

A pediatric patient case of vesicoureteral reflux: Successful healing using Yoga Prana Vidya protocols

Yashika Gupta¹, Venkata Satyanarayana Nanduri²

¹Certified YPV Healer and Level 1 YPV Trainer, Delhi, ²Consultant, Department of Research and Publications, YPV Ashram, Sri Ramana Trust, Thally, Tamil Nadu, India

ABSTRACT

Vesicoureteral reflux (VUR) is characterized by abnormal urine flow from the bladder back through the ureters, finally reaching the kidneys. The disease is usually symptomless and is diagnosed accidentally when patients suffer from febrile urinary tract infections. Many treatment guidelines are available ranging from medicine to surgery. However, management is a clinical art. Here, we present a pediatric case of VUR healed by Yoga Prana Vidya (YPV) therapies without surgery. The normal condition of the patient's kidneys and bladder was achieved within 2½ months of the YPV healing intervention. This case shows that YPV protocols have successfully treated a pediatric VUR condition without the need for surgery. Further research using appropriate sample and methodology is recommended.

Key words: Urinary tract infection, Vesicoureteral reflux, Yoga Prana Vidya system®, Yoga Prana Vidya®

Vesicoureteral reflux (VUR) is a major contributor to renal morbidity in children. Yet, there is no consensus on its management [1]. The major goals of management are the prevention of urinary tract infections (UTIs) and renal damage. The treatment options for VUR include watchful waiting, continuous antibiotic prophylaxis, endoscopic injection of tissue bulking substances, and surgical (open, laparoscopic, or robotic) interventions. Each of these has certain advantages and disadvantages [1].

Sinha and Agarwal [1] opined that the resolution of VUR is never the end-point in its management, as the primary aim of treatment remains the prevention of UTI and renal damage. Rao *et al.* [2] concluded that although many guidelines are available for the management of VUR, it is still a clinical art in which the clinician has to incorporate many variables such as age, grade of reflux, history of previous febrile UTI, existing renal scarring, other urogenital malformations, compliance with treatment, patients' preferences, availability of resources, and available scientific evidence for each mode of treatment to decide the appropriate management strategy with the ultimate aim of preventing recurrent UTI and renal damage.

The Yoga Prana Vidya (YPV) System of Healing has been established as an effective complementary and/or alternative treatment of various illnesses and diseases (including infectious

diseases). A thorough literature review shows over 100 published research papers narrating how certified YPV healers applied proven protocols to treat various illnesses. Some examples are, chronic and rare diseases treated through long-term YPV interventions [3], diabetes management through long-term YPV interventions [4], arterial block in the heart [5], vision improvements [6], treatment of high blood cholesterol and asthma [7], emergency and first aid cases treated [8], speedy recovery of COVID-19 patients [9-11], hypothyroidism [12], anxiety and depression of corporate employees [13], and academic performance of High School Children [14]. Besides treating diseases, YPV has also been used in improving psychological well-being and reducing the criminal attitude of under-trial prisoners [15], improving the social behaviour and cognitive abilities of mentally retarded children [16], and pediatric cases of nocturnal enuresis [17], bronchopneumonia case [18], and a case of cytomegalovirus [19]. This paper presents a case of VUR in a 7-year-old boy treated successfully by a trained and competent YPV healer.

CASE REPORT

A boy aged 7 years, living with his parents in Jaipur, Rajasthan, visited the hospital with the complaint of frequent UTIs. The patient was diagnosed with VUR, which is a congenital disease in which the urine goes upward in the ureters and causes infections in the kidneys. Furthermore, he was diagnosed with mild hydrourethral

Access this article online

Received- 31 October 2023
Initial Review- 29 November 2023
Accepted- 08 December 2023

DOI: 10.32677/ijch.v10i9.4339

Quick Response code



Correspondence to: Venkata Satyanarayana Nanduri, Consultant, Department of Research and Publications, YPV Ashram, Sri Ramana Trust, Thally-635118, Tamil Nadu, India. E-mail: vsnanduri@yahoo.com

© 2023 Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC-ND 4.0).

nephrosis and swelling in both kidneys. The doctors suggested a surgical intervention and prescribed antibiotics and anti-allergic medications on July 24, 2022.

