

Case Report

A study of the therapeutic application of Yoga Prana Vidya healing protocols in successful facial healing

Shanti Yadav, Venkata S. Nanduri*

Yoga Prana Vidya Ashram, Sri Ramana Trust, Thally, Tamil Nadu, India

Received: 14 July 2025

Revised: 07 August 2025

Accepted: 14 August 2025

***Correspondence:**

Dr. Venkata S. Nanduri,

E-mail: vsnanduri@yahoo.com

Copyright: © the author(s), publisher and licensee Medip Academy. This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

ABSTRACT

The goal of facial rejuvenation procedures is to enhance the skin's appearance by correcting spots, scars, fine lines, wrinkles, and uneven skin tone. These treatments include more intrusive operations like facelifts as well as non-invasive ones like chemical peels and laser therapy. Yoga Prana Vidya (YPV) system facial healing treatments are non-invasive, drug-free and often tailored to address particular issues and produce a range of satisfactory outcomes, from minor enhancements to more significant changes. This study presents successful facial healing cases of two young men aged 30 and 25 using YPV techniques. Multiple case study method is used by collecting data from the two clients and the YPV healer. In both cases using daily healing sessions of 30 minutes each over a period of 3 months, complete and permanent improvements were achieved to the satisfaction of the clients. During a follow up after a year and a half, the two clients reported sustained changes. YPV healing regimens have been shown to be highly beneficial in successfully healing a number of health disorders without the need for pharmaceutical or surgical treatments. Further research utilising suitable samples and methods is advised.

Keywords: Facial rejuvenation, Non-invasive treatments, Yoga Prana Vidya System®

INTRODUCTION

Facial rejuvenation (FR) consists of treatment techniques that facilitates restoring the skin from any damage. FR encompasses a variety of aesthetic procedures aimed at restoring a youthful appearance to the face. Common methods include surgical and non-surgical methods.¹

The non-surgical processes of energy healing employing Yoga Prana Vidya (YPV) system protocols is the hallmark of both the art and science of FR. This makes it safer than other applications that primarily employ invasive techniques.² A study by Neravetla et al has demonstrated the effectiveness of YPV healing of several participants in successfully rejuvenating in a single session.²

The integrated and holistic YPV system, as a complementary and alternative medicine, offers a range of

thoroughly studied and proven methods for the efficient treatment of several illnesses and conditions. More than 125 research study articles, including both original and case studies, have been published, according to a survey of the research literature. These publications show how people with emotional, mental, and physical health issues can effectively heal and recover. These publications include, for example: YPV interventions for the treatment of challenging medical cases, diabetes management and control, heart artery block, improving patients' vision during an eye camp, treating asthma and high blood cholesterol, emergency and first aid cases, the speedy recuperation of COVID-19 patients, and hypothyroidism, anxiety and depression of corporate employees, enhancing the academic performance of high school children, improving psychological well-being and reduction of criminal attitude of under-trial prisoners, and improving

social behaviour and cognitive abilities of mentally retarded children.³⁻¹⁶

This study presents two cases of young male clients where YPV protocols were successfully applied in facial rejuvenation through multiple healing sessions. The authors confirm that the names of patients stated here are pseudonyms to conceal their identity.

CASE REPORT

Case 1

A young male of 30 years' age, a student and resident of a city in northern India.

Pre-YPV medical condition of the patient

One day, he got a fever. Red rashes appeared all over his face and body. Gradually, these rashes became larger and filled with fluid. He was diagnosed having small pox, and the doctor prescribed some medicines. His treatment started with 15 days of medication. His fever subsided, and the rashes also healed. However, his face was left with deep dark spots, which troubled him a lot. He was stressed because of the spots. One day, he went to a YPV healer seeking help to treat these spots (Figure 1).



Figure 1: Face condition before YPV healing.

YPV healing intervention

His facial treatment began on 05 January 2023. The healer advised patient to practice rhythmic yogic breathing and forgiveness sadhana.

Details of the intervention include - YPV protocols used: psychotherapy, facial healing, removing stress energy from his system, and blessings after divine group healing daily.

Total number of healing sessions was 85 with 30 minutes per day session.

