

## Case Report

# Successful healing and recovery of a COVID-19 female patient using Yoga Prana Vidya advanced Protocols as complementary medicine: An in-depth case study

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## Abstract

**Introduction:** The second COVID-19 wave in March-April 2021 had overwhelmed the healthcare system, leaving hospitals struggling to cope and critical drugs and oxygen in short supply. Although several therapeutic agents have been evaluated for the treatment of coronavirus disease 2019 (Covid-19), no antiviral agents have yet been shown to be efficacious. Yoga Prana Vidya (YPV) System, distal healing has been found to be effective in boosting patient immunity, and overcome the life-threatening Coronavirus infusion (ARDS; Acute Respiratory Distress Syndrome) of the human respiratory system.

**Materials and methods:** This was an in-depth case study of a 27-year-old female COVID-19 hospitalized patient who was critically ill with ARDS with 75% lung injury. She had no co-morbid conditions. A YPV healer was approached to render distal healing of this patient.

**Results:** Within the first 5 days of intense healing, the patient experienced considerable improvements observed by D-Dimer tests, WBC and platelet count values. After 15 days of healing the patient tested COVID negative and discharged after 19 days.

**Conclusion:** YPV distal healing has been established as a complementary and alternative mode of treatment for many cases of illnesses and in particular in large number of cases of treating novel coronavirus disease. YPV offers great scope to conduct full scale research studies to scientifically validate through randomized controlled trials with appropriate sample sizes.

## Key words

COVID-19, ARDS (Acute Respiratory Distress Syndrome), Yoga Prana Vidya, YPV healing, Patient recovery.

## Introduction

### COVID-19

In India, highest number of cases in a day were 4,14,188; reported on 7 May 2021, when the COVID-19 2<sup>nd</sup> wave spiked. Since last few weeks of September 2021, daily cases are showing declining trend; and on 29 September, 18870 cases were reported. Currently, India reports 23,714 cases per million (7DMA) [1]. The second wave in March-April 2021 has overwhelmed the healthcare system, leaving hospitals struggling to cope and critical drugs and oxygen in short supply. Although several therapeutic agents have been evaluated for the treatment of coronavirus disease 2019 (Covid-19), no antiviral agents have yet been shown to be efficacious. (Beigel et al, 2020) [2].

### Yoga Prana Vidya (YPV) healing protocols for COVID-19 patients

At the height of the first wave in India from March 2020 Yoga Prana Vidya Healers successfully healed and documented 11 cases reported with speedy recovery [3]. YPV healers used advanced distal healing protocols and techniques of YPV psychotherapy, infection control and cleansing of lungs and respiratory tract of patients with successful results. Subsequently up to the start of second wave from March 2021, successful YPV healing of a sample of 412 documented COVID cases (out of over 1600 treated cases) were analyzed and outcome case paper was presented at a conference, and is under a review for publication [4].

This paper presents an in-depth study of a case of a 27-year-old female hospitalized patient with a critical condition of 75% lung damage, showing how YPV healing was executed at the right time saving the life of the patient who totally recovered within 3 weeks of sustained YPV healing.

## Materials and methods

This was an in-depth case study of a 27-year-old female COVID-19 hospitalized patient who was critically ill with ARDS with 75% lung injury. She had no co-morbid conditions. A YPV healer was approached to render distal healing of this patient. The data acquired for this study consisted of healer's notes, hospital records, lab reports, patient and relative interviews on the facts of the case.

### Case report

Patient name withheld for reasons of confidentiality. Gender: Female, Age: 27, Resident in Ahmedabad, Gujarat, India.

### Patient's pre-COVID medical history

Patient didn't have any disease or any symptoms prior to the onset of COVID that was confirmed with a RT-PCR test on 27<sup>th</sup> April 2021. Patient was otherwise a normally healthy person.

