

Case Report

A Case of Subarachnoid Haemorrhage and Postop Cerebral Vasospasm Successfully Healed Using Yoga Prana Vidya Energy Healing Techniques as Complementary Therapy

¹Ganesh HR, ²Atheesh Kumar M, ³Saloni Dilip Shah, ^{*4}Venkata Satyanarayana Nanduri

¹Certified YPV Healer and Trainer, Swarnaprana Wellbeing Institute, Bantwal - 574143, Karnataka India

^{2,3}Certified YPV Healer and Trainer, Yoga Prana Vidya Ashram, Thally-635118, Tamil Nadu, India

⁴Consultant, Research & Publications, Yoga Prana Vidya Ashram, Thally-635118, Krishnagiri District, Tamilnadu, India

Received: 11 November, 2022 Accepted: 15 December, 2022 Published: 21 December 2022

Abstract:

Introduction: Subarachnoid haemorrhage (SAH) refers to the bleeding in the space surrounding the brain and its membrane and occurs usually due to the bulging or ruptures in the blood vessels of the brain. Following SAH, cerebral vasospasm can occur which can lead to sudden death or brain damage if not treated correctly and immediately. This paper presents a case of a 35 years old male patient with SAH & cerebral vasospasm, who completely recovered after a successful surgery, and using Yoga Prana Vidya Healing techniques as complementary therapy.

Method: This paper uses case study method going through patient medical records, YPV healers' records and patient feedback.

Results: The patient recovered within 4 hours from a complicated 7⁺ hours of SAH surgery, was able to recognize people and respond to body movements and also use the washroom comfort ability by himself. Within 14 days of YPV healing, the patient was discharged from the hospital and within 2 months of the surgery the patient resumed office and started leading normal life.

Conclusion: It is observed that with Yoga Prana Vidya, which is a no-touch no-drug and distant healing modality, faster and complete recovery of patients takes place when used complementarily to medical and surgical treatments such as this case. YPV Healing techniques have been known to increase the life energy or prana in the energy body of a person thereby helping them with a speedy recovery. There is a great scope for further research on this topic using appropriate methodology and sample size.

Keywords: Subarachnoid haemorrhage, Ruptured brain aneurysm, postop cerebral vasospasm, Energy healing, Yoga Prana Vidya System®, YPV®

Introduction

Subarachnoid haemorrhage and cerebral vasospasm

Subarachnoid haemorrhage (SAH) or a haemorrhagic stroke is most commonly caused by brain aneurysm which is bursting of one of the arteries of the brain due to a brain trauma leading to bleeding in the space between the brain and the skull. The common symptoms of a SAH can include frequent and unbearable headaches, loss of consciousness, nausea and vomiting, trouble in speaking, high sensitivity to light, seizures etc. Similarly, the symptoms of a brain aneurysm leading to SAH may include changes in vision, partial paralysis in one part of the body, loss of hearing and memory, seizures, etc. [1].

The causes of SAH commonly include use of blood thinners, high blood pressure, excessive use of cigarettes, alcohol or drugs, excessive stress, any kind of a trauma, family history or any kind of a nerve connectivity disorder. There are various tests that can detect a SAH such as CT scan, lumbar puncture, cerebral angiogram or a MRI test.

The most common risk factor involved in SAH is a vasospasm that occurs when the blood does not flow through all the parts of a brain. This happens if SAH is not treated immediately or the aneurysm is too much ruptured leading to increased pressure in the brain and less chances for the patient to survive, a possibility of a coma or a serious brain damage. Hence, treating a SAH immediately is extremely important. The treatment of SAH includes removing the blood from the membrane and blocking the flow of blood oozing out from the ruptured artery. The most common surgery done for SAH is the clipping surgery done by making an incision on the head by temporary removing that part of the skull. Once the aneurysm is detected, a small clip is placed around the area where the blood vessel is ruptured resulting in no further bleeding of the artery. The skull portion is then either placed back over the brain or replaced with plates to close the incision. If the blood vessel is not clearly identifiable after the incision, then with the help of vessel bypass, an alternate artery is sewn in the area where the blood vessel is ruptured to give an alternate path for the blood to flow without causing

bleeding [2].

