

Case Study

A Case of Non-Alcoholic Fatty Liver Disease [Nafld]: Successful Treatment Using Yoga Prana Vidya Healing Without Surgical or Medical Intervention

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Abstract:

Introduction: Fatty Liver is a disease in which there is excess amount of fat stored in the liver. If the condition is not treated, it may lead to serious liver disease. This paper presents a case of a patient detected with non- alcoholic fatty liver disease (NAFLD) who was healed successfully using Yoga Prana Vidya (YPV) system of Healing protocols without the use of any medicines.

Material and Method: This is a detailed case study method analysing the pre and post healing medical reports of a 58-year-old male who was diagnosed with non-alcoholic fatty liver disease, who approached Yoga Prana Vidya healers for distant healing.

Results: After 2 months of daily healing, the test reports of the patient showed no signs of fatty liver. A follow up test report after 2 years of the healing intervention also showed normal liver.

Conclusion: It is observed that Yoga Prana Vidya healing which is a no touch, no-drug healing modality, which includes distant healing, has been used effectively in the treatment of Non- alcoholic Fatty Liver Disease (NAFLD). YPV both as an alternative and complimentary medicine has been known to have successfully healed thousands of patients suffering from various ailments. This case is one of its kind as the ailment was treated completely without any other medication. There is a great scope for further research on this topic with appropriate sample sizes.

Keywords: NAFLD, fatty liver, energy healing, yoga prana vidya system[®], YPV[®]

Introduction:

Non- Alcoholic Fatty Liver Disease:

The liver is the second largest organ of the body situated on the right-hand side of the human abdomen. The main function of the liver is to absorb, digest and process the food that is consumed and convert the nutrients in the food into energy. It is also responsible for producing the digestive juice called bile. Additionally, it helps in removal of toxic and waste matter from the blood so that the immune system is not affected.[1]

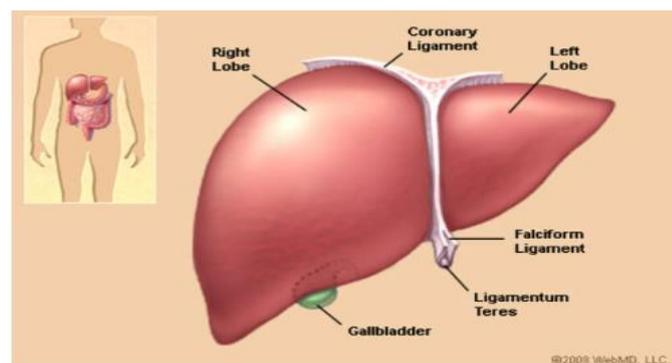


Fig 1: Human Liver (Picture source: www.webmd.com)

Fatty Liver is a common condition wherein excess fat is stored in the liver increasing the normal weight of the liver.

The accumulation of fat in the liver as a result of heavy drinking is called as Alcoholic Fatty Liver Disease (AFLD). The liver in this case, becomes fat as it breaks down and takes extra burden of removal of wastes accumulated due to heavy drinking. If this is not done completely by the liver, it may cause inflammation and result in other serious problems. Hence, more a person drinks alcohol, more is the damage done to the liver.

In case of a person who is not alcoholic or does not have any history of using alcohol, the person can still get diagnosed with fatty liver due to diet, lifestyle conditions, inability of the body to metabolise fat properly and easily, stress etc. This can lead to excessive storage of fat in the liver causing Non-Alcoholic Fatty Liver Disease (NAFLD). Usually, NAFLD is a silent disease which shows no serious symptoms but needs attention else it can lead to chronic liver ailments. [2]

The risk factors involved in getting diagnosed with NAFLD include overweight, presence of high sugar or diabetes, high cholesterol, high triglycerides in the body, inability of the

body to break down fats easily or anyone having metabolic syndrome, old age, person having PCOS, etc. If not treated at the right time, NAFLD can lead to Steatohepatitis, that is excessive storage of fat leading to inflammation, liver fibrosis or irreversible liver cirrhosis. [3]

NAFLD being a silent disease, does not show any symptoms. Mild symptoms can include feeling of tiredness or frequent fatigue and pain the upper right part of the abdomen. An ultrasound or a CT scan test report or a MRI scan can help detect a fatty liver case. [4]

Yoga Prana Vidya (YPV):

