

Research Article

YOGA PRANA VIDYA (YPV) HEALING IN THE MANAGEMENT OF CHRONIC URTICARIA: A CASE REPORT

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Abstract

Background: Urticaria is a chronic dermatological condition characterized by recurrent rashes, itching, and swelling, often resistant to conventional therapies. Complementary approaches such as Yoga Prana Vidya (YPV) have shown promise in integrative health care. **Case Presentation:** A 73-year-old female homemaker residing in the United States presented with recurrent urticaria since May 2023, manifesting as rashes, severe itching, and swelling of lips, cheeks, and legs. Conventional medical treatment provided limited relief. **YPV Intervention:** Healing commenced on 10 February 2025 by a certified YPV healer in Bangalore. YPV Level 2 & 3 healing protocols were applied, including blood cleansing, strengthening of the basic chakra, internal organ cleansing and psychotherapy. Sessions were conducted daily for 20 minutes during the first month, followed by alternate-day sessions in the second month. The patient also practiced Rhythmic Yogic Breathing and Planetary Peace Meditation (PPM) from the YPV Sadhana App. **Results:** Within one month, the severity and frequency of urticaria episodes reduced significantly. By April 2025, symptoms had resolved completely, with no recurrence reported during follow-up. Photographic evidence demonstrated marked improvement in facial and arm lesions. **Conclusion:** This case highlights the potential role of YPV healing as an effective complementary intervention for chronic urticaria, improving quality of life and reducing dependence on pharmacological management. Further controlled studies are warranted.

Keywords: Urticaria, Yoga Prana Vidya System®, YPV®, Complementary therapy, Energy healing.

INTRODUCTION

Urticaria is a common dermatological disorder affecting up to 20% of individuals at some point in their lives. Chronic urticaria, defined as symptoms persisting for more than six weeks, is often idiopathic and resistant to antihistamines or corticosteroids. Literature suggests that immune dysregulation, stress, and systemic inflammation contribute to its pathophysiology [1–4]. Complementary and integrative therapies, including yoga, meditation, and energy healing, have been increasingly explored for chronic conditions. Yoga Prana Vidya (YPV) is a structured system of energy healing that incorporates pranic cleansing, energising, chakra balancing, and guided breathing techniques. Previous case studies have documented its efficacy in managing respiratory illnesses, musculoskeletal disorders, and psychosomatic conditions [5–8].

Case Presentation

The patient, a 73-year-old female homemaker residing in Houston, USA, reported recurrent urticaria since May 2023. Symptoms included rashes, severe itching, and swelling of lips, cheeks, and legs, leading to sleep disturbances (See figures 1 and 3). Conventional medical consultations and prescribed medications failed to provide sustained relief.

YPV Intervention

YPV Level 2 & 3 Healing was initiated on 10 February 2025 by a certified YPV healer. Protocols included:

- Blood cleansing technique
- Strengthening of the basic chakra
- Internal organ cleansing
- Psychotherapy

Sessions lasted 20 minutes daily for one month, followed by alternate-day sessions in the second month. The patient concurrently practiced Rhythmic Yogic Breathing and Planetary Peace Meditation (PPM) from the YPV Sadhana App..

RESULTS

- Marked reduction in severity and frequency of urticaria episodes within one month.
- Complete resolution of symptoms by April 2025.
- Sustained improvement confirmed during follow-up.
- Photographic evidence (Figures 2 and 4) demonstrated disappearance of rashes on face and upper arm.



Figure 1. Face before healing

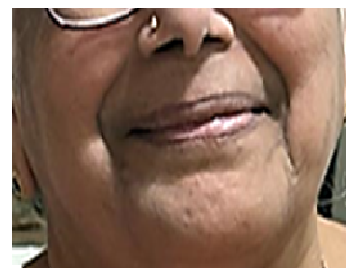


Figure 2. Face after healing

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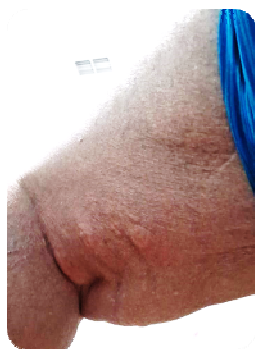


Figure 3. Upper arm Before Healing



Figure 4. Upper arm after healing

DISCUSSION

This case demonstrates the potential of YPV healing in managing chronic urticaria. Energy-based interventions may modulate immune responses, reduce systemic inflammation, and enhance psychosomatic resilience. Similar findings have been reported in YPV case studies addressing various skin diseases [9–16]. This case supports several other findings where distant healing has produced equally effective results as proximal healing. It is further observed in this study that the integration of breathing practices and meditation likely contributed to stress reduction, which is a known trigger for urticaria. While anecdotal, this case underscores the need for controlled clinical trials to validate YPV's role in dermatological conditions. Peer-reviewed literature indicates that alternative and complementary therapies for skin allergies and urticaria (hives) focus primarily on symptom management, immune regulation, and improving the quality of life, rather than permanent healing or complete cures. Since chronic urticaria has complex, sometimes idiopathic origins, the global level of evidence for curing the disease via alternative routes remains low [17–18]. In this context, YPV healing results in this case offer promise with great scope for future interventions.

Conclusion

YPV healing, combined with yogic breathing and meditation, facilitated complete remission of chronic urticaria in this patient. This case supports the inclusion of YPV as a complementary therapy in integrative dermatology.

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Ethics Statement: Written informed consent was obtained from the patient for publication of this case report and accompanying images without revealing her identity.

Conflicts of Interest: None declared.

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