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## A Case Study of Chronic Fungal Urinary Tract Infection: Resolution Through Yoga Prana Vidya (YPV) Healing

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### Abstract

**Background:** Chronic fungal urinary tract infections (UTIs), particularly candiduria (the presence of Candida species in the urine), are difficult to manage and often recur despite conventional treatment. Integrative healing modalities such as Yoga Prana Vidya (YPV) have shown promise in addressing chronic conditions through energy-based interventions. A 37 years old female patient presented with a 17-year history of recurrent vaginal itching and frequent urination, diagnosed as chronic fungal UTI. Multiple specialist consultations and medications across allopathic, Ayurvedic, and dermatological disciplines brought only temporary relief.

**Objective:** To report the resolution of the 17-year chronic fungal UTI in a female patient using YPV healing techniques and lifestyle modifications.

**Methods:** Case study method is used in this study by collecting data from the patient and the YPV healer. The intervention included daily energy healing sessions, breathing exercises, forgiveness sadhana, physical routines, and a salt-free diet and fruits. Healing focused on cleansing and energizing specific chakras (basic, sex, and navel Chakras), cleansing the meng mein Chakra, and cleansing and energizing organs (kidneys, ureter, bladder and urethra). Healing also included psychotherapy and blood-cleansing techniques.

**Results:** The patient reported significant symptom relief within two days and complete resolution within one month. A urine test conducted after 2 months confirmed the absence of yeast cells. No recurrence was observed during a two-month follow-up, when the patient expressed sustained well-being.

**Conclusion:** This case suggests that YPV healing protocols may be an effective alternative therapy for chronic fungal UTIs, especially in cases unresponsive to conventional treatment. Further clinical studies are recommended to explore its broader applicability and underlying mechanisms.

**Keywords:** Fungal urinary tract infection; candiduria; Yoga Prana Vidya System ®; YPV ®, energy healing; integrative therapy; Alternative therapy

## Introduction

Urinary tract infections (UTIs) are among the most common microbial infections globally, affecting millions annually, with a higher prevalence in women due to anatomical and hormonal factors [1]. While bacterial UTIs dominate clinical presentations, fungal UTIs—particularly candiduria—are increasingly recognized in immunocompromised and catheterized patients [2]. Chronic fungal UTIs pose diagnostic and therapeutic challenges, often requiring prolonged antifungal therapy and lifestyle modifications [3].

Integrative therapies, including energy healing modalities, have gained attention for their role in chronic disease management. Yoga Prana Vidya (YPV) is one such system that combines physical exercises, breathing techniques, and energy healing protocols to restore balance and promote healing [4]. Emerging case reports suggest YPV may offer benefits in managing chronic infections, including UTIs [5].

This case report documents the resolution of a 17-year chronic fungal UTI in a 37 years old female patient using YPV healing, highlighting its potential as a complementary modality.

## Case Report

### *Patient Profile*

Name: Confidential (referred to as “Patient ”)

Age: 37 years; Gender: Female; Occupation: Homemaker

Location: India

### *Pre-YPV clinical history and conventional management*

Initial Onset: Post-marriage in July 2008, presenting with vaginal itching

Progression: Developed frequent urination (every 15–30 minutes), recurring monthly

Consultations:

Multiple gynaecologists (2008–2016): Prescribed antifungal creams (e.g., Candid V-gel), antibiotics, and antihistamines

Ayurveda (2019): Herbal tablets with no lasting improvement

Dermatologist (2021): Topical ointments and hygiene advice

Self-management: Continued use of antifungal creams during flare-ups

Energy Healing Attempts: Occasional healing by spouse, a trained YPV practitioner, with temporary relief

YPV intervention

Initiation: April 2025 during a 3-month spiritual intensive program at YPV Ashram. Urine report dated 09 April 2025 is at Annexure 1.

Practitioner: Certified YPV Healer and Trainer

Protocol Components:

Dietary Modifications: Fruit-based morning and evening meals; salt-free lunch

Daily Routine: Super brain asana, physical exercises, breathing techniques, forgiveness sadhana, meditations (spiritual practices), and service activities

Healing Techniques: Level 2 and Level 5 YPV healing, HDP Level 1 healing and blood cleansing

Cord cutting and psychotherapy

Chakra cleansing (meng mein), cleansing and energizing (especially sex, navel, basic, solar plexus, heart, throat, ajna, crown)

Kidneys, ureter, bladder and urethra - specific energy treatments

The regimen included daily physical exercises, breathing techniques, forgiveness sadhana, and salt-free diet modifications.