Yoga Prana Vidya (YPV)

Yoga Prana Vidya (YPV) is a no touch and a no medicine proximal or distant healing modality which is based on the principle that our body has the ability to heal itself or normalise itself and this process can be accelerated, if the flow of prana or energy in our system is regulated. It is complimentary in nature and does not intend to replace other forms of healing modalities. YPV is a holistic and an integrated healing modality which uses breathing exercises, forgiveness sadhana, meditation techniques, physical exercises and energy healing to cure any physical or psychological ailments.



Fig 1. Shows channelling of energy from the healer to the patient

The YPV energy healing techniques involves treating the major and minor chakras (in our energy body by cleaning them in order to remove the diseased, dirty and used up energy from the system and filling it up with fresh energy from the environment (See figure 1). In this way, the energy healing techniques can be used as a preventive or a curative healing. The main advantage of YPV energy healing technique is that it works even at a distance. The healer and the subject do not necessarily have to be physically present in front of each other. Hence, YPV healing techniques can be applied from any part of the world to anyone in need of the healing energies. Figure 2 shows Energy body of a healthy person and a sick person and the differences are noticeable. Figure 3 shows major chakrams of the human energy body which are healed and treated by YPV healing protocols to normalise various ailments.

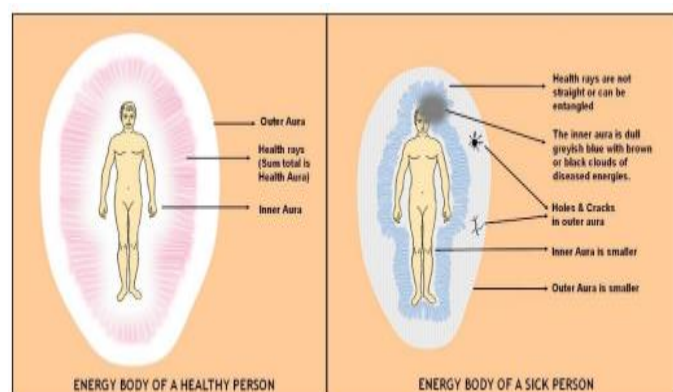


Fig 2. Shows Energy body of a healthy person and a sick person

Some examples of ailments successfully treated using YPV healing techniques are, treatment of Dislocation of knee cap [3], Hodgkin lymphoma cancer [4], Nephrotic Syndrome [5], Epilepticus [6], Snake bite [7], Urinary Fistula [8], Hyperthyroidism [9], High Cervical disc prolapse [10], Cholesterol and asthma [11], Exostosis of ear [12], Heart Block [13], Diabetes [14], Eye issues [15] and some difficult medical cases [16].

Chakrams controlling the brain and the nervous system of the body

The nervous system is primarily controlled by the forehead chakram and the crown chakram. The Ajna chakram also affects the brain and the nervous system of the body. The back head minor chakram controls the arteries supplying blood to the brain and the organs surrounding the head area like the eyes, ears etc. it controls the blood flow to the head parts like the brain and the face. The jaw minor chakram, throat chakram and secondary throat chakram control and energise all the arteries going to the head. The heart chakram also controls the upper chakrams and organs that includes the brain. Apart from the upper chakrams, the basic chakram, sex chakram and the navel chakram together transmute the energy that goes to the brain.

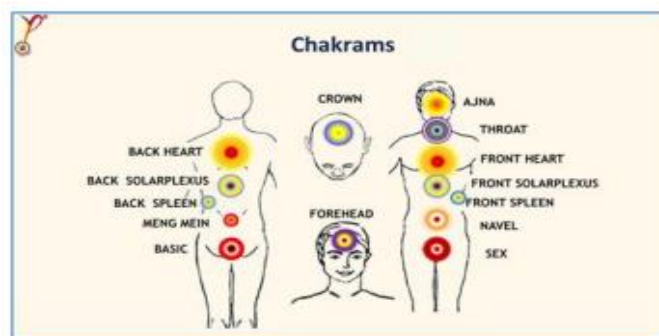


Fig 3. Shows major Chakrams or energy centres

Application of YPV level 3 protocol helps in treating the stress, trauma, anxiety or any other psychological imbalances in the chakrams of a subject. This accelerates the complete healing process helping speedy recovery of the subject.

