

A CASE STUDY OF SUCCESSFUL TREATMENT OF VARICELLA-ZOSTER VIRUS (CHICKENPOX) INFECTION USING YOGA PRANA VIDYA HEALING

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ABSTRACT

Introduction: Varicella-Zoster virus or chickenpox is a highly contagious skin infection which produces itchy rashes with pink spots and fluid filled blisters all over the body which when dried up, leaves marks all over the body. This paper describes a case of chickenpox successfully treated by Yoga Prana Vidya healing techniques.

Material and Method: This paper presents a case study of a patient with chickenpox, who was treated by applying Yoga Prana Vidya (YPV) Healing protocols, using patient feedback and data from medical records. **Results:** After one YPV healing session, the fever and body pain came down, and within 7 days the blisters all over the body reduced significantly. The patient then continued with other suggested Yoga Prana Vidya practices like breathing exercises which helped him getting rid of the marks of the blisters and also enabled him to go back to work soon.

Conclusion: It is observed that Yoga Prana Vidya healing has been found to be effective in treatment of contagious skin ailments like chickenpox owing to its holistic and integrated nature which includes breathing exercises, physical exercises, meditation techniques and forgiveness sadhana besides energy healing protocols. It is recommended to conduct further studies on a larger scale for the YPV healing of skin related cases such as chickenpox.

KEYWORDS: Varicella-zoster virus, chickenpox, energy healing, yoga prana vidya system ®, YPV®.

INTRODUCTION

Varicella-Zoster Virus Infection (Chickenpox)

Chickenpox is a highly contagious skin infection caused by Varicella-Zoster Virus which causes rashes that itch causing fluidic blisters all over the body. These pinkish red blisters if popped or irritated, leave marks all over the body and also risk the spread of infection to others due to the leakage of the fluid. Chickenpox is more common in children and, once detected and cured, develop immunity towards the virus. Once cured, it is unlikely for a person to get chickenpox once again.^[1] The common symptoms of chickenpox include high fever, body aches and pains, loss of appetite, headache, running nose and sneezing and tiredness.

Chickenpox can spread very easily through direct contact with a person who is already infected. It can also spread by touching the objects the infected person has already touched. If someone who has chickenpox sneezes or coughs, it can spread easily through the air. Chickenpox is contagious from 1 to 2 days before the blisters appear till they dry up. Owing to the high contagious nature of the disease, it is advised for the patient having

chickenpox to isolate themselves from the rest of the family members and others to avoid its spread.

Various treatments are available to help reduce the itching nature of these blisters. There are antiviral medications used for treatment of chickenpox. The medication works best if it is given as early as possible, preferably within the first 24 hours after the rash starts.^[2]

Most commonly used are the home remedies like increasing the intake of liquids in diet to help flush out the infection from the body, application of neem leaf paste, taking cold showers with baking soda, wearing loose cotton clothes etc.^{[3][4]}

Yoga Prana Vidya (YPV)

Yoga Prana Vidya is a no-touch, no-drug energy healing therapy which utilizes prana or chi to heal various ailments physical and psychological in nature. YPV is an integrated and a holistic system which recommends a person to practice physical exercises, breathing exercise, forgiveness sadhana and meditation techniques along with healing procedures to get rid of any health, relationship or financial issues. Yoga Prana Vidya does

not intend to replace any other form of healing modality like Ayurveda, Homoeopathy, Allopathy etc. It works complimentary to accelerate the healing process of the body and increase the rate of recovery of the patient. Yoga Prana Vidya also takes into account healing of the emotional and the mental faculties of a patient as the root cause of most of the physical ailments is psychological in nature. This makes YPV healing techniques one of its kind and helps in overall physical, emotional and mental well-being of the person. Some published literature show examples of effectiveness of YPV in the treatment of some difficult medical cases^[5], Nephrotic syndrome^[6], Urinary Fistula^[7], Post-Herpetic Neuralgia^[8], Exostosis of ear without surgery^[9], Managing pain and side effects of Chemotherapy^[10], Sacralization of L-5 vertebrae^[11], and Status epilepticus.^[12]

Yoga Prana Vidya involves healing of the energy body or the *pranamaya kosha*. The energy body is located around the visible physical body and extends several inches beyond the physical body. This energy body consists of chakrams or energy centres which absorb the energy and also expel the diseased, used up and dirty energy from the system. By healing of the affected part of the physical body and by balancing these energy centres or chakrams, various ailments can be cured. The energy body anatomy consists of the inner aura, health rays and the outer aura. By using a GDV (Gas Discharge Visualization) camera, the aura of a person can be obtained as shown in Fig 3.

