



Ringworm Infection: A case of successful cure using Yoga Prana Vidya (YPV) Healing Protocols as a complementary therapy.

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Abstract: Introduction: Fungal skin infections such as Ringworm (Tinea, or Dermatophytosis) are highly common in India due to the country's hot and humid climate. There are no current national or international management guidelines. This paper provides a thorough case study of a 24-year-old man who suffered from ringworm and was effectively treated using the Yoga Prana Vidya way as a complementary therapy, despite being non-receptive to YPV Energy healing.

Method: This study uses a case study method by collecting patient medical records, YPV healer's records, and patient family feedback.

Results: Positive results became apparent within a month of YPV healing intervention. The areas of infection started reducing and lightening in colour around the next two months. The patches had been reduced to 3 little ones by the end of the next 6 months, and they had already begun to heal and lighten in colour. After further 3 months, the patches had all but disappeared. After the next two months, the patient had fully recovered, the skin had returned to normal, and the tone of the skin on the back had been restored.

Conclusions: Persistent long-term YPV healing in this case completely cured Ringworm incidence. Evidence shows several other ailments also have been successfully treated with the help of YPV healing, a safe and drug-free complementary and alternative medicine method. It is advised to do additional research utilizing suitable samples and techniques. A working understanding of the YPV system will be helpful to frontline healthcare professionals like doctors and nurses as a supplement to their individual specialties.

Keywords: Ringworm, Dermatophytosis, Skin infections, Yoga Prana Vidya System ®, YPV ®

I. Ringworm Disease

The terms "tinea" and "dermatophytosis" are other names for the rash recognized as ringworm. It affects the skin, hair, and nails frequently. Most ringworm occurrences do not result in serious sickness. However, among persons with compromised immune systems, ringworm can result in shame, severe physical discomfort, and

diminished quality of life. Antifungal medications are typically needed to treat ringworm in order to reduce symptoms and stop the spread of the infection. [1]

Fungal infections can affect anyone, including healthy individuals. People regularly breathe in or come into touch with fungal spores due to the prevalence of fungi in the environment. However, in people with weakened immune systems, these fungi are more likely to cause an infection.

Over the past ten years, there have been an increasing number of cases of ringworm that are resistant to antibiotics. Antimicrobial resistance occurs when bacteria, fungi, and other microorganisms learn to resist the medications meant to kill them. That implies that the germs survive and develop. [1]

Globally, 20–25% of people have a superficial fungal infection, with dermatophytes being the most frequent. The crucial function of cell-mediated immunity in fighting these diseases has been reinforced by recent advances in our understanding of the pathogenesis of dermatophytosis. [2]

Topical antifungals are used in the management of limited disease, while oral therapy is often only used in the treatment of more severe instances. Chronic dermatophyte skin infections have increased significantly during the past few years, and they have been challenging to treat. However, due to the lack of updated national or international guidelines on the management of tinea corporis, cruris, and pedis, treatment with systemic antifungals is often empirical. [1]

This paper presents a detailed case study of the incidence of Ringworm in a male youth of 24 years, who was treated successfully with the Yoga Prana Vidya system of healing as complementary therapy.

II. Yoga Prana Vidya System

Yoga Prana Vidya is a no-touch, drug-free energy healing technique that uses prana to treat all kinds of physical and mental illnesses. YPV is a comprehensive and integrated system that includes not only energy healing to treat illnesses but also physical activity, breathing exercises, forgiveness sadhana, meditation techniques, a healthy diet, drinking enough water, and other practices that constitute the YPV System, (available through the YPV Sadhana App for ease of practice) for a person's overall physical, emotional, and mental well-being. In energy healing methods, the healer replaces the person's entire energy body or refills just the damaged area with new energy to replace the diseased, and used-up energy. Figures 1 and 2 illustrate the Energy body of a healthy person and the Energy body of a sick person respectively.

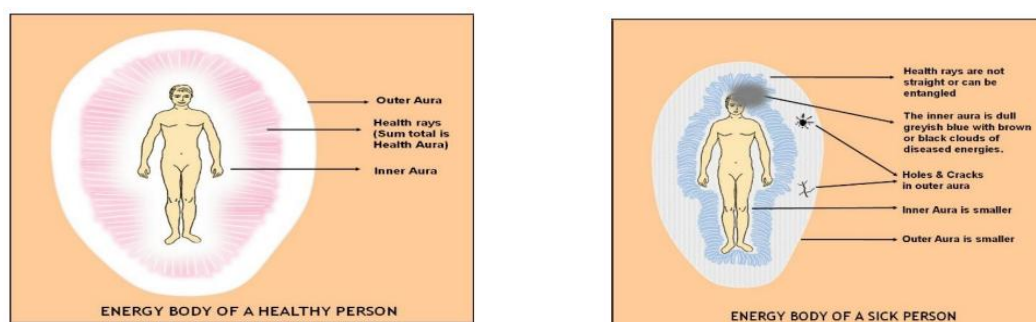


Fig. 1: Energy Body of a Healthy person Fig. 2: Energy Body of a sick person

Energy healing is predicated on the principle that the physical body has the capacity to return to normal since it has its own awareness, and the speed of recovery is dependent on the size of the energy body. Since the healer need not physically be in front of the patient to absorb the healing energies, this can be done even from a

