

Case Report

Complementary Yoga Prana Vidya (YPV) Healing in the Rapid Recovery of Toe Fungal Infection: A Case Report

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Abstract

Background: Onychomycosis (toe fungal infection) is a common nail disease, often resistant to conventional therapies and associated with pain, itching, and nail deformity. Conventional treatments include antifungal drugs and surgery, but recurrence and side effects are frequent. **Case Presentation:** A 30-year-old male from Melbourne, Australia, presented with a six-month history of bilateral big toe fungal infection, characterized by redness, itching, bleeding, and pain. Multiple medical consultations and treatments failed, and surgery was recommended. **Intervention:** Yoga Prana Vidya (YPV) healing was initiated by a certified healer using infection protocols, daily sessions via video call, and localized energy cleansing and energising. Ten sessions were conducted over ten days. **Results:** By the second session, pain and itching reduced by 40%. By the fourth, bleeding stopped and wounds dried. By the eighth, 80% recovery was noted, with new skin formation by the ninth. Complete recovery was achieved by the tenth session, with no further pain, itching, or bleeding. **Conclusion:** This case demonstrates the potential of YPV healing as a complementary therapy for fungal infections, offering rapid recovery without invasive procedures. Further controlled studies are warranted to validate efficacy.

1. Introduction

Onychomycosis, commonly referred to as toe fungal infection, is a chronic nail disorder caused predominantly by dermatophytes, yeasts, and non-dermatophyte molds. It accounts for nearly 50% of nail diseases globally and affects approximately 10% of the general population, with prevalence increasing with age [1, 2]. Disease and lifestyle may also play a role in the epidemiology of fungal nail infections. Studies have shown that diabetes, acquired immunodeficiency syndrome and peripheral arterial disease may be independent predictors of onychomycosis. Because of the multifactorial nature of the epidemiology, accurate diagnosis, pertinent treatment and patient education must be paramount when treating the disease [2].

Clinical manifestations include nail discoloration, thickening, brittleness, pain, and secondary bacterial infections. Risk factors include occlusive footwear, diabetes, immunosuppression, and trauma [3]. Conventional management involves systemic antifungal agents such as terbinafine and itraconazole, topical therapies, and in severe cases, surgical nail removal. However, recurrence rates remain high (20–50%), and systemic antifungals carry risks of hepatotoxicity and drug interactions [4]. This has prompted exploration of complementary and integrative approaches [5], and the review study found that, given the rise of antifungal resistance, complementary and alternative therapies should continue to be studied as adjunctive or alternative therapy for onychomycosis since preliminary evidence exists for several complementary and alternative therapies in the treatment of onychomycosis.

Yoga Prana Vidya (YPV) is an integrative and energy-based healing modality that emphasizes cleansing, energizing, and balancing the body's subtle energy systems [6]. Previous case reports have documented YPV's effectiveness in managing infections, wound healing, and psychosomatic conditions by accelerating tissue repair and reducing inflammation [7–10]. Integrating YPV into clinical practice may provide a non-invasive, cost-effective adjunct to conventional therapies, particularly in resistant cases such as onychomycosis. This paper presents the case of a 30 year old male affected by toe nail fungus treated successfully using YPV healing protocols by a Certified YPV healer based in Australia.

2. Case Presentation

The patient, a 30-year-old male, presented with severe fungal infection of both big toes See Figure 1, unresponsive to medical treatment. Symptoms included pain, itching, redness, bleeding, and wound formation. Surgery was advised but the patient and his family declined and opted to seek YPV healing service.



Figure 1: Condition before YPV healing Intervention

YPV Intervention

YPV healing began on 03-03-2026. Protocols included Healer Development Level 1, extra cleaning, soaking, energising and infection protocol. Sessions lasted 20–30 minutes daily for 10 days via video call.

3. Results

As the YPV healing sessions were started, the patient recovery progressed as stated below.

- **Day 2:** Pain and itching reduced by 40%.
- **Day 4:** Pain reduced 60%, bleeding stopped, wound dried.
- **Day 6:** Redness reduced by 60%, see Figure 2.
- **Day 8:** 80% wound recovery, no pain/itching.
- **Day 9:** 90% recovery, new skin formation.
- **Day 10:** Complete recovery, sustained improvement, see Figure 3.

Patient feedback confirmed full recovery and satisfaction.



Figure 2: Progress through intervention



Figure 3: After complete Healing

4. Discussion

This case demonstrates rapid resolution of a chronic toe fungal infection through YPV healing, with complete recovery achieved in ten sessions. The patient had previously failed multiple medical treatments and was advised surgery, highlighting the limitations of conventional management.

The observed improvements—pain reduction, cessation of bleeding, resolution of redness, and new skin formation—align with YPV's documented effects on enhancing wound healing and immune response [11, 12]. Energy-based interventions may modulate bioenergetic fields, reduce local inflammation, and accelerate cellular repair, offering a plausible mechanism for the observed outcomes.

Comparative literature on fungal infections emphasizes the chronicity and recurrence of onychomycosis despite antifungal therapy. In contrast, YPV provided rapid, sustained recovery without pharmacological intervention or surgery [11–15]. This suggests potential for YPV as a complementary therapy, particularly in cases where conventional treatment is ineffective or contraindicated.

Limitations of this case include the absence of laboratory confirmation of fungal clearance and reliance on clinical observation and patient satisfaction. Future research should include controlled trials with microbiological endpoints to validate YPV's efficacy. Nonetheless, this case adds to the growing evidence base supporting integrative healing modalities in dermatological and infectious conditions.

This case highlights YPV's potential as a complementary/alternative therapy for fungal infections. Literature confirms that fungal nail infections are resistant to conventional therapy and often require prolonged treatment. YPV healing, by accelerating wound healing and reducing inflammation, may offer a non-invasive alternative.

5. Conclusion

YPV healing facilitated rapid recovery from toe fungal infection, avoiding surgery and prolonged antifungal therapy. Controlled clinical trials are recommended to establish reproducibility.

Article Information

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