



## ESOPHAGEAL VARICES AND POST-EVL (ENDOSCOPIC VARICEAL LIGATION) COMPLICATIONS: A CASE OF SUCCESSFUL HEALING USING YOGA PRANA VIDYA (YPV) HEALING PROTOCOLS AS COMPLEMENTARY MEDICINE

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### ABSTRACT

**Background:** A male patient aged 46 years was admitted to a hospital with complaints of blood in vomit, black color stool, and general weakness. Investigations showed decompensated Cirrhosis with portal hypertension and UGI (upper gastrointestinal bleeding). Large esophageal varices were seen with active oozing. EVL (Endoscopic variceal ligation) was done, and the patient was discharged but had to be re-admitted due to complications of the Esophagus with post-EVL ulcers and active oozing, EVL of the column below the ulcer was done, and oozing stopped. His BP and hemoglobin were low. Since his condition was critical his relatives approached for YPV healing intervention from accredited YPV healers.

**Method:** This study used the case study method by gathering health and medical data from the patient, data from the YPV healer's records of the nine-month-long healing intervention, and feedback from the patient and his family.

**Results:** The liver Cirrhosis problem has healed completely, with no more varices and bleeding, and the patient recovered fully. He resumed working in business as before. He is seen as very calm and happy. A follow-up of the patient after a year revealed that he is completely normal without any relapse.

**Conclusions:** Because the YPV system is integrative and holistic, its applications to needy patients have consistently proven effective, and have saved lives in danger due to various health issues. For mainstream health professionals, it will be beneficial to gain a hands-on understanding of YPV healing methods to apply in their areas of expertise. Further research is recommended.

**KEYWORDS:** Cirrhosis, Esophageal Varices, EVL (Endoscopic Variceal Ligation), Post-EVL Ulcers, Yoga Prana Vidya System®, YPV®.

### CASE REPORT

The patient was a male, aged 46 years, and his occupation was Business.

The YPV healer who handled this case was a YPV Level 2,3 Trainer and a Certified YPV Healer, supported by a Senior Arhat Trainer and Senior Certified Healer during the first month of the critical phase.

### Background

The patient was admitted to a hospital on 11 November 2021 with complaints of blood in vomit, black colour stool, and general weakness. Investigations showed decompensated Cirrhosis with portal hypertension and UGI (upper gastrointestinal bleeding). Large esophageal varices are seen with active oozing. EVL (Endoscopic variceal ligation) was done on 11 November. The reports showed GOV 2 varices, portal hypertensive gastropathy

(PHG), mild ascites, coagulopathy, and severe anaemia. Cirrhosis of the Liver was identified as the primary cause. He was discharged on 17 November 2021.

However, he was re-admitted to the hospital in ICU on 21 Nov 2021 due to complications. His Gastro-duodenoscopy report of 21 Nov 2021 showed Esophagus with Post EVL ulcers with active oozing, EVL of the column below the ulcer was done, oozing stopped, and stomach was full of blood. His BP was Low at 90/50 and with internal bleeding; the haemoglobin was at 7 (as per the lab report dated 21 Nov 2021). He was discharged on 26 Nov 2021.

When the treatment began, he was in a critical condition; his recovery rate was not as good. The patient was depressed, and his emotional state was very low.

### **YPV Intervention**

The patient's sister called the YPV healer on 11 Nov 2021 stating his severe condition and requested to conduct YPV healing sessions. Then the YPV healer, together with her Senior Trainer and a YPV Level 6 healer started the healing sessions.

The healer used the following YPV protocols:

1. Cleaning the Environment, 2) Cord cutting, 3) Healing by HDP Level 1 Track and psychotherapy, 4) Blood cleansing, 5) A special protocol for affected parts 6) Hemoglobin protocol, and 7) One full Level 5 healing per day including Level 6 healing for the affected parts was done.

The healer conducted healing sessions for 9 months as follows.