distance. Every chakram in a person's energy body (see Figure 3) regulates a different system or region of the body. The related chakram linked to that system, a portion of the body, or state also signals a malfunction if a person is found to have a physical sickness or to be experiencing any psychological issues. These energy centres, or chakrams, are balanced and brought into good working order by the energy healer using energy healing procedures of cleansing and energizing. In this way, if the chakrams of the energy body are restored, many ailments can be cured. Fig 3 shows the major energy centres or chakrams.

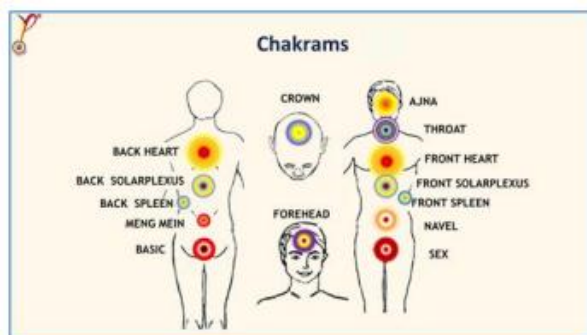


Fig 3. Chakrams or energy centres

A review of the literature reveals that there are more than 85 research studies that have been published and describe how YPV healing procedures have successfully treated a range of illnesses. Here are a handful of them, such Dislocation of knee cap [2], Hodgkin lymphoma cancer [3], Nephrotic Syndrome [4], Epilepticus [5], Snakebite [6], Urinary Fistula [7], Hyperthyroidism [8], High Cervical disc prolapse [9], Cholesterol and asthma [10], Exostosis of ear [11], Heart Block [12], Diabetes [13], Eye issues [14], Skin allergies [15], Dermatitis [16] and many other difficult medical cases [17].

This paper presents a report of a case of ringworm infection successfully healed using the Yoga Prana Vidya (YPV) system of Healing protocols as a complementary therapy.

III. Case report

The patient was a college-going male youth of 24 years affected by incidence of Ringworm.

Case History prior to YPV healing

This is the case of a 24 years old, young, healthy college student, who **contracted** this ringworm infection (as seen in Figure 1) at the back of his neck, on 26th October 2020. The ringworm infection is very difficult to get rid of, and requires extreme care in personal hygiene, including changing bedsheets, and pillow covers daily. The patient needs to ensure that the infected part does not contact any surface, like a chair or a wall, as it is highly infectious, and the fungal spores can infect anyone who comes in contact with it. Since this was a very difficult situation and was very time-consuming, the subject maintained as much hygiene as possible by him.

The patient consulted a skin specialist who advised topical medicine to be applied to the infected part. The subject was not regular about applying the medicine, which resulted in the infection spreading to the other areas of his back.

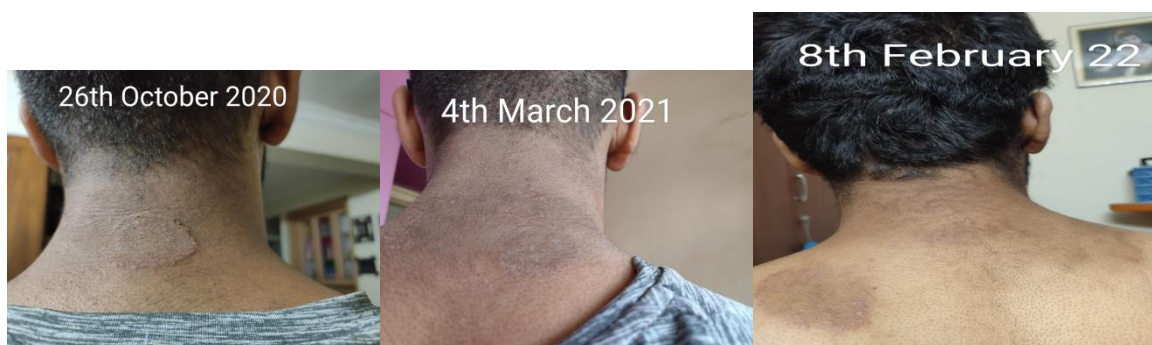


Fig 1: Start of Infection Fig 2: 5 months after infecting 3: State before healing started

By the 4th of March 2021 (Fig.2), after 5 months of the start of the infection, it had spread as a big patch on the back of the neck. A photo taken on 8th February 2022 (Fig.3) shows the infection has increased and spread to wider areas on the back. The patient consulted several doctors and tried various medicines, but in vain.

