

## A Paediatric Bronchopneumonia case: Successful healing with speedy recovery using Yoga Prana Vidya (YPV) healing protocols as complementary medicine

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**Introduction:** Paediatric bronchopneumonia is one of the common respiratory diseases in paediatrics. It has the characteristics of rapid onset, rapid progress, and easy recurrence, and is to be treated properly to avoid complications. This paper presents a case of paediatric bronchopneumonia of a 7-month male child healed successfully using Yoga Prana Vidya (YPV) healing protocols. **Method:** This paper used the case study method, collecting data from patient medical records, healer's records, and patient family feedback. **Results:** Within 8 days of YPV healing, the chest x-ray showed clear lungs, the child was observed to have recovered completely and was discharged from the Hospital. Thereafter, the child was found very active and normal feeding resumed. **Conclusions:** YPV healing when performed as complementary medicine to the medical treatment, has enabled faster recovery in all cases of treatment. As an integrated and holistic system, YPV has been established as an alternative medicine also in many cases of illness. Further research using appropriate methodology and sample is recommended. It is recommended to consider the training of frontline healthcare workers such as doctors and nurses in the application of YPV techniques that will be helpful as a complementary modality to their specialities to aid patients in faster recovery.

**Keywords:** Paediatric Bronchopneumonia, lung infection, Yoga Prana Vidya System, YPV

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Venkata Satyanarayana Nanduri, Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally, Tamil Nadu, India. Email: <a href="mailto:vsnanduri@yahoo.com">vsnanduri@yahoo.com</a>	Asha Anur, Venkata Satyanarayana Nanduri, A Paediatric Bronchopneumonia case: Successful healing with speedy recovery using Yoga Prana Vidya (YPV) healing protocols as complementary medicine. Pediatric Rev Int J Pediatr Res. 2023;10(3):46-50. Available From <a href="https://pediatrics.medresearch.in/index.php/ijpr/article/view/748">https://pediatrics.medresearch.in/index.php/ijpr/article/view/748</a>	

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## Introduction

Acute Respiratory Infection (ARI) or Pneumonia during childhood is the largest cause of morbidity among under-five children across the world. A study by Mathew et al (2011) found that Childhood ARI/pneumonia is a significant public health problem in India, although adequate epidemiological data is not available on its incidence. Mortality due to pneumonia accounts for approximately one-fourth of the total deaths of under-five children, in India. Pneumonia affects children irrespective of socioeconomic status; with higher risk among young infants, malnourished children, non-exclusively breastfed children, and those with exposure to solid fuel use. [1].

Bronchopneumonia can affect areas throughout both lungs. It is often localized close to or around our bronchi, which are the tubes that lead from the windpipe to the lungs. Pneumonia is a category of lung infections. It occurs when viruses, bacteria, or fungi cause inflammation and infection in the alveoli (tiny air sacs) in the lungs. Someone with bronchopneumonia may have trouble breathing because their airways are constricted. Due to inflammation, their lungs may not get enough air. [2].

Symptoms of bronchopneumonia can be mild or severe. Children and infants may display symptoms differently. While coughing is the most common symptom in infants, they may also have symptoms such as a rapid heart rate, low blood oxygen levels, retractions of chest muscles, irritability, decreased interest in feeding, eating, or drinking, fever, congestion, and difficulty sleeping.

Complications from bronchopneumonia can occur depending on the cause of the infection.

Common complications are:

- Bloodstream infections or sepsis
- Lung abscess
- The build-up of fluid around the lungs, known as a pleural effusion
- Respiratory failure
- Kidney failure
- Heart conditions such as heart failure, heart attacks, and irregular rhythms

For treatment in infants and children, the doctor will generally prescribe antibiotics, if the child has a bacterial infection. Home care to make sure that the child gets enough fluids and rest is also an important step in managing this condition to ease symptoms. The doctor may suggest medication to reduce fevers. An inhaler or nebulizer may be prescribed to help keep the airways as open as possible. In severe cases, a child may require hospitalization to receive the following:

- IV fluids
- Medication
- Oxygen
- Respiratory therapy

## Case report

This is the case of a 7-month-old baby boy.

**Pre YPV-Medical condition:** The child's illness started with a fever associated with a cough and cold. After 10 days of medical treatment, there was no improvement, so he was admitted to a hospital in Kolar NICU on 21/10/2021. He was experiencing hurried breathing, and the paediatrician advised hospitalisation. On admission, the child was found to be in distress with low saturation, hence put on HFNC (High-flow nasal cannula). The Chest x-ray showed bilateral opacities for which he was started on injections of piperacillin-tazobactam, Vancomycin & meropenem along with nebulisation. On the night of 22/10/21, the child's father contacted a YPV healer for healing service as the baby was seriously ill and crying too much.

### YPV Healing intervention with results:

The healer conducted one healing session immediately, and after 10 mins of healing, the baby slept peacefully and the fever also reduced.