Case Report

Patient's background

Patient was a 35-year-old male residing in Bengaluru and working in a travel management company as a team coach and manager having moderate to high stress levels at work.

Pre-YPV Medical History

The patient experienced severe headache on 24th April 2018. As the patient's family was already aware of Yoga Prana Vidya healing modality, a family member (patient's sister), contacted the YPV Healers for healing. On the 25th April 2018, as the patient was not showing any substantial improvement in the headache, he was advised to get admitted to a super-speciality hospital. The same day after getting a CT scan done, he was diagnosed with subarachnoid haemorrhage (SAH) with ruptured anterior communicating artery aneurysm.

YPV Intervention

The healing sessions started immediately by two certified YPV Healers on the 24th April 2018 when the patient complained of severe headache. YPV Level 3 for psychological healing, hypertension protocol and blood cleansing technique were applied to handle the situation. However, after the patient was diagnosed with SAH and the condition being very critical, an immediate surgery was performed. At this point, pre-surgery YPV protocols were followed and supportive healings were performed multiple times during the surgery through distance healing approach. The surgical procedures were carried out for about 7⁺ hours for clipping the anterior circulation aneurysm. According to the doctors, the case was highly critical with only 5% chances of patient's survival.

Results

The patient was very receptive to YPV healings with post-surgery protocols followed after the operation, and the patient showed positive improvements. Although the expected time for recovery as told by the doctors was between 24 to 48 hours after the surgery, the patient became fully conscious within 4 hours of the surgery and was able to recognize people and also respond to body movements like moving hands and legs. After few hours, the patient was also able to walk to the washroom by himself.

Five days after the SAH surgical operation, i.e., on the 30th April 2018, the patient was diagnosed with cerebral vasospasm. YPV techniques were applied for dilation of the artery to maintain its normal size, regulate the blood pressure, avoid any further blockages in the site, strengthen the arms and legs and also to hasten the rate of recovery of the patient. As the patient was very receptive to the healing energies with no negative post-surgical complications, he was discharged from the hospital on the 7th May 2022. The YPV energy healings were conducted for a total duration of 22 days from 24th April 2022 to 15th May 2018. Thereafter, the patient was told to continue practicing rhythmic yogic breathing.

The patient resumed work from 15th June 2018 onwards, about 2 months after discharge from the hospital. The patient further took up YPV level 1 healing course and his family members also took up the healing courses and became healers. The patient highly recommends YPV healing techniques and calls it a 'game changer' to cure any physical or psychological ailments, be it simple or chronic in nature.

Discussion

Recovery from a SAH surgery generally takes several months to even years and, during this course, the patient may experience headaches, strange tingling sensations in the head, sleeping problems, loss of movement in the hands and legs, vision changes, changes in senses etc. [17]. This study has shown that Yoga Prana Vidya healing techniques can be used as complementary medicine to cure SAH, brain aneurysm and postop cerebral vasospasm within a short period successfully. In view of the potential risk factors involved in SAH even after a surgery is done, it is very important to treat it

immediately and also continue with the healing protocols after the operation is done.

Conclusion

This case shows that Yoga Prana Vidya (YPV) healing techniques are effective tools to cure chronic or life-threatening ailments too as complementary and alternative medicine. The advantages of distance healing YPV techniques enable overcoming the distance between healer and patient. Hence, healing can be given from any location which helps in serving the patient on an immediate basis. In this case, YPV healing modality was used to bring life back to a person suffering from a highly critical ailment. The energy healing protocols along with breathing practices, right diet, meditation practices, physical exercises form an integrated and a holistic system to cure any physical or psychological ailment. Further research with appropriate methodology and sample size is recommended. It is worthwhile imparting a working knowledge of YPV healing techniques to frontline health workers such as doctors and nurses to complement their core services to holistically treat patients.