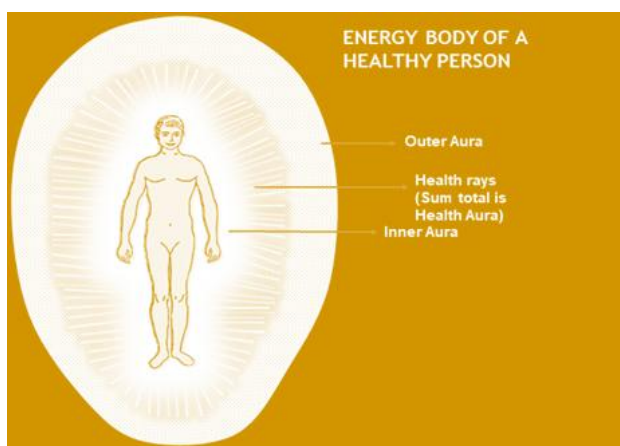


Fig. 1: Energy body of a healthy person.

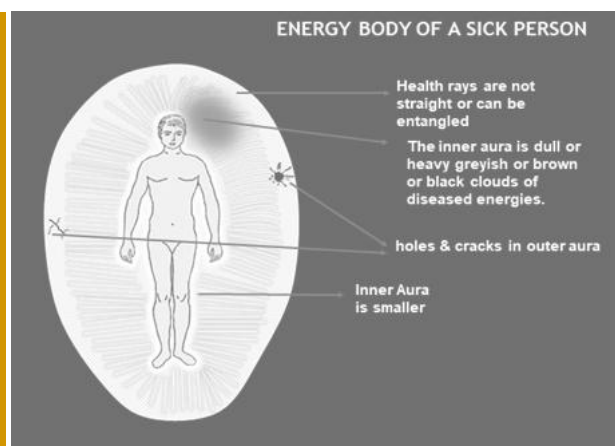


Fig. 2: Energy body of a sick person.

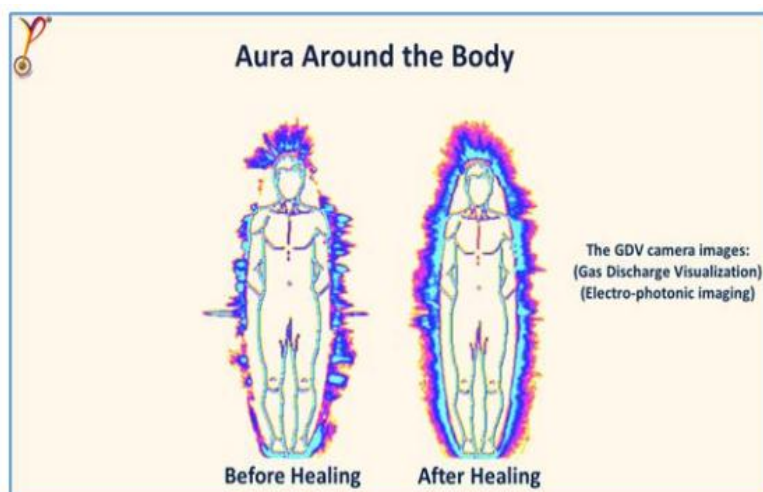


Fig. 3: Aura of a person captured using the GDV camera.

Thus, as shown in Fig.1 and Fig. 2, by analysing and comparing the energy body anatomy of a healthy person with a sick person we notice that any changes in the inner aura of a person, entangled or damaged health rays or any presence of holes and cracks in the outer aura of a person indicate that the person is sick and needs treatment. YPV healers are trained in scanning of the

inner and outer aura, chakrams of a patient using their palms and fingers.

Apart from the above anatomy of the energy body, as shown in Fig. 4, the pranamaya kosha has 11 major chakrams (shown) and many mini and minor chakrams. Each chakram has a special function and controls a particular part or organ of the body.

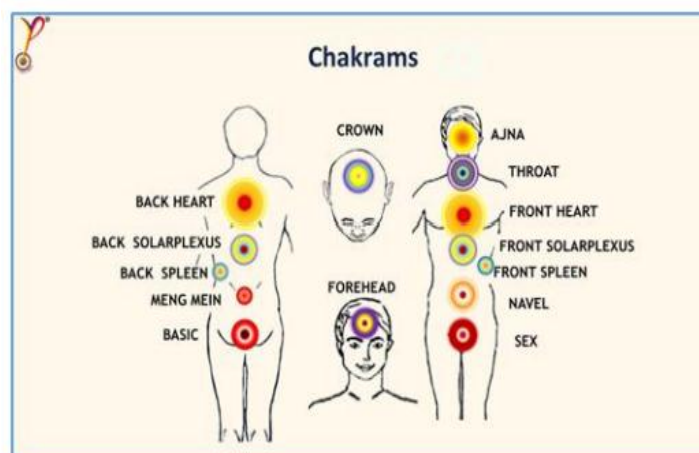


Fig. 4: Chakrams or energy centres.

