



A case of Discoid Lupus of a female patient healed successfully using Yoga Prana Vidya energy healing techniques

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Abstract

Introduction: *Discoid lupus erythematosus (DLE) is the most common type of chronic cutaneous lupus (CCLE), an autoimmune skin condition that presents with red, painful, inflamed and coin-shaped patches of skin with a scaly and crusty appearance, often on the scalp, cheeks, and ears. Diagnosis is through Clinical examination and skin biopsy. Besides having physical pain, patients suffer from psychological and emotional stresses. There are several treatment options, and not one fits all. This paper presents a case of DLE treated using Yoga Prana Vidya (YPV) system of healing protocols.*

Methods: *This is a case study of a 56-year-old female home maker, diagnosed with DLE, and had undergone YPV healing treatment rendered by a senior healer over a period of 6 months. In addition, the patient learnt and practiced physical and breathing exercises and also peace and forgiveness meditation protocols. Case medical details and patient feedback form the data used in this study.*

Results: *As a result of YPV intervention within a period of 4 months, the patient DLE condition cured and healed completely, recovered physically, mentally and emotionally, and she resumed her normal routine of daily household work and evening walks effortlessly. She learnt YPV level 1 and continued practising RYB (Rhythmic Yogic Breathing), forgiveness and PPM (Planetary peace meditation) regularly.*

Conclusions: *Yoga Prana Vidya system has been experienced as a very versatile integrated discipline helping sick people to practice the YPV healing protocols to normalise their health condition successfully, and holistically. Further research may be carried out on appropriate sample of patients to gain more knowledge related to treatment of various illness conditions such as DLE.*

Keywords: *Discoid lupus erythematosus (DLE), Autoimmune disease, Yoga Prana Vidya System®, YPV®*

Introduction

Discoid Lupus

Discoid lupus erythematosus (DLE) is the most common type of chronic cutaneous lupus (CCLE), an autoimmune skin condition, which means that the immune system mistakenly identifies its own

tissue as foreign and mounts an attack. It occurs on the lupus erythematosus spectrum of illnesses. It presents with red, painful, inflamed and coin-shaped patches of skin with a scaly and crusty appearance, often on the scalp, cheeks, and ears. The lesions can then develop severe scarring, and

the centre areas may appear lighter in color with a rim darker than the normal skin.^[1] Figures 1 and 2 below illustrate the discoid lupus on legs and feet.



Fig 1 DLE on right foot and lower leg



Fig 2 DLE on left foot and lower leg

DLE skin lesions first present as dull or purplish red, disc-shaped flat or raised and firm areas of skin. These lesions then develop increasing amounts of white, adherent scale. Finally, the lesions develop extensive scarring and/or atrophy, as well as pigment changes. They may also have overlain dried fluid, known as crust.^[2] There are usually no other symptoms, but some people may feel pain or an itch within the sores. DLE is a chronic condition, and lesions will last for several

years without treatment. 50% of patients will eventually get better on their own.

The exact cause of discoid lupus is not clear. It appears to be an autoimmune disease, involving a combination of genetics and environmental triggers. It does not pass from person to person.^[3] Discoid lupus does not affect internal organs, but the rash tends to be much more severe.

For treatment of Lupus, clinical examination is the initial step. But a skin biopsy is usually required for diagnosis. In allopathy, various treatment options are available, such as, steroidal, non-steroidal topical, Immunosuppressive medications, and malarial medications etc.^[3] There are only few reported studies on DLE in India. In a study of 2018 by Gopalan et al.^[4] the incidence of DLE was found to be 4.79 per 10000 cases among patients attending the skin OPD at a location in Tamilnadu, India. Majority of the patients in their study had disease onset at 3rd to 5th decade.

