

## Yoga Prana Vidya (YPV) Healing in the Successful Management of Severe Acne: A Case Report

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### ABSTRACT

Background: Acne vulgaris is a common dermatological condition that can cause pain, itching, and psychosocial distress. Conventional medical treatments often provide limited relief in resistant cases.

Case presentation: We present the case of a 21-year-old female with severe facial acne, associated pain, itching, redness, and dryness, unresponsive to multiple dermatological consultations. Yoga Prana Vidya (YPV) healing was initiated using psychotherapy, blood cleansing, and facial healing protocols, with additional localized healing for the affected area. The patient received 18 sessions over nine days,

Results: Within three sessions, pain and itching reduced by 20%. By the end of the intervention, acne lesions reduced by 90%, with resolution of pain and itching. Follow-up confirmed complete recovery, sustained with Arhat Yoga practice, rhythmic breathing, and forgiveness sadhana.

Conclusion: This case highlights the potential role of YPV healing as a complementary therapy in dermatology, supporting both physical and psychological recovery. Controlled studies are recommended to validate these findings.

**KEYWORDS:** Acne vulgaris, Complementary therapy, Yoga Prana Vidya ®, YPV ®, Energy healing,

### ARTICLE DETAILS

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### INTRODUCTION

#### *Acne Vulgaris*

Acne vulgaris is a prevalent condition affecting young adults, often resistant to conventional therapies. Acne is estimated to affect 9.4% of the global population, making it the eighth most prevalent disease worldwide. Epidemiological studies have demonstrated that acne is most common in postpubescent teens, with boys most frequently affected, particularly with more severe forms of the disease [1-2]. Persistent acne can lead to scarring, pain, and psychological distress [3]. Complementary therapies, including energy healing, are increasingly explored for chronic dermatological conditions [4-5]. Despite the marvellous advancements in modern biotechnology and medical practices, the use of complementary and alternative medicine (CAM) is rapidly evolving and growing in the healthcare industry and has significantly increased in all modern societies. The health-seeking behaviour of people, especially in developing countries, calls for bringing all CAM

healers into the mainstream by providing them with proper training, facilities, and backup for a referral [6].

#### *Yoga Prana Vidya System*

Yoga Prana Vidya (YPV) is a structured energy healing system shown to benefit physical and psychological health [7-9].

The *Yoga Prana Vidya (YPV) system* is an integrated, holistic, and no-touch bio-energy healing modality based on ancient yogic sciences. The system recognizes the existence of a "bio-plasmic" energy body (aura) that surrounds and interpenetrates the physical body. YPV operates on the principle that the energy body can be cleansed and energized to accelerate the physical body's innate self-healing capabilities.

#### *Core Methodology of YPV System:*

The system integrates several Sadhana practices including:

1. Physical and Rhythmic Breathing Exercises: To strengthen and purify the energy body.

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2. Forgiveness Sadhana: Aimed at emotional healing and stress reduction.
3. Planetary Peace Meditation (PPM): For mental clarity and spiritual upliftment.
4. Energy Healing Protocols: Targeted cleansing and energizing of chakras and affected organs by trained healers.

### Clinical Applications and Efficacy:

Literature documenting over 160 research papers shows YPV's effectiveness as a Complementary and Alternative Medicine (CAM). Studies have validated its impact across several domains:

- *Metabolic Management:* Reviews of multiple studies involving over 250 patients demonstrate statistically significant reductions in Body Mass Index (BMI), weight, and waist circumference through specialized YPV protocols [7-9].
- *Psychological Well-being:* Clinical observations in corporate and residential settings show that regular YPV practice significantly reduces levels of anxiety, depression, and burnout [10-11].
- *Paediatric and Special Needs:* Pilot studies indicate that YPV interventions improve cognitive abilities, social behaviour, and reduce seizure frequency in children with mental challenges and epilepsy [12-14].

- *Pain and Chronic Illness:* YPV has been successfully applied to manage chronic pain, diabetes, hypertension, and even as a supportive therapy for COVID-19 recovery [15-17].

This report presents a case of severe acne managed successfully with YPV healing.

### Case Presentation with YPV Intervention

A 21-year-old female student presented with severe facial acne, pain, itching, redness, and dryness, persisting for 10 days. Multiple dermatological consultations yielded no improvement.

YPV healing in distance mode was initiated on 29 April 2024 by a certified healer. Protocols included YPV psychotherapy, blood cleansing, and facial healing. Sessions were conducted twice daily, with additional localized healing, totalling 18 sessions over nine days. The patient practiced rhythmic yogic breathing and forgiveness sadhana.

### Results

- *Early response:* Within three sessions, pain and itching reduced by 20%.
- *End of intervention:* Acne lesions reduced by 90%, pain and itching resolved.
- *Follow-up After 10 days:* Complete recovery sustained, with no recurrence. Patient reported improved energy, peace, and psychosocial wellbeing.

Figure 1 shows photographs taken before and after the YPV intervention



Figure 1: Photographs showing before and after YPV intervention Patient feedback is at Annexure 1

## DISCUSSION

Conventional acne management often involves topical or systemic agents with variable efficacy. In resistant cases, complementary approaches may provide additional benefit. YPV healing protocols appeared to accelerate recovery, reduce inflammation, and improve psychosocial wellbeing,

consistent with prior reports of YPV in dermatology and chronic illness [18–20]. The integration of breathing practices, forgiveness sadhana and PPM may have contributed to systemic regulation and stress reduction.

## CONCLUSION

This case demonstrates successful management of severe acne using YPV healing as a complementary therapy. The patient achieved complete recovery with sustained benefits, highlighting YPV's potential role in integrative dermatology. Controlled trials are recommended to further establish efficacy.

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### Conflicts of Interest

None declared.

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Annexure 1 Patient feedback email dated 05 February 2026  
*“I had a lot of hormonal acne, and because of the heat it increased a lot. They were very painful, and some of them even used to bleed, which was very irritating. I consulted 4–5 dermatologists, but nothing helped. Then I got facial healing done, and it benefited me a lot. Within 7 days, my acne reduced significantly, and the marks also faded a lot. During the healing sessions, I felt a lot of peace. The healing gave very miraculous results. Along with the healing, I practiced rhythmic yogic breathing three times a day. After doing the breathing, my energy levels also increased. Earlier, when I used to walk, I would feel short of breath, but with breathing practice I experienced many benefits. I also did PPM, and after that, the acne never returned.”*