



A Case of Female Patient with Urinary Tract Infection (UTI) Healed Successfully Using Yoga Prana Vidya (YPV) Healing Protocols as Complementary Medicine

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Abstract

Introduction: One of the most common illnesses that afflict people of all ages is urinary tract infection (UTI). Any portion of the urinary system, which includes the kidneys, ureters, bladder, and urethra, can get UTI. It primarily occurs in the bladder and urethra, which are parts of the lower urinary system. Multidrug-resistant germs make urinary tract infections (UTIs) a serious health risk. This paper presents a case of 66 years old female UTI patient. Medicines alone could not treat and the UTI relapsed. A Yoga Prana Vidya (YPV) Healer treated this patient successfully using YPV healing protocols as complementary medicine.

Method: This is a case study method, taking patient medical data and healer's records.

Results: After seven days of vigorous YPV healing, the urinary tract infection was totally eradicated. The physician confirmed the patient's recovery from the UTI. The patient kept regularly practicing the YPV sadhana components from the mobile App. After two weeks, the patient's follow-up showed no signs of a UTI recurrence.

Conclusions: YPV healing regimens have been shown to be effective as complementary and alternative medicine in illness prevention and treatment initiatives. Additional research using a suitable sample and technique is recommended.

Keywords: Urinary Tract Infection (UTI), Yoga Prana Vidya System ®, YPV ®

I. Introduction

Urinary Tract Infection (UTI)

A UTI can occur in any part of the Urinary system consisting of the kidneys, ureters, bladder and urethra. It mostly happens in the lower urinary tract – the bladder, and the urethra.

Urinary tract infection (UTI) is one of the most prevalent diseases affecting people of all age groups. Pardeshi's study [1] found that the overall prevalence of UTI was 33.54% of which 66.78% were females and 33.22% were from males. Higher prevalence was observed in females as compared to males (2:1). Though the overall prevalence was high in old aged (>45 years) patients, in females, high prevalence was seen among middle-aged (31 to 45 years) patients and in male high prevalence was seen among old age (>45 years) patients.

A multicentre –study taking data from four geographical regions (North, South, West and East) of India by Mohapatra et al (2022) [2] found that females were predominantly affected (male: female, 1:2.9). History of recent episode of UTI was observed as the commonest risk factor followed by diabetes mellitus.

Several studies {such as [1] [2] [3] [4] }found that widespread use of antibiotics has led to the emergence of resistant microorganisms. As drug resistance among bacterial pathogens is changing with time and place, regular surveillance and monitoring is very essential to provide physicians updated information on most effective empirical treatment of UTIs. The emergence of resistant organisms would complicate therapy further. Hence, UTI is a significant health concern due to multidrug-resistant (MDR) organisms.

Yoga Prana Vidya (YPV) System

This is an integrated and holistic system that includes prescribed set of physical exercises, rhythmic breathing (RYB) exercises, meditation techniques and pranic energy healing protocols. A well-trained healer recommends these protocols appropriate to the patient's sickness conditions. This system does not include any medicines or drugs, and adherence to salt-free diet is an essential feature. Literature shows more than 100 research papers with documented evidence of treating many types of diseases by YPV system as complementary and alternative medicine. Some examples as alternative medicine are successful healing of some difficult medical cases [5], diabetes [6], heart block [7]. As complementary medicine YPV has been successfully applied in treating cancer patients avoiding side effects of medical treatments [8] [9] [10] [11] [12] [13]. Some studies show evidence of successfully treating urinary system related diseases as complementary medicine[14] [15] [16].

YPV psychotherapy protocol

It is observed that the YPV System uses psychotherapy protocols that are effective in reducing or eliminating anxiety and worry of patients regarding their health issues, making them more receptive to treatments thereby achieving faster recovery, and overcoming pain and side effects of medications [17-18]. This protocol is essentially included for patients in every YPV intervention for disease prevention and treatment.

This paper presents a case study of a female patient aged 66 years who was successfully treated with YPV healing protocols as complementary medicine. While she was on medication her UTI relapsed and she sought YPV healing for a complete cure.

II. Case report

Patient information

The patient is a 66 years old female, a house wife of Indian origin living in a middle eastern country.

Pre-YPV condition

On 8th of February 2025, she noticed UTI symptoms such as burning while urinating. She started using home remedies such as drinking more water, juices, tender coconut water etc. As there was no relief, she consulted a local doctor on 10th of February who ordered a urine analysis test. From the results, it was diagnosed as UTI because numerous White Blood Cells (WBC) were found in the urine sample. On the doctor's advice, she started taking antibiotics for a week and found reduced symptoms. But soon, the symptoms started again increasing gradually. Further Urine tests on 23rd February and 8th March 2025 showed infection with numerous WBC and she continued with antibiotics on medical advice.

YPV healing intervention

As she was not able to sleep because of severe burning pain, she consulted a YPV healer over phone, acting on a referral of her relative who received healings earlier for her health issues and got healed. The YPV Healer started distant healing from 8th March 2025, daily two times for 20 minutes each time.

The Healer further prescribed to her to do rhythmic yogic breathing daily 5 times, forgiveness sadhana two times using YPV Sadhana mobile App, consume saltless diet, and to include more fruits and vegetables in diet.

Healing protocols used

YPV Psychotherapy was done by the healer in each session to reduce stress and fear and to be emotionally calm and stable. The Psychotherapy protocol involves working with the heart, solar plexus, throat, ajna, crown chakrams of the energy body and additionally sex chakrams was treated

Then the healer applied YPV advanced healing protocols using colour pranas - General cleansing of energy body, blood cleansing technique for lungs, cleaning of spleen, kidneys, liver and minor chakrams of hands and legs using colour energies. Navel, basic, and upper chakrams cleansed energized and strengthened. Affected mengmein chakram cleansed, sex chakram cleansed and energized. All chakrams were balanced.

Using YPV Healer Development Prototol (HDP) Level 1 healing protocols the Kidneys were energized with HDP protocol colours.

The Healer observed that the symptoms were not reducing after two days of healing done with session of 20 minutes. Then the healer did healings every two hours for two days for affected parts and chakrams for 10 mins each session, and the patient felt 70% better. The Healer continued intensified healing for 3 more days twice daily for 20 minutes. As the patient was feeling normal, the healer stopped the healing intervention on 14th march 2025. At the same time the doctor told the patient to stop medication. A urine analysis test done on 15th march 2025 showed there was no UTI.

III. Results

Within 7 days of intense YPV healing, the infection in the Urinary tract was completely eliminated. The doctor confirmed that the patient was cleared of UTI condition.

The patient acknowledged the efforts of the YPV healer on this achievement. She continued practicing YPV sadhana components using the mobile App.

Further follow up of the patient after two weeks revealed that there was no recurrence of UTI.

IV. Discussion

UTI is a condition often complicated by multiresistant organisms. Right combination of antibiotic medications supported by accurate lab analysis of urine samples give the expected results. A relapse is common. However, YPV protocols using infection control techniques are capable of eliminating the infection completely, as evidenced in this study. In previous cases also [14-15-16], as seen in the literature, a complete cure was possible using YPV protocols.

V. Conclusions

YPV healing protocols are proven in disease control efforts as complementary and alternative medicine. Recommendations include further research with appropriate sample and methodology.

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