Yoga Prana Vidya is a no touch, no drug energy healing therapy which used energy or prana to cure any physical or psychological ailments. YPV is integrated and holistic in nature as it promotes not only energy healing to cure ailments but also includes physical exercises, breathing exercises, forgiveness sadhana, meditation techniques, right diet, intake of sufficient amount of water etc. for the overall health of a person at physical, emotional and mental levels. In energy healing techniques, the healer removes the diseased, dirty and used up energy from the affected part or the whole body of a person and fills it up with fresh energy. Energy healing is based on the fundamental that the physical body has the ability to normalise itself as it has consciousness of its own, and the rate at which it recovers depends on the quality, density and size of the energy body. This can be done even at a distance as the healer need not necessarily be present in front of the patient to receive the healing energies. The energy body of a person has many major and minor chakrams and each major chakram controls some part or system of the body and also has effect on the whole body. In case a person is detected with some physical ailment or is going through any psychological problems, the corresponding chakram associated with that system or part of the body or condition also indicates malfunction. The energy healer uses the energy healing techniques of cleaning and energizing, to make these energy centres or chakrams balanced to function properly. In this way, many diseases can be cured if the chakrams of the energy body are healed and sustained.

Published research articles in the literature show that YPV healing techniques have been applied to successfully heal various ailments like Dislocation of knee cap [5], Hodgkin lymphoma cancer [6], Nephrotic Syndrome [7], Epilepticus [8], Snake bite [9], Urinary Fistula [10], Hyperthyroidism [11], High Cervical disc prolapse [12], Cholesterol and asthma [13], Exostosis of ear [14], Heart Block [15], Diabetes [16], Eye issues [17] and many other difficult medical cases. [18]

Chakrams controlling the gastrointestinal system of the body:

Fig 2. shows the major energy centres or chakrams.

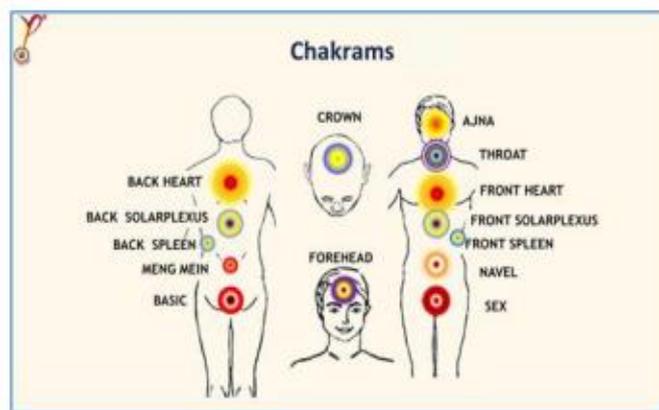


Fig 2. Chakrams or energy centres

The gastrointestinal system is controlled majorly by the front solar plexus, back solar plexus and the navel chakram. The ajna chakram is also important as it controls the pituitary gland and all the endocrine glands. The basic chakram is important for the purpose of healing as it controls the tissues and the organs of the body. The liver organ additionally has 3 minor chakrams: the upper right liver minor chakram, the lower right liver minor chakram and the upper left liver minor chakram. Application of Yoga Prana Vidya Level 3 protocol is also very important for the treatment of NAFLD as it treats the emotional and mental aspects including those related to the liver organ and the fatty liver disease.

This paper presents a case of a patient diagnosed with non-alcoholic fatty liver disease (NAFLD) who was healed successfully using Yoga Prana Vidya (YPV) system of Healing protocols without the use of any medicines.

Case Report

Patient's background

The patient is a 58-year-old married business man residing in Mumbai, Maharashtra, India and having two children.

Pre-YPV Medical History

The patient was diagnosed with Non-Alcoholic Fatty Liver Disease on the 10th February 2020 (Report in Annexure 1) and had no family history of NAFLD. The patient had gone through a gall bladder removal surgery in the past due to presence of multiple gall bladder stones. The patient used to complain frequent tiredness and slight visible abdominal enlargement. The patient consulted a family medical doctor and, as advised, obtained an ultrasound sonography report which showed fatty liver. The patient then approached Yoga Prana Vidya energy healers for energy healing to cure his liver ailment while opting not to use any medication.

YPV Intervention

YPV healing protocols used by the healers in this case were:

1. L3 healing-Standard psychotherapy. In addition to this, Level 2 healing techniques were applied especially for front solar plexus chakram, back solar plexus chakram, Navel chakram and the liver organ.
2. One healing of 20 minutes duration was given daily for 2 months

Results

After 2 months of continuous healings daily, the patient reported no tiredness or visible abdominal bulge. He also changed his diet plan slightly which did not include the intake of fatty foods especially after evenings. Hence after 2 months of healings, the patient asked the healers to stop further healings.

