



Skin Allergy and Injury: A Case Series Study of Successful Healing Using Yoga Prana Vidya (YPV) Healing Protocols

¹.Malliga Thirumani, ².Venkata Satyanarayana Nanduri

¹Certified YPV healer, Erode Tamil nadu

²Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally-635118, Tamil Nadu

vsnanduri@yahoo.com

Abstract:

Introduction: People with skin allergies have over-sensitive immune systems. They can develop allergic skin rashes and other conditions due to proteins found in food, pollen, latex, drugs, or other things coming in contact. Allergens are substances that cause allergic reactions. Yoga Prana Vidya system offers healing protocols to treat skin allergy conditions without use of drugs or touch. This paper presents multiple cases of skin allergy treated successfully using Yoga Prana Vidya (YPV) System of healing.

Method: This study uses case study method by collecting data from patient records, YPV healers' records and patient feedback.

Results:The skin conditions treated in 9 cases were: psoriasis, herpes infection, allergies, allergic cracks, and ringworm, using YPV healing protocols, with complete cure resulted after few weeks of healing to a few months of healing depending on case to case. The patients experienced complete cure in each case.

Conclusions: Yoga Prana Vidya (YPV) is an integrated and holistic system and evidence shows that it has been successfully applied to treat various types of illnesses both as complementary and alternative medicine without drugs. Further research using appropriate sample and methodology is recommended.

Keywords: Skin allergies, rash, psoriasis, ringworm, contact dermatitis, Yoga Prana Vidya System ®, YPV ®

I. Introduction

Skin conditions

Children and adults can develop different types of skin conditions and skin disorders that can occur for many reasons. One of the causes is allergies [1].

An allergic reaction happens when the immune system has an unusual reaction to a harmless substance. The job of immune system cells is to find foreign substances, such as viruses and bacteria, and get rid of them. Normally, this response protects us from dangerous diseases. People with skin allergies have over-sensitive immune systems. They can develop allergic skin rashes and other conditions due to proteins found in food, pollen, latex, drugs or other things. The substances that cause allergic reactions are called *allergens*. [1]

The common signs of skin allergies are: rash, itching, redness, swelling, raised bumps, scaling and flaking of skin, and cracked skin. Allergic skin conditions can occur after exposure to different allergens, including: latex, pet dander, or poison ivy, cold or hot temperatures, pollen, sunlight, water, food, insects, drugs etc. [1].

According to a study by Kavita et al (2021), the burden due to infectious skin diseases (e.g., scabies, fungal skin disease and bacterial skin disease) and non-infectious diseases (e.g., dermatitis, urticaria and psoriasis) has increased over the past three decades, and they contribute to a significant burden on health-care systems across the world. [2] Skin diseases are among the top ten causes of years lived with disability in India [2].

The prevalence of allergic skin diseases was found to be 45% in an Indian study,[3] which may be due to overcrowding, poor hygiene, and easy exposure to allergens. In a study, Rao *et al.*[4] concluded that environment, overcrowding, poor living conditions, and poor hygiene were found to be the major factors of skin diseases and correction of these conditions shall significantly reduce the occurrence of dermatoses.

If the skin problem does not go away on its own, a home treatment can be tried. If it does not get a little better from a home treatment it could be a sign of a serious medical condition needing appropriate treatment. This paper presents a series of skin allergy cases which were treated using Yoga Prana Vidya healing protocols successfully without using any drugs or touch.

II. Yoga Prana Vidya System of Healing

Yoga Prana Vidya (YPV) System of healing has been successfully applied to a wide range of illness conditions as complementary and as an alternative medicine, as is evident from over 75 published research papers. YPV is an integrated and holistic system, which consists of physical and breathing exercises, meditation techniques, and bioplasmic (Pranic) energy healing techniques [5].

