



Successful Treatment of Bedwetting in Two Girls Aged 6 and 8 Using Online 10 AM Yoga Prana Vidya (YPV) Divine Group Healing Sessions: A Case Study

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Abstract

Introduction: Bedwetting or enuresis is common in children and is typically a natural part of development. Most children gain bladder control between ages 2 and 4. However, the incidence of bedwetting is rising. This paper presents a case study of two girls, aged 6 and 8, who had struggled with bedwetting for several years. The primary contributing factor was identified as a lack of bladder sensation resulting from the continuous use of diapers. Both were successfully healed using the 10 AM Yoga Prana Vidya (YPV) divine group healing sessions.

Methods: This case study involves a detailed analysis of the health conditions of the two patients before and after the distant healings done by a YPV healer during online 10 AM YPV divine group healing sessions. Data was also collected through feedback from both the patients' parents.

Results: After two months of healings during daily during 10 AM YPV divine group healing sessions, both patients were fully recovered and are now leading healthy lives. Morning follow-ups confirmed complete recovery, with both girls sleeping peacefully every night without bedwetting issues. The healing properties of the YPV system were evident in their improved condition.

Conclusion: The integrated and holistic healing approach of the YPV system has proven effective in addressing bedwetting issue with sustained results when practiced consistently. Further research with appropriate methodology and sample size is recommended. It would be beneficial for parents, individuals, and doctors to gain knowledge of YPV healing practices in conjunction with their specialties to achieve holistic and sustainable patient care.

Keywords: Bedwetting; Enuresis; Yoga Prana Vidya System®; YPV®; Lack of Sensation; Children; Environmental Stress

Introduction

What is bedwetting?

Bedwetting is an involuntary release of urine when sleeping. It will usually happen at night, but it may also happen if a person naps or sleeps during the day. Other names for bedwetting include nighttime incontinence and nocturnal enuresis.

Bedwetting can cause:

- A rash or irritation around the genital area
- Withdrawal from social activities
- Feelings of embarrassment or frustration
- Self-esteem or confidence issues

Causes

Some causes of bedwetting that affect both adults and children include:

- **Hormonal imbalance:** The body produces antidiuretic hormone (ADH) to slow urine production at night. If the body is not producing enough ADH, or if the kidneys are not responding to the hormone as usual, it can cause bedwetting.
- **Genetics:** People are more likely to wet the bed if they have a family history of bedwetting.
- **Bladder capacity:** If a person has a smaller bladder capacity, they may be unable to hold urine throughout the night.
- **Urinary tract infection (UTI):** A UTI can cause issues with urinating and bedwetting.
- **Stress and anxiety:** Stressful events, life changes, and trauma can all cause bedwetting.
- **Sleep disorders:** Obstructive sleep apnea and sleepwalking can cause the body to produce atrial natriuretic peptide. This is a substance that increases diuresis, or excretion of urine, which leads to more urine production.

Children

Some of the following causes of bedwetting are specific to children:

- **An undeveloped connection between the brain and bladder:** The brain and bladder communicate to control urination. In some children, this connection may be slow to develop. During deep sleep, a child may not recognize the need to wake up to empty their bladder. Many times this may occur because of the constant usage of diapers.
- **Type 1 diabetes:** Bedwetting can be an initial symptom of type 1 diabetes in children.
- **Chronic constipation:** If stools remain in the bowel, it can put excess pressure on the bladder, possibly leading to a lack of control over urination.
- **Problems with the urinary tract or nervous system:** If the structure of the urinary tract or nervous system has not developed properly, it may cause bedwetting.
- **Attention deficit hyperactivity disorder (ADHD):** Children with ADHD are more likely to wet the bed.
- **Caffeine and carbonated beverages:** Both caffeinated and carbonated beverages can cause the kidneys to increase urine production in children.

In both patients, the primary cause of bedwetting was identified as a lack of bladder sensation due to the prolonged use of diapers at night until the age of 4 and environmental stress. Once the diapers were discontinued, the children began to experience bedwetting episodes. Despite this challenge, both were successfully healed by the healings done daily during online 10 AM Yoga Prana Vidya (YPV) divine group healing sessions.

Treatment and preventions

Treatment for bedwetting in children will depend on the underlying cause. People may want to try a bedwetting alarm, which sounds when the alarm detects wetness.

Taking steps to help prevent bedwetting can also be effective. Options to try include:

- Limiting fluid intake in the evening or 1–2 hours before bedtime
- Avoiding caffeine and carbonated drinks, as these can stimulate the bladder
- Encouraging children to use the bathroom at night and making it easy for them to access, using night lights if this helps
- Encouraging children to use the bathroom at the beginning of their bedtime routine and just before they get into bed to empty the bladder
- Encouraging children to use the bathroom regularly throughout the daytime to develop positive toilet habits

The following measures may also help:

- Helping or encouraging children to wash their genital area after bedwetting to reduce the chance of irritation or rashes
- Changing any wet clothing and bedding straight away
- Using a plastic mattress cover
- Talking to children about bedwetting and letting them know that it is not their fault and nothing to feel embarrassed or anxious about
- Not talking about bedwetting in front of people outside of healthcare professionals, as this may make children feel more anxious or embarrassed
- Discouraging any teasing from siblings or family members

People may find that a combination of techniques is the most effective way of treating and preventing bedwetting in children.