Diksha et al.^[5] carried out a case study and concluded that Ayurvedic panchakarma therapy can help people with DLE and can be a good alternative of management to other autoimmune diseases. DLE, if not treated in early stage, leads to progressed stage called Systemic lupus erythematosus (SLE) which is worse, and besides affecting the skin, it affects joints, kidneys, brain, and other organs, which is a worse condition. A case of Discoid Lupus of a 30 years old female patient with 4 years of case history treated using Homeopathy was reported by Sarangi^[6]. This paper presents a severe case of Discoid Lupus, treated successfully by using Yoga Prana Vidya (YPV) healing techniques over a period of 4 months.

Yoga Prana Vidya (YPV) System

YPV system is integrative and holistic in approach, and evidence gathered from experience shows that it is successfully applied as complementary and alternative medicine for a wide range of illnesses. YPV consists of three aspects – one is a set of self-practice modules the patients have to practice, while the second aspect is energy healing which is given to the patient by

a trained healer, or alternatively, the patient can perform self-healing after learning healing techniques from qualified YPV trainers. The third aspect of YPV is saltless, balanced and controlled diet including fruit diet and raw diet to help the physical body to be healthy and to maintain its metabolism with sufficient energy levels.

It is known from ages that human existence has a physical body and also an energy body or pranamaya kosha, interpenetrating and surrounding the contour of the physical body. The energy body is also known as bio-plasmic body, or simply called Aura. This energy is stated as ‘Prana’ or ‘life force’ in ancient texts. The energy body contains a mechanism with Chakrams (wheels) and Nadis (channels) for receiving and distributing Pranic energy to the physical body, which is available abundantly in nature. In YPV practice the main chakrams addressed are eleven, and also some minor chakrams are addressed as needed (see Figure 3). Energy Healing implies, cleansing the chakrams and body parts having dirty or used up energy, and energising the chakrams and body parts with fresh Pranic energy by the healer acting as a channel (See figure 4). A disturbance in the energy body affects the physical body and vice versa. An illness strikes the energy body at first and it affects the corresponding physical body part/s. Diagrammatic representation of energy body of a healthy person and a sick person are given in Figures 5 and 6 respectively, and the differences are noticeable. A trained healer can scan a Chakram with sensitised hands to check the condition whether it is weak or strong, which in turn correlates with the clinical condition of the patient.

