

A case of Plantar fasciitis healed successfully using Yoga Prana Vidya (YPV) energy healing therapy

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Abstract

Introduction: Plantar fasciitis is a condition that manifests as moderate to severe heel pain in sedentary and athletic populations, with the risk factors of obesity, excessive foot pronation, excessive running, and prolonged standing. Diagnosis is based on history and physical examination. This paper presents the case of a male patient of 54 years of age who was treated successfully using Yoga Prana Vidya (YPV) healing protocols, after trying medical and Ayurvedic treatments unsuccessfully.

Method: This study uses a detailed case study, with data collected from the YPV healer and the patient's medical records.

Results: Within 10 days of healing, the patient's pain was reduced by about 40%. The patient was able to stand and work normally in his shop. The Healer continued healing sessions of 20 minutes each day. After a month of daily healing sessions, the patient's condition was completely healed.

Conclusions: YPV offers integrated and Holistic treatment protocols for successfully treating many illnesses as Complementary and Alternative Medicine, such as the case presented here. In a follow-up after 1 year and 3 months, the patient was found completely normal and working as usual. Further studies may be undertaken using YPV Energy Healing protocols with appropriate methodology and sample.

Keywords: Heel pain, Plantar fasciitis, Yoga Prana Vidya System®, YPV®

Introduction

Plantar fasciitis, a self-limiting condition, is a common cause of heel pain in adults. It affects more than 1 million persons per year, and two-thirds of patients with plantar fasciitis will seek care from their family physician. Plantar fasciitis affects sedentary and athletic populations. Obesity, excessive foot pronation, excessive running, and prolonged standing are risk factors for developing plantar fasciitis. Diagnosis is primarily based on history and physical examination. Patients may present with heel pain with their first steps in the morning or after prolonged sitting, and sharp pain with palpation of the medial plantar calcaneal region. Discomfort in the proximal plantar fascia can be elicited by passive ankle/first-toe dorsiflexion.^[1] The risk factors identified for Plantar Fasciitis according to Goff *et al* (2011)^[1] are given in Table 1. The illustration in Figure 1 shows the inflammation of the Plantar Fascia.

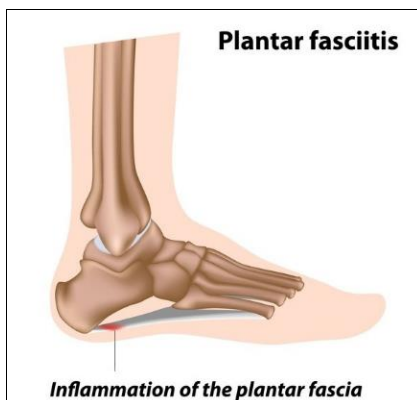


Fig 1: Plantar fascia (Courtesy: www.extendorthopedics.com)

Table 1: Risk factors For Plantar Fasciitis

S. No.	Risk factor
1	Sedentary lifestyle
2	BMI greater than 27kg/Metre square
3	Excessive running
4	Intrinsic foot and calf muscle tightness
5	Leg length discrepancy
6	Occupations requiring prolonged standing or walking
7	High arch
8	Excessive foot pronation
9	Excessive ankle dorsiflexion

Plantar fasciitis can be diagnosed clinically from the patient's history and physical examination. The patient will have sharp pain in the anteromedial aspect of the heel. Pain will begin with ambulation after a period of inactivity, then it will improve or resolve as the activity progresses. However, the pain will return at the end of the day. The classic presentation is pain with the first step of the morning. Paraesthesia is uncommon. The patient may have recently increased weight-bearing activity^[2].

Yoga Prana Vidya (YPV) System

This paper presents the case report of a 54-year-old male who suffered from Plantar fasciitis and approached a YPV healer for healing treatment.

The Yoga Prana Vidya (YPV) system is a holistic approach to health that integrates physical exercise, yoga breathing exercises, meditation techniques, and energy healing techniques to balance and harmonize the body's energies. The system is based on traditional yoga philosophy and aims to develop physical, mental, and spiritual well-being. It is a holistic approach that

can result in 1—improved physical health
 2. Increased mental clarity and focus
 3. Emotional Balance and Inner Peace
 4. Spiritual Growth and Self-awareness.

Decades of field experience have proven the YPV system to be effective as a complementary and alternative medicine (CAM) in the treatment of a variety of ailments. The Yoga Prana Vidya system is a non-contact, drug-free energy healing method that works even from a distance and can treat many physical and mental problems. It is an integrated and holistic system that promotes happiness and health on the physical, emotional, and mental levels through yogic breathing, healing techniques and. In the healing technique, the therapist removes diseased, impure and spent energy from the affected area or chakra and the patient's entire aura and infuses it with fresh energy [3]. The main advantage of using the Yoga Prana Vidya healing technique is that firstly, the patient does not need to be physically present in front of the therapist, as healing can be done even from a distance, and secondly, it can treat many psychological ailments, such as emotional or mental illnesses. The energy body of a being, also known as the aura, permeates and surrounds the physical body and is made up of the inner aura, the outer aura, and the health rays that connect them.