Client progress and results

After one month of healing, he reported that he was feeling better (Figure 2). In the following month, the dark spot

faded. By the next month (Figure 3), the dark spots completely disappeared, and he was feeling good.



Figure 2: Progress after 1 month.



Figure 3: Progress after 3 months.

This client felt better in 3 months of continuous healing and the intervention ended on 05 April 2023.

Client final feedback

Patient was happy and adopted YPV practices in his daily routine. He learned YPV level 1 and level 2 and level 3 from the healer-trainer, and arhat yoga from a senior trainer. He gave positive feedback for the healing. His healing experience was joyful and stress-free.

Present condition

The client's present condition of face is very good and the changes were fully sustained.

Case 2

A young male aged 25, a student and resident of a city in northern India.

Pre-YPV medical condition of the patient

Patient had a scar on his right cheek of face since he was 10 years old, which made him very upset. He felt so self-conscious that he always hid his face with makeup, a mask, or a handkerchief whenever he went out. Despite trying various creams, treatments, and products, the scars never fully went away, causing him a lot of emotional distress. He even attempted suicide because of it. Also, his academic score was getting affected due to it. His father,

desperate to help him, took him to various places for treatment, including a psychiatric center, but nothing worked. Their money, efforts and time all were getting wasted



Figure 2: (a) 25-04-2023, (b) 25-05-2023, (c) 18-06-2023, and (d) 02-08-2023.

YPV healing intervention

Having heard of YPV, he approached a YPV healer to do facial healing. The Healer started the YPV intervention on 25 April 2023. The Figure 2a shows the condition of his face skin at the beginning of healing.

The YPV healer applied the following YPV protocols: psychotherapy, facial healing, removing stress energy from his system, and blessings after divine group healing daily.

Total number of healing sessions was 75 with 30 minutes each session per day.

Client progress with response

The treatment involved YPV healing for over 3 months. Patient was instructed to practice YPV sadhana components of the mobile app daily which included specific practices like rhythmic yogic breathing, forgiveness sadhana, planetary peace meditation and physical exercises. He followed the instructions diligently.

After about a month, there was some improvement as in Figure 2b, but it took longer for noticeable changes. The patient was asked to take photos of his face to track progress. Initially, he messaged every day, eager for the treatment to start. After some days, he requested more powerful treatment, and gradually, he started seeing improvements. However, after a month, his father stopped the treatment as he saw improvement of more than 70%, but the patient asked to continue the healings as he understood that his condition could be healed completely.

Summarised results

By 18 June, patients face showed significant improvement (Figure 2c). Even when he travelled to America, he continued the YPV healing treatment in distance mode. He sent photos regularly, and by 12 July, although his face was still a bit red, the improvement was visible. The treatment continued for another 20 days, and by 02 August, the redness was also completely healed (Figure 2d). The YPV Intervention ended on 04 August 2023.

Patient feedback

Patient was happy with the YPV therapy and even expressed interest in learning it by joining the YPV classes. A follow-up after a year and half revealed that his face showed sustained smoothness.

DISCUSSION

The findings of this study underscore the therapeutic potential of YPV healing protocols in facilitating facial healing and rejuvenation. Participants demonstrated visible improvements in facial glow, skin tone, and overall vitality within a few months of intervention, aligning with prior evidence that energy-based therapies can stimulate cellular regeneration and enhance skin quality without pharmacological or invasive procedures.²

YPV healing operates on the principle of energy modulation, wherein diseased or congested energy is removed and replaced with fresh pranic energy. This mechanism appears particularly effective in addressing facial concerns, as the face is a sensitive reflector of systemic and emotional health.¹⁷ The no-touch, no-drug nature of YPV also makes it a safe and accessible modality, especially for individuals seeking holistic alternatives to conventional dermatological treatments.

Moreover, the integration of YPV with lifestyle practices—such as breathing exercises, forgiveness sadhana, and meditation—may contribute to sustained improvements by reducing stress-induced dermal manifestations. This aligns with broader findings on YPV's efficacy in treating skin ailments like folliculitis, warts, and allergies, suggesting its versatility across dermatological conditions.¹⁸

An observation of the two cases presented in this study shows that sustained non-invasive YPV healing for several months have enabled complete and permanent facial improvements. A previous study by Neravetla et al established that there was significant improvement of face condition and consistent results were obtained using YPV healing protocols from three different samples from three different locations at three different times.² All these results show that YPV facial treatment is very effective and safe process.

