

Yoga Prana Vidya System

Book 6

Circulatory System, Diabetic, Thyroid, Blood Parameters and Cancer Case Studies



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Objective

This book provides case studies of Circulatory System, Diabetes, Thyroid, Blood Parameters, Tumor, Cyst and Cancer documented in years 2011 - 2019. The case studies with supporting documentation have been placed in the beginning of each Chapter of the book followed by other cases. Some of the case studies of Diabetes and Circulatory system are put in *Book 3- First Aid and Emergency, Skin Care, Hair Care and Weight loss Case Studies* under *Chapter 1 - First Aid and Emergency Case Studies*.

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Chapter 1

Circulatory System

Case Studies



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Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
1	YPVS/CS-H/ 2019/009	3 * 3.5mm hole in the heart (PDA), difficulty in breathing. Surgery not possible due to infection. Admitted, in ICU	30 sessions	improved breathing; stable for surgery; underwent surgery. Recovered very fast after surgery	1
2	YPVS/CS-H/ 2018/012	Palpitation, uncomfortable feeling in chest and all over body	7Session	Heart beat became normal	8
3	YPVS/CS-H/ 2014/08	Coronary angiogram performed, double vessel coronary artery disease	multiple session	Report shows gradual improvement	13
4	YPVS/CS-H/ 2017/003	Right atrium and ventricle dilated	80Days	No tiredness, even while climbing stairs no weakness	20
5	YPVS/CS-H/ 2018/004	Cardio problem	30Sessions	No pain, no tiredness and weakness, walking is comfortable	25
6	YPVS/CS-B/ 2016/010	uncontrolled BP, in the last 6 months on medication. Not much improvement with medication. Sleepless nights, stress	2 months	BP controlled. Change in medication. Overall 60% improvement in health	35
7	YPVS/CS-H/ 2017/002	Severe chest pain	90Days	came out of fear, improved	40
8	YPVS/CS-H/ 2017/001	Pulmonary heart condition, PAH, IBS	multiple session	Condition got normalised	46
9	YPVS/CS-B/ 2015/006	High BP, sinus, cold, cough, stress	50days	overall improvement, reduced BP tablet dosage	51
10	YPVS/CS-B/ 2015/009	High BP 200/90, headache, leg pain	16session	no headache, no leg pain, 160/85	58
11	YPVS/CS-B/ 2016/003	High Bp 160/130	4session	Bp normal, swelling completely healed	61
12	YPVS/CS-B/ 2016/004	High BP, shaking of hands	7 Days	25% dosage of tablet reduced	63
13	YPVS/CS-B/ 2017/002	High BP, general weakness	7Session	After 7 Days of continuous observation BP was normal	67

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
14	YPVS/CS-B/2017/007	Palpitation, giddiness	4session	Completely palpitation free	72
15	YPVS/CS-B/2017/008	Low BP	1Session	90%healed	74
16	YPVS/CS-B/2019/004	High BP, stress	30Sessions	Normal	77
17	YPVS/CS-B/2019/005	High BP, 85% blockage	5Session	no pain in chest area and in hand, completely healed	81
18	YPVS/CS-B-M/2018/0001	High BP, Acidity	3 sessions	after 3 sessions doctor advised to stop BP medicines	83
19	YPVS/CS-H/2015/005	Feeling giddy, could not see anything properly, uneasiness, discomfort near chest area4days	4days	70%improvement in heart condition	85
20	YPVS/CS-H/2017/007	IHD	7Session	Improvement in breathing, comfortable in walking	87
21	YPVS/CS-H/2017/009	Palpitation, affecting performance at work place	10Sessions	more relaxed, comfortable	89
22	YPVS/CS-VV/2014/002	varicose veins	3 sessions	no more pain in varicose veins	92
23	YPVS/CS-VV/2015/001	Varicose veins in feet and ankle area, legs were feeling heavy	4Days	Heaviness of legs reduced by 80%, veins are very light 70% better	94
24	YPVS/CS-VV/2016/002 a	Varicose veins pain and burning sensation in left limb	3Session	Pain and burning sensation reduced by 90%	98

