

TRIGEMINAL NEURALGIA (SEVERE AND SHARP FACIAL PAIN): A CASE OF SUCCESSFUL TREATMENT USING YOGA PRANA VIDYA SYSTEM OF HEALING PROTOCOLS

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ABSTRACT

Introduction: Trigeminal neuralgia (TN) is a disease characterized by severe pain in the facial area related to the trigeminal nerve. TN occurs due to neurovascular compression of the Trigeminal nerve presenting with recurrent pain episodes. A variety of medications and surgical options are available in the management. This paper presents the case of a 61-year-old male chronic TN patient who was successfully healed using non-invasive and non-drug protocols and techniques of the Yoga Prana Vidya (YPV) System. **Method:** The case study method is used in the present study by collecting details of patient medical records, YPV healer's records, and feedback from the patient and his family. **Results:** Before the YPV intervention, the reports showed very high bp and some issues in brain MRI. After the YPV intervention was conducted in two phases, which took less than 6 months overall, the reports showed that BP was reduced to normal. The TN condition was completely resolved without any incidents. The patient started to have a positive outlook towards life. **Conclusions:** This instance emphasizes how crucial it is to have tapering healing sessions if withdrawal occurs too quickly to prevent recurrence. The Integrated and Holistic System of YPV provides a significant opportunity for more research study on this subject matter with suitable sample size and methods. Gaining a basic understanding of the YPV healing system would help frontline healthcare workers, such as physicians and nurses, implement it in a way that is complementary to their expertise.

KEYWORDS: Trigeminal neuralgia (TN), Complementary and alternative medicine, Facial pain, Yoga Prana Vidya System ®, YPV®.

INTRODUCTION

Trigeminal Neuralgia (severe and sharp facial pain)

The definition of Trigeminal Neuralgia (TN) is abrupt, intense, transient, stabbing, and recurring pain that affects one or more trigeminal nerve branches. For carefully chosen circumstances, a variety of medical procedures are available. For the longest period of pain relief, microvascular decompression (MVD) may be preferred over alternative methods. While older individuals with low risk are better suited for percutaneous treatments and gamma knife radiosurgery (GKRS), younger patients benefit more from MVD.^[1]

A review study by Yadav et al. (2017) based on a search of publications over a 17-year period on PubMed and Google, and 27 years of personal experience of over 600 microvascular decompression surgeries for TN, found that the exact pathophysiology of TN remains contentious. Usually, the pain resolves completely

between the attacks. It typically occurs beyond the age of fifty and rarely occurs in young adults. It affects women more often than it does men. TN is primarily diagnosed clinically.

Surgery should be considered if the pain is poorly controlled or the medical treatments are poorly tolerated. The right side of the face (60%) is affected more than the left side. Bilateral simultaneous pain in TN is rare (1.7%–5%) and more often these patients experience side-alternating unilateral pain paroxysms.^[2]

Yoga Prana Vidya (YPV) system of healing interventions

Literature shows nearly 100 research papers published on the efficacy of YPV protocols in healing various illnesses and diseases as complementary and alternative medicine. 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 the 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]; pediatric cases of nocturnal enuresis^[17], Bronchopneumonia^[18], and Cytomegalovirus^[19], etc. This paper presents a case of Trigeminal neuralgia healed successfully using Yoga Prana Vidya (YPV) Healing Protocols.

METHOD

This study has used the case study method of investigation, by going through the medical records of the patient, YPV healer's records, and feedback obtained from the patient and his family members.

CASE REPORT

A family member of a 61-year-old male retired person diagnosed with Trigeminal Neuralgia (TN) approached the YPV healer for healing treatment in distance mode, as he was stationed in a different city.

The healer who was approached and handled this case was a Certified YPV healer and a Level 2-3 Trainer.

Background Information

The patient was observed to be emotionally low as he was not able to walk, talk, or interact with anyone due to the pain caused by TN. In addition, due to the recent loss of his wife, he was experiencing emotional pain. He was also involved in several family matters causing much anxiety and stress. The medical doctors prescribed painkillers as the reports showed everything was normal from 2017 to 2022. The investigations carried out in those 5 years revealed no identifiable cause of his pain of TN. The doctors tried to manage this condition with painkillers. Consequently, in Sep 2022 the patient's son approached a YPV healer and was advised to try YPV healing sessions for a month and follow the dietary and lifestyle guidelines of YPV.

