



## A CASE OF HENOC SCHONLEIN PURPURA: SUCCESSFUL HEALING USING YOGA PRANA VIDYA (YPV) PROTOCOLS AS COMPLEMENTARY MEDICINE

<sup>1</sup>Aastha Maheshwari and <sup>\*2</sup>Venkata Satyanarayana Nanduri

<sup>1</sup>YPV Arhat Yoga Level3, Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally-635118, Tamilnadu.

<sup>2</sup>Consultant, Research & Publications, Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally-635118, Tamilnadu.

**Corresponding Author: Venkata Satyanarayana Nanduri**

Consultant, Research & Publications, Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally-635118, Tamilnadu.

Article Received on 22/06/2022

Article Revised on 27/07/2022

Article Accepted on 02/08/2022

### ABSTRACT

**Introduction:** Henoch-Schonlein purpura (HSP), also known as Immunoglobulin A (IgA) vasculitis, is a rare disease in adults compared with children. Proper diagnosis using the laid down criteria is important for successful treatment of this condition. This paper presents a case of a 25-year-old female who suffered this condition, and was cured using Yoga Prana Vidya (YPV) protocols as complementary medicine. **Method:** This paper uses case study method going through the patient's medical reports, YPV healer's interaction details with patient and patient feedback. **Results:** In this case of 4 months YPV intervention, the patient was getting relief from pain caused by this illness condition. Initially it was difficult to diagnose the patient's illness condition correctly, but a rheumatologist's diagnosis and prescription complemented by YPV healing cured this condition of HSP within 4 weeks. The pain and swelling disappeared completely and the red spots diminished. **Conclusion:** Yoga Prana Vidya (YPV) healing has proven as an effective complementary medicine for fast recovery, when the disease is correctly diagnosed and appropriate treatment is given. It has also been proven to cure some of the disease conditions as an effective alternative treatment modality where there was no treatment available in main stream medicine. Further research may be conducted using appropriate sample to gain more knowledge in this field.

**KEYWORDS:** Henoch-Schonlein purpura (HSP), Immunoglobulin A (IgA) vasculitis, Yoga Prana Vidya System ®, YPV ® Healing.

### INTRODUCTION

#### *Henoch Schonlein Purpura*

Henoch-Schonlein purpura (HSP) is a rare inflammatory disease of the small blood vessels (capillaries) and it is the most common form of childhood vascular inflammation (vasculitis) resulting in inflammatory changes in the small blood vessels. However, HSP can occur at any age. The symptoms of HSP usually begin suddenly and may include headache, fever, loss of appetite, cramping, abdominal pain, painful menstruation, hives, bloody diarrhoea, and joint pain. Red or purple spots typically appear on the skin.<sup>[1]</sup>

Inflammatory changes associated with HSP can also develop in the joints, kidneys, digestive system, and, in rare cases, the brain and spinal cord (central nervous system).

The exact cause of HSP is not fully understood, although research demonstrates that it is related to an abnormal response by the immune system or, in some rare cases, an extreme allergic reaction to certain offending substances (e.g., foods or drugs).<sup>[1]</sup>

A diagnosis of HSP is fairly easy to make if the classic rash, joint pain and gastrointestinal symptoms are present. If some of these signs and symptoms are missing, some lab tests such as blood and urine tests, biopsies, and imaging tests have to be done. HSP usually improves on its own within a month with no lasting ill effects. Bed rest, plenty of fluids and over-the-counter pain relievers usually help.<sup>[2]</sup>

Some studies on incidence of HSP in case of children are available, but scanty information in the literature is available in case of adults. A hospital-based study conducted in western India over a period of 7 years from 2013 to 2019 with a sample of 30 adult patients aged above 18 years found that male to female ratio was 2:1 with a mean age of 28 years.<sup>[3]</sup> Treatment and outcome analysis of this study showed average duration of Hospitalization was 7 days, with overall duration of illness of 12 days. Steroids were used as the mainstay of treatment and complete recovery of majority of patients was seen within 3 weeks.<sup>[3]</sup>

### Yoga Prana Vidya System

Yoga Prana Vidya System is a no-touch and a no-drug energy healing modality and can cure many physical or psychological health problems. It is an integrated and a holistic system which promotes happiness and good health at physical, emotional and mental levels using breathing, healing techniques, meditation and yoga. In the healing techniques, the healer removes the diseased, dirty or the used-up energy from the affected part and/or the affected chakrams of the patient and fills it up with fresh energy. The main advantage of using Yoga Prana Vidya healing techniques is, firstly that the patient need not be physically present in front of the healer as the healing can be done from a distance, and secondly, it can cure many psychological ailments too which are emotional or mental in nature.