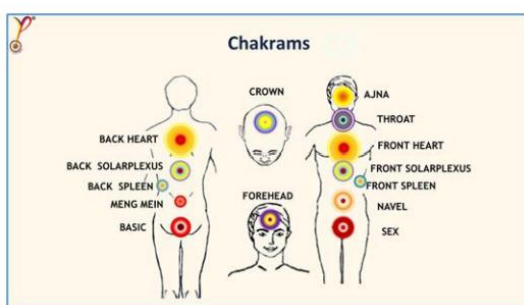


Fig 3: Chakrams

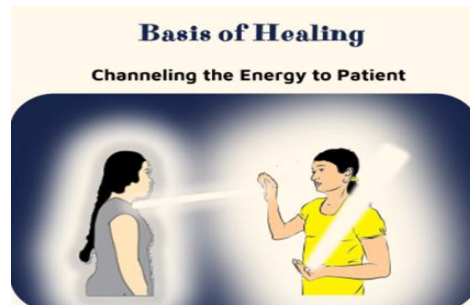


Fig 4: Channelling Pranic energy

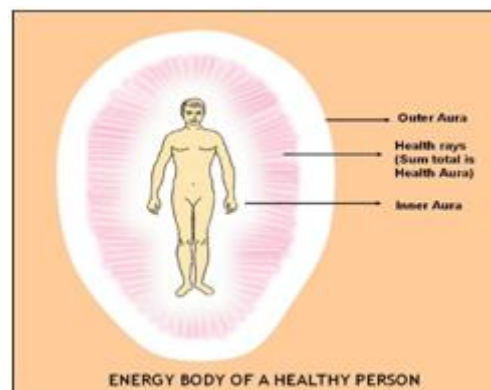


Fig 5: Energy body of a healthy person

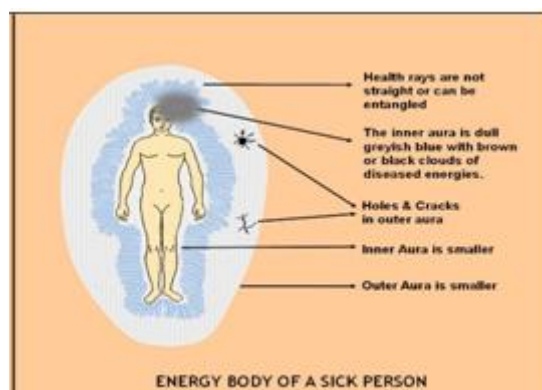


Fig 6: Energy body of a sick person

Literature shows there are more than 30 publications of research articles on successful applications of YPV healing of human patients. It is noted that published successful case reports include, treatment of difficult medical cases^[7], Diabetes management & control^[8], removing arterial block in heart without surgery^[9], vision improvements for participants of an Eye Camp^[10], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme^[11], Role of Yoga Prana Vidya in first aid and emergency^[12], improvements of health and immunity of senior citizens^[13], speedy

recovery of COVID patients^[14], treatment of hypothyroidism^[15], Lowering academic anxiety and enhancing academic performance of high school children^[16], saving life of a snake-bitten human female^[17], improvements in the cognitive abilities and social behaviour of mentally challenged children^[18], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy^[19], healing treatment of a female patient suffering from kneecap dislocation^[20]. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners^[21], and significant reduction in anxiety and depression in corporate employees^[22].

Methods

This paper uses case study method taking data from available medical records of the patient, details of Yoga Prana Vidya healing protocols followed by the healer, and also patient feedback of their experience.

Case report

Patient background

The patient in this case is a female, aged 56 years, a resident of Bellary in Karnataka State, a house wife who lives with husband, son and daughter in law and has a daughter who is married.

Pre- YPV condition of the patient

Her condition was diagnosed to be suffering from Discoid Lupus, of both legs, and also hypertension. The feet and Calves were affected. (See figure 5 for diagnostic report & figure 6)

She was in severe pain, as there was swelling and pus and multiple wounds, big and small. She was low in physical and emotional strength and was walking with the help of a walker. She used to spend sleepless nights because of the pain, itching and burning sensation. She was affected by COVID, during the second wave in May 2021. Doctor said that the immunity level would be less and this has surfaced.

YPV intervention

3 months later the lesions got infected and she decided to start healing on 13th Nov 2021.

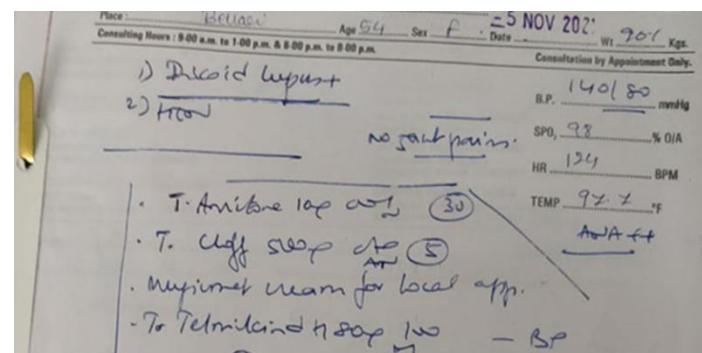
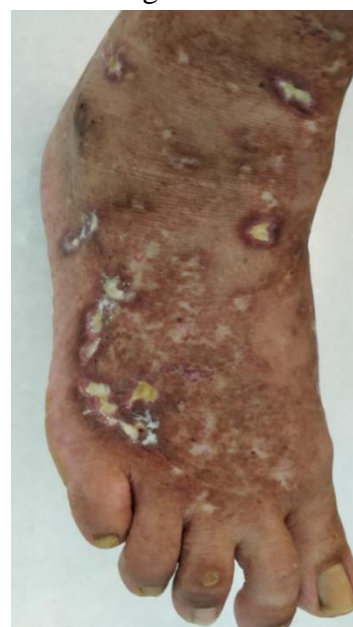


Fig 5 Clinical diagnosis of the case



(a)



(b)