Literature shows published successful case reports on applications of YPV, that include, treatment of difficult medical cases [6], diabetes management & control [7], removing arterial block in heart without surgery [8], vision improvements for participants of an Eye Camp [9], improvements in holistic wellbeing and immunity of participants in a one-month YPV intensive programme [10], Role of Yoga Prana Vidya in first aid and emergency [11], speedy recovery of COVID patients [12], treatment of hypothyroidism [13], Lowering academic anxiety and enhancing academic performance of high school children [14], saving life of a snake-bitten human female [15], managing the pain and side effects of a Hodgkin Lymphoma patient undergoing chemotherapy [16], healing treatment of a female patient suffering from kneecap dislocation [17], Treatment and cure of PCOS condition [18], a case of breast cancer successfully treated [19], De-addiction cases [20], etc. A review of published literature shows some experimental studies also conducted with successful outcomes such as improvements in the wellbeing of prisoners [21], significant reduction in anxiety and depression in corporate employees [22], improvements in the cognitive abilities and social behaviour of mentally challenged children [23]. A report of 9 cases of skin allergic disorders and one case of eye injury healed successfully using YPV healing protocols is presented in the following section.

III. Case report

Data of 10 cases healed are presented in Table 1 below, showing the illness condition, number of healing sessions and session duration with results obtained. The skin conditions treated were: psoriasis, herpes infection, allergies, allergic cracks and ringworm. The YPV healing protocols used by the healer are presented in Table 2.

Table 1: Cases details

Case no.	Age (years) & Gender	Health condition before YPV healing	YPV Healing intervention				Results
			No of healings	Session duration	Protocols used	From /to	
1	7/Female	Psoriasis on the	1) Daily 1 full	1) 30	See Table	05 Sep	2 months

		hands and legs, discomfort & distress	healing 2). Affected parts 4 to 5 times daily	minutes 2)10/15 minutes	2	to10 Dec2022	and 6 days of healing
2	25/Male	Eye injury & Impaired vision	1 session daily	30 minutes daily		01 Jun 2020 to 15 Jun 2020	15 Days of healing
3	67/Male	Severe skin allergy on the back, caused his skin to darken in complexion	1 session daily	30 to 40 minutes daily		18 June to 18 Nov 2018	5 months of healing
4	28/Male	Skin allergy in his hands and legs.	1) Daily 1 full healing 2). Affected parts 5 to 6 times daily	1) 30 minutes 2)10/15 minutes each		29 Oct to 29 Nov 2019	1 month of healing
5	70/Male	Severe cracks in hands, very painful, unable to eat with his hands.	4 to 5 times daily	10/15 minutes each		14 Mar to 07 May 2021	1 month and 24 days
6	72/Female	Cracks in the foot, swollen legs, and discolouration, walking ability affected.	1) Daily 1 full healing 2) Affected parts 3 times daily	1) 30 minutes 2)10 minutes each		24 Mar to 08 April 2020	15 days
7	9/Female	Eyelids remained constantly partially closed, and allergies,	1 session daily	30/35 minutes		01 Sep to 30th Nov 2020	3 months
8	58/Female	Herpes infection on her back and stomach, high fevers, intense pain	1)Daily 1 full healing 2) Affected parts 5 times daily	1) 30 minutes 2)10/15 minutes each		16 Jun to 25 July 2021	1 month and 10days
9	45/Male	Allergic cracks in his thumbs since 3 years	1)Daily 1 full healing 2) Affected parts 4 to 5 times daily	1) 30 minutes 2)10/15 minutes each		22 Jul to 08 Aug 2020	16 days
10	80/Male	Ringworm infection between his toes from Sept 2020	1)Daily 1 full healing 2) Affected parts 4 to 5 times daily	1) 30 minutes 2)10/15 minutes each		31 Oct to 20Nov 2022	20 days

Table 2: YPV Healing protocols applied

Case	YPV healing protocols used
------	----------------------------

No.	
1 to 5	General cleansing, YPV Psychotherapy
1 to 4	Healing Chakrams, and affected parts using colour prana
5	The above , and Blood cleansing
6 to 10	General cleansing, YPV Psychotherapy Blood cleansing, healing Chakrams, affected parts using colour prana

IV. Results

It is observed from Table 1 that successful results were noticed within few weeks to few months of healing intervention, which depended on case to case. Following paragraphs show images of results obtained case by case with patient feedback.