Chapter 2

Diabetic and Thyroid Case Studies



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1	YPVS/D/2017/026	diabetic, HbA1c= 10.2 (23/4/2017)	40days	HbA1c= 6.7 (19/9/2017)	1
2	YPVS/D-M/2015/013	Diabetic, Liver problem	12 Days	FBS (Before 26-11-2015)= 272 mg/dl, (After 18-12-2015)= 81 mg/dl; PPBS (Before 26-11-2015)= 313 mg/dl, (After 18-12-2015)= 139 mg/dl, CHOLESTEROL TOTAL (Before 26-11-2015)= 198 mg/dl, (After 18-12-2015)= 92 mg/dl; TRIGLYCERIDE (Before 26-11-2015)= 1485 mg/dl, (After 18-12-2015)= 98 mg/dl	5
3	YPVS/D-M/2016/010	Diabetic, Thyroid	70 days	FBS (Before 24-09-2016) = 131mg/dl, (After 02-12-2016) = 108 mg/dl; PPBS (Before 24-09-2016) = 208 mg/dl, (After 02-12-2016) = 165 mg/dl; THS (Before 24-09-2016) = 5.469 ulu/ml, (After 02-12-2016) = 2.819 ulu/ml	11
4	YPVS/D-M/2016/005	Diabetic, gastric, knee pain, dry cough	15 days	FBS (Before 18-06-2016) = 216mg/dl, (After 18-9-2016) = 126 mg/dl; PPBS (Before 18-06-2016) = 416 mg/dl, (After 8-9-2016) = 300 mg/dl; HbA1c (Before 18-06-2016) = 15 %, (After 8-9-2016) = 10%; Cough completely healed, Knee pain healed by 75%	18
5	YPVS/D/2016/036	diabetic, frequent urination, sleeplessness, pain in legs, PPBS= 224 (22/5/16)	25days	PPBS= 157 (18/8/2016)	26
6	YPVS/D/2017/037	sugar level 380	2months	sugar level decreased	30
7	YPVS/D/2015/031	diabetic, PPBS= 208 (10/8/15)	6days	PPBS=146mg/dl (16/8/2015)	36

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
8	YPVS/D/ 2017/034	diabetic, throat infection, high BP, lump, FBS= 151mg/dl, PPBS= 298mg/dl (28/6/17)	60days	FBS= 100mg/dl, PPBS= 137mg/dl (3/8/17), throat infection completely healed, lump reduced	40
9	YPVS/D/ 2017/038	Diabetic neuropathy from 3 months	10days	90% pain reduced, able to walk comfortably	45
10	YPVS/D/ 2018/030	diabetic, body tiredness, FBS= 210.5 (22/7/18)	25days	tiredness reduced, FBS 122 (9/9/18)	47
11	YPVS/D/ 2019/029	diabetic, FBS= 170 (22/4/19)	20days	FBS= 95 (8/5/2019), sugar level reduced	51
12	YPVS/D/ 2019/031	diabetic, PPBS= 257.1 (27/4/2019), FBS= 157.6 (28/4/19)	70days	FBS= 100, PPBS= 130 (8/5/2019)	61
13	YPVS/D- M/ 2016/007	Diabetic, High BP	70 days	RBS (Before 08-09-2016) = 196mg/dl, (After 10-12-2016) = 166mg/dl;	72
14	YPVS/D/ 2016/003	Diabetic	20 days	FBS (Before 20-09-2016) = 149mg/dl, (After 04-10-2016) = 122mg/dl; PPBS (Before 20-09-2016) = 231.3mg/dl, (After 04-10-2016) = 164 mg/dl	78
15	YPVS/D/ 2016/011	Diabetic	30 days	FBS (Before 09-11-2016) = 213 mg/dl, (After 09-12-2016) = 82 mg/dl; PPBS (Before 09-11-2016) = 262 mg/dl, (After 09-12-2016) = 130 mg/dl;	82
16	YPVS/D/ 2016/012	Diabetic	10days	PPBS (Before 23-07-16) = 207mg/dl, (After 28-09-2016) = 142 mg/dl	87
17	YPVS/D- M/ 2016/001	Diabetic, Piles, Burning in legs	5 days	FBS (Before 19-07-2016) = 144mg/dl, (After 08-08-2016) = 102mg/dl; Pain due to piles completely reduced	92
18	YPVS/D- M/ 2016/002	Diabetic, Right Ankle pain	5 days	FBS (Before 27-08-2016) = 220mg/dl, (After 15-09-2016) = 102mg/dl; PPBS (Before 27-08-2016) = 301mg/dl, (After 15-09-2016) = 268 mg/dl; No pain	98

