to 190 ml from 250 ml. They advised him to wait for further reduction of fluid naturally.

However, a USG test report dated 21-02-2024 showed the pancreas was replaced by a large collection with dense internal echoes within, extending into lesser sac and up to splenic hilum measuring approximately 12.8x13.6x15.3 cm (vol 1.4 litre). It was suspected to be post-pancreatitis sequelae with large walled-off necrotic collection. The liver was found to be Fatty liver grade 1.

After this evaluation, he was admitted to the Hospital in Ahmedabad from 22-02-24 to 23-02-24. At this time the doctors reported that the fluid had increased to nearly about 2 Litres. Then, the doctors considered an endoscopic drainage of WOPN (walled-off pancreatic necrosis)-pseudo cyst, and it was performed on 22-02-2024 with a stent in situ. In that stent procedure, a metal siphon was introduced into the pancreas to treat chronic pancreatitis. The Surgeon informed that the metal siphon would be replaced by a plastic siphon after a month.

Subsequently, after a month, he was admitted to that Hospital in Ahmedabad from 21-03-24 to 22-03-24. Here the doctors removed the metal siphon from the pancreas and confirmed that there was no need to introduce a plastic siphon.

YPV Healing intervention

Simultaneously throughout the above-stated period from 17 December 2023, while the patient was undergoing several allopathic evaluation and treatment procedures in various hospitals, the YPV healing sessions were conducted continuously by a team of four YPV healers including the seniormost healer of the YPV system.

The details of the YPV intervention are as stated below.

1. **Protocols Used:** Infection Protocol, Miraculous Healing protocol
2. **No. of sessions:** 5 to 8 per day (depending upon the severity of pain and other symptoms)
3. **Duration of each session:** 30-45 minutes as needed

A USG report of 22 March 2024 showed minimal fluid in the pancreatic tail region, with a mildly bulky tail. The patient was found fully normal by the first week of April 2024 and the Healing intervention was ended on 10-04-2024.

Results Summary

The patient was feeling better and better after each passing week and was observed to be very healthy by the first week of April 2024. He started taking a normal diet and bowl movement normalised.

Patient's feedback: The patient stated that he felt quite well after healing sessions and was completely normal. A follow-up after 6 months revealed that the patient had been maintaining normal health and that the pancreatic symptoms had not recurred.

The patient's experience of YPV healing:

The following is a quote from the patient's feedback that explains how he experienced YPV healing.

"On 4 January 2024, I was in pain for more than three hours. I had faith in YPV healing. I was assured that the healing would happen overnight, and I would not have to go to the hospital that day. The healing treatment was going on continuously throughout the night.

The unbelievable miracle of Yoga Prana Vidya healing came true. My pain disappeared completely. There was no need to go to the hospital. I felt blessed. Even during entire medical intervention period, I did not take any pain killer medication due to healings"

In his view, "Medicine can help in curing the disease, only if supported by proper and sustained healing throughout the whole process"

Discussion

The treatment of acute pancreatitis is essentially supportive as there is no available modality to reverse the progression of inflammation once initiated. The management of AP involves optimal fluid resuscitation, early Enteral Nutrition, appropriate antibiotics, and minimally invasive interventional techniques. The philosophy of management of infected pancreatic necrosis should be conservative with antibiotics, radiological intervention, and minimally invasive techniques instituted sequentially based on clinical response [22].

The present study has shown evidence of how the complementary YPV healing protocols have helped the

patient to overcome pain, eliminate infection, and normalization of the affected organs.

A literature search has not revealed any study using energy healing as a complementary medicine to treat acute pancreatitis. Therefore, the case presented in this study is unique and offers scope for further replication studies.

Conclusions

This study has added to the existing evidence on how YPV system protocols are effective as complementary and alternative medicine in successfully treating a variety of disease conditions. Further research with an appropriate sample and methodology is recommended.

Acknowledgments

The authors are thankful to the patient for sharing the case details on condition of anonymity. Also, we thank Sri Ramana Trust (Thally-635118, Tamil Nadu, India) for permission to use their copyright terms Yoga Prana Vidya System ® and YPV®.

Conflicts of interest

There are no conflicts of interest.

Funding

There is no funding for conducting this study.