### Symptoms and hospitalization events

Initially she had high fever, and no other symptoms. On 28<sup>th</sup> April 2021 she came to know that she was COVID positive. On 30<sup>th</sup> April she

was admitted in the hospital. At the time of admission to hospital, the patient had high fever, but there were no other symptoms of weakness or any breathing problem. She was admitted because she tested covid positive. Also, CT scan and blood tests were done before the admission on 30<sup>th</sup> April, 2021. The CT scan showed 75% lung injury (Severe Acute Respiratory Distress Syndrome: ARDS). The patient stated that there were no breathing problems initially, but after the medicines were started, she developed breathing problems; after she was admitted and started on medicine. Weakness was there initially, loss of appetite and there was no taste during the time of admission. She was put on an oxygen mask because of low oxygen saturation. Treatment and medication given in the hospital were: Initially oxygen therapy, fluids and injections and normal medication like Paracetamol, antibiotics, anti-viral and anti-fungal and antacid. She was given some doses of Remdesivir.

Her condition started deteriorating after 2- 3 days from admission, (around the 2<sup>nd</sup> of May). Doctors cautioned that she might not survive as the lung injury was more than 75% and her oxygen saturation was very low. Her condition was critical and kept on ventilator from 3<sup>rd</sup> May 2021.

### **Yoga Prana Vidya (YPV) healing done**

When the patient's relative came to know about the patient's situation on the 2<sup>nd</sup> of May, he immediately asked the YPV healer (Rahul Prajapati) to start healing for her. The healer started distal healing immediately and they saw the results within 2-3 days, she was improving steadily. It was like a miracle; nobody was even believing how she recovered from such critical condition. The YPV healing was given from 2<sup>nd</sup> of May 2021 to 18<sup>th</sup> of May (Total 17 days).

The YPV healing protocols used were: (1). YPV Psychotherapy to relieve the patient from anxiety, fear of COVID threat and mental and emotional stress arising out of sickness and hospitalization , (2) Infection protocol, to control

viral infection, (3) Thorough cleansing of lungs and respiratory tract, throat chakra and secondary throat chakra ; and energizing the same using color Pranas, (4) All chakras cleaned thoroughly and suitably energized, (5) Securing to sustain energy level of lungs and throat, and (6) lastly frequent Aura Cleaning at regular intervals of 2 hours. Full healing was given thrice daily initially for 5 days followed by healing twice daily and additionally with divine group healing. Each healing session took approximately 20 minutes duration.

## **Results**

### **Final Outcome**

Patient Condition started improving from 5 May 2021. On 18-05-2021, she tested COVID negative, and was discharged on 21<sup>st</sup> May 21.

### **Analysis of Medical Lab reports**

An analysis of the D-Dimer values, WBC and platelet counts is made and presented below to visualize cardinal points on the path of patient recovery vis-vis YPV healing given.

D Dimer Values were given in **Table - 1** and shown graphically in **Figure - 1**. D-Dimer is a value that indicates risk of blood clots. A D-Dimer value of less than 500 is considered safe. It is observed from the graph in **Figure - 1** that within 5 days of intense YPV healing, the D-Dimer values reduced by 54%, after further 12 days it reduced to safe value of 432.