Case 1: Psoriasis on hands and legs

Figures 1 A and 1C show the condition of foot and hands before healing and Fig 1B and 1D show the results after healing.



Fig 1A: Before healing Fig 1B: After healing Fig 1C: Before healing Fig 1D: After healing

Patient Feedback

Their family felt happy with the results and expressed gratitude for finding a cure for their daughter's allergy without resorting to any other treatment modalities. They appreciated the healer and the benefits of energy healing of Yoga Prana Vidya System. Impressed by the results, patient's mother decided to learn more about the healing process and enrolled in YPV healing courses to learn how to heal.

Case 2: Eye injury & impaired vision

Fig 2A shows the condition before healing and Fig 2 B shows the result after healing.



Fig 2A: Before healing

Fig 2 B: After healing

Patient Feedback:

Patient felt very happy with the success of YPV healing. Despite not visiting an eye doctor, his condition improved and he eventually recovered fully due to the healing.

Case 3: Skin allergy on back

Figure 3A shows skin condition before healing. Progress due to healing is shown in Figure 3B, and completely cured condition is shown in Figure 3C



Fig 3A: Before healing

Fig 3B: Progress midway

Fig 3C: Fully healed

Patient Feedback

After 6 months of consistent healing, the patient was fully cured, his skin is normal now and he is extremely happy.

Case 4: Skin allergy on hands

Condition before healing is shown in fig 4A. After a few days, there was a noticeable reduction (See fig 4B) in his symptoms. After a month of continued healing, he was completely cured (See fig 4C)



Fig 4A: Before healing

Fig 4B: Progress midway

Fig 4C: After healing

Case 5: Skin allergy on hands and legs



Fig 5A: Before healing

Fig 5B: After Healing

Patient Feedback:

He was extremely happy for having been cured of the troublesome condition

Case 6: Swollen legs and cracks on feet



Fig 6A: Before healing

Fig 6B: Progress midway

Fig 6C: After healing

Patient Feedback

The patient is felt happy that the condition did not recur at all. She learnt and practised rhythmic breathing and forgiveness sadhana regularly

Case 7: Drooping eyelids & allergies



Case 7A: Before healing

Fig 7B: Progress

Fig 7C: After healing

Patient Feedback:

Her mother was overjoyed, and she learned the healing techniques so that she could continue to help her daughter with healings.

Case 8: Herpes infection



FiG 8A: Abdomen before healing

Fig 8B: Back before healing



Fig 8C: Abdomen after healing

Fig 8D: back after healing

Patient Feedback:

The patient felt happy and thanked the healer whole heartedly.

Case 9: Allergic cracks on thumbs



Fig 9A: before healing

Fig 9B: Progress

Fig 9C: After healing

Patient Feedback:

He and his wife were very pleased with the results, and the wife learned YPV healing.

Case 10: Ringworm between toes



Fig 10A: Before healing Fig 10B: progress midway Fig 10C: After healing

Feedback from patient's daughter:

"He got fully recovered and can walk, eat, and sleep without assistance. He resumed helping family with household chores like folding laundry and preparing tea. I am grateful to the YPV healer for the healings, blessings, and prayers that helped my father recover from his illness."

V. Discussion

Good allergy treatment strategy is based on patient medical history, the results of any allergy tests taken, and whether the symptoms are mild or severe. The allergy treatment plan may include three treatment types: avoiding allergens, use of appropriate medicines, and/or immunotherapy (allergens given as a shot or placed under the tongue).[24]. A wide range of treatment choices are available in various systems of medicines involving medications. However, Yoga Prana Vidya system offers integrated and holistic treatment without use of any medication or touch.

This study has documented 9 cases of skin disorders healed successfully using Yoga Prana Vidya Protocols. The skin conditions treated were: psoriasis, herpes infection, allergies, allergic cracks, and ringworm. The YPV healing protocols as presented in Table 2 were used by the healer in the treatment of these cases as alternative medicine. Previously, Nayak et al (2023) reported successful healing of contact dermatitis using Yoga Prana Vidya healing protocols[25].

