



SERIOUS BURN CASES: SUCCESSFUL TREATMENT USING YOGA PRANA VIDYA (YPV) HEALING SYSTEM

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ABSTRACT

Introduction: Research estimates indicate that over 70 lakh burn cases occur in India annually of which 1.4 lakh die of burns, and around 4 out of 5 cases are women and children. Burns are the fifth most common cause of non-fatal childhood injuries. This study presents two complicated burn instances of a patient occurred in different years. The 1st instance was Complete left side of body was burnt due to fire cracker burst, and the 2nd instance caused by hot coffee falling on the body (near right side of the shoulders). The patient sought help from Yoga Prana Vidya (YPV) healers for treatment. **Main symptoms & clinical findings:** This paper uses case study method with data collected from detailed records of the patient's health conditions pre and post treatments using YPV healing system, as well as follow-up interview of the subject. **Therapeutic interventions & outcomes:** In the 1st instance a YPV healer healed the patient directly on the accident day and from next day distant healing was given every day for 4 months and patient also started doing self healing after few days. In 2nd instance the YPV healer did distance healing for 20 days. Analysis of data show positive results of improvements obtained with YPV healing method used by healers. **Conclusion:** The evidence gathered in these instances shows that YPV healing can be used successfully to manage burns and also to reduce its effects like burning sensations, marks on skin, pressure and discomfort if immediate healing is given and continued till complete healing. Prompt YPV Healing treated the patient thereby avoiding any infection and burnt marks in the body.

KEYWORDS: Burn case, Fire cracker accident, Yoga Prana Vidya System®; YPV®.

INTRODUCTION

Burn Cases

The World Health Organization (WHO) states that burns are a serious public health problem. An estimated 180,000 deaths occur each year from fires alone, with more deaths from scalds, electrical burns, and other forms of burns, for which global data are not available.^[1]

A burn is an injury to the skin or other organic tissue primarily caused by heat or due to radiation, radioactivity, electricity, friction or contact with chemicals. Skin injuries due to ultraviolet radiation, radioactivity, electricity or chemicals, as well as respiratory damage resulting from smoke inhalation, are also considered to be burns.

Most burns are due to heat from hot liquids (called scalding), solids, or fire. While rates are similar for males and females the underlying causes often differ. Among women in some areas, risk is related to use of open cooking fires or unsafe cooking stoves. Among men, risk

is related to the work environments. Alcoholism and smoking are other risk factors. Burns can also occur as a result of self-harm or violence between people.^[1]

Burns are classified as first, second, third-degree, or fourth-degree depending on how deeply and severely they penetrate the skin's surface.^[2] Burns that affect only the superficial skin layers are known as superficial or first-degree burns. They appear red without blisters and pain typically lasts around three days. When the injury extends into some of the underlying skin layer, it is a partial-thickness or second-degree burn. Blisters are frequently present and they are often very painful. Healing can require up to eight weeks and scarring may occur. In a full-thickness or third-degree burn, the injury extends to all layers of the skin. Often there is no pain and the burnt area is stiff. Healing typically does not occur on its own. A fourth-degree burn additionally involves injury to deeper tissues, such as muscle, tendons, or bone. The burn is often black and frequently leads to loss of the burned part.

Burns are generally preventable. Treatment depends on the severity of the burn. Superficial burns may be managed with little more than simple pain medication, while major burns may require prolonged treatment in specialized burn centers. Cooling with tap water may help pain and decrease damage; however, prolonged cooling may result in low body temperature. Partial-thickness burns may require cleaning with soap and water, followed by dressings. It is not clear how to manage blisters, but it is probably reasonable to leave them intact if small and drain them if large. Full-thickness burns usually require surgical treatments, such as skin grafting. Extensive burns often require large amounts of intravenous fluid, due to capillary fluid leakage and tissue swelling. The most common complications of burns are infections. Tetanus toxoid should be given if not up to date.^[1]

Yoga prana vidya (YPV) system

Yoga Prana Vidya System is an integrated and holistic system of healing and treating a wide range of physical and mental health conditions. It integrates the science of breathing, healing, meditation etc., to provide a holistic wellness solution. It works around all four aspects of being – Physical, Emotional, Mental and Spiritual. YPV empowers an individual to self-heal and unleash their full potential by enabling them to overcome any blocks, tapping into their unexplored and un-actualized resources. The participants are taught techniques such as – Simple physical exercises, Rhythmic Yogic Breathing, forgiveness and peace meditation, values and principles of the practice of healing techniques. Thus, YPV is an integrated and holistic system of healing and evidence shows that it has been used successfully as complementary and alternative medicine to treat hundreds of cases of several physical and psychological illnesses including some difficult medical cases. There are over 30 published research articles of successful applications of Yoga Prana Vidya. Some examples are: difficult medical cases,^[3] Treatment of diabetes,^[4] vision improvements,^[5] improvements of wellbeing and immunity,^[6] cases of first aid and emergency,^[7] health improvements of senior citizens,^[8] speedy recovery of COVID patients,^[9] and anxiety and depression.^[10] Yoga Prana Vidya system is no-touch no-drug healing process which can be delivered by a trained healer to not only proximally seated patient, but also one who is situated at a distance of hundreds or even thousands of Kilometers

away. Some simple techniques of YPV have become very popular with patients because of the simplicity and ease with which pain reduction in any part of the body is achieved quickly and with sustained results for patients.

