



## Successful healing treatment of gangrene cases using Yoga Prana Vidya (YPV) System

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### Abstract

**Introduction:** Four patients which included three males aged 42, 78, 82 and a female aged 55 respectively were diagnosed with gangrene in their legs leading to bleeding, puss, severe pain, numbness, skin darkening and frequent infection. They were not able to walk and perform their day-to-day activities due to severe pain. They had a history of diabetes since long. They came in contact with Yoga Prana Vidya (YPV) healer and decided to go for YPV Healing. This paper presents the cases of gangrene treated successfully using YPV Healing Protocol for all four people.

**Methods:** This is the case study method with detailed analysis and photos of affected legs of all the four patients' health condition pre and post Yoga Prana Vidya (YPV) Healing treatment applied as alternative system. These are the cases of three male patients aged 42, 78, 82 respectively and a female patient aged 55 diagnosed with gangrene in legs at different times. The initial symptoms were bleeding, puss, severe pain, numbness, skin darkening and acute infection in legs. The pain was so severe that they were not able to walk properly or perform their day-to-day activities. All of them were on heavy antibiotics and painkillers prescribed by doctor earlier.

**Results:** Analysis of these patients' health condition, photos of their legs and medical case documents pre and post treatment show that they got cured with Yoga Prana Vidya (YPV) healing method for gangrene.

**Conclusion:** This case study documents the evidence on the effective use of Yoga Prana Vidya (YPV) in treating gangrene. There is ample scope to conduct further research on the application of YPV as alternatively effective and low-cost treatment for various medical conditions.

**Keywords:** Gangrene, leg pain, diabetes, amputation, bleeding, puss, infection, Yoga Prana Vidya System®, YPV healing

### Introduction

#### Gangrene <sup>[1]</sup>

Gangrene is death of body tissue due to a lack of blood flow or a serious bacterial infection. Gangrene commonly affects the arms and legs, including the toes and fingers. It can also occur in the muscles and in organs inside the body, such as the gallbladder.

A condition that can damage the blood vessels and affect blood flow, such as diabetes or hardened arteries (atherosclerosis), increases the risk of gangrene.

Treatments for gangrene may include antibiotics, oxygen therapy, and surgery to restore blood flow and remove dead tissue. The earlier gangrene is identified and treated, the better the chances for recovery.

When gangrene affects the skin, signs and symptoms may include:

- Changes in skin color — ranging from pale gray to blue, purple, black, bronze or red
- Swelling
- Blisters
- Sudden, severe pain followed by a feeling of numbness
- A foul-smelling discharge leaking from a sore
- Thin, shiny skin, or skin without hair
- Skin that feels cool or cold to the touch

If gangrene affects tissues beneath the surface of your skin, such as gas gangrene or internal gangrene, you may also have a low-grade fever and generally feel unwell.

If the germs that caused the gangrene spread through the body, a condition called septic shock can occur.

Signs and symptoms of septic shock include:

- Low blood pressure

- Fever, although some people may have a body temperature lower than 98.6 F (37 C)
- Rapid heart rate
- Light headedness
- Shortness of breath
- Confusion

#### Importance of problem

Causes of gangrene include <sup>[2]</sup>:

- **Lack of blood supply:** The blood provides oxygen and nutrients to the body. It also provides the immune system with antibodies to fight infections. Without a proper blood supply, cells can't survive, and tissue dies.
- **Infection:** An untreated bacterial infection can cause gangrene.
- **Traumatic injury:** Gunshot wounds or crushing injuries from car crashes can cause open wounds that let bacteria into the body. If the bacteria infect tissues and remain untreated, gangrene can occur.

#### Gangrene of the foot

Gangrene occurs when blood flow to a certain area of the body is interrupted. The lack of blood flow causes tissue to die. Gangrene often affects the fingers or toes.

#### Risk factors

Things that can increase the risk of gangrene include:

- **Diabetes:** High blood sugar levels can eventually damage blood vessels. Blood vessel damage can slow or block blood flow to a part of the body.
- **Blood vessel disease:** Hardened and narrowed arteries (atherosclerosis) and blood clots can block blood flow to an area of the body.