Chakrams controlling skin ailments

Various chakrams control and energize the body and skin. The basic chakram is the most important chakram that strengthens the all organs and controls the skin. Apart from the basic chakram, the navel and the solar plexus chakrams control the digestion, assimilation and excretion system in the human body and hence contribute to the health of the skin. The spleen chakram is responsible for purification of the blood and assimilation and distribution of energy and hence also is important for treatment of skin related issues. The skin ailments can also be due to emotional imbalances hence healing of the solar plexus chakra using YPV L3 techniques becomes of utmost importance. The heart centre and the thymus gland help in maintaining higher emotions strengthening the thymus gland and thereby increases the immunity of the person. Lastly, the ajna chakram controls the pituitary gland and the endocrine system and also controls all the chakrams hence needs to be treated in case of skin related ailments.

Healing involves cleaning the diseased, used up and dirty energy from the affected part and the chakrams and filling it with fresh prana from the environment thereby balancing the above chakras and resulting in recovery of the patient. This is done either physically in front of the patient or even at distance hundreds or even thousands of Kilometres away.

Method

This paper uses a case study method analysing the condition of the patient pre and post YPV intervention and obtaining detailed feedback from the patient.

CASE REPORT

Pre-YPV condition of the patient

A 27-year-old male was suffering from chickenpox. He got admitted to the hospital due to high fever and intense body pain. The doctor prescribed few medicines but the patient did not find any relief hence after two days got discharged with the same condition.

YPV intervention

Thereafter, the patient approached a known Yoga Prana Vidya healer for healings on the 3rd day of the ailment. The healings were given for 7 days. After 7 days of healing, the patient diligently continued with breathing exercises suggested by Yoga Prana Vidya healer for additional 7 days. The patient was receptive to the healing energies, and had further learnt the YPV L1, L2 and L3 healing courses along with Arhat Yoga Preliminary course.

Result Post-YPV healing

After approaching the YPV healer for the healing, the healings were immediately started. Within the first day itself, fever reduced significantly and there was no body pain. The patient informed that there was around 80% improvement seen after the first day of healing. Hence the patient decided to discontinue with the antibiotics prescribed by the hospital doctor and only get treated by the YPV healing protocols. There was a gradual reduction in the boils and irritation of the blisters as the healing continued for 7 days. Post 7 days, the patient was completely recovered however he continued with the breathing exercises as suggested. The patient further confirmed that the marks of the blisters and rashes reduced significantly due to the breathing exercises done daily for 7 days. Moreover, none of the other family members got infected with chickenpox.

Report from the patient is reproduced here. "My health was not good. There was too much body pain and I had high fever. In the first two days, I got admitted to the hospital, but did not see any recovery so I got discharged and informed my friend for healings. I saw immediate improvement as my fever reduced completely and I had no body pain. Having seen the result after the first day of healing, I discontinued with the medicines prescribed by the doctor. I was around 80% better and the blisters also started falling and reducing. Hence, I decided to continue with the healings for 7 days. Additionally, I also used to apply neem leaf paste on the blisters for relief from irritation and itching. After 7 days, I continued with the breathing exercises which were taught as a part of the

course. Yoga Prana Vidya has made several changes and improvements in my life, especially after learning YPV course. My business condition has improved, health has improved and relationships in my house has also seen a lot of improvement. The stress and discomfort within my family members has reduced a lot. Hence I recommended my brother and other family members to learn YPV and even practice it for good health and happiness.”

DISCUSSION

Some studies reported an outbreak of chickenpox that occurred in the early winter season. A certain setting for the spread of chickenpox infection was the low ambient temperature in winter, and people living in proximity contribute to the rapid transmission of the virus.^[13] In India, many preparations of vaccine are available in the private sector and as per recommendation, the first dose should be administered at 15 months of age followed by the second dose at 4–6 years of age. A minimum of 86%–91% vaccination coverage is needed to develop herd immunity to stop outbreaks. The inadequate vaccination coverage, low ambient temperature during winters together with overcrowding, and the poor hygiene practice of the population causes the natural spread of the virus within the community. Although the outbreaks reported were small, it shows low awareness of the varicella vaccine in the general population.^[13]

CONCLUSION

From this case report it is evident that Yoga Prana Vidya Healing techniques can effectively heal contagious skin ailments like chickenpox without the need of touching it or physically being present in front of the patient. If chickenpox is not treated on time and properly, there is a risk of it spreading to the family members and whoever comes in contact with the patient. There are various other modalities for treating chickenpox, however in this case application of Yoga Prana Vidya healing protocol for skin ailments and YPVL3 healing techniques along with application of neem leaf paste proved to be the best appropriate and safest way of recovery from chickenpox.

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Conflicts of Interest

None.

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