Summary

Bedwetting is normal for young children, and they will usually grow out of it naturally.

Older children who are still bedwetting may require extra support to stop bedwetting. In some cases, an underlying health condition may be causing bedwetting in older children [1].

Yoga Prana Vidya (YPV) and bedwetting

Yoga Prana Vidya (YPV), as an alternative approach, focuses on energy healing and holistic well-being. For bedwetting, YPV practices may include:

- **Energy Healing:** Using techniques to cleanse and balance the energy body, which may influence physical and emotional aspects related to bedwetting.
- **Meditation and Relaxation:** Techniques to promote relaxation, reduce stress, and improve sleep quality.
- **Holistic Approach:** Integrating physical, emotional, and mental health to address underlying factors contributing to bedwetting.

10 AM YPV divine healing sessions

The 10 AM Divine Group Healing Session in YPV (Yoga Prana Vidya) is a powerful online group healing practice conducted by Shri N J Reddy, Founder Yoga Prana Vidya System on daily basis for 15 minutes live from YPV Ashram, Sri Ramana Trust, TN, India for almost last 5 years and it has been aimed at enhancing overall well-being, peace and spiritual connection. Conducted daily, this session taps into divine energies to cleanse and energize the participants' energies on different levels for physical and emotional factors.

During the session, practitioners focus on invoking divine blessings and channelling healing energies to remove dirty energy, negative emotions, stress and blockages which helps in promoting physical, emotional, and mental health. The group setting amplifies the healing effects, making it a transformative experience for everyone involved.

This session is open to all, regardless of experience and serves as a profound way to connect with higher energies, boost vitality and cultivate inner peace. Daily more than 500 people join this session and get various benefits.

Yoga Prana Vidya (YPV) system

Yoga, as explained by the founder of the Yoga Prana Vidya (YPV) System, should be understood beyond just asanas (postures) and pranayama (breathing exercises). According to Yogi Patanjali, true Yoga is "Ashtanga Yoga," an eight-step process encompassing many levels of practice. The purpose of Yoga is to achieve union with the one's higher self or Divine nature in various stages and manifest our inner greatness.

In Yogic teachings, the Soul operates through different bodies: the Physical Body (Annamaya Kosha), the Energy Body (Pranamaya Kosha), and the Emotional and Mental Bodies (Kamamaya Kosha and Manomaya Kosha). To maintain overall health, one must take care for the Energy Body, which is the template of the Physical Body. "Prana" is the life force that sustains the energy body, while "Vidya" is the knowledge of maintaining it—forming the basis of the YPV system.

YPV healing mainly involves two steps: cleansing used-up, dirty or diseased energy and energizing with fresh energy. The healer acts as a channel to transmit energy, helping accelerate the body's natural healing process. YPV includes both proximal healing (in-person) and distal healing (from a distance), the latter of which proved effective during the COVID pandemic.

YPV is a modern adaptation of ancient energy healing practices, accessible and effective in today's fast-paced life, allowing practitioners to heal themselves and others.

Yoga Prana Vidya (YPV) System envisions a world where every person discovers their inner potential, experiences lasting peace and plays a role in fostering greater harmony and joy throughout humanity. YPV is a transformative practice that empowers individuals to connect with their inherent energy, healing capacities and spiritual strength to cultivate a balanced and harmonious life.

YPV combines breathing exercises, physical exercises, meditation, diet and energy healing to help individuals harness divine en-

ergies for self-healing and healing others. This system highlights the value of a healthy lifestyle, emotional stability and spiritual growth, blending ancient knowledge with modern techniques to address various health concerns and enhance overall quality of life.