- **Severe injury or surgery:** Any process that causes trauma to the skin and underlying tissue, including frostbite, increases the risk of gangrene. The risk is greater if you have an underlying condition that affects blood flow to the injured area.
- **Smoking:** People who smoke have a higher risk of gangrene.
- **Obesity:** Extra weight can push on arteries, slowing blood flow and increasing the risk of infection and poor wound healing.
- **Immunosuppression:** Chemotherapy, radiation and certain infections, such as human immunodeficiency virus (HIV), can affect the body's ability to fight off infections.
- **Injections:** Rarely, injectable drugs have been linked to infection with bacteria that cause gangrene.
- **Complications of corona virus disease 2019 (COVID-19):** There have been a few reports of people getting dry gangrene in their fingers and toes after having COVID-19-related blood clotting problems (coagulopathy). More research is needed to confirm this link.

### Complications

Gangrene can lead to serious complications if it's not immediately treated. Bacteria can spread quickly to other tissues and organs. You may need to have a body part removed (amputated) to save your life. Removal of infected tissue can lead to scarring or the need for reconstructive surgery.

As a holistic therapy, Yoga Prana Vidya (YPV) has a potential to relieve both the physical and psychological suffering in people having varicose veins and gangrene.

### Yoga Prana Vidya (YPV) System as an alternative modality

Yoga Prana Vidya (YPV) is an integrated and holistic energy healing system of complementary and alternative medicine used in the treatment of physical and mental health conditions. It integrates the science of breathing, healing, meditation etc., to provide holistic wellness solutions. It is based on Pranic energy, also known as bio-plasmic energy principle. Yoga Prana Vidya system deals with healing the energy body, and in turn heals the physical body through systematic healing protocols and techniques along with patient self-practice tools such as physical exercises, rhythmic breathing, forgiveness sadhana and Planetary Peace Meditation.

YPV system uses ancient techniques of energy healing and its protocols are structured for systematic healing of patients for treating various illnesses. More than 140 published research articles show consistent results of recovery for patients. For example, healing treatment of a female patient suffering from kneecap dislocation [3], Successful healing treatment of adenomyosis [4], A case of Unilateral multicystic dysplastic Kidney in a 7 – month fetus - Successful healing [5], Successful Healing Treatment of Renal Calculi (Kidney Stones) [6], Skin ailments: A multiple case study [7], Varicose Vein with Perforator Incompetence and Ulcerative

Gangrene [8], Herpes Zoster Infection [9], A case of accidentally crushed hand [10], A study on a Randomized Control Trial using 10PM Online Divine Group Healing was done for Well-Being of IT professionals [11], Bed-Wetting of two girl child aged 6 and 8 respectively [12], Healing Small Intestinal Bacterial Overgrowth –SIBO [13]. Patients with gangrene face a very painful, unfortunate and worrisome journey from diagnosis to treatment. The reality of such condition is that since a lot of people have them, many take them for granted and hence untreated. Experience has shown that it is only when the condition becomes critical, the patient starts thinking of acting upon corrective actions. Such condition can also become critical, because in such situation some medical doctors opt to go for amputation that is removal of limb because of the gangrene. Based on medical reports and visible conditions, doctors conclude the prescription and medical line of action. Four such examples gangrene in three male and one female patients, it has been observed that Yoga Prana Vidya (YPV®), which is a no touch, no drug, bio-energy healing method, has been used to successfully heal patients having simple to complex and multiple medical conditions. This paper presents case studies of four patient having gangrene, successfully healed by Yoga Prana Vidya System®.

### Method

#### Patient's background information

1. A 42 years old unmarried diabetic male residing in Bhuj city of Gujarat state, India with high school education in local language, doing some small work in local city, unmarried, living alone after parents' death.
2. A 78 years old male residing in Chandigarh city of Punjab state, India having educational background of M.Sc. in Food Technology and retired from government job, married and has 3 children.
3. A 82 years old male residing in Mandvi town of Gujarat state, India having educational background of graduation and retired from private job, married and has two children.
4. A 55 years old female residing in Mumbai city of Maharashtra state, India having educational background of graduation and a home maker, married and has one child.