Thus, at the physical level of the patient, Ringworm infection was seen as 3 big patches on the upper backside of the neck. At the emotional level, the patient suffered a lot of stress, fear, anxiety, and feelings of shame due to the infection not getting cured over such a long time despite using different medications. It affected and restricted all his activities, at home and college. He had feared whether it could be cured at all.

IV. YPV intervention

After nearly one and a half years of struggling with it and being unable to be cured completely, his close relative, a senior YPV healer, commenced conducting healing sessions daily from 21st March 2022. The patient was however non-receptive to the healing and was not inclined to do any Rhythmic Yogic Breathing practices or forgiveness sadhana. Despite the patient's disinterest in the YPV healing process and very little feedback, the healer persisted and continued healing regularly. The patient's father however managed to take photos of the infected areas, which served as feedback for the healer. The healer applied the YPV HDP Level 1 healing protocol including the following steps until September 2022.

1. Standard YPV psychotherapy with special emphasis on solar plexus and throat chakras to handle stress, fear, and anxiety. Also, the heart chakra was treated to bring calmness and peace in the patient along with treating other chakras.
2. YPV Infection protocol using the colour Prana was done. The affected part was healed with HDP Level 1 protocols.
3. Basic Chakra cleansed thoroughly using colour pranas and further energised with white prana.
4. Spleen, thymus gland, tonsils, lymph nodes, lymph glands, and lymph fluid were treated to strengthen the lymphatic system to fight infection.
5. Crown, Ajna, and forehead Chakras were treated for Divine energy to handle infection.
6. Further, Level 5 healing started from October 22.

Gradually, the healer started noticing positive results within the first 2 months as seen in a photo taken on 4th May 2022 (See Fig.4). By the months of June & July 2022, the patches of infection started reducing in size and lightening in colour (See Figures 5 & 6). On 3rd December 22 (See Fig.7), the patches were found reduced to 3 small patches, already healed and lighter in colour. By the 9th of March 2023 (Fig. 8), all patches nearly vanished. Further, it was observed that by the month of May 2023, the patient was completely healed (See Figure 9), the

infection fully vanished, and the skin completely returned to normalcy, with the skin tone matching the rest of the skin on the back. The patient was extremely happy with this result. It may be noted here that YPV Level 5 healings were started for the patient in September 2022 which accelerated the healing process.



Fig 4: 2nd month of healing Fig 5: 3rd month of healing Fig 6: 4th month of healing



Fig 7: 9th month of healing Fig 8: After 1 year of healing Fig 9: Fully healed

Summary of healing sessions conducted:

The healing sessions started on 21st March 2022 and ended on 13th May 23.

The total duration of YPV healing intervention was 1 year and 2 months, i.e., approximately 438 days., conducted daily.

V. Summary of Results

Noticeable results were seen from May 2022. By the months of June and July 2022, the patches of infection started reducing in size and became lighter in colour. In December 2022, the patches were reduced to 3 small patches, already healed, and lighter in colour. By the 9th of March 2023, all patches nearly vanished. By May 2023, the patient was completely healed, the skin completely returned to normalcy, and the skin tone matched the rest of the skin on the back.

VI. Discussion

Previously, Thirumani et al. [16] and Nayak et al. [17] reported several cases of Skin diseases that were healed successfully using YPV healing protocols.

As per the experience of this healer, had the patient been receptive and practiced Rhythmic Yogic Breathing and forgiveness sadhana as stipulated by the healer, the results could have been achieved much earlier and quicker.

Despite this shortcoming on the part of the patient, this case study confirms that YPV healing works even for non-receptive patients when conducted over a longer period persistently.

People may experience a skin rash without realizing it is ringworm-related. For this reason, individuals may apply over-the-counter lotions or ointments to their rash that include corticosteroids (or "steroids" for short). Some skin conditions can be helped by steroid creams, which can also momentarily lessen the itching and redness associated with ringworm. On the contrary, it is said that steroid creams do not eradicate the fungus that causes ringworm and may even worsen the condition due to weakened skin defences.[1]

VII. Conclusions

YPV healing is a safe and drugless system of treatment that has been found very successful in the treatment of a range of diseases as complementary as well as alternative medicine. Further research using appropriate samples and methodology is recommended. Frontline health workers such as doctors and nurses will find the YPV system useful as complementary to their respective specialties, and it is recommended that they acquire a working knowledge of this system through training and initiation.

Acknowledgments

The authors gratefully acknowledge the cooperation of the patient and his family in sharing the case details on condition of anonymity. Our thanks are also to Sri Ramana Trust for giving permission to use their copyright terms Yoga Prana Vidya System ®, and YPV ®.

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