CASE REPORT

Main symptoms & clinical findings

1st Instance of the case

The patient was a 45-year-old housewife. The event took place on 27th Jan 2012 morning when the patient finished bath and was filling the firewood to boil the water for others. She did not notice that one carton box had fire crackers and she thought the box was empty and put it inside the fire. Suddenly it exploded and accidentally the patient caught fire from the crackers and almost the left side of her body got burned. [see figures 1 (a) and 1(b)]. Immediately she was taken to a local private hospital, on the way, family members contacted a senior YPV healer for healing. By the time the healer reached hospital, patient was on drips. Patient was complaining of burning sensation and also pain in the body. Healer Started healing on patient there in hospital itself. This session was of about 30 to 40 minutes. Repeated cleaning and energizing of affected parts were done with appropriate Pranic energies and patient started feeling substantial relief from burning sensation and also from pains. Patient got discharged from the hospital the next day and distant healing began on her from healer daily 2 to 3 sessions. Initially for about 4-5 days, sessions would last for about 20 or 30 minutes. After 4 to 5 weeks of daily healings, pains were substantially reduced; patient started healing herself under the guidance of Healer. Healer was giving additionally daily one session of about 20 minutes.

After 3 to 3 ½ months of healing, patient was much better (see Figure 2) and also now the patient started doing PPM (Planetary Peace Meditation). In this healing, except for that drips she took Silverx ointment for first one week, there was no other medical intervention was done in this case. This case shows that YPV healing can be used to manage burns and also to reduce its effects like marks on skin, if immediate healing is given and continued till complete healing. Swelling of face and hands also disappeared after full healing. Also, no infection was found on the wounds.



Fig. 1: (a): Face burns. Fig. 1: (b): Hand burns (pictures taken on 1st February 2012).



Fig. 2: Pictures of face and hand after healing (picture taken on 22-06-2012).

Second instance of the case

At this instance the patient was 53 years old. On 05 May, 2020, the patient got this burn on chest area due to spilling of hot coffee when one of her family members was serving coffee. Patient was sitting on a chair and while picking coffee cup from the tray held by her family member who was standing, coffee got spilled on patient's chest area. She immediately did self-healing. But due to burning and pain, she also contacted senior healer for healing. Healer also started healing her immediately. Several healing sessions were given on the

first day. Then onwards healing was regularly done for her daily. Slowly her condition started improving day by day as shown in pic (see Figure 3). In this case there was no medical intervention in any form and only yoga prana vidya healing was given. After 4-5 days when burning and pain substantially reduced, patient also started doing self-healings while healer also continued healings to her. By the 29th of May 2020, there was a lot of improvement with no pain or no burning sensation. It was observed that the skin got regenerated where it got burnt previously.



Fig. 3: Collage of improved wound pictures.

DISCUSSION

Analysis of the patient's health condition in both instances and medical case documents pre and post treatment show positive results of improvements obtained with YPV healing method used by healers. After few days of healing burnt marks, pain, burning

sensation started to fade off. It is observed in this case study that, the YPV system healing in distance mode worked well in decreasing the burning sensation, pain and discomfort of the wounded area.

Yoga Prana Vidya (YPV) healing protocols apply the bio-field energy principles to direct abundantly available

Pranic energy to chakras and organs of human body to heal for recovery from various ailments, including infectious diseases.^[3] Scientists in US recognized that healing practices that purport to sense and modulate “Subtle energies” of the body have existed for thousands of years in a wide range of cultures.^[11] This family of practices, which includes healing touch (HT), Johrei, Pranic Healing, Reiki, Qigong and Therapeutic Touch (TT), is increasingly referred to as Biofield Therapies, a term coined during the US National Institutes of Health Conference in 1992.^[12]

When assessing clinical effectiveness of Biofield therapies, it is important to recognize main distinctions in the manner they are practiced. Biofield therapies may be delivered either proximally (with the practitioner and the receiver in the same room) or distally (with the practitioner and receiver not in the same room; in some cases, separated by hundreds or even thousands of miles). This latter form of distal treatment, is usually called distant healing or distance healing which is the method followed by the healers in this case.

Distance Healing Intention Therapies (such as the one in this case) have been subjected to scientific scrutiny. In a research review article titled “Distant Healing Intention Therapies: An Overview of the Scientific Evidence”, Dean Radin, Marilyn Schlitz and Christopher Baur (2015) provided a broad overview of “Distant Healing Intention” (DHI) therapies, i.e. intentional healing modalities claimed to transcend the usual constraints of distance through space or time.^[13] Their study includes a summary of previous reviews and meta-analyses that have explored a diverse array of DHI modalities, outcome measures, and experimental protocols. Their study concluded that some significant experimental effects of distance healing (DHI) have been observed.^[13] A device known as GDV(GDV (Gas discharge visualization Visualisation) camera or Bio-field camera is available for measurement of energy levels of Chakras and some body parts to diagnose the health condition of a person.^[14]

YPV System of Healing is based on the fact that the human body has the ability to heal or normalize itself at a certain rate. By increasing the energy level of the affected part or the entire body, the rate of healing can be accelerated several times, there by resulting in fast recovery. Distant healing protocols are being very successfully practiced when patients from any location seek healing help from a healer located elsewhere. Numerous patient feedback reports are documented and available in Yoga Prana Vidya Ashram archives and are verifiable. YPV healing process being integrated and holistic, offers a much greater scope to heal patients’ physical and mental conditions.

CONCLUSIONS

With the expertise gained after decades of experience in energy healing, and evidence gathered has shown that

YPV healing system has been found very successful as complementary to mainstream medicine in successfully handling emergency cases (such as burns in this case) and also various types of illnesses, with speedy recovery of patients. Yoga Prana Vidya System is a science of Healing that is integrative and holistic. These protocols and techniques can be learnt under a certified YPV Trainer, and practiced by all concerned in healthcare.

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Conflicts of interest

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