References

- NHS. Acute Pancreatitis. Available from: <https://www.nhs.uk/conditions/acute-pancreatitis/>. Accessed 14-12-2024.
- Siregar GA, Siregar GP. Management of severe acute pancreatitis. *Open Access Maced J Med Sci*,2019;7(19):3319-3323. doi: 10.3889/oamjms.2019.720. PMID: 31949538; PMCID: PMC6953950.
- Karnani V, Nanduri VS. A study of the outcomes of a Yoga Prana Vidya (YPV) 7-day healing camp for health & wellness conducted at the YPV Ashram, Sri Ramana Trust in December 2023. *Int J Pharm Bio Med Sci [Internet]*, 2024 Jun 11 [cited 2024 Jun 16];4(6):523-8. Available from: <https://ijpbms.com/index.php/ijpbms/article/view/54>
- Neravetla JR, Nanduri VS. A study of the health benefits of the Yoga Prana Vidya healing camp conducted at YPV Ashram in December 2022. *Int J Community Med Public Health*,2024;11:2312-6.
- Hegde S, Koorse S, Bhat K, Shirali C, Ashwin R, Nanduri VS. An outcomes study of a 3-day Yoga Prana Vidya (YPV) healing camp conducted in Sirsi, Karnataka in 2022. *Int J Adv Res Community Health Nurs*,2023;5(2):82-86. DOI: 10.33545/26641658.2023.v5.i2b.153.
- Reddy JN, Janani N, Ramya U, Nanduri VS. Self-care in health: Role of Yoga Prana Vidya healing protocols as complementary and alternative medicine. *Int J Integr Med Res [Internet]*,2023[cited 2023 Aug 6]:10(03):89-94. Available from: <https://www.ijoir.com/index.php/ijoir/article/view/ijoir127>
- Gupta V, Gupta M, Sharma K, Prajapati RC, Nanduri VS. The outcome of a Yoga Prana Vidya® health and healing camp conducted in Indri village, Haryana. *Int J Community Med Public Health*,2022;9:2124-8.
- Neravetla JR, Nanduri VS. Role of Yoga Prana Vidya (YPV) system in the successful management of metabolic diseases: A review. *J Nutr Metab Health Sci*,2024;7(4):136-140.
- Neravetla JR, Balaji AS, Shah SD, Atheeshkumar M, Nanduri VS. An experimental study of the effects on participants of the one-week Ashram-based YPV Arhat Yoga Intensive Program on their BMI, energy and stress levels, brain wave activity and heart rate variability (HRV). *Int J Yoga Allied Sci*,2023;12(1):13-30.
- Neravetla JR, Karnani V, Nanduri VS. Excessive body weight and fat: A study of the effects of Yoga Prana Vidya protocols and techniques in reducing body weight and waist circumference safely without medicines or surgery. *World J Adv Health Res*,2024;8(4):104-113.
- 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. *Int J Med Sci Acad Res*,2022;2(5):5-11.
- Sunkari M, Nanduri VS. A case of metastatic breast cancer treated successfully by using Yoga Prana Vidya (YPV) healing methods persistently as complementary medicine and patient self-belief. *Int J Med Sci Dent Res*,2022;5(4):37-44.
- Nathani P, Nanduri VS. A case of a 52-year-old female patient with gastroesophageal malignancy: Successful healing treatment using Yoga Prana Vidya (YPV) system protocols as complementary medicine. *Clin Med Health Res J*,2022;2(5):215-220. Available from: <https://cmhrj.com/index.php/cmhrj/issue/view/8>
- Saluja SK, Nanduri VS. A case of esophageal cancer stage 2 successfully healed using Yoga Prana Vidya protocols as complementary medicine. *Innov J Med Health Sci*,2022;12(10):2009-2013. Available from: <https://innovativejournal.in/index.php/ijmhs/article/view/3475/3051>
- Renuka MS, Nanduri VS. A patient case of adnexal mass with malignant cells healed successfully using Yoga Prana Vidya Energy Healing Techniques as complementary therapy. *Innov J Med Health Sci*,2023;13(2):2050-2055. DOI: <https://doi.org/10.52845/IJMHS/2023/13-02-1>.
- Pinjani R, Pinjani S, Nanduri VS. Experiences of a 50-year-old breast cancer survivor: Role of Yoga Prana Vidya protocols as complementary therapy to overcome trauma and side effects of cancer treatment. *Indian Cancer Awareness J*,2023;2:24-8.
- 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. *Int J Indian Psychol*,2020;8(3):374-390. DIP:18.01.047/20200803, DOI: 10.25215/0803.047.
- 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 J Psychol Educ*,2020;10(2):59-64.
- Harsora R, Nanduri VS. A quantitative research study of the effects of Yoga Prana Vidya healing intervention

- on fatigue and subjective happiness of a sample of university students. *World J Adv Pharm Med Res*,2022;3(2):025–037. Available from: <https://zealjournals.com/wjapmr/sites/default/files/WJA-PMR-2022-0047.pdf>.
20. Leelavathi N, Nanduri VS. Overcoming academic anxiety and depression using Yoga Prana Vidya healing protocols: A detailed case study. *World Wide J Multidiscip Res Dev*,2023;9(7):69-72.
 21. Karnani V, Reddy NJ, Balaji S, Nanduri VS. A study of the outcomes of a Yoga Prana Vidya wellness healing camp conducted at YPV Ashram in July 2022: Health improvements experienced by participants. *Indian J Ancient Yoga*,2023;16(2):59–71.
 22. Srinivasan G, Venkatakrisnan L, Sambandam S, Singh G, Kaur M, Janarthan K, John BJ. Current concepts in the management of acute pancreatitis. *J Fam Med Prim Care*,2016;5(4):752-758. doi: 10.4103/2249-4863.201144. PMID: 28348985; PMCID: PMC5353808.