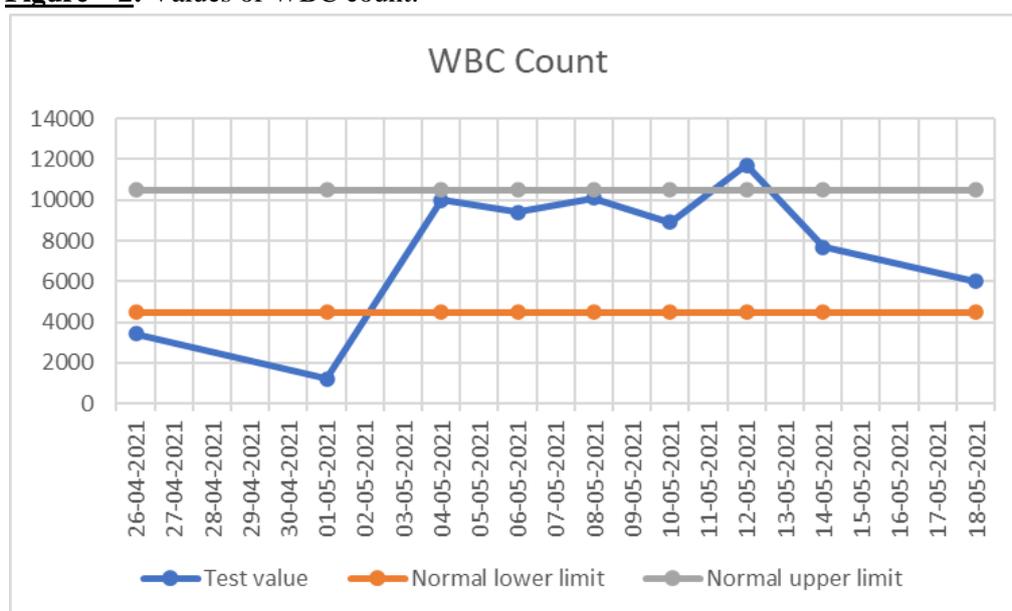
**Table - 1:** D-Dimer values.

<b>Date</b>	<b>D-Dimer</b>
01-05-2021	1783
04-05-2021	1836
06-05-2021	819
08-05-2021	734
10-05-2021	632
12-05-2021	768
14-05-2021	628
18-05-2021	432

**Figure – 1:** D-Dimer values.



**Figure – 2:** Values of WBC count.



**WBC and Platelet Count**

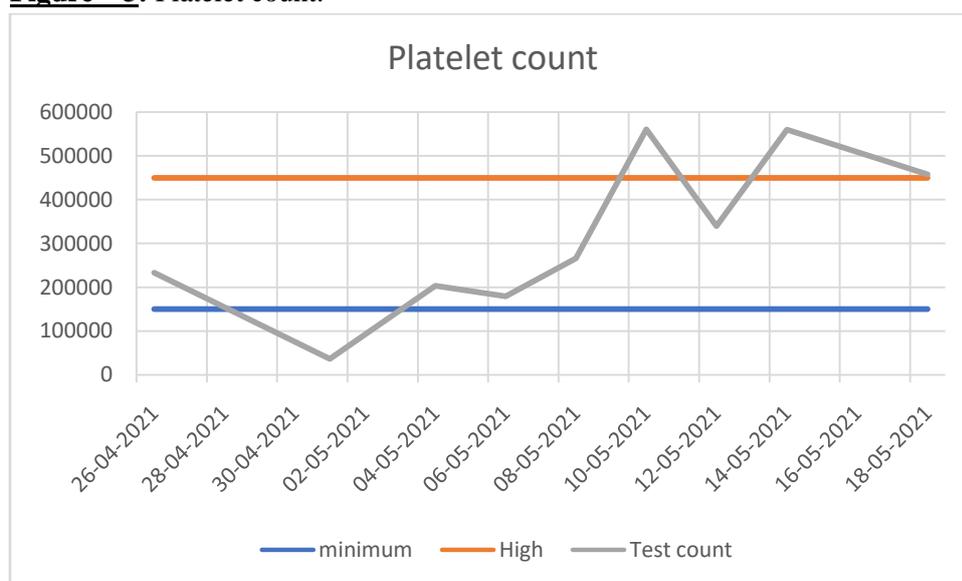
White blood cells are known to be part of the body's immune system that help fight infections. Low white blood cell counts linked to severe COVID-19 cases [5].

**Table – 2, Figure – 2** showed that WBC count reached the lowest on 01 May and as the healing started from 02 May WBC increased to normal, and remained within normal range throughout.