The energy body is made up of chakras and “nadis” (channels) that receive and distribute pranic energy, also known as life force. The Yoga Prana Vidya system consists of self-practice modules such as physical exercises, rhythmic yogic breathing, and meditative practices such as forgiveness sadhana and planetary peace meditation. The healing process consists of several basic and advanced techniques that purify and energize the chakras and affected areas of the body to achieve the desired results. Literature with more than 100 scientific papers published shows that many cases have been successfully treated with the help of Yoga Prana Vidya (YPV) healing techniques such as some complex medical cases[4], management and control of diabetes [5], clearing of arterial blockages in the heart without surgery [6], improvement of vision in participants of eye camps [7], improvement of overall well-being and immunity in participants of intensive month-long YPV program [8], role of Yoga Prana Vidya in emergency care and first aid [9], improvement of health and immunity in elderly people [10], speedy recovery of COVID-19 patients [11], treatment of hypothyroidism [12], reduction of academic anxiety and improvement of academic performance in high school students [13], life-saving treatment of a woman bitten by a snake [14], improvement of cognitive abilities and social behaviour in children with intellectual disabilities [15], management of pain and side effects in Hodgkin lymphoma patients undergoing chemotherapy [16], treatment of a woman suffering from a dislocated kneecap [17]. A review of the published literature found that some experimental studies have also shown successful outcomes, including improved well-being in pretrial detainees [18] and significant reductions in anxiety and depression in corporate employees [19]. This article presents a case report of a 54-year-old man who suffered from Plantar fasciitis and sought treatment from a YPV therapist.

Case report

Patient background

A 54-year-old male businessperson residing in Mangalore feeling pain in his right foot in November 2022 tried some

home remedies for two weeks, such as massaging with oil. However, the pain kept on increasing day by day and he could not walk or stand in his shop. In the mornings he could not step down on the floor and even at night he had severe pain.

Before Treatment with YPV healing

On 15 November 2022, he consulted an orthopedic doctor who suggested taking an x-ray of the right foot. The report stated that it is plantar fasciitis, an inflammation of the thick band of tissue that connects the heel bone to the toes. The doctor suggested MCR (Micro Cellular Rubber) footwear and prescribed some medicines related to the nerves, vitamin D, folic acid, anti-inflammatory drugs, and a gel to reduce pain. Additionally, the Doctor suggested physiotherapy and stretching exercises. The patient then fully complied with the doctor's recommendations.

As there was not much improvement, he saw the doctor again on 16 December 2022, took an x-ray, and continued taking the medicines as suggested by the doctor. He continued medicines till March 2023 and consulted the doctor again on March 16, 2023, who did blood tests, thyroid tests, and vitamin D tests, and the reports were found normal. But the pain in the foot persisted.

Then he consulted an Ayurvedic doctor on 20 March 2023 and took some Ayurvedic medicine for a month. This too did not help with any improvements, and he had severe pain again for which he consulted another orthopedic surgeon on 30 May 2023 who continued with similar tests and treatment which did not yield any improvement.

YPV healing treatment

In the past, the patient had successfully experienced YPV energy healing treatment for dissolving his kidney stones. He now approached and consulted the same YPV healer on 22 June 2023 for YPV healing to treat his foot condition.

The YPV healer studied the case and advised a holistic treatment plan. As a part of the plan, the healer advised the patient to stop eating non-vegetarian food completely, reduce salt in the diet, and include more fruits and vegetables in his diet. Further, the Healer advised practicing some YPV sadhana techniques daily such as rhythmic yogic breathing 3 times, physical exercises 3 times, Forgiveness Sadhana 2 times (available freely in YPV Sadhana app), and joining the free online group healing session daily at 10 am.

In the next part of the treatment plan, the healer conducted YPV Energy Healing sessions starting from 22 June 2023 with YPV psychotherapy to reduce stress, and YPV advanced healing sessions to balance and strengthen the chakras (energy centers), blood cleansing techniques, and Healer Development Programme (HDP) Level 1 special color combination energies to heal the affected part. Chakras of legs also were cleansed energized and balanced. The liver, kidney, and spleen also were cleaned to detoxify. The healer conducted a healing session of 20 minutes daily.

Results (After YPV Healing)

Because of the YPV holistic healing plan, the patient could feel improvements day by day, and after 10 days of healing about 40% of the pain was reduced.

From then onwards the patient could stand and work in his shop. The Healer continued daily healing sessions daily. After a month, the foot condition was completely healed. The Healer continued healing sessions for 5 more days and stopped on 28 July 2023.

Follow up

The healer suggested observing him for a few months and told him that if the pain started again, she would heal. After one year and 3 months of observation and follow-up, as advised by the Healer, the patient visited the orthopedic doctor and had an X-ray taken. The result showed that the condition of the foot was normal. The patient continued YPV sadhana practices to maintain good health and well-being.

Discussion

There is scanty literature on the treatment of Plantar fasciitis using Energy Healing and the authors are unable to compare the results with other similar studies. Plantar fasciitis, while not a serious condition, can become debilitating and cause moderate to severe pain if not properly addressed. Approximately 70% to 80% of individuals with plantar fasciitis experience a reduction in symptoms within 9 to 12 months given the right treatment.

In some cases, appropriate consultation may be necessary to find shoes with the right arch support. Patients should be educated about the importance of avoiding prolonged periods of standing. Individuals need to lose weight and engage in stretching before initiating an exercise regimen. Those with acute symptoms should be advised to refrain from walking barefoot and limit repetitive heel-traumatizing exercises. If a treatment approach proves ineffective, referral to a specialist such as a YPV healer may be considered^[20].

The impact of plantar fasciitis is primarily due to foot pain, difficulty walking, limited physical activity, and inability to bear weight. Additionally, irregular walking patterns can lead to knee and hip joint injuries^[20].

Conclusions

Collaborative care involving multiple healthcare professionals is the preferred approach for addressing plantar fasciitis. Plantar fasciitis commonly affects young individuals and athletes and can lead to disability if not managed effectively. Energy Healers, nurses, pharmacists, physical therapists, and rehabilitation specialists play crucial roles in managing symptoms and educating patients. Further studies may be undertaken using YPV Energy Healing protocols with appropriate methodology and sample

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Conflicts of interest

There are no conflicts of interest.

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