Published literature of over 40 articles shows that, by using Yoga Prana Vidya (YPV) healing techniques, many cases have been successfully treated such as, some difficult medical cases<sup>[4]</sup>, Diabetes management & control<sup>[5]</sup>, removing arterial block in heart without surgery<sup>[6]</sup>, vision improvements for participants of an Eye Camp<sup>[7]</sup>, improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme<sup>[8]</sup>, Role of Yoga Prana Vidya in first aid and emergency<sup>[9]</sup>, improvements of health and immunity of

senior citizens<sup>[10]</sup>, speedy recovery of COVID patients<sup>[11]</sup>, treatment of hypothyroidism<sup>[12]</sup>, Lowering academic anxiety and enhancing academic performance of high school children<sup>[13]</sup>, saving life of a snake-bitten human female<sup>[14]</sup>, improvements in the cognitive abilities and social behaviour of mentally challenged children<sup>[15]</sup>, managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy<sup>[16]</sup>, healing treatment of a female patient suffering from kneecap dislocation.<sup>[17]</sup> A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners<sup>[18]</sup>, and significant reduction in anxiety and depression in corporate employees.<sup>[19]</sup>

### CASE REPORT

#### Patient background

A female aged 25 years and resident of Ahmedabad (Gujarat, India), had extreme body pain started in the middle of February 2022 and she visited a hospital to see a doctor. After consultation the doctor gave an injection and some medicines. On the next day red spots observed on both legs (see figure 1). The patient thought of it as allergic reaction of injection and medicines and she consulted another doctor for a second opinion and took medicines for allergy.



Fig 1:

(a)

(b)

#### YPV intervention

Meanwhile the patient contacted a YPV healer for healing service to treat the condition on the legs. The YPV healer started giving healings to the patient from 26<sup>th</sup> Feb 2022 and frequency was 2 sessions per day, and duration of each session was 30 minutes. The YPV healer used the protocols of Healer Development Protocol (HDP1) in affected part, Liver, Kidneys, Spleen, Tonsils, Lymphatic System, Respiratory system was covered in healing.

#### Other medical treatments attempted by the patient

As the days passed the spots were still persisting. She then consulted a dermatologist who stated that the reason behind the spots was bursting of small blood vessels. Due to the given YPV healings, the spots and associated pain used to reduce somewhat. Yet the spots used to reappear within 4 to 5 days. The YPV healings given were helping in reducing the pain and the spots.

The patient attended one family function, which led to severe swelling on foot with excessive pain and whole leg full of red spots due to which she was unable to walk or stand. She visited a skin specialist, and he stated the reason to be some infection in leg and started medications.

She consulted another dermatologist on 18<sup>th</sup> May 2022, and he stated that it is H.S. Purpura. He started treatment with some medicines that resulted in swelling and pain in both feet and pain in joints too. The throat, respiratory system was affected too. Doctor prescribed antibiotics for the same. At first, she was reluctant to take so many medicines, but this throat infection had become the root cause of re-appearing of the H.S. Purpura.

There was still no improvement in the pain. She then consulted an ENT Specialist and after examining her he said her pains were not due to tonsils or any kind of infection, but due to the steroids which she was taking

from dermatologist. Such a widely varying medical opinions by several doctors caused much confusion to the patient with further worsening of her condition.

At times the YPV healer received urgent requests from the patient to give healings whose condition was extremely bad, which was promptly attended to. The patient was able to experience immediate relief from the pain and swelling. The healings were helping her to manage her daily routine. The condition did not get worse, but used to diminish to some extent. Subsequently the condition used to resurface due to infection.

#### **Diagnosed as Henoch Schonlein Purpura (HSP)**

At this stage she stopped all medicines which resulted in increase in red spots with severe pain and she was unable to walk. She then consulted a rheumatologist who carried out all needed investigations and biopsy. The

rheumatologist finally confirmed that it was a case of HSP and started medication. Simultaneously YPV healing worked as complementary medicine accelerating the treatment.

After a suffering of 4 months, she started recovering. Red spots have reduced drastically, even though they appear now and then, but frequency has decreased, while simultaneously taking healings and medicines. The pain has reduced by more than 70% and the swelling had gone totally.

The regular healings given to her maintained good progress enabling her to return to normal conditions {see figures 2 (a) (b) (c) and (d)}. The healings continued upto 30th June 2022 that helped her in recovering not only from the H S Purpura, but also kept a check on not spreading the infection into her entire body.