### *Outcome and Follow-Up*

Initial Response: Itching reduced from Day 2; urinary symptoms subsided within one month

## Healing Schedule:

Week 1: Intense healing- three sessions/day

Week 2 onward: One session/day + self-healing

Final phase: Twice weekly sessions + daily self-healing, until cessation on 08/06/2025

## Monitoring:

Urine test on 12/08/2025 confirmed absence of yeast cells (Annexure 2)

No recurrence of symptoms over two-month observation period

Patient Feedback: Upon a follow up after two months, the patient Expressed gratitude and reported sustained well-being. To quote her, “ The healer told me to observe for 2 months for recurring of symptoms. But it didn’t. Even today I have no issues, I have been completely healed of something I had lost hope of. Thank you ... ma’am, thank you master and YPV.”

## Discussion

This case study documents the resolution of a 17-year chronic fungal urinary tract infection (UTI) in a 37-year-old female patient through Yoga Prana Vidya (YPV) integrative healing.

Chronic candiduria is often resistant to conventional antifungal therapy, especially in patients with no clear immunosuppression [6]. The patient’s prolonged symptomatology and lack of sustained relief from pharmacological interventions underscore the need for complementary approaches.

YPV healing integrates physical, emotional, and energetic dimensions, potentially modulating immune responses and restoring homeostasis [7]. Previous studies have documented its efficacy in managing diabetes, hypertension, and psychosomatic conditions [8–10].

Energy healing may influence subtle biofields and chakra systems, which are hypothesized to regulate organ function and emotional states [11]. In this case, targeted healing of the sex, navel Chakras and

organs - kidneys, ureter, bladder and urethra may have contributed to genitourinary restoration.

The patient’s adherence to YPV lifestyle practices—such as breathing technique, forgiveness sadhana and salt-free diet—may have supported detoxification and reduced systemic inflammation [12]. Similar outcomes have been reported in other YPV case studies involving urinary and reproductive disorders [13–15, 5].

## Conclusion

Despite multiple consultations with allopathic, Ayurvedic, and dermatological specialists, the chronic patient in this case experienced only temporary relief. A structured YPV healing protocol, combined with lifestyle modifications and spiritual practices, led to complete symptom resolution and normalization of urine parameters. This case highlights the potential of energy-based healing modalities in managing persistent genitourinary conditions. Further clinical studies are warranted to validate these findings and explore broader applications.

## Acknowledgments

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## Conflicts of Interest

Nil.

## Funding

Nil.

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Annexures:

Annexure 1

|              |                                     |                   |                          |
|--------------|-------------------------------------|-------------------|--------------------------|
| Patient Name | N                                   | Barcode           | 250990240                |
| Age/Gender   | 37 years / Female                   | Registration Date | Apr 09, 2025, 04:58 p.m. |
| Ref Doctor   | SELF                                | Collected Date    | Apr 09, 2025, 04:58 p.m. |
| Client Name  | Chethan Diagnostics Bangalore-UI183 | Received Date     | Apr 09, 2025, 05:46 p.m. |
| Sample Type  | Urine                               | Reported Date     | Apr 09, 2025, 06:09 p.m. |

| Test Description | Value(s) | Reference Range | Unit(s) |
|------------------|----------|-----------------|---------|
|------------------|----------|-----------------|---------|