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
19	YPVS/D-M/2016/004	Diabetes, Stress	25 days	FBS (Before 10-09-2015) = 228mg/dl, (After 24-2-2016) = 117 mg/dl; PPBS (Before 10-09-2015) = 356mg/dl, (After 24-2-2016) = 142 mg/dl. Stress reduced	102
20	YPVS/D-M/2016/008	Diabetic, Gastric, leg swelling	75 days	FBS (Before 20-09-2016) = 172mg/dl, (After 09-12-2016) = 139 mg/dl; PPBS (Before 20-09-2016) = 260 mg/dl, (After 09-12-2016) = 155 mg/dl; Leg Swelling healed by 60%, Gastric reduced by 75%	106
21	YPVS/D-M/2016/009	Diabetic, High BP, Hypothyroid, Macular degeneration	50 days	FBS (Before 07-08-2016) = 133mg/dl, (After 30-11-2016) = 123 mg/dl; PPBS (Before 07-08-2016) = 166 mg/dl, (After 30-11-2016) = 142 mg/dl; 90% overall improvement	111
22	YPVS/D-M/2016/017	Diabetic, Headache	6 days	RBS (Before 15-12-2016) = 372 mg/dl, (After 03-01-2017) = 201 mg/dl; 60% improvement in health	117
23	YPVS/D-M/2017/016	Diabetic, Pain in the entire left side of the body	6 days	FBS (Before 04-05-2017) = 150 mg/dl, (After 08-09-2017) = 142 mg/dl; PPBS (Before 04-05-2017) = 290 mg/dl, (After 08-09-2017) = 192 mg/dl;	121
24	YPVS/D-M/2017/018	Diabetic, High BP, Left Kidney Fail, Leg Pain, Eye Problem	20 days	FBS (Before 04-05-2017) = 120 mg/dl, (After 20-06-2017) = 127 mg/dl; PPBS (Before 04-05-2017) = 276 mg/dl, (After 20-06-2017) = 194 mg/dl; Eye Sight better	125
25	YPVS/D-M/2018/014	Diabetic, Right shoulder pain, Fear	12 days	FBS (Before 02-06-2018) = 196mg/dl, (After 26-07-2018) = 119.6 mg/dl; PPBS (Before 02-06-2018) = 154 mg/dl, (After 26-07-2018) = 142.3 mg/dl; HbA1c (Before 02-06-2018) = 10.4%, (After 26-07-2018) = 8.6%	130
26	YPVS/D/2013/039	Diabetic	30sessions	Sugar level decreases	134