Acknowledgements

Grateful thanks to the patient for sharing case details for this study and grateful thanks to Sri Ramana Trust (Thally, Tamilnadu, India) for using their registered copyright terms Yoga Prana Vidya System ® and YPV ®.

Conflicts of Interest

None

Funding

Nil

References

1. Hopkins Medicine.org. Subarachnoid Hemorrhage. Available <https://www.hopkinsmedicine.org/health/conditions-and-diseases/subarachnoid-hemorrhage>
2. Cleveland Clinic.org. Subarachnoid Hemorrhage (SAH). Available <https://my.clevelandclinic.org/health/diseases/17871-subarachnoid-hemorrhage-sah>
3. 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; 03 (11): 15-20. Doi:10.31080/ASWH.2021.03.0295
4. 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. International Journal of Medical Sciences and Academic research , 2021; 02 (05):5-11
5. Kraleti P, Biswas S, Nanduri VS. A Case Study of Treatment of Nephrotic Syndrome Using Yoga Prana

Vidya (YPV) Integrated Holistic System as Complementary Medicine. *International Journal of Medical Science and Health Research*, 2021; 5 (05): Doi:10.51505/ijmsr.2021.5329

6. Khatri R, Nanduri VS. Successful management of status epilepticus with yoga prana vidya healing as a complementary therapy: A case study of atypical febrile seizure. *Innovative Publication Journal of Paediatrics and Nursing Science*, 2021; 4(02):73-76
7. 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/ijmsr.2021.5111>
8. Khatri R, Nanduri VS. A Rare Case of Urinary Fistula: Successful conservative management by Yoga Prana Vidya (YPV) Healing. *IOSR Journal of Dental and Medical Sciences*, 2021; 20(01) doi: 10.9790/0853-2001071318
9. Revathi R, Janani N, Nanduri VS. Treatment of Hypothyroidism using Integrated YPV healing. *J Prev Med Holistic Health*, 2020;6(1):1-7.
10. Khatri R, Nanduri VS. Conservative Management of CVJ anomaly and High Cervical disc prolapse using Yoga Prana Vidya as alternative modality A case study. *International Journal Dental and Medical Sciences Research*, 2021;3 (1): 246-252, DOI : 10.35629/5252-0301246252
11. Vasavda A, Nanduri VS. Treatment of High Blood Cholesterol levels and Asthma using YPV system. *Panacea Journal of Medical Sciences*, 2019;9 (3): 131 – 137
12. Gupta K, Nanduri VS. A case report of the Exostosis of ear of an elderly female: Successful healing with Integrated Yoga Prana Vidya (YPV) healing approach as alternative to surgical intervention. *Ann Geriatrics Educ Med Sci*, 2019; 6(2): 42-47.
13. Ramya A, Nanduri VS. Successful YPV Healing Treatment of a 48-Year-Old Male with Block in Heart. *Saudi J Nurs Health Care*, 2019; 2(11): 353-356.
14. Rajagopal AH, Ramya A, Nanduri VS. Diabetes Management and Control Using YPV Healing System. *Journal of Biology and Life Science*, 2019, 10(2):106-120
15. 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:10.18231/j.jchm.2019.028
16. Neravetla J, Nanduri VS. A study into successful treatment of some difficult medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine. *International Journal of Scientific & Engineering Research*, 2019;10 (7):882-887
17. Moore K, Nunez K. Subarachnoid Hemorrhage Overview. Available <https://www.healthline.com/health/subarachnoid-hemorrhage> 2022.

Copyright (c) 2021 The copyright to the submitted manuscript is held by the Author, who grants the Clinical Medicine and Health Research Journal a nonexclusive license to use, reproduce, and distribute the work, including for commercial purposes.



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)