Research papers

Literature shows more than 120 research papers published in peer-reviewed journals on the efficacy of YPV system protocols as complementary and also as an alternative mode of treatment, and some of these recent publications are cited in references. For example, illnesses successfully dealt with by YPV system and documented publications include some difficult medical cases [2], Diabetes management and control [3], removing arterial block in heart without surgery [4], vision improvements for participants of an Eye Camp [5], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive program [6], Role of Yoga Prana Vidya in first aid and emergency [7], improvements of health and immunity of senior citizens [8], speedy recovery of COVID patients [9], treatment of hypothyroidism [10], Lowering academic anxiety and enhancing academic performance of high school children [11], saving life of a snake-bitten human female [12], improvements in the cognitive abilities and social behavior of mentally challenged children [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]. A case study of a pet dog bitten by snake (cobra) healed successfully and brought to life [16], A case of Discoid Lupus of a female patient healed successfully [17], A Successful Confirmed Pregnancy Case of IVF(In vitro fertilization) Patient [18], Successful self-healing of vitiligo condition and overcoming psychosocial stresses [19], Successful healing treatment of adenomyosis [20], A case of Unilateral multi-cystic dysplastic Kidney in a 7 – month fetus - Successful healing [21], Successful Healing Treatment of Renal Calculi (Kidney Stones) [22], Exploring Manifestation Theory And Its Connection With Psychology Analysis Of Results Of Yoga Prana Vidya YPV Model Of Intentional Manifestation Through Case Studies [23]. A case of a female patient having Non displaced lateral malleolus fracture, pre-diabetic and hypothyroidism healed successfully [24]. A Case Of Chocolate Ovarian Cyst Successful Healing [25]. A case of diabetic retinopathy with blurred vision healed successfully [26], Overcoming Academic Anxiety and Depression [27], Ringworm Infection: A case of successful cure [28], Self-care in Health [29], A Pediatric Bronchopneumonia case: Successful healing with speedy recovery [30], A Case Report of Iso-

lated Left Zygomatic Arch Fracture [31], Pediatric autism spectrum disorder [32], Anal Fissures [33], Chronic Addiction to Tobacco [34], skin ailments: A multiple case study [35], Varicose Vein With Perforator Incompetence And Ulcerative Gangrene [36], Esophageal Varices And Post-evl [37], Herpes Zoster Infection [38], A case of accidentally crushed hand [39], A case of Plantar fasciitis [40], Atopic Dermatitis (Eczema) [41], Treatment of thermal injury (skin burn) cases [42], A case of acute pancreatitis [43], A Case of Acute Appendicitis [44], A similar study on a Randomized Control Trial using 10PM Online Divine Group Healing was done for Well-Being of IT professionals [45].

Case Report

Patient's background

Patient 1

An 8-year-old female patient from Gujarat State, India, had been experiencing bedwetting since 2019, with nightly episodes of enuresis. The primary contributing factor was identified as the prolonged use of diapers from birth, which led to a lack of sensation upon discontinuation at age 4 or 5. This lack of sensory awareness persisted both during the day and at night. Additionally, the patient's mother, who is employed in a government position, encountered difficulties in managing her child's condition due to professional obligations. Moreover, she experiences fear and daily stress in her home environment, living in a joint family of eight members.

Patient 2

A 6-year-old female patient from Gujarat State, India, had been experiencing nightly bedwetting since 2021. The primary contributing factor was identified as the prolonged use of diapers from birth, which resulted in a diminished sensory response after the diapers were discontinued at age 2.5 approximately. This diminished sensation affected nighttime bladder control. Additionally, the patient's mother, employed in a government role, faced challenges in managing her child's condition due to work-related constraints. Child also experiences frequent conflicts between her grandparents almost every day, and with both her parents working, she spends most of her time in grandparents' care. She cries a lot whenever the rift happens with her grandparents.

Difficulties due to bedwetting

The frequent bedwetting incidents added considerable stress and logistical difficulties to parents especially in mothers due to demanding professional responsibilities, complicating their ability to effectively address and manage child's condition.

Additional findings by Healer

Both children were exposed to considerable stress and fear within their home environments, which potentially exacerbated their condition. The parents only attempted to make the children understand by advising them not to wet the bed at night and encouraging them to use the restroom before sleeping, but no specific medical interventions were undertaken.

One of the parent shared that they often felt too exhausted after work and other responsibilities, making them too tired to take the child to the restroom before bed or during the night.

Medical treatment before YPV

No medical interventions were undertaken for the management of this condition.

YPV healing protocol

Both patients were healed by the healer in distal mode, simultaneously during daily online 10 AM Yoga Prana Vidya (YPV) divine group healing sessions for two months.

Effects

The 10 AM Yoga Prana Vidya (YPV) divine group healing sessions were also provided daily to both patients for two months. Within just 24 to 48 hours of starting the sessions, noticeable improvements were observed in both the quantity and frequency of urination. By the end of the one-month treatment period, significant healing was achieved, and healings were continued for total two months. The follow-up assessments confirmed the resolution of the bedwetting issue. These results demonstrate the effectiveness of YPV healing in addressing and managing bedwetting, with rapid and sustained improvements in the patient's conditions.

Effects on the other parameters

The healing sessions effectively reduced the levels of fear and stress in the children's environments, which in turn led to a notable increase in their immunity and overall well-being.

Conclusion

10 AM Yoga Prana Vidya (YPV) online divine group healing sessions significantly contributed to the successful treatment of bedwetting in both patients. Over two months, daily sessions facilitat-

ed a reduction in environmental stress and fear, which were crucial factors impacting the children's condition. The simultaneous healing approach by the healer during the sessions, not only addressed the immediate symptoms but also promoted overall well-being by enhancing immunity. The observed improvements highlight the potential of YPV healing as a complementary therapeutic approach for managing bedwetting and associated emotional challenges.

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Conflict of Interest

None.

Ethical Approval

Not required.

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