



Immature Teratoma of the Ovary: Case Report and Insights into Diagnosis and the Role of Feed the Soul Energy Healing Practices

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ABSTRACT

Immature teratoma of the ovary, a rare and aggressive malignant germ cell tumor, predominantly affects young females. This case study presents the diagnostic and therapeutic management of a 20-year-old patient with Stage III immature teratoma. Diagnostic approaches included imaging and alpha-fetoprotein (AFP) biomarker analysis, which facilitated early detection and monitoring. Surgical excision of the tumor was successfully performed without adjuvant chemotherapy due to favorable outcomes. Postoperative recovery incorporated complementary healing practices, including Feed the Soul Energy Healing, emphasizing self-healing and the role of prana (life-energy). Feed The Soul Energy Healing techniques such as the Meditation for Peace and Illumination and forgiveness exercises contributed to the patient's physical and emotional recovery. Serial AFP monitoring confirmed a progressive decline to normal levels, indicating the absence of residual disease. This report underscores the importance of integrating holistic healing practices with conventional treatment, highlighting their potential to enhance recovery and quality of life. Future studies are recommended to explore the broader efficacy of such integrative approaches in oncological care.

Keywords: immature teratoma, ovarian cancer, germ cell tumor, alpha-fetoprotein (AFP), holistic healing, Feed the Soul Energy Healing, prana therapy, Meditation for Peace and Illumination, forgiveness sadhana,

1 | INTRODUCTION

Immature teratoma of the ovary:

Immature teratoma of the ovary is a rare and aggressive type of malignant germ cell tumor that primarily affects young females, typically in their second or third decade of life. Accounting for less than 1% of all ovarian cancers, immature teratomas are characterized by their rapid progression and complex histological composition [1]. The tumor's heterogeneous nature stems from the presence of tissues derived from all three germ layers—ectoderm, mesoderm, and endoderm—with the distinguishing feature being the abundance of immature neural elements [2]. These tumors are classified into grades I, II, and III based on the proportion of immature neuroectodermal tissue, with higher grades signifying greater malignancy and a poorer prognosis [3].

The rarity of this condition poses significant challenges in diagnosis and management, necessitating a multidisciplinary approach. Early detection plays a pivotal role in improving patient outcomes, as the prognosis is highly dependent on the stage at diagnosis, the histological grade, and the adequacy of treatment [4]. Standard diagnostic modalities include imaging techniques such as ultrasound, CT, and MRI, coupled with tumor markers like alpha-fetoprotein (AFP) for evaluation [5]. Surgical excision remains the cornerstone of treatment, often accompanied by adjuvant chemotherapy in advanced cases to mitigate the risk of recurrence [6].

This case report discusses the management of a 20-year-old female diagnosed with Stage III immature teratoma of the ovary. The report underscores the diagnostic methods employed, including the role of AFP as a biomarker, and the therapeutic strategies implemented. Furthermore, it highlights the integration of FTS energy healing practices in postoperative care, which played a significant role in the patient's recovery journey [7]. The inclusion of self-healing practices such as the Meditation for Peace and Illumination, forgiveness exercises, and distance healing technique not only addressed physical symptoms but also improved the patient's emotional and psychological well-being [8].

Through a detailed exploration of this case, the article aims to shed light on the importance of combining conventional medical interventions with holistic approaches for comprehensive care. By documenting the diagnostic process, treatment modalities, and patient outcomes, this case serves as a valuable resource for clinicians and researchers. It also emphasizes the need for further studies to validate the efficacy of Feed The Soul Energy Healing practices in oncology, particularly for rare and aggressive malignancies like immature teratomas [9].

Feed the Soul (FTS) Energy Healing: An Overview

Feed the Soul (FTS) Energy Healing is a holistic therapeutic system rooted in ancient traditions and texts, which has been scientifically validated in modern contexts. Despite its historical origins, FTS Energy Healing is designed to integrate seamlessly into contemporary lifestyles, offering flexibility and adaptability to meet the needs of today's individuals [10].

This system is based on two fundamental principles:

1. Self-Healing Capacity of the Body

The human body possesses an inherent ability to heal itself. For instance, a minor cut does not typically require intensive medical care; rather, it heals over time, aided by simple interventions like applying an antiseptic ointment. This same self-healing mechanism applies to more severe conditions, though the recovery time may vary depending on the complexity and severity of the ailment [11].