- During the 1st month - 11 Nov to 11 Dec 2021 month both Level 5 and Level 6 healers conducted the healing sessions three times a day: morning, afternoon & night.
- From the second month onwards only, the Level 5 Healer continued the healing intervention, doing two times daily for the next 5 months.
- During the last 3 months, i.e., the 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> months, the Level 5 healer conducted healing sessions on alternate days.

### **Improvements Achieved**

The bleeding almost stopped during the first week of healing from 11 to 17 November 2021. Doctors were satisfied with the progress and the patient was discharged.

However, on 21 November 2021, the patient was re-admitted due to unexpected complications and later discharged on 26 Nov 2021

After completing one month of healing, the patient improved physically and emotionally by about 75%. The patient was earlier worried fearing too much about his condition, but now he was very hopeful of complete recovery soon. On his part, the patient as suggested was practicing Rhythmic Yogic Breathing (RYB) and Forgiveness Sadhana daily. The patient's haemoglobin level also was found to be improving simultaneously.

The healing sessions continued further till 11 August 2022. The patient's Gastro-duodenoscopy report dated 17 August 2022 showed no active bleeding and no gastro varices seen.

### **Outcome**

The liver Cirrhosis problem has healed completely and there are no other issues. To improve his digestive system, the patient was consuming a fruit diet in the morning, with the normal diet during lunch but light food at night. He started working normally in business. He is seen as very calm and happy. Consequently, his family members have also been practicing regular breathing exercises and forgiveness sadhana.

A follow-up of the patient during June 2023 revealed that the patient is completely normal without any complications following his healing of Cirrhosis of the Liver and oesophageal varices condition.

### **DISCUSSION**

A study by Cho et al. found that significant EVL-induced ulcer bleeding occurs in 3.6% to 15% of cases, and the mortality is reported to be as high as 52%. However, the risk factors of EVL-induced ulcer bleeding have not been clearly identified, and there are currently no guidelines for the treatment of this potentially lethal complication [1].

EVL-induced ulcer bleeding was defined as endoscopically confirmed active bleeding (spurting or oozing) from an ulcer that was formed due to the slippage of the rubber band. Severe bleeding was defined as bleeding that resulted in hypotension (blood pressure <90mmHg) or death after EVL. Bleeding-related death was defined as death within 6 weeks of the index bleeding. The size of EV was classified as small, straight (F1); enlarged, tortuous (F2); or large, coil-shaped that occupy more than one-third of the lumen (F3). The

morphology of the gastric varices (GV) was classified according to the system proposed by Hashizume et al: tortuous (F1), nodular (F2), or tumorous (F3) [2].

It is observed from the literature that this is a very serious complication with a possibility of death within weeks of incidence. Therefore, the challenge before the YPV healers was to save the patient's life through the application of relevant YPV healing protocols as an emergency procedure, followed by conducting healing sessions on a long-term basis because there was no definitive medical cure in such conditions. In the feedback obtained from the patient and his wife, it was confirmed that YPV healing intervention greatly helped the patient to recover fully and return to normal life in all respects.

YPV System is an established energy healing system with integrated approaches and holistic healing results gained in dimensions of physical, mental, and emotional. A literature search shows over 90 published research articles that gathered evidence of successful treatment of various illness conditions and diseases for patients, including mental health. Some examples of published papers are: Difficult medical cases treated through long-term YPV interventions [3], Diabetes management and control [4], Arterial block in the Heart [5], Vision improvements of patients in an Eye Camp [6], treatment of high blood cholesterol and asthma [7], Emergency and First Aid cases [8], Speedy recovery of COVID-19 patients [9] [10] [11], Hypothyroidism [12], Anxiety and depression of corporate employees [13], Enhancing academic performance of High School children [14], improving psychological well-being and reduction of criminal attitude of under-trial prisoners [15], and improving social behaviour and cognitive abilities of mentally retarded children [16].

## CONCLUSION

YPV system is integrated and holistic and its applications to needy patients have yielded excellent results consistently, saving those whose lives have been threatened by various health complications. It will be beneficial for mainstream health professionals to acquire a working knowledge of YPV healing techniques to apply complementarily to their respective professions. Further research is recommended.

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## Conflicts of Interest

None

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