Due to the Covid pandemic and lockdown conditions, the patient could not manage to go for a lab test immediately, but underwent an ultrasound sonography after about a year, i.e., on the 14th September 2020, to check the state of the liver. The report (Annexure 2) showed normal liver condition. The progression of the liver condition is explained in table 1 below.

As a follow up action, the patient undertook another ultrasound sonography test after about 1-1/2 years from diagnosis, and the report (Annexure 3) confirmed normal liver (See Table 1). The patient confirmed that he did not go through any medicinal help or surgery during these 1-1/2 years.

Table 1: Condition of fatty Liver extracted from Lab reports

S. No.	Date of test	Liver Condition
1 Before YPV	10-02-2020 (Annexure 1)	The liver is mildly enlarged with diffuse increase in parenchymal echogenicity.
2 Six months after YPV	14-09-2020 (Annexure 2)	The liver is normal in size.
3 Around 1 -1/2 years after YPV	27-10-2021 (Annexure 3)	The liver is normal in size.

Hence, this shows that Yoga Prana Vidya energy healing techniques can be successfully be used for the treatment of Non- Alcoholic Fatty Liver Disease and it also gives consistent results even after the healings are discontinued. It is also important for the person to focus on the intake of right diet and into right livelihood for a stress-free and a balanced lifestyle.

Discussion

There are several ways of treating Fatty liver. The most common suggestion given to the person having fatty liver is to lose weight. Weight loss helps in reducing the fat stored in the liver. If the weight of a person is within the normal range, then several dietary changes or intake of more fruits is recommended [19]. However, this is not a long term or a sustained solution for treating the ailment. Hence, Yoga Prana Vidya energy healing and other techniques can be a better option for treating fatty liver without the intake of drugs and the solution can be sustained as seen in case of this patient.

A study by Kumar and Padaki revealed that CAM (Complementary and Alternative Medicine) use, such as Homeopathy, Herbal medicine, and Ayurveda, is prevalent among Indian adults with liver disease. Many patients do not disclose their CAM use to healthcare providers.[20].

Conclusion

In this case of NAFLD Yoga Prana Vidya system has been found to be an effective healing tool to treat the condition due to its underlying advantages of being a no-touch no-drug therapy which had also been applied distantly. Such a technique which can be distantly applied, is immensely helpful in treating any physical or psychological ailments especially during the lockdown or pandemic situations. It is recommended that healthcare professionals including learn and practice YPV integrated techniques to complement their medical disciplines for holistic treatment of patients and also help themselves. Further research may be explored on this topic using YPV techniques on a wider scale using appropriate methodologies and samples.

Acknowledgements

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Conflicts of Interest

None

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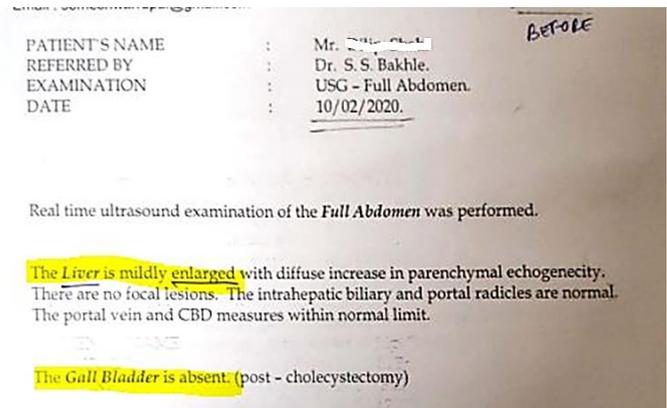
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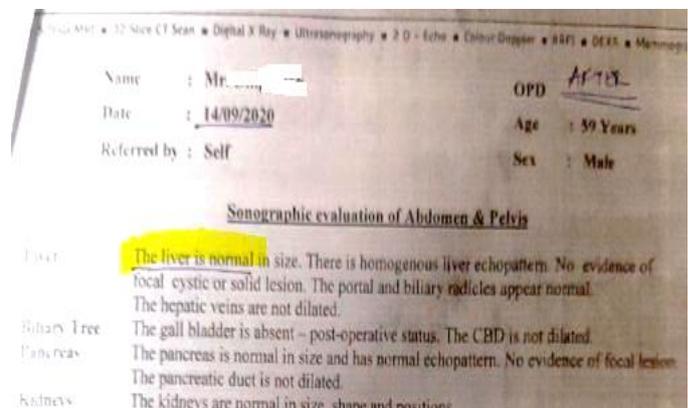
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Annexure 1 (Report dated 10-02-2020)



Annexure 2 (Report dated 14-09-2022)



Annexure 3 (Report dated 27-10-2022)