VI. Conclusion

Yoga Prana Vidya (YPV) System of healing protocols have been producing consistent results in treating various illness conditions when practiced by trained healers. This indicates high degree of standardisation of the protocols, processes, training, and accreditation of healers. Further research using appropriate sample and methodology is recommended. It will be beneficial for the frontline healthcare workers such as doctors and nurses to acquire a working knowledge of YPV healing protocols to apply complementarily to their respective specialties.

Acknowledgements

The authors hereby express grateful acknowledgements to the patients for sharing their case details on condition of anonymity, and to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission given to use their copyright terms Yoga Prana Vidya System ® and YPV ® .

Conflicts of interest

None

Funding

Nil

References

- [1] Asthma and Allergy Foundation of America. Allergies. Available <https://aafa.org/allergies/allergy-symptoms/skin-allergies/> , 2023
- [2] Kavita A, Thakur JS, Narang T. The burden of skin diseases in India: Global burden of disease study 2017. *Indian J Dermatol Venereol Leprol* 2023;89:421-5.
- [3] Joel JJ, Neethu J, Shastry CS. Patterns of skin disease and prescribing trends in Rural India. *Sch Acad J Pharm.* 2013;2:304–9.
- [4] Rao GS, Kumar SS. Pattern of skin diseases in an Indian village. *Indian J Med Sci.* 2003;57:108–10.
- [5]. Saluja (Tina) SK, Nanduri VS. A case of esophageal cancer Stage 2 successfully healed using Yoga Prana Vidya protocols as complementary medicine. *Innovative Journal of Medical and Health Science*, 2022;12(10):2009-2013 Available <https://innovativejournal.in/index.php/ijmhs/article/view/3475/3051>
- [6] Neravetla, J, Nanduri, VS. A study into the successful treatment of some difficult medical cases using Yoga Prana Vidya (YPV) Healing System as alternative medicine. *Int J Sci Eng Res*, 2019, 10 (7):882-8877
- [7] Rajagopal AH, Ramya A, Nanduri, VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System, *Journal of Biology and Life Science* ISSN 2157-6076, 2019, 10 (2):
- [8] Ramya A, Nanduri, VS. Cardiac Case Study: Successful Healing Treatment of a 48-Year-Old Male with Block in Heart, Using Yoga Prana Vidya (YPV) Healing System. *Saudi J Nurs Health Care*, Nov 2019; 2(11): 353-356. <https://www.yogapranavidya.com/about-yprresearch/publications/successful-healing-treatment-of-a-48-year-old-male-with-block-in-heart-using-yprv/> 1. Sudha Mukesh, *2. Venkata Satyanarayana Nanduri *INNOVATIVE JOURNAL Inno J of Med Health Sci* 12 (09), 1968-1972 | 1972
- [9] Nanduri VS, Chaitra N. How the participants of a Yoga Prana Vidya (YPV) Eye Camp experienced vision improvements: A Case study. *The Journal of Community Health Management.* (2019) 6(4): 139-146. DOI: <https://doi.org/10.18231/j.jchm.2019.028>
- [10] Neravetla J, Nanduri VS. A study of the effects of Yoga Prana Vidya one-month intensive residential programme for participants on their physical health, psychological well-being and improved immunity. *International Journal of Research and Analytical Reviews (IJRAR)*, 7(2), 18-27.
- [11] Neravetla J, Nanduri, VS. Role of Yoga Prana Vidya (YPV) Healing Techniques in Emergency and First Aid: A Summary of Case Reports. *International Journal of Medical Science and Health Research.* 4(3), 133-146
- [12] Nanduri VS, Karnani V. Successful and speedy recovery of COVID patients using Yoga Prana Vidya (YPV) Healing. *Covid-19* 2020; 1(4):78-82 Doi: <http://doi.org/10.18231/j.covid.2020.005>