#### Pre-YPV medical history

1. Patient had diabetes and his right foot had started getting reddish and then blackish, with increasing amount of pain. Gradually it started getting puss which was causing walking very painful. When all these things happened, Covid lockdown was going on so nobody was coming home to get his dressing done. He started doing dressing on his own. Meanwhile he lost his mother in Covid-19 who was his only support, so he was going through a lot of emotional disturbance as well. He did not have any source of income because of Covid pandemic lockdown in the country and he had to do all the household chores on his own.
2. Patient had high diabetes. In left foot the little toe and ring toe in right foot were affected with infection, pus & a hole with hard skin. He wasn't able to walk & wear shoes since it was paining a lot. Initially doctor said it was just normal infection and can be cured with medicine and dressing.
3. Patient had diabetes since long. His right leg was affected with severe infection, pus, bleeding, deep holes and unbearable pain. He was not able to walk or even

stand on his own. Whenever he was trying to put his feet on the floor, lot of pus and bleeding used to come out with pressure from the holes and it used to cause lot of pain. He was getting fever because of this infection. He had relationship issues with his son. All these situations had caused emotional imbalance and insecurity in him.

4. Patient had diabetes which was under control with regular medication. She developed a wound on the big toe of her left leg, which gradually became infected with pus. Over time, the wounded area started turning blackish and caused severe, persistent pain. Initially, the patient assumed it was a minor wound that would heal with simple dressing and care. However, the pain kept increasing, and low-dosage painkillers provided no relief. Gradually, the condition worsened as the wound began bleeding, emitting a foul smell due to the infection, indicating serious complications requiring urgent medical attention.

#### Medical Treatment Recommended Before YPV

1. Once the Covid-19 lockdown was lifted, the patient began visiting the hospital once a week for regular wound dressing, as one of the doctors kindly supported him by providing the dressing services free of cost. The doctor also prescribed medications to effectively control the patient's diabetes, as maintaining stable blood sugar levels was crucial for proper healing. In addition, a course of antibiotics was given to prevent the infection from spreading to nearby tissues.
2. The patient visited the doctor due to severe pain that had made it extremely difficult for him to walk or carry out daily activities. After a detailed examination, the doctor diagnosed the condition and immediately started medical treatment. An appropriate course of antibiotics was prescribed to control infection and reduce inflammation. In addition to the medication, regular wound dressing was carried out to support healing and prevent further complications. The patient was advised to follow the treatment plan carefully and attend follow-up visits to monitor recovery progress.
3. Initially when it started getting pus with pain, he consulted a doctor who had given medication and was doing dressing. But his condition did not improve and it was deteriorating day by day. The situation had become so bad that whenever he used to put his feet on the floor and put on his weight on it, pus and blood was coming out with pressure out of the holes. It was smelling so badly that it had become very difficult for people around to go near him or even stand in the room where he was staying. When things got worse, his family got him admitted to hospital and after examination of the affected leg, doctor decided to go for amputation of the right leg from above the knee.
4. The patient consulted a doctor, who conducted detailed medical examinations and necessary diagnostic tests to assess the condition of the affected toe. After careful evaluation, the doctor confirmed that the wound had progressed into gangrene, which required immediate and urgent medical attention. To control the infection and prevent it from spreading to the surrounding tissues, the doctor prescribed a course of strong antibiotic medications. Regular wound dressing and proper cleaning were also carried out to manage the

infection locally. The patient was closely monitored to observe the response to treatment and to ensure that the condition did not worsen further.

