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## Yoga Prana Vidya Healing as Complementary Medicine in Scalp Psoriasis: A Case Report

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### Abstract

*Background:* Psoriasis is a chronic immune-mediated dermatological condition that often resists conventional therapies, leading to recurrent symptoms and psychosocial distress. Scalp psoriasis, in particular, affects confidence and quality of life. Yoga Prana Vidya (YPV) healing, an integrative energy-based modality, has shown promise in managing chronic conditions by addressing both physiological and psychosomatic dimensions.

*Method:* A 39-year-old male patient with scalp psoriasis persisting for seven years was treated using YPV protocols. The intervention began on 10th June 2025 and included YPV Level 3 healing, blood cleansing, and instantaneous strengthening techniques. Daily sessions of 20 minutes were conducted for two months, followed by alternate-day sessions in the third month. The patient was progressively introduced to Rhythmic Yogic Breathing (RYB), Forgiveness Sadhana Practice, and Planetary Peace Meditation (PPM). Outcomes were assessed through patient-reported symptom relief, photographic documentation, and follow-up at three months.

*Results:* Within two months, the patient reported 70–80% improvement in scalp psoriasis symptoms, with 95% resolution by the third month. Psychosocial outcomes included enhanced confidence, energy, and enthusiasm, along with significant stress reduction. Additional improvements were noted in gastric and digestive health. At three-month follow-up, sustained benefits were observed, with continued practice of RYB and forgiveness supporting resilience despite stress and weather changes.

*Conclusion:* YPV healing demonstrated significant improvement in scalp psoriasis, with sustained outcomes and holistic benefits. This case highlights the potential of YPV as a complementary therapy for chronic dermatological conditions. Controlled clinical studies are warranted to validate efficacy and explore mechanisms underlying immune modulation and psychosomatic resilience.

**Keywords:** Yoga Prana Vidya System ®, YPV ®, Scalp Psoriasis, Energy Healing, Complementary Therapy

## **1. Introduction**

The scalp is a well-known site to be prone to psoriasis [1]. Topical preparations are the mainstay of treatment for scalp psoriasis, with the vehicle as well as the active ingredient relevant to the treatment efficacy, tolerability and compliance.

The management of scalp psoriasis is an evolving discipline that requires superior therapeutics as well as new insights to better meet the needs of the patient who clearly need to be involved in the progression, customization and evolution of their own treatment regimens [1].

However, scalp psoriasis can be difficult to treat because of challenges in the delivery of therapy. Effective therapeutic regimens for scalp psoriasis are essential to improving the quality of life of patients [2].

Scalp psoriasis affects up to 80% of psoriasis patients and poses unique treatment challenges due to hair coverage and sensitivity of adjacent skin [3]. Literature highlights effective topical therapies, phototherapy, and systemic agents, with combination approaches often yielding superior outcomes.

Scalp involvement occurs in 45-56% of psoriasis cases at onset and persists in many patients. Severity ranges from mild to severe, impacting quality of life through visibility and itching. Studies classify most cases as moderate-to-severe due to delivery barriers [1].

Scalp psoriasis can occasionally be confused with seborrhoeic dermatitis affecting the scalp. Seborrhoeic dermatitis is another inflammatory condition which commonly affects the whole of the scalp resulting in mild inflammation and dandruff. Psoriasis on the other hand is usually well-demarcated and has a coarser scale, but early diffuse psoriasis of the scalp can sometimes look very similar to seborrhoeic dermatitis. Sometimes a scalp biopsy may help. Those with psoriasis may also suffer from psychological distress, especially as a result of stigmatization and self-consciousness, so relatively high rates of depression have been reported [4].

This study presents a case of chronic Scalp Psoriasis in a 39 years old male, healed successfully using Yoga Prana Vidya (YPV) Healing protocols.

## **2. Method**

This study uses case study method, by collecting data from the patient medical records, Healer records and patient feedback.

**Case presentation**

- **Patient:** 39-year-old male, diagnosed with scalp psoriasis for 7 years.
- **Symptoms:** Persistent itching, irritation, low energy, reduced confidence.
- **Previous Treatments:** Allopathy, Ayurveda, Homeopathy – limited or no sustained improvement.



Fig 1 Before YPV Healing



Fig 2 After end of YPV Healing

Figure 1 shows the condition of the scalp before YPV healing

- YPV Intervention was initiated 10th June 2025.
- Protocols: YPV Level 3 healing, blood cleansing, instantaneous strengthening.
- Practices: Rhythmic Yogic Breathing (RYB), Forgiveness Sadhana Practice, Planetary Peace Meditation (PPM), using free YPV Sadhana App.
- Healing Duration: Daily 20-minute sessions (2 months), alternate days (3rd month).
- Outcome Measures: Patient-reported symptom relief, photographic documentation, feedback transcript, and follow-up at 3 months after the 3<sup>rd</sup> month of healing.

**3. Results**

- **Clinical Improvement:**
  - 70–80% improvement within 2 months.
  - 95% resolution by 3 months. (See Figure 2)
- **Psychosocial Outcomes:**
  - Enhanced confidence, energy, and enthusiasm.
  - Significant reduction in stress.

- **Additional Benefits:**

- Due to the holistic nature of YPV healing, improvement in gastric and digestive health also was experienced by the patient.

- **Follow up:**

- Sustained improvement was found at 3 months after the end of intervention.
- Continued practice of RYB and Forgiveness Sadhana helped maintain resilience despite stress and weather changes
- Figure 3 shows the condition of the scalp 3 months after the end of the intervention.



Fig 3 After 3 Months from end of healing

#### 4. Discussion

This case report documents the application of YPV healing in a patient with long-standing scalp psoriasis. Psoriasis is a chronic inflammatory skin disorder with autoimmune etiology, affecting approximately 2–3% of the global population. Scalp psoriasis is particularly distressing due to visible lesions, itching, and psychosocial burden [1]. Conventional therapies such as corticosteroids, immunosuppressants, and alternative systems (Ayurveda, Homeopathy) often provide limited or temporary relief.

Integrative approaches like Yoga Prana Vidya (YPV) healing have shown promise in managing chronic conditions by addressing both physiological and psychosocial dimensions. Literature shows over 140 studies demonstrating the potential of YPV system as an effective modality as Complementary and Alternative Medicine (CAM) for various disease conditions [6- 10].

This case supports the successful application of YPV healing as a complementary therapy for chronic dermatological conditions reported in earlier studies [11-15].

The integration of energy healing protocols with psychosomatic practices (RYB, forgiveness sadhana and PPM) contributed to both physiological and psychological improvements [16]. Similar case studies have documented YPV's efficacy in managing chronic infections, cysts, and psychosomatic disorders. The holistic approach of YPV may modulate immune response, reduce stress, and enhance overall well-being. While this case highlights promising outcomes, controlled clinical trials are necessary to establish reproducibility, mechanisms of action, and long-term efficacy [16].

### **Conclusion**

YPV healing demonstrated significant improvement in scalp psoriasis, with sustained outcomes and holistic benefits. It represents a viable complementary therapy warranting further clinical validation.

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### *Conflicts of interest*

There are no conflicts of interest

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