2. The Role of Life-Energy (Prana) in Healing

Healing requires life-energy, or prana, which can accelerate recovery when concentrated on the affected area or the entire body. This life-energy exists abundantly in the environment and can be synthesized and directed by a skilled energy healer to promote recovery. By enhancing the flow of life-energy, FTS practitioners aim to boost the body's natural healing processes [12].

The FTS Energy Healing system comprises three main components:

1. Independent Practice Modules

These modules include techniques that users can practice independently, such as Rhythmic Abdominal Breathing, Forgiveness Sadhana, and the Meditation for Peace and Illumination.

2. Energy Healing Techniques

Energy healing can be performed by a certified FTS healer or through self-healing methods learned from a trained practitioner. These techniques aim to channel life-energy effectively to the body, enabling recovery without physical contact.

3. Character Purification

This aspect emphasizes moral and emotional development, driven by the intention to cultivate inner peace and contribute to global harmony.

FTS Energy Healing can be delivered through two methods:

- **Direct/Proximal Mode:** The healer works in close physical proximity to the patient, serving as a conduit for healing energies.
- **Distant/Distal Mode:** The healer channels energy across significant distances, ranging from hundreds to thousands of kilometers, using the earth's energy field as a medium.

Clinical and anecdotal evidence has shown that FTS Energy Healing is effective as both a complementary and alternative therapy. It has been used to address a variety of physical, emotional, and psychological conditions, including stress from work and financial challenges. While often used alongside other medical systems like homeopathy, allopathy, and Ayurveda, there are documented cases where FTS Energy Healing alone has been sufficient to treat various conditions [13][14].

2 | CASE PRESENTATION

- **Patient Background:** A 20-year-old female, a student from Maharashtra, India, presented with frequent episodes of lower abdominal pain in early February 2018, significantly affecting her daily activities and academic pursuits. Upon consulting a healthcare provider, a series of diagnostic investigations were undertaken, including abdominal ultrasound and CT scans, which revealed a mass in the right ovary. Subsequent histopathological evaluation confirmed the diagnosis of Stage III immature teratoma, characterized by its high-grade malignant features. Elevated alpha-fetoprotein (AFP) levels of 101 ng/ml (well above the normal range) further corroborated the diagnosis, indicating active tumor presence and progression.
- **Management and Treatment:** On 12th February 2018, the patient underwent a laparotomy for the complete surgical removal of the right ovary, which housed the tumor. The procedure was performed without complications, and immediate postoperative monitoring showed stable vital signs. Given the early detection and favorable outcomes of the surgery, adjuvant chemotherapy was deemed unnecessary. The surgical approach aimed to prevent further metastasis and preserve as much normal ovarian function as possible, although complete removal of the affected ovary was required due to the tumor's advanced stage.
- **FTS intervention and Recovery:** Post-surgery, the patient sought complementary healing practices under the guidance of FTS Energy Healer and Trainer, Miss Vaishalee Bedve. These practices aimed to address both physical recovery and emotional well-being. Self-healing techniques, such as the Meditation for Peace and Illumination, forgiveness exercises, and FTS distant energy healing, were introduced as part of her holistic care plan, to be practiced independently by the patient. Forgiveness Sadhna is typically suggested to every patient who approaches FTS healers and trainers, as it helps them let go of emotional baggage linked to another person or situation, given that many physical ailments stem from emotional factors. However, since the patient in this case was very young, she initially struggled to accept the concept of forgiveness. To help her better understand the teachings and reasoning behind these suggestions, she was encouraged to attend the FTS Energy Healing Level 1 course. Through this course, she absorbed the healing energies more effectively, and the topic of The Law of Karma made a profound impact on her. This became the most significant turning point in her journey toward recovery and better health. Miss Vaishalee also observed disparities among the patient's chakras. The Ajna chakra was overactive, the Heart chakra was depleted, and the Solar plexus and lower chakras were highly congested, while the upper chakras were severely depleted. To address this imbalance, advanced energy healing protocols were implemented, including techniques for cleansing the blood and internal organs, with a primary focus on the Sex chakra, Solar plexus chakra, and Spleen chakra. Special attention was also given to the Ajna chakra, as it is considered the master chakra influencing all others. These methods provided significant relief from abdominal discomfort and improved sleep quality, contributing to a faster recovery.