**Fig 2:** (a)



(b)



**Fig 2** (c)



(d)

#### **Patient Feedback (email dated 18 July 2022):**

“I am XXXX from Ahmedabad, Gujarat.

I had viral infection in month of February and then after 2 days I observed Red spots on lower body (both legs) then I consulted different field doctors but I can't rid of this Red spots and even I got terrible pain with swelling on different parts of foot in different time intervals and I couldn't able to walk.

Then I contacted -XXX--- for healing and she started giving healing and I got relief in pain and swelling but red spots used to occur and disappear and then I consulted rheumatologist. After the investigations, I got to know that I'm suffering from H.S purpura. Now I don't have any joint pain and swelling on foot and able to walk

and Red spots occur and disappear but intensity is much less than before.

I'm very much thankful to --XXX--for giving healing using yoga prana vidya modality.

Thanks and regards  
XXXX”

#### **DISCUSSION**

Presently known as Immunoglobulin A (IgA) vasculitis, and formerly known as Henoch-Schönlein purpura, it is defined as a systemic, immune complex-mediated, small-vessel leukocytoclastic vasculitis characterized by nonthrombocytopenic palpable purpura, abdominal pain,

and arthritis. IgA vasculitis occurs in 3.0 to 26.7 out of 100,000 children and 0.8 to 1.8 out of 100,000 adults each year.<sup>[20]</sup> Some confusion in the diagnosis of this condition can arise, hence the diagnosis of HSP is to be done using American College of Rheumatology-1990 criteria and EuLAR/PRoS – 2006 criteria.<sup>[21]</sup>

HSP being one of the most common vasculitis of the children and some adults, and its classic presentation of palpable purpura, arthritis, abdominal involvement made the diagnosis possible by the rheumatologist in this case. Joint involvement was absent. Also, there were no renal issues. YPV healing was reducing the intensity of the condition in terms of the pain in earlier stages, but the underlying cause was addressed by the treatment given by the rheumatologist. This treatment supported by YPV healing jointly enabled the cure for this condition completely.

## CONCLUSION

YPV healing system has been established as a successful complementary medicine in many cases of medical treatment. It has also been proven to cure some of the disease conditions as an effective alternative treatment modality where there was no treatment available in main stream medicine. Further research may be conducted on this topic using appropriate sample size to gain more knowledge on the utility of YPV healing system to cure.

## ACKNOWLEDGEMENTS

Grateful thanks to Sri Ramana Trust for permission given to use their copyright terms Yoga Prana Vidya System ® and YPV®, and to the patient for sharing case details for this article under condition of anonymity.

## Conflicts of Interest

None

## Funding

Nil

## REFERENCES

1. National Organization for Rare Disorders (NORD). Henoch-Schonlein Purpura. Available from <https://rarediseases.org/rare-diseases/henoch-schonlein-purpura/> 2015.
2. Omicsonline. Henoch-Schonlein purpura . Available from <https://www.omicsonline.org/india/henochschonlein-purpura-peer-reviewed-pdf-ppt-articles/2022>.
3. Nevrekar RP, Bhandare p, Khandeparkar A. Clinical spectrum of Henoch-Schonlein purpura in adults: A Hospital based study. Journal of the Association of Physicians of India, 2022; 70(02).
4. 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 Sci Eng Res, 2019; 10(7): 882-8877.
5. 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; 10(2).
6. 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/>
7. 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>.
8. 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.
9. 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.
10. Nanduri VS. Effectiveness of Yoga Prana Vidya practice protocols for health improvements and boosting immunity of seniors – A review. J. Bio. Innov, 9(4): 583-588, 2020 |ISSN 2277-8330 (Electronic).
11. 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>.
12. 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.
13. 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, July 2020; 10(2): 59-64. ISSN -2231-1432.
14. Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: successful treatment using yoga prana vidya (YPV) healing system, 2021; 5(01): 101-110 <http://dx.doi.org/10.51505/ijmsmr.2021.5111> DOI: 10.51505/ijmsmr.2021.5111.
15. 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>.
16. 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*, 30 Oct 2021; 2(05).
  17. 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*, 2021; 3.11: 15-20.
  18. 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>.
  19. 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.
  20. Reamy BV, Servey JT, Williams PM. Henoch-Schönlein Purpura (IgA Vasculitis): Rapid Evidence Review. *Am Fam Physician*, 2020 Aug 15; 102(4): 229-233. PMID: 32803924.
  21. Adhikari P. Henoch-Schonlein Purpura Successfully Treated with Dexamethasone: A Case Report of Six-Year-Old Female. *J Med Res Innov*, 2018; 2(1): e000095. DOI: 10.15419/jmri.95.