He was suffering from frequent UTIs from October to December 2022. The patient had painful urination and a fever. He used an inhaler for mild breathlessness. Owing to his medical conditions, he has been unable to attend school since December 2022.

The patient's parents came to know about the YPV therapy and enrolled him for the same. The healer-trainer who handled this case was an Associated Certified YPV healer and YPV level 1 trainer. Healing sessions were conducted for him from April 19th, 2023, onward. As he started taking healings, his health conditions started improving, and there were no episodes of fever. Furthermore, there was no pain during urination, and there was no urge to go for urination frequently. His breathing also became normal, and he no longer needed an inhaler.

The healer-trainer used the following protocols on alternate days for 15 min a day.

1. YPV Level 5: Healing with psychotherapy
2. Thorough cleaning of the meng mein chakram and applying a blue color prana
3. Thorough cleaning of the kidneys, ureters, bladder, and urethra
4. Cleaning the sex chakram and giving a white-colored prana
5. Strengthening the basic and navel chakrams.

The laboratory reports for June 05, 2023 showed the normal condition of the kidneys and bladder. The healing sessions continued till June 30, 2023. He was keeping well, and the doctors advised him to continue with the healing sessions as needed. During a monthly follow-up on August 1st, 2023, the patient was doing well and practicing Rhythmic Yogic Breathing twice every day from the YPV Sadhana App. The patient's parents gave the following response about his YPY therapy:

"In October, November, and December 2022, my son was suffering from UTI frequently again and again. After the medical test, I came to know that he is suffering from vesicourethral reflux which is a congenital disease where the urine goes upward in the ureters which causes infection in the kidneys. The doctors suggested surgery and gave me some medication. But last month, my boy took YPV healing sessions from ma'am on alternate days. Now after one month, again medical tests were done and there is an improvement in the reports. The sonography picture shows that the changes have become milder. No infection or fever occurred. I am very thankful to her." As of August 01, 2023, his mother has learned YPV level 1 healing and wishes to learn further courses.

DISCUSSION

Although many guidelines are available for the management of VUR, it is still a clinical art. Many variables, such as age, grade of reflux, history of previous febrile UTIs, existing renal scarring, other urogenital malformations, compliance with treatment, patients' preferences, availability of resources, and available scientific evidence for each mode of treatment, are to

be considered. The ultimate aim is to prevent recurrent UTIs and renal damage. In this case, the patient's mother sought YPV healing intervention in preference to surgery, and the desired result was achieved without surgical intervention.

The YPV energy healing system has a history of successful treatment of various types of diseases, including kidneys and urinary systems, such as nocturnal enuresis [17] and stage 2 kidney disease [20].

CONCLUSION

In this case, the healer-trainer successfully healed the VUR condition within 2½ months without a need for surgical intervention. YPV system therapies offer great scope in the treatment of this condition, and therefore, it is recommended that further research should be conducted with an appropriate sample and methodology.

ACKNOWLEDGMENT

The authors express sincere thanks to Sri Ramana Trust, Thally, Tamil Nadu, for permitting to use their copyright terms YPV® and YPV®. Our thanks are also to the patient's parents for sharing the case details on condition of anonymity.

