



## A case of cellulitis with tenosynovitis: Successful Healing using Yoga Prana Vidya (YPV) system protocols

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### Abstract

**Introduction:** Cellulitis and tenosynovitis are both infections that can affect the hand, but they affect different parts of the hand and have different symptoms. If left untreated, tenosynovitis can cause tissue death, amputation, or spread to nearby tissues or into the bloodstream. This paper presents a case of a 69-year-old woman who suffered from Cellulitis with Tenosynovitis and was successfully treated using Yoga Prana Vidya (YPV) System healing protocols.

**Method:** This is an in-depth case study that uses data from the patient and the healer's records.

**Results:** Gradual improvement was observed, and within 10 days of YPV Healing she could move her wrist and fingers. Complete recovery took place within 40 days of healing sessions.

**Conclusions:** YPV Healing protocols worked successfully as alternative medicine in this case without the use of medicines or touch. Further research is recommended with an appropriate sample and methodology.

**Keywords:** Cellulitis, tenosynovitis, yoga prana vidya system®, YPV®

### Introduction

The inflammation of the fluid-filled synovium inside the tendon sheath is called tenosynovitis. Depending on the cause, it frequently presents as discomfort, swelling, and contractures. Although the illness can affect any sheathed tendon in the body, it is most common in the hand, wrist, and foot <sup>[1]</sup>. Cellulitis/soft tissue infection may mimic symptoms of tenosynovitis, resulting in difficulty moving the affected joint from edema and pain <sup>[1]</sup>.

According to Muthu *et al* <sup>[2]</sup>, the overall incidence of tenosynovitis in the general population is 1.7% to 2.6%. The reported incidence increases to 10% to 20% in people with diabetes mellitus. Hand is associated with 2.5% to 9.4% of infectious tenosynovitis with concomitant hand infections. On average 55% of the people with rheumatoid arthritis report the symptoms in 3.1 tendons.

This paper presents a case of Cellulitis with Tenosynovitis of a 69-year-old woman, a farmer, treated successfully using Yoga Prana Vidya (YPV) Protocols as an alternative medicine.

### Case report

#### Patient information

The patient was a 69-year-old female residing in Udupi, a homemaker and a farmer having cows.

#### Before healing

On 10/06/2024 a cow pulled her forcefully and she fell. She took her left wrist support while falling. She might have been injured, but she ignored it as there was no pain or swelling at that instance. The next day a water tap also hit

the same wrist. The next day she was feeling pain and swelling. She just applied some oil but the pain was increasing day by day.

She consulted a physician at a nearby hospital and took antibiotics, tablets for pain, and a cream for 2 weeks.

As the pain was not getting reduced, she consulted a doctor of the general surgery department at another hospital on 25/06/2024, who diagnosed it as cellulitis with tenosynovitis. An Ultra Sound test of the left hand (Dorsum) indicated subcutaneous edema with interspersed fluid streaks along the dorsum of the wrist and hand, suggesting cellulitis. There was no evidence of a foreign body.

The report further stated that the Extensor digitorum tendons (4<sup>th</sup> extensor compartment) appear bulky and hypoechoic with synovial thickening and peritendinous fluid at the level of the wrist joint and dorsum of the hand. This is suggestive of tenosynovitis. Tenosynovitis is inflammation of the tendon sheath where the muscle connects to the bone, which is a painful condition. Common causes are injury, repetitive use, and infection. The doctor prescribed antibiotics, tablets for pain and inflammation, and cream to apply for a week.

Feeling no improvement, the patient consulted a doctor at a nearby Ayurveda Hospital on 02/07/2024 and the Ayurveda doctor said it would take a minimum of 3 months to cure and prescribed some medicine for 25 days. For a review, the patient consulted the same Ayurveda doctor on 27/07/2024. The doctor said it would take 3 months to heal completely. At this stage, she could not move her wrist as it was very painful. Figure 1 shows the condition before YPV healing treatment.