**Table - 2:** Values of WBC count.

Date	WBC Count	Normal Min
26-04-2021	3430	4500
01-05-2021	1230	4500
04-05-2021	10000	4500
06-05-2021	9400	4500
08-05-2021	10100	4500
10-05-2021	8900	4500
12-05-2021	11700	4500
14-05-2021	7700	4500
18-05-2021	6000	4500

**Figure – 3:** Platelet count.



**Table – 3:** Values of platelet count.

Date	Minimum	Maximum	Lab reports
26-04-2021	150000	450000	233000
01-05-2021	150000	450000	36000
04-05-2021	150000	450000	203000
06-05-2021	150000	450000	179000
08-05-2021	150000	450000	266000
10-05-2021	150000	450000	561000
12-05-2021	150000	450000	340000
14-05-2021	150000	450000	560000
18-05-2021	150000	450000	458000

### Platelet Count

This measurement is the number of platelets a person has, on average, per microliter. The ideal platelet range is 150,000 to 400,000 per mL in most healthy people. Low platelet count is known as thrombocytopenia. High platelet count is known as thrombocytosis.

In both children and adults, infections are the most common cause of an elevated platelet count. This elevation can be extreme, with platelet counts greater than 1 million cells per microliter.

A study by (Shi-Qin Jiang et al, 2020) concluded that when compared to the non-severe COVID-

19 patients, the patients with severe COVID-19 had a lower platelet count. The non-survivors had a much lower platelet count than the survivors. Thrombocytopenia might be a risk factor for COVID-19 progressing into a more severe state. More studies about platelet count in COVID-19 are needed [6].

From **Table – 3** and **Figure – 3**, it was observed that Platelet count was the lowest on 01 May and as the YPV healing was given from 02 May, it rose to the normal range throughout the rest of treatment, except at two places along the line. The effect of YPV healing from 2<sup>nd</sup> May is very apparent from the graph, as the platelet count turned normal very soon.

Verbatim Report from patient’s relative is produced below.

“I am so glad that I decided to ask healing for one of my relative who was under critical condition due to COVID 19. Doctors had already given the warning that she may not survive as the lung injury was more than 75% and her oxygen saturation was very low. When I came to know about the situation, I immediately asked Rahul to start healing for her. We saw the results within 2-3 days, she was improving steadily. It was like a miracle; nobody was even believing that how she recovered from such critical condition. Now she

is totally fine and enjoying her new life. I am really thankful to Rahul and the "Yoga Prana Vidya" group, you are doing a great job."

## **Discussion**

A study by Beigel, et al. (2020) showed that those who received remdesivir had a median recovery time of 10 days (95% confidence interval [CI] 9 to 11), as compared with 15 days (95% CI, 13 to 18) among those who received placebo, concluded that remdesivir was superior to placebo in shortening the time to recovery in adults who were hospitalized with Covid-19 and had evidence of lower respiratory tract infection (Beigel, et al.; 2020) [2].

However, given high mortality despite the use of remdesivir, it is clear that treatment with an antiviral drug alone is not likely to be sufficient for all patients. Current strategies are evaluating remdesivir in combination with modifiers of the immune response. A variety of therapeutic approaches including novel anti-virals, modifiers of the immune response or other intrinsic pathways, and combination approaches are needed to continue to improve outcomes in patients with Covid-19. (Beigel et al, 2020) [2].

YPV system of healing protocols and techniques have been found to have produced successful results for patients in several physical and mental illnesses such as Diabetes [7], difficult medical conditions [8], Vision improvements [9], High blood cholesterol and Asthma [10], Emergency and First Aid [11], Anxiety, depression and burnout in corporate environment [12], Enhancing academic performance in schools [13], improving personal wellbeing and reducing criminal attitude of under-trial prisoners [14]. There are hundreds of documented cases showing efficacy of YPV techniques in resolving variety of patient ill-health conditions.

## **Conclusion**

There is plenty of scope to conduct planned research with appropriate sample sizes to

document the efficacy of Yoga Prana Vidya protocols and techniques on a wider scale to scientifically validate the results through randomized control trials and rigorous methodologies. Yoga Prana Vidya applications are inexpensive and offer affordable usage for communities and people at large.

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