REFERENCES

1. Sinha SK, Agarwal A. Current perspectives in management of vesicoureteral reflux. *Indian Pediatr* 2018;55:1039-40.
2. Rao KL, Menon P, Samujh R, Mahajan JK, Bawa M, Malik MA, *et al.* Endoscopic management of vesicoureteral reflux and long-term follow-up. *Indian Pediatr* 2018;55:1046-9.
3. Neravetla J, Nanduri VS. A study into the successful treatment of some difficult medical cases using Yoga Prana Vidya (YPV) healing system as alternative medicine. *Int J Sci Eng Res* 2019;10:882-7.
4. Rajagopal AH, Ramya A, Nanduri VS. Diabetes management and control using Yoga Prana Vidya (YPV) healing system. *J Biol Life Sci* 2019;10:106-20.
5. Ramya A, Nanduri VS. Cardiac case study: Successful healing treatment of a 48-year-old male with block in heart, using Yoga Prana Vidya (YPV) healing system. *Saudi J Nurs Health Care* 2019;2:353-6.
6. Nanduri VS, Chaitra N. How the participants of a Yoga Prana Vidya (YPV) eye camp experienced vision improvements: A case study. *J Community Health Manag* 2019;6:139-46.
7. Nanduri VS, Vasavda A. Successful healing treatment of high blood cholesterol levels and asthma using Yoga Prana Vidya (YPV) system: A case study of self-healing. *Panacea J Med Sci* 2019;9:131-7.
8. Neravetla J, Nanduri VS. Role of Yoga Prana Vidya (YPV) healing techniques in emergency and first aid: A summary of case reports. *Int J Med Sci Health Res* 2020;4:133-46.
9. Nanduri VS, Karnani V. Successful and speedy recovery of COVID patients using Yoga Prana Vidya (YPV) healing. *Covid-19* 2020;1:78-82.
10. Prajapati R, Nanduri VS. Successful healing and recovery of a COVID-19 female patient using Yoga Prana Vidya advanced Protocols as complementary medicine: An in-depth case study. *Int Arch Integr Med* 2021;8:45-51.
11. Reddy NJ, Karnani V, Nanduri VS. Yoga Prana Vidya distance healing intervention for COVID-19 patients: An outcome case study. *Indian J Psychiatr Soc Work* 2022;13:10-7.
12. Revathi R, Janani N, Nanduri VS. Successful healing treatment of hypothyroidism using integrated Yoga Prana Vidya (YPV) healing approach as complementary medicine: Case reports. *J Prev Med Holistic Health* 2020;6:1-7.

13. Nanduri VS. A study on the effects of Yoga Prana Vidya System (YPV) Intervention at workplace for corporate employees and executives to alleviate anxiety, depression and burnout; and participants' perceptions and experiences of the YPV intervention. *Int J Indian Psychol* 2020;8:374-90.
14. Ramya A, Kraleti P, Gopal KV, Nanduri VS. Efficacy of planetary peace meditation (PPM) of Yoga Prana Vidya (YPV) system in enhancing academic performance of high school children: A case study. *Indian J Psychol Educ* 2020;10:59-64.
15. Nanduri VS, Revathi R. Effects of Yoga Prana Vidya intervention on psychological wellbeing and criminal attitude of under-trial prisoners. *Indian J Psychiatric Soc Work* 2020;11:1-9.
16. Rajkumari K, Bembalkar S, Nanduri VS. A pilot study of the effects of Yoga Prana Vidya (YPV) protocols on social behaviour, cognitive abilities and IQ of mentally challenged children. *Pediatr Rev Int J Pediatr Res* 2021;8:7-15.
17. Leelavathi N, Nanduri VS. Treatment of nocturnal enuresis using Yoga Prana Vidya healing protocols: A case Study. *Int J Pharm Biomed Sci* 2023;3:45-9.
18. Nanduri VS, Anur A. A paediatric bronchopneumonia case: Successful healing with speedy recovery using Yoga Prana Vidya (YPV) healing protocols as complementary medicine. *Pediatr Rev Int J Pediatr Res* 2023;10:46.
19. Mallipeddi S, Sunkari M, Nanduri VS. Treatment of a congenital CMV (*Cytomegalovirus*) case in an infant by the application of Yoga Prana Vidya healing methods: An in-depth case study. *J Med Sci Clin Res* 2022;10:39-47.
20. Bhuvaneshwari H, Nanduri VS. Successful application of Yoga Prana Vidya protocols to normalize kidney function: A case study of stage 2 kidney disease. *World J Biol Pharm Health Sci* 2022;10:1-7.

Funding: None; Conflicts of Interest: None Stated.

How to cite this article: Gupta Y, Nanduri VS. A pediatric patient case of vesicoureteral reflux: Successful healing using Yoga Prana Vidya protocols. *Indian J Child Health*. 2023; 10(9):117-119.