Pre-YPV medical conditions

The diagnosis which was done in 2017 showed exceptionally high bp and some kind of issue in brain MRI. The patient experienced pains around the mandibular nerve, from left ear to Jaw, like electric shock (duration such as 4, 5, 12 secs/shock) multiple times (8-10 times) a day, finding it difficult to talk and eat. His BP was usually high, and he was unable to sleep properly. The doctor diagnosed it as age-related symptoms (Senile atrophy), and prescribed painkillers, which slowed down the nervous system. Therefore, the

patient discontinued the painkiller tablets after some time and started with homeopathy.

The patient expected to reduce the frequency of pain and shocks in a day and gradually fully recover because according to doctors there is no such solution to cure this pain. The patient was given Zeptol CR which he took for only 2-3 months of diagnosis in 2017, because it used to numb the nervous system and made the patient feel dizzy. With homeopathy, pain was also reduced but it did not numb the nervous system. The patient later started to do meditation, yoga, and pranayama.

According to the patient, the doctors concluded that trigeminal neuralgia happened to him because of high BP, excessive stress, and lack of vitamin B12 and vitamin D, due to which it became chronic.

YPV intervention

The YPV healer prescribed the following to the patient.

- 1) Salt water bath every day to remove all the energy contamination in and around the body.
- 2) Breathing, Forgiveness, and Planetary Peace Meditation, to be done daily (to help in emotional balancing).
- 3) Join 10 a.m. Divine Group healing session online daily for 15 minutes.

Additionally, the healer conducted Healing sessions using YPV Level 5 protocols, daily 10 mins for his healing apart from Divine Group healing, and blessing the patient with a lot of divine energy to hasten the healing process.

This healing phase commenced on 9th September 2022, and till 19th October 2022, and a total of 40 healing sessions were conducted over 40 days.

Patient Progress in this phase

During September 2022, the pain intensity and frequency gradually reduced to very low level. He was feeling better and more energetic. He started going out and being more active in daily chores. His BP also came under better control within 140/90.

Along with receiving healing, the patient did regular rhythmic yogic breathing practices, and forgiveness sadhana from the YPV Sadhana App, and participated in online Divine Group healing sessions as suggested. However due to extreme pain sometimes it was difficult for him to do practices.

In October 2022, his son reported that there was no pain, and he started doing exercises for the cardiovascular system which he had not done earlier. There were no shocks experienced.

Thus, within 1 month of regular healing, the patient was not experiencing any kind of pain or shocks in the body. The BP also was in the normal range. Anger issues and feelings of anxiety were also minimal. The patient and

his family members then decided to stop the healing sessions, despite the healer advising not to stop the healing immediately as the condition might relapse. Yet, the patient insisted on giving it a try as to how the body was going to respond to the pause in healing.

Phase 2 Healing sessions to deal with relapse

After 9 days of stopping the healing, the patient again started to feel the pain and BP was also rising on some days. They consulted the healer who prescribed that the patient must follow a strict low sugar, low salt diet, and other lifestyle changes. The patient at this point made a conscious decision to resume the healing sessions. The patient was advised to be on a low-salt or no-salt diet, as salt causes high BP.

In phase 2, the healer did one month of regular healings from 28 October 2022 and then later tapered down reducing the frequency of healings, so that the body can easily be adjusted to the new routine of life. See the Box inset below which explains the technique of tapered healing to avoid withdrawal symptoms and relapse.

Details of Phase 2 Healing Sessions

Start Date- 28th October 2022

End Date - 27th February 2023

Total Healing Interventions: 62 healing days during 4 months

October-November 2022: 6 Sessions per week (30)

December 2022 : 4 Sessions per week (16)

January 2023 : 3 Sessions per week (12)

February 2023 : 1 Session per week (4)

Progress during Phase 2 Healing sessions

The patient did not experience any pain or shocks. He started taking more fruits and raw food.