Fig 6 (a) (b) Images at the beginning of healing (13 Nov 2021)

In the beginning, the physical heart was cleansed with green and orange colour pranas and energised with green, orange and red colour pranas (through back heart chakra), as it was related to the arteries. Subsequently, the protocols used were: YPV psychotherapy, blood cleansing and internal organs cleansing techniques. For the legs, cleansing was done with greenish orange and energised with greenish blue and violet combination of pranas. For the leg minor chakras, green and orange were used for cleansing and green, blue, violet pranas were used for energising. Basic Navel chakras and Perineum minor chakra were cleansed with green and orange and energised with white. Spleen, tonsils, thymus and lymph nodes were strengthened with green and violet after cleansing. Forehead chakra and Back head minor chakras were treated with green and violet, base head chakra with brilliant violet. Meng mein chakra energised with blue and Hand chakras with white after cleansing.

Healing was done on a daily basis and follow up was done regularly. She used to get the infected wounds cleaned and dressed by a surgeon every alternate day for 2 months. Once during a dressing procedure on 24th Nov 2021, which was done under anaesthesia, the body position was uncomfortable, because of which she got back and leg pain.

Healing was done for the pains also. After a few days, on 17th Dec 2021, she slipped and fell down the stairs, had stitches on the right little toe. Healing was done for that and it got healed. Besides that, several other negative incidents took place. Healings were done continuously and it helped her recover both physically and emotionally. The wounds started to heal, with each passing day and a lot of improvements were seen.

On 20th Dec 2021, the skin in the affected region was turning red, which is a good sign. Doctors were amazed to see her speedy recovery as the wounds were healing faster than they imagined. On 5th Jan 2022, the wounds were 70% dry, on 19th Jan 2022, they were 80% dry, on 3rd Feb

2022, the shallow wounds were dry by 90% and 2 big ones by 80%.

On 18th March 2022, she even got evaluated by an immunologist and he got her cleared, as her wounds were 100% healed. See Figure 7. She is able to get back to her normal routine of daily housework and evening walks happily and effortlessly. She learnt YPV level 1 and is practising Rythmic Yogic Breathing (RYB), forgiveness sadhana and Planetary Peace Meditation (PPM) regularly.



(a)



(b)



(c)



(d)

Fig 7 (a) (b) (c) (d) Images after complete healing (5 April 2022)

Discussion

The onset of autoimmune diseases like DLE poses two challenges for the patients, one is the physical suffering and the other is psychological and emotional stress, and YPV has integrated features that address both these issues as is seen in this case.

Currently, no medications have been approved specifically for this condition, and many of the drugs described in the literature were developed for use in other autoimmune disorders.^[23] Also, DLE lesions affect psychological functioning, that needs serving the patients with psychological counselling or other appropriate therapies.

The management of Lupus is best done by multi-specialty teams of healthcare workers, because the illness can affect almost every organ in the body. In addition to physicians, other important role players are: energy healers (like YPV, for example), nurses, therapists, mental health counsellors etc. Which is highly recommended. It is important that all health care workers including Doctors must learn up to YPV Level 3 to appreciate, understand, utilise and recommend this important modality to the needy.

Patients are to be educated about protecting from sunlight and the possibility of developing skin lesions up to 3 weeks after sun exposure. Patients should also be advised to use protective clothing and wide-brimmed hats, avoiding sun exposure in peak hours of 10:00 AM to 3:00 PM, avoidance of photosensitizing medications, and avoiding

outdoor occupations. Smoking and alcohol are to be avoided altogether. As a result of minimising sun exposure, the patients are prone to vitamin D deficiency, and hence periodical screening for vitamin D deficiency will be necessary.

Conclusions

Yoga Prana Vidya System has been established as an integrated and holistic system helping people to be cured of various illnesses holistically and sustain the normal health. While physically curing the disease, the patient simultaneously undergoes improvements in mental and emotional health also, i.e., becomes a complete healthy being. It is recommended that further research may be conducted with an appropriate sample size to gain wider knowledge about this phenomenon.

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Conflicts of Interest

None

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None

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