The healer used the following YPV healing protocols:

1. General sweeping of the aura to remove the grosser fever energy.
2. YPV Psychotherapy.
3. Cleaning and energizing the lungs to remove the grosser energy and strengthen the lungs and facilitate easy breathing.
4. Cleaning the dirty energy from all the major chakras and energizing them to heal all the organs.

5. Cleaning and energizing the lymphatic system, to subdue the infection and enhance the natural immunity of the body.

6. Cleaning and energizing the sole and palm chakras to strengthen the body.

7. Shielding protects the aura and chakras from contamination and prevents loss of energy.

8. Cleansing the environment and blessing the parents and people treating the baby with the right guidance and treatment

In the next 3 days, the child's condition improved, and breastfeeding was started.

On Day 5, i.e., on the evening of 26/10/21, the child became ill because of cross infection in NICU. He had one episode of abnormal movement in the form of uprolling of the eyeballs, called a hypoxic seizure. Hence, He was then referred to a speciality Hospital in Bengaluru for further management and was admitted to NICU there.

As the healing continued, the child recovered very well the next day and was shifted from NICU to ward. He was stable during the next three days. The child recovered completely by 29/10/2021; the lungs were clear as confirmed in the chest x-ray report, and he was discharged from the hospital.

Healing sessions for young children, babies and old people are to be performed very gently with abundant love and care, as their aura and chakras are very delicate. Hence, daily two sessions of healing, each of 25-30 minutes duration were given gently by the healer to the paediatric patient in this case.

The parents were very happy with the results and thankful to the healer for the speedy recovery of the baby achieved within 8 days of daily healing sessions. After discharge, the baby was found very active and normal feeding resumed. Consequently, the child's father showed interest in learning YPV basics, and he completed YPV Level 1 course.

## Discussion

### Yoga Prana Vidya System of healing

The Yoga Prana Vidya (YPV) system of healing has been successfully applied to a wide range of illness conditions as complementary and alternative medicine, as is evident from over

80 published research papers. YPV is an integrated and holistic system, which consists of physical and breathing exercises, meditation techniques, and bioplasmic (Pranic) energy healing techniques [3].

Literature shows published successful case reports on applications of YPV, which include, treatment of difficult medical cases [4], diabetes management & control [5], removing arterial blocks in the heart without surgery [6], vision improvements for participants of an Eye Camp [7], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [8], Role of Yoga Prana Vidya in first aid and emergency [9], speedy recovery of COVID patients [10], treatment of hypothyroidism [11], Lowering academic anxiety and enhancing the academic performance of high school children [12], saving life of a snake-bitten human female [13], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [14], healing treatment of a female patient suffering from kneecap dislocation [15], Treatment and cure of PCOS condition [16], a case of breast cancer successfully treated [17], De-addiction cases [18], etc. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the well-being of prisoners [19], a significant reduction in anxiety and depression in corporate employees [20], improvements in the cognitive abilities and social behaviour of mentally challenged children [21]. A case of paediatric bronchopneumonia of a 7-month male child healed successfully using Yoga Prana Vidya (YPV) healing protocols is presented in the following section.

Paediatric bronchopneumonia is one of the common respiratory diseases in paediatrics and it has the characteristics of rapid onset, rapid progress, and easy recurrence. If not treated properly, it will cause various complications, such as cerebral oedema, respiratory failure, and heart failure, which seriously affect the health of children [22]. Antibiotics are often used in clinical treatment for paediatric bronchopneumonia. But in recent years, with the long-term use of antibiotics, the drug resistance makes the treatment effect unsatisfactory, its adverse reactions also increase the physical pain of the child. It is reported that, a combination of Chinese herbal injections (CHIs) and Western medicine (WM) treatment has already achieved some results in the treatment of paediatric bronchopneumonia, but since various options

Of CHIs are available, the one with the best efficacy is still to be explored [22].

## Conclusion

YPV healing when performed in complimentary to the medical treatment, aids in faster recovery. Experience shows that a person can remain healthy 95% of the time if he does healings on himself or gets healings done, 2-3 times in a week. If a person learns YPV healing and spends at least 30 mins to 1 hour every day performing self-healing using an Integrated approach, including physical and breathing exercises, Forgiveness Sadhana, Planetary Peace Meditation and healing, it opens a new dimension in his spiritual growth as well besides his wellbeing. The simple and brilliant techniques of YPV Integrated Healing have immense power and potential to bring well-being to every household across the world.

Further research is recommended using appropriate samples and methodology. It can be helpful for frontline healthcare workers such as doctors and nurses to acquire a working knowledge of YPV healing techniques to apply as complementary to their practice.

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## Author contributions

Asha Anur conducted fieldwork, YPV healing and data collection. Nanduri V.S Conducted literature survey, data analysis, writing up of the paper, submission to Journal and final proof corrections.

## What does this study add to existing knowledge?

This study is first of its kind that showcases evidence gathered in the successful healing of a pediatric bronchopneumonia case where allopathy medicine alone was unable to treat the patient. YPV healing protocols have been established as complementary medicine in the successful treatment of this condition.

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