Emotionally improved considerably and became more positive towards life. He goes for a walk by himself and eats healthy food. The only issues being addressed are BP and cholesterol, which are getting better through diet. He was doing rhythmic yogic breathing exercises on his own. He remains self-motivated. BP was at 135/90 or 130/85 which was considered satisfactory.

Post Phase 2 Results

The feedback from the patient's son stated

“My Father has become more positive and energetic and I have seen many changes in his nature. Earlier he used to feel lethargic, but now he has started taking initiatives. BP is also remaining controlled. In phase 2 of healing, we changed the habits like eating more fruits and raw food. Going on walks regularly and doing a little bit of light exercise. Reduced sugar and salt intake and started to prefer food with lower oil content. Avoided too much fried food and we started seeing the results. The healer

suggested to reduce the healings gradually and it was working fine for 2 months, where we eventually reduced to 4 healings a month. Mental health and energy levels are drastically better, pain is resolved and high BP is in control.”

SUMMARY OF THE OVERALL RESULTS

Before the YPV intervention, the reports showed very high bp and some issues in brain MRI.

After the YPV intervention, the reports show that bp is reduced and the heart is only having some age-related degradations. The TN condition was completely resolved. The patient started to have a positive outlook towards life.

Follow up

The status of the patient as of 27/09/2023, i.e., after 7 months of phase 2 healing intervention, as stated by his son is stated below.

“He can manage situations without stress, going for a walk in the morning and evening. doing Planetary Peace Meditation daily, and doing some more physical activity. BP is controlled, continuing to take medicines, and will reduce the dose gradually as per the doctor's guidance. The shocking pains have not returned.”

DISCUSSION

Katheria et al. (2019) conducted a retrospective study on the prevalence of TN in Indian population visiting a higher dental care center in North India. It revealed that on a sample of 1215 study participants aged between 21 and 87 years, the mean age was 50.62 years. TN is more common in females than males. The mandibular nerve is involved in most of the cases (56.9%), followed by the maxillary nerve (42%). The right side of the face (57.1%) is more involved than the left side (38.8%). TN was more prevalent (52.4%) in rural population than urban population (47.6%).^[20]

Another study by Caroline Sunitha et al (2020), found that out of the 72 patients, males were 42(58.3%) and females were 30(41.7%). The study population was divided to three age groups (<40 years, 41-60 years, and > 60 years). In the present study, in the age group of 41-60 years 55.5% i.e., 40 patients were seen. 38.8% of the study population was above 60 years of age. In our study, a total of 56% (i.e., 40) patients showed involvement on the right side and 44% of patients on the left side. In this study, the mandibular branch (V3) was the most affected, and involvement of all three divisions V1, V2, and V3 was seen in 16(22.3%) of patients.^[21]

In the review study by Khadilkar et. Al. (2021) on the medical management of TN the authors observed that the medical treatment for TN in the elderly is challenging due to comorbidities and safety concerns due to potential drug-drug interactions. About 50% of cases develop

treatment resistance to oral drugs over the subsequent years of therapy and require surgical options. If adverse events occur, patients should be offered surgical options if there is poor response or tolerance to the medical therapy.^[22]

It is observed that there is very scanty literature on the application of Complementary and Alternative Medicine (CAM) such as YPV energy healing or Pranic healing or other energy based healing in the treatment of TN. De Silva et al. (2023) investigated a treatment using Ayurvedic medicines on a patient who had a treatment history of two years with allopathic medicine, and he sought Ayurveda treatment due to recurrence and excessive pain. After three months of the treatment, anxiety and depression showed marked improvement. Improvement in all the domains was also observed.^[23]

CONCLUSIONS

The case presented in this paper used YPV energy healing protocols with successful results. This case highlights the importance of conducting tapered healing sessions to avoid relapse if withdrawn soon. The Integrated and Holistic System of YPV offers great scope for further research studies on this topic using appropriate sample size and methodology. It would be beneficial for frontline healthcare personnel such as doctors and nurses to acquire a working knowledge of the YPV healing system to apply complementary to their respective specialties.

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Conflicts of interest

None exist.

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