#### Patient's condition with medication before YPV

1. Even if dressing was going on along with some basic medication the condition was continuously deteriorating since no other medicines were being given due to lack of fund. Even patient was not able to take proper rest as he did not have anybody to support or take care of him at home and he had to do all household chores on his own. When it started spreading further, doctor suggested to go for amputation.
2. Patient was visiting the doctor regularly but the condition was not improving with anti-biotics and dressing. His toes were turning dark and the skin was getting hard. The pain was reoccurring once the effect of pain-killer medicine was reduced. Later on, the doctor suggested going for amputation since the condition was not improving and movement was becoming harder. This recommendation caused significant emotional distress, as daily activities were increasingly affected and quality of life was declining. Despite continued care, the risk of further infection and complications remained high.
3. Since things were not improving even after heavy anti-biotic medicines and dressing, doctor had decided to go for amputation within three days, else the gangrene will spread further in the thighs and upper part of the body. When he came to know about amputation, he was very much depressed and was telling he will prefer to die in place of getting the amputation done. Moreover, he had relationship issues going on with his son and this was leading to more depressive situation. It was very difficult for him to bear the physical pain and the emotional disturbance due to emotional imbalance and relationship issue.
4. The patient was administered high-dosage antibiotics to ensure that the gangrene did not spread to the surrounding tissues or other parts of the foot. Despite the medication, the doctor explained that surgical intervention might be necessary to prevent further complications. The doctor advised that amputation of the big toe of the left leg would be required if the diabetes reports indicated stable and controlled blood sugar levels. The required medical reports were completed later in the evening, and after reviewing the results, the doctor confirmed that the condition was suitable for surgery. The patient was then advised to undergo the amputation procedure the following morning.

#### YPV Intervention

1. Patient contacted a YPV healer in the month of March 2021 and his healing got started on 7th March 2021. When his healing was started, he was in very much painful condition and was not able to walk and do his day-to-day activities normally. Initially the requirement of healing was more since he was diabetic and he didn't have financial strength to go for costly medication. He was getting some basic medicines given for free by one of the local doctors. For first two months, he was being healed thrice a day leading to reduction in pain and being able to walk with support. Gradually the

frequency of healing was reduced to twice a day for one month and then once a day for next one month. In the last 2 weeks, he was being healed on alternate days. His healing was done till 20th July 2021. His condition was improved and amputation was avoided due to YPV Healing. He started working after this since he was able to move freely at the end of healing.

2. Patient's daughter contacted a YPV healer on 27<sup>th</sup> July 2023 for her father. Patient was feeling numbness in one of the toes in both his feet. The toes had started getting darker and were getting the harder skin. The severe pain was making it difficult for the patient to walk and carry on with his day-to-day activities. His healing was started on 28<sup>th</sup> July 2023. Initially since the condition was severe and a lot of pain was there, healing was done twice a day for a month. This had reduced the pain at a significant level and he was able to walk without support. Gradually the frequency of healing was reduced to once a day and later on it was being done alternate day. Patient was able to walk without support and continue his life activities without pain.
3. The patient's daughter contacted a YPV healer on 2<sup>nd</sup> August 2025 seeking help for her father. The patient was in severe pain and was unable to walk. Multiple wounds with deep holes were present on his right leg, from which a large amount of pus and blood was oozing continuously. As the doctor had given only three days before proceeding with amputation, healing was initiated immediately. Initially, healing sessions were conducted four to five times a day. Within two days of healing, the foul smell stopped completely, and the discharge of pus and blood reduced substantially. Observing the improvement and stability of the condition, the doctor advised waiting for three more days, as there were clear signs of gradual recovery and no further deterioration. His healing was done from 2<sup>nd</sup> August 2025 to 10<sup>th</sup> November 2025 and he was able to walk properly and all the wounds got healed.
4. The patient's sister contacted a YPV healer on 15<sup>th</sup> July 2025 and explained the situation in detail. The patient was experiencing severe pain and bleeding in the toe, along with a foul smell from the wound. She was unable to walk due to the intensity of the pain. Healing was initiated immediately, as there was very little time left to prevent amputation of the toe. On the morning scheduled for surgery, the patient's family requested the doctor to reassess the condition and wait for one more day to observe any improvement or at least halt further deterioration. Upon examination, the doctor noted that the foul smell had stopped. The doctor removed damaged tissue from the big toe and rip off the toe to collect a bone sample for biopsy. Considering the progress, the doctor decided to wait for another day. As healing was continued four times a day, the condition of the toe improved significantly, and the biopsy report came normal. The doctor then advised continued dressing only, as the wound was healing well. Gradually, with regular healing sessions, the wound completely healed, and there was no pain, bleeding, or pus remaining.