- [13] Revathi R, Janani N, Nanduri, VS. Successful healing treatment of Hypothyroidism using Integrated Yoga Prana Vidya (YPV) healing approach as complementary medicine: Case reports. *J Prev Med Holistic Health* 2020;6(1):1-7.
- [14] Ramya A, Kraleti P, Gopal KVT, Nanduri, VS. Efficacy of Planetary Peace Meditation (PPM) of Yoga Prana Vidya (YPV) System in Enhancing Academic Performance of High School Children: A Case study. *Indian Journal of Psychology and Education*, 10 (2), July 2020, 59-64. ISSN -2231-1432
- [15] Ramya A, Ashwin V, Divya D, Nanduri VS. Serious snake bite case: successful treatment using yoga prana vidya (YPV) healing system. 2021; 5 (01):101-110 <http://dx.doi.org/10.51505/ijmsdr.2021.5111> DOI: 10.51505/ijmsdr.2021.5111
- [16] Jain V, Bindal S, Bhatia PK, Nanduri VS. Managing pain and side effects of a Hodgkin lymphoma female patient undergoing Chemotherapy using Yoga Prana Vidya System as complementary medicine: A case report. *International Journal of Medical Sciences and Academic Research*, v. 2, n. 05, 30 Oct. 2021.
- [17] Dholakia M, Tandon I, Dholakia D, Nanduri, VS. "Successful Healing Treatment of Kneecap (Patellar) Dislocation of a Teen Female Patient Using Yoga Prana Vidya System Protocols without Surgery: A Case Report". *Acta Scientific Women's Health* 3.11 (2021): 15-20.
- [18] Gupta Y, Nanduri VS. A case of PCOS (Polycystic Ovarian Syndrome) treated successfully by the application of Yoga Prana Vidya System through sustained selfpractice, self-healing and self-belief. *International Journal of Medical Science and Health Research*. 2022; 6(02),34-42 URL: <http://dx.doi.org/10.51505/ijmsdr.2022.6204> doi: 10.51505/ijmsdr.2022.6204
- [19] Madhavi S, Nanduri VS. A case of Metastatic Breast Cancer treated successfully by using Yoga Prana Vidya (YPV) Healing Methods persistently as complementary medicine and patient self-belief. *Int J Med sci and Dent res*, 2022; 05(04): 37-44
- [20] Dube N, Ramya A, Venkata Satyanarayana Nanduri. Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction: An analysis of case series. *Int J Intg Med Sci* 2022;9(2):1016-1022. DOI: 10.16965/ijims.2022.101
- [21]. Nanduri VS, Revathi R. Effects of Yoga Prana Vidya intervention on psychological wellbeing and criminal attitude of under-trial prisoners. *Ind J Psychiatric Social Work*. 2020; 11(2).Epub.1-9 DOI: <http://dx.doi.org/10.29120/ijpsw.2020.v11.i2.232>
- [22] Nanduri VS. A Study on the Effects of Yoga Prana Vidya System (YPV) Intervention at workplace for Corporate Employees and Executives to alleviate Anxiety, Depression and Burnout; and participants' perceptions and experiences of the YPV Intervention. *International Journal of Indian Psychology*, 2020;8(3), 374-390. DIP:18.01.047/20200803, DOI:10.25215/0803.047
- [23] Rajkumari K, Bembalkar S, Nanduri VS. A Pilot Study of the Effects of Yoga Prana Vidya (YPV) protocols on social behaviour, cognitive abilities and IQ of mentally challenged children, *Paediatric Review – International Journal of Paediatric Research-2021 Volume 8 Number 1 (January-February-2021):7-15* Available From <https://pediatrics.medresearch.in/index.php/ijpr/article/view/653>
- [24] Allergy and Asthma Foundation of America. Allergy treatments. Available <https://aafa.org/allergies/allergy-treatments/> 2023.
- [25] Nayak L, Nanduri VS. A case of successful yoga prana vidya energy healing treatment of Contact Dermatitis caused by *Hologarnaferruginea* Marchand. *Int J Res Dermatol*2023;9:81-4. Available <http://www.ijord.com/index.php/ijord/issue/current> DOI: <https://dx.doi.org/10.18203/issn.2455-4529.IntJResDermatol20230456>