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
27	YPVS/D/2018/043	Diabetic, backpain	3Sessions	Sugar level reduced	140
28	YPVS/D/2017/042	diabetes, depression, lost weight	110 sessions, still continuing	sugar levels in control. Sleeping well, come out of depression. Gained weight	143
29	YPVS/D/2019/041	diabetes type2, high BP	4 months	sugar levels in control.	149
30	YPVS/D/2016/032	gangrene infection, creatinine increased; creatinine 3.6mg/dl (31/3/16)	20days	infection reduced, creatinine 2.1mg/dl	153
31	YPVS/D/2017/028	diabetic, fistula, stress, general weakness	15days	sugar level reduced	157
32	YPVS/D-M/2017/020	Diabetic, Gum Bleeding	10 days	FBS (Before 01-03-2017) = 138 mg/dl, (After 03-07-2017) = 137 mg/dl; PPBS (Before 01-03-2017) = 262 mg/dl, (After 03-07-2017) = 193mg/dl;	162
33	YPVS/D-M/2017/021	Diabetic, high BP	10 days	FBS (Before 27-04-2013) = 215 mg/dl, (After 28-09-2016) = 93 mg/dl; PPBS (Before 27-04-2013) = 425mg/dl, (After 28-09-2016) = 109mg/dl;	166
34	YPVS/D/2016/022	Diabetic	20 sessions	Sugar level reduced	170
35	YPVS/THY / 2016/009	TSH=11.04(23/Jan/2016), general weakness, leg pain, irritation, stress	10Days	TSH=7.37	175
36	YPVS/THY / 2015/010	TSH=6.34 (15-10-2015)	J	TSH=4.72, no hair loss, no obese	180
37	YPVS/THY / 2016/003	Hypothyroidism TSH=2.13(05/02/2016), knee pain	15Days	TSH=1.28(07/08/2016)	189
38	YPVS/THY / 2016/004	TSH=9.97, Weakness	5Days	TSH=8.72(NO Medicine), no weakness	195

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
39	YPVS/THY/2017/002	Hypothyroidism TSH=10.50(13/03/2017)	20Days	TSH=2.17 (1/5/17)	199
40	YPVS/THY/2017/012	TSH=5.23(12-06-17), headache	5Days	TSH=4.71(08-09-17), no headache	204
41	YPVS/THY/2018/005	TSH=5.97, Gastric problem, stress	20Days	TSH=1.68, gastric and stress completely healed	207
42	YPVS/THY/2015/008	TSH=10.53(20/Aug./2015), pain in neck region	4Days	TSH=7.94, neck pain reduced by 90%	212
43	YPVS/THY/2015/016	Thyroid	25Session	TSH reduced	216
44	YPVS/THY/2015/017	TSH = 10.0	Multiple healings	TSH = 4.92	218
45	YPVS/THY/2016/001	Thyroids	5 sessions	Reduced medicine to 75 MG	221
46	YPVS/THY/2016/015	TSH=8.99	30Sessions	TSH=2.01	224
47	YPVS/THY/2017/011	TSH=0.05(1-sep-2009)	Multiple healings	TSH=3.64	229
48	YPVS/THY/2017/013	TSH+8.31(12-06-17)	10Days	TSH=5.90(7-09-17)	233
49	YPVS/THY/2017/014	TSH=6.80	Multiple healings	TSH=0.52	238
50	YPVS/THY/2018/006	TSH=6.910, Diabetic (HbA1C=9.80%) (27/12/17), High BP, Arthritis	10Days	TSH=2.01, HbA1C=8.6%, 100%better in other issues	241
51	YPVS/THY/2018/007	TSH = 5.97	15 sessions	TSH = 1.67	248

Chapter 3

Blood Parameters Case Studies



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1	YPVS/BL/2016/003	High Cholesterol	20Sessions	Cholesterol level reduced	01
2	YPVS/BL/2016/006	HB high	22Session	Normal	05
3	YPVS/BL/2017/011	Haemoglobin low	15Sessions	Haemoglobin level normalized	11
4	YPVS/BL/2016/001	Vitamin deficiency	75Days	100% vitamin D-deficiency healed; all pains healed	16
5	YPVS/BL/2016/005	High cholesterol	77Days	Cholesterol level reduced	22
6	YPVS/BL/2017/008	Anaemic condition with high BP	5month	HB level increased, BP normal	29
7	YPVS/BL/2019/002	Low haemoglobin level 9.2, tiredness, weakness	22Days	Haemoglobin level normalized	34
8	YPVS/BL/2015/004	High Cholesterol	multiple session	Cholesterol level reduced	39
9	YPVS/BL/2016/010	Haemoglobin=7.5, general weakness	60Days	Feeling good strength, Haemoglobin increased	49
10	YPVS/BL/2017/007	Increased level of cholesterol and triglycerides and VLDL	10Days	Cholesterol level is normal	52
11	YPVS/BL/2016/007	Diabetic, High level of cholesterol and triglycerides	24Days	Cholesterol and triglycerides levels are normal	57
12	YPVS/BL/2016/009	Increased WBC production	multiple session	Tablet dosage is reduced	61
13	YPVS/BL/2015/012	High Cholesterol	multiple session	Cholesterol is normal	72