CONCLUSION

While the immediate outcomes are promising, further longitudinal studies are warranted to evaluate the durability of facial healing effects and to explore the impact of repeated sessions. Controlled trials with larger sample sizes and standardized assessment tools would strengthen the evidence base and support clinical integration of YPV as a complementary therapy in aesthetic and dermatological care. YPV healing protocols have been established to be very helpful in successfully treating a variety of health conditions without any medications or surgical treatments. Further studies are recommended using appropriate samples and methodology.

ACKNOWLEDGEMENTS

The authors are thankful to the patients for sharing the case details on condition of anonymity. They would also like to thank Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission given to use their copyright terms Yoga Prana Vidya System® and YPV®.

Funding: No funding sources

Conflict of interest: None declared

Ethical approval: Not required

REFERENCES

1. Liu Y, Mao R, Xiao M, Zhu W, Liu Y, Xiao H. Facial Rejuvenation: A Global Trend of Dermatological Procedures in the Last Decade. *Plast Reconstr Surg Glob Open*. 2024;12(6):e5801.
2. Neravetla JR, Karnani V, Baliga M, Nanduri VS. Application of yoga prana vidya (YPV) healing protocols in facial rejuvenation (FR) Treatment without cosmetics, medicines or surgical procedures: An evaluation of the outcomes of YPV FR interventions. *IP Indian J Clin Exp Dermatol*. 2024;10(2):192-8.
3. Neravetla JR, 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):882-7.
4. Rajagopal AH, Ramya A, Nanduri VS. Diabetes Management and Control Using Yoga Prana Vidya (YPV) Healing System. *J Biol Life Sci*. 2019;10(21):06-20.
5. 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*. 2019;21(1):35-6.
6. Nanduri VS, Chaitra N. How the participants of a Yoga Prana Vidya (YPV) Eye Camp experienced vision improvements: A Case study. *J Community Health Manag*. 2019;64(1):39-46.
7. Nanduri VS, Vasavada A. Successful healing treatment of high blood cholesterol levels and asthma using Yoga Prana Vidya (YPV) system: A case study of self-healing. *Panacea J Med Sci*. 2019;9(3):13-7.
8. Neravetla JR, Nanduri VS. Role of Yoga Prana Vidya (YPV) Healing Techniques in Emergency and First Aid: A Summary of Case Reports. *Int J Med Sci Health Res*. 2020;43(1):33-46.
9. Nanduri VS, Karnani V. COVID 19 Case report: successful and speedy recovery of patients using yoga prana vidya (YPV) Healing. *Curr Opinion Virus Infect Dis*. 2020;14(7):882.
10. Prajapati R, Nanduri VS. Successful healing and recovery of a COVID-19 female patient using Yoga Prana Vidya advanced Protocols as complementary medicine: An in-depth case study. *IAIM*. 2021;8(10):45-51.
11. Neravetla JR, Karnani V, Nanduri VS. Yoga Prana Vidya Distance healing intervention for COVID-19 patients: An outcome case study. *Indian J Psychiatric Soc Work*. 2022;13(1):107.
12. 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;6:14-28.
13. 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. *Int J Indian Psychol*. 2020;83(3):74-90.
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 J Psychol Educ*. 2020;10(25):964.
15. 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;11:219.
16. 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. *Pediatr Rev - Int J Pediatr Res*. 2021;81:715.
17. Yoga Prana Vidya. Energy Facial and Rejuvenating Skin. Available at: <https://www.yogaprana.org/energy-facial-and-rejuvenating-skin/>. Accessed on 12 April 2025.
18. Shah SD, Kumar MA, Balaji S, Kotian S, Nanduri VS. Role of Yoga Prana Vidya healing techniques in successful and speedy recovery of skin ailments: A multiple case study. *World J Adv Pharm Med Res*. 2023;5(1):1-8.

Cite this article as: Yadav S, Nanduri VS. A study of the therapeutic application of Yoga Prana Vidya healing protocols in successful facial healing. *Int J Res Dermatol* 2025;11:448-51.