### Following YPV protocols followed by all four patients

1. Rhythmic Yogic Breathing: 3 to 4 times a day (As guided in YPV Sadhana App)
2. Forgiveness Sadhana: Once a day daily (As guided in YPV Sadhana App)

### YPV Healing by Healer

YPV Psychotherapy, Internal organ and blood cleansing techniques of YPV Healing.

Affected legs were treated with greater focus by the use of specific combinations of colour pranas of YPV Healing.

1. Healing was done 3 times in a day from 7<sup>th</sup> March 2021 to 6<sup>th</sup> May 2021  
Then twice in a day from 7<sup>th</sup> May 2021 to 6<sup>th</sup> June 2021  
Once in a day from 7<sup>th</sup> June 2021 to 6<sup>th</sup> July 2021 and  
Alternate day from 7<sup>th</sup> July 2021 to 20<sup>th</sup> July 2021  
Total healing was done from 7<sup>th</sup> March 2021 to 20<sup>th</sup> July 2021
2. Healing was done twice a day from 28<sup>th</sup> July 2023 to 27<sup>th</sup> August 2023  
Once a day from 28<sup>th</sup> August 2023 to 27<sup>th</sup> September 2023 and  
Alternate day from 28<sup>th</sup> September 2023 to 13<sup>th</sup> October 2023  
Total healing was done from 28<sup>th</sup> July 2023 to 13<sup>th</sup> October 2023
3. Healing was done four to five times for first two days and later twice a day from 4<sup>th</sup> August 2025 to 17<sup>th</sup> September 2025  
Once a day from 18<sup>th</sup> September 2025 to 25<sup>th</sup> October 2025 and  
Alternate day from 26<sup>th</sup> October 2025 to 10<sup>th</sup> November 2025  
Total healing was done from 2<sup>nd</sup> August 2025 to 10<sup>th</sup> November 2025
4. Healing was done four times daily for first four days and thrice a day from 19<sup>th</sup> July 2025 to 14<sup>th</sup> August 2025  
Twice a day from 15<sup>th</sup> August 2025 to 25<sup>th</sup> August 2025 and  
Once a day from 26<sup>th</sup> August 2025 to 31<sup>st</sup> August 2025  
Total healing was done from 15<sup>th</sup> July 2025 to 31<sup>st</sup> August 2025

### Results

#### After YPV intervention

The result of YPV healing is miraculous after treatment of the patients for gangrene.

Attached are the photos of the stage wise condition of all the patient affected legs. As per the feedback of all the patients during therapy the psychological issues were also resolved with YPV healing. Improved relationships along with emotional and mental stability of patient with physical improvement in health is given by YPV healing.

Since YPV healing is done from distance without using any medicine, it is convenient for patients since no hospital or clinic visit were required and patients were able to do their day to day activities normally. It is seen that the results given by YPV healing are stable and lasting even after few years/months of treatment for different cases.

**Table 1:** Collage photo of the affected leg getting improvement



**Discussion**

Gangrene occurs when adequate blood circulation is impaired, allowing bacterial infection to spread rapidly in the affected area. This study indicates that Yoga Prana Vidya (YPV) healing played a significant role in reducing the symptoms of gangrene, while also addressing associated physical, emotional, and mental health disturbances, without disrupting the patients' daily routines. The combination of regular YPV practices—such as Rhythmic Yogic Breathing, Forgiveness, and Planetary Peace Meditation—along with focused healing sessions, contributed to faster recovery without any observed side effects. YPV therapy has shown

effectiveness even in complex and severe cases like gangrene, providing quick symptom relief. Long-term follow-up further demonstrates that the benefits of YPV healing are lasting, with patients remaining symptom-free for months or even years after treatment, without requiring amputation or additional medical interventions.

**Conclusion**

This case report presents documented evidence highlighting the effectiveness of YPV healing in addressing critical health conditions such as gangrene and its associated symptoms. YPV healing has shown positive results,

particularly in cases where the exact cause of the disease is unclear or difficult to determine. There is a need for scientific studies to better understand the etiology of gangrene and to establish appropriate methods for its management. Findings from such research suggest that YPV healing not only serves as a supportive therapeutic approach but may also play a role as a preventive modality.

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