**Fig 1:** Before YPV healing

**Fig 2:** After YPV healing

### YPV healing intervention

On 12/07/2024 the patient informed about her condition to her daughter who is a YPV energy healer staying far in another city, and asked her to give energy healing. The YPV healer started healing on 12/07/2024. The healer suggested that the patient do rhythmic yogic breathing thrice daily, forgiveness sadhana twice daily, and include more vegetables and fruits and less salt in her diet.

### YPV protocols applied

- YPV psychotherapy for Heart, Solar plexus, Throat, Ajna, and Crown chakrams to reduce stress.
- Advanced YPV level 2 healing using colour energies for Navel, Basic, Sex, and minor chakrams of hands and legs, and balanced the same.
- To reduce a minor left ankle sprain, it was cleansed and energized with Healer Development Programme (HDP) Level 1 colour energy protocols.
- The blood cleansing technique was used for the lungs.
- The liver, kidney, and spleen were thoroughly cleansed using colour energies.
- The affected part was cleansed with color energies and energized with HDP colour energy protocols.

### Results

Day by day, the patient's pain and swelling reduced, and she could bend and open her fingers and do her routine work. She stopped the medicine after 10 days and continued with healing. The YPV Healing was given twice daily for 20 minutes each. The complete intervention took 40 days and YPV Healing stopped on 22/08/2024. Figure 2 shows the condition of the hand after complete healing. The patient was happy with the result and continued practicing YPV Sadhana app components.

### Discussion

To balance and harmonize the body's energies, the Yoga Prana Vidya (YPV) system combines physical exercises, yogic breathing exercises, meditation, and energy healing treatments. The system, founded on classical Yoga philosophy, seeks to promote mental, bodily, and spiritual well-being. This all-encompassing method can lead to: 1. Better physical health; 2. More focus and clarity of thought; 3. Emotional equilibrium and inner tranquility, 4. Self-awareness and Spiritual Development.

The effectiveness of the YPV system as a complementary and alternative medicine (CAM) for treating a variety of

illnesses has been demonstrated by decades of field practice. Many physical and emotional issues can be treated in proximity or remotely using the drug-free, non-contact energy healing technique known as the Yoga Prana Vidya system. It is a comprehensive and integrated approach that uses physical exercises, forgiveness, meditation, healing methods, and breathing to enhance mental, emotional, and physical well-being. The therapeutic approach involves the therapist clearing the damaged chakra or location, as well as the patient's entire aura, of diseased, unclean, and spent energy and reintroducing it with new energy [3].

The primary benefits of employing the Yoga Prana Vidya healing technique are that it can treat a variety of physiological and psychological conditions, including emotional and mental disorders, and that the patient need not be physically present in front of the therapist because healing can be done remotely. The inner aura, the outer aura, and the health rays that link them make up a being's energy body, also referred to as the aura, which pervades and envelops the physical body.

The chakras and "nadis" (energy channels) that receive and disperse pranic energy, sometimes referred to as life force, comprise the energy body. Self-practice modules including physical exercises, rhythmic yogic breathing, and meditation techniques like planetary peace meditation and forgiving sadhana make up the Yoga Prana Vidya system. To get the intended effects, the healing procedure uses a variety of fundamental and sophisticated approaches to energize and cleanse the body's chakras and afflicted areas. More than 100 published scientific papers demonstrate that Yoga Prana Vidya (YPV) healing techniques have been used to successfully treat a wide range of medical conditions, including some complex cases [4], diabetes management and control [5], the removal of heart artery blockages without surgery [6], enhancement of vision in eye camp attendees [7], enhancement of general health and immunity in YPV program participants [8], the function of Yoga Prana Vidya in emergency care and first aid [9], enhancement of health and immunity in the elderly [10], quick recovery of COVID-19 patients [11], management of hypothyroidism [12], alleviation of academic anxiety and enhancement of high school students' academic performance [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].

## Conclusions

Tenosynovitis requires an interprofessional team approach, including physicians, specialists such as YPV energy healers, specialty-trained nurses, and pharmacists, all collaborating across disciplines to achieve optimal patient results.

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## Conflicts of interest

There are no conflicts of interest.

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