DEPARTMENT OF CLINICAL PATHOLOGY

COMPLETE URINE EXAMINATION

|                                                                      |                            |               |      |
|----------------------------------------------------------------------|----------------------------|---------------|------|
| Volume                                                               | 10                         | -             | ml   |
| Colour                                                               | Pale Yellow                | Pale Yellow   |      |
| Appearance                                                           | <b>Turbid</b>              | Clear         |      |
| Reaction (pH)                                                        | 6.0                        | 4.5 - 8       |      |
| Specific Gravity                                                     | 1.015                      | 1.010 - 1.030 |      |
| <b>Chemical Examination (Automated Dipstick Method)</b> <u>Urine</u> |                            |               |      |
| Urine Glucose (sugar)                                                | Absent                     | Absent        |      |
| Urine Protein (Albumin)                                              | Absent                     | Absent        |      |
| Leukocytes                                                           | Absent                     |               |      |
| Urine Ketones (Acetone)                                              | Absent                     | Absent        |      |
| Bile pigments                                                        | Absent                     | Absent        |      |
| Blood                                                                | Absent                     | Absent        |      |
| Bile salt                                                            | Absent                     | Absent        |      |
| Urobilinogen                                                         | Absent                     | Absent        |      |
| Nitrite                                                              | Absent                     | Absent        |      |
| <b>Microscopic Examination</b> <u>Urine</u>                          |                            |               |      |
| Pus Cells (WBCs)                                                     | 2-3                        | 0 - 5         | /hpf |
| Epithelial Cells                                                     | <b>5-6</b>                 | 0 - 4         | /hpf |
| Red blood Cells                                                      | Absent                     | Absent        | /hpf |
| Crystals                                                             | Absent                     | Absent        |      |
| Cast                                                                 | Absent                     | Absent        |      |
| Amorphous deposits                                                   | Absent                     | Absent        |      |
| Bacteria                                                             | <b>Present(Few)</b>        | Absent        |      |
| Others                                                               | <b>Budding yeast cells</b> | Absent        |      |
|                                                                      | <b>seen.</b>               |               |      |

Note

## Annexure 2



|             |   |                     |                    |   |                                                                                     |
|-------------|---|---------------------|--------------------|---|-------------------------------------------------------------------------------------|
| NAME        | : | ██████████          | REG / LAB NO.      | : | 22120152 / 23719                                                                    |
| AGE / SEX   | : | 37 Yrs / Female     | DATE OF COLLECTION | : | 12-08-2025 at 09:43 AM                                                              |
| REFERRED BY | : | Dr. OSR             | DATE OF REPORT     | : | 12-08-2025 at 11:34 AM                                                              |
| SOURCE      | : | CHETHAN DIAGNOSTICS |                    |   |  |

| TEST PARAMETER | RESULT | REFERENCE RANGE |
|----------------|--------|-----------------|
|----------------|--------|-----------------|

## CLINICAL PATHOLOGY

## COMPLETE URINE ANALYSIS

## General Examination

|                                      |             |                   |
|--------------------------------------|-------------|-------------------|
| Colour<br><i>Method : Manual</i>     | Pale Yellow | Pale Yellow/Clear |
| Appearance<br><i>Method : Manual</i> | Clear       | Clear             |
| Reaction (pH)<br><i>(Strip)</i>      | 6.0         | 4.6 - 8           |
| Specific Gravity<br><i>(Strip)</i>   | 1.015       | 1 - 1.03          |

## Chemical Examination (Automated Dipstick Method)

|                                                          |              |              |
|----------------------------------------------------------|--------------|--------------|
| Urine Protein (Albumin)<br><i>(Strip/S.S.A Test)</i>     | Not Detected | Not Detected |
| Urine Glucose (sugar)<br><i>(Glucose Oxidase/Strip)</i>  | NIL          | Not Detected |
| Urine Ketones (Acetone)<br><i>(Strip/Rothera's Test)</i> | NEGATIVE     | Not Detected |
| Bile pigments<br><i>(Strip/Fouchet's Test)</i>           | NEGATIVE     | Not Detected |
| Bile salts                                               | NEGATIVE     | Absent       |
| Urobilinogen<br><i>(Strip/Ehrich's Test)</i>             | 0.1          | <1.0         |
| Nitrite<br><i>(Strip)</i>                                | Not Detected | Not Detected |
| Bilirubin                                                | Not Detected | Not Detected |

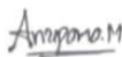
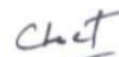
## MICROSCOPY EXAMINATION

|                  |             |            |
|------------------|-------------|------------|
| Pus Cells (WBCs) | 2 - 3 /hpf  | 0 - 5 /HPF |
| Epithelial Cells | 1 - 2 /hpf  | 0 - 5 /HPF |
| Red blood Cells  | ABSENT /hpf | 0 - 2 /HPF |
| Crystals         | Absent      | Absent     |
| Cast             | Absent      | Absent     |
| Bacteria         | SEEN        | Absent     |

Dispatched by: ChethanDiagnostics

\*\*\*\* End of Report \*\*\*\*

Printed by: ChethanDiagnostics on 12-08-2025 at 11:35 AM

ANUPAMA  
DMLTDr. CHETHAN  
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