Chapter 4

Cancer, Tumor and Cyst

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1	YPVS/CA/2018/008	Gallbladder cancer	Multiple session	Recovered from cancer	1
2	YPVS/CA/2011/11	Coronary Cancer, stomach pain, difficulty in digestion, frequent fever	multiple session	came out of side effects of chemo, fast recovery from operation, came out of cancer	11
3	YPVS/CY/2016/002	Sebaceous cyst	10Days	90-95% pain reduced; size reduced by 80-85%	19
4	YPVS/CA/2017/006	cancer in gall bladder, stage 4	2 years +	able to survive after effects of chemo, more peaceful and confident	22
5	YPVS/CA/2018/013	lung carcinoma, 4th stage, difficulty breathing	100 sessions	size of carcinoma growth reduced from 5*5.3*4.5 cm to 3.2*2.9 cm. Side effects of chemotherapy were bearable	25
6	YPVS/CY/2019/010	Kidney cyst in both kidneys	5 weeks	right kidney cyst gone. Left kidney cyst size reduced.	29
7	YPVS/CA/2015/003	Pancreatic cancer, stage 4 palliative	10 months	Tumour size reduced by 60%	34
8	YPVS/CA/2016/004	Suffering from lipoma	4Days	Lumps became soft	38
9	YPVS/CA/2016/010	Breast cancer	10Months	Cured	41
10	YPVS/CA/2016/012	Breast cancer	10 months	cancer cured	44
11	YPVS/CA/2017/0001	Prostate Cancer	9 months	Prostate gland normal in size, stopped taking medicines	47
12	YPVS/CA/2017/007	ollier disease, Chondrosarcoma grade 1	2 years	PET scan showed 75% reduction	55
13	YPVS/CA/2018/002	Vocal cord cancer	Multiple session	Healed	58
14	YPVS/CY/2013/003	Brain tumour in pituitary gland from 15years, vision affected	7Days	Improved vision, tumour was reduced to half	66

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
15	YPVS/CY/2014/005	Lumps on lower back	20Days	Lumps got softened and became flat	69
16	YPVS/CY/2014/007	Cyst in liver	2 and half month	No cyst and clot and liver	73
17	YPVS/CY/2014/009	Acute pancreatitis with minor cyst in pancreas, had frequent pain attacks, hospitalized for 7 times	Multiple session	WBC came out to normal, no pain killers	76
18	YPVS/CY/2016/004	two lumps on the tongue	Multiple session	Almost healed	78
19	YPVS/CY/2016/006	Cyst in breast	20Days	100% healed	83
20	YPVS/CY/2016/008	slight limp in right hands, cannot lift hands fully	9Days	can lift hand fully, 70% cyst healed	88
21	YPVS/CY/2016/011	non malignant tumour near left jaw	50Sessions	Size reduced by 70%, pain under left ear reduced by 90%	91
22	YPVS/CY/2018/0001	Ovarian cyst, Renal cortical Cyst	90 sessions	Ovarian Cyst (Before = 2.4x1.9cms, after= 2.3 x 1.3 cm), Right Kidney (Before= 9x7mm, after cyst disappeared; Left Kidney (Before = 3.9 x 3.3 cm, After = 3.7 x 3 cm)	95
23	YPVS/T/2017/001	Pineal gland tumour	48Session	Healed	101
15	YPVS/CY/2014/005	Lumps on lower back	20Days	Lumps got softened and became flat	69
16	YPVS/CY/2014/007	Cyst in liver	2 and half month	No cyst and clot and liver	73