In addition to physical recovery, the patient experienced notable psychological benefits, reporting reduced anxiety and enhanced emotional stability. By March 2018, she had resumed regular menstrual cycles, an encouraging sign of restored hormonal balance. The patient's overall well-being continued to improve, as evidenced by her return to regular activities and enrollment in a music class, which provided a creative outlet for emotional expression. The integration of Feed The Soul healing practices into her postoperative care was instrumental in ensuring a smooth and relatively pain-free recovery.

Diagnostic Parameters

- **Imaging and Histopathology:** Diagnosis relied on imaging modalities and histological grading of the tumor. Immature teratomas exhibit components of all three germ layers, with immature neuroectodermal tissues indicating malignancy.
- **AFP Monitoring:** AFP serves as a vital biomarker in germ cell tumors. Elevated AFP levels (normal range: <10 ng/ml) aid in diagnosis and monitoring treatment efficacy. In this case, serial AFP testing demonstrated a progressive return to baseline values post-surgery: from 101 ng/ml before surgery to 36 ng/ml by 20th February, further dropping to 8 ng/ml on 8th March, and finally normalizing at 2.07 ng/ml by May 2018. This decline signified the absence of residual tumor activity.

3| DISCUSSION

Role of AFP Screening: Alpha-fetoprotein (AFP) is a well-established biomarker for germ cell tumors, particularly in the diagnosis and follow-up of ovarian immature teratomas. Elevated AFP levels provide a quantitative measure of tumor activity and reflect the presence of malignant cells. In this case, the serial decline in AFP levels post-surgery was indicative of successful tumor removal and the absence of residual disease. AFP monitoring remains crucial in detecting recurrences and assessing the efficacy of therapeutic interventions. Regular screening can also aid in distinguishing immature teratomas from other ovarian neoplasms that do not produce AFP, thus facilitating targeted management strategies.

FTS Energy Healing Practices: The incorporation of complementary healing practices into the patient's recovery plan highlights the growing recognition of holistic care in oncology. Feed the Soul Energy Healing techniques, Meditation for Peace and Illumination, and forgiveness exercises were instrumental in addressing the psychosomatic dimensions of recovery. By alleviating stress, enhancing emotional resilience, and improving sleep quality, these practices contributed to a more comprehensive healing experience. While conventional medicine addressed the physical aspects of the disease, the alternative methods bridged the gap between physical recovery and emotional well-being, underscoring the importance of a patient-centered approach in cancer care, which can be achieved by reducing the disparity in the quality and quantity of energy available in each of the patient's chakras. This becomes easier to achieve when the patient is receptive enough to receive the healing energies.

Further, the patient went on to pursue the FTS energy healing Level 2, and Level 3 courses, and the patient is still in contact with the healer. A recent update from her confirmed that she absolutely fine and health/

Prognostic Factors: The prognosis of immature teratomas is influenced by several factors, including the stage at diagnosis, histological grade, and completeness of surgical excision. Early-stage detection and successful removal of the tumor significantly improve survival outcomes. The patient's young age, combined with early intervention and favorable AFP response, contributed to her positive prognosis. Additionally, the absence of metastasis and the decision to forgo chemotherapy due to the lack of residual disease further supported her recovery. This case emphasizes the critical need for timely diagnosis and the role of individualized treatment plans in optimizing outcomes for patients with rare malignancies.

Future Perspectives: This case underscores the potential benefits of integrating complementary practices into standard oncological care. While the outcomes observed in this patient are promising, further research is necessary to validate the efficacy of such practices in broader clinical settings. Prospective studies with larger sample sizes could provide more robust evidence for the incorporation of holistic approaches in cancer management. Additionally, advancements in biomarker research, such as identifying novel indicators alongside AFP, could enhance diagnostic precision and improve long-term surveillance for patients with germ cell tumors.

4 | CONCLUSION

This case demonstrates the critical role of multidisciplinary approaches in managing ovarian immature teratomas. AFP monitoring remains indispensable in diagnosis and follow-up. Feed The Soul Energy Healing practices, when integrated with conventional treatment, can enhance recovery and quality of life. By leveraging the self-healing capacity of the body and the power of prana, holistic therapeutic systems offer promising adjuncts to mainstream oncological care. Further research is warranted to explore the efficacy of these practices in broader clinical settings and their potential to reshape the future of cancer management.

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6 | CONFLICTS OF INTEREST

None

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