

ATOPIC DERMATITIS (ECZEMA): SUCCESSFUL ENERGY HEALING TREATMENT USING YOGA PRANA VIDYA (YPV) PROTOCOLS AS ALTERNATIVE MEDICINE

¹Leelavathi Nayak, ^{*2}Venkata Satyanarayana Nanduri

¹Certified YPV Healer, Trainer, and Senior Arhat Yoga Practitioner, Mangalore, Karnataka, India.

^{2*}Consultant, Research and Publications, YPV Ashram, Sri Ramana Trust, Thally - 635118, Tamil Nadu, India.

Article Received date: 27 September 2024

Article Revised date: 17 October 2024

Article Accepted date: 06 November 2024



*Corresponding Author: Venkata Satyanarayana Nanduri

Consultant, Research and Publications, YPV Ashram, Sri Ramana Trust, Thally - 635118, Tamil Nadu, India.

ABSTRACT

Introduction: Atopy is a genetic tendency to develop allergic reactions to common allergens, such as food, pollen, dust mites, and mold. It is characterized by an overproduction of immunoglobulin E (IgE) antibodies in response to low doses of allergens, and leads to hypersensitivity reactions, which can manifest as atopic dermatitis (AD; eczema), allergic rhinitis, allergic bronchial asthma, and food allergies. This paper presents a case of successful healing using Yoga Prana Vidya (YPV) protocols without a medicine or touch. **Method:** This is a detailed case study collecting data from the patient's records, YPV healer's records and patient feedback with follow-up. **Results:** Within 10 days of healing, the patient's condition was 80% improved. After another 5 days the patient was fully healed. The patient was found allergic to brinjal when eaten in food, and learnt to avoid brinjal food. **Conclusions:** People should avoid allergy-prone items and use a number of at-home self-care techniques in addition to obtaining medical assistance. Patients with AD can choose from a variety of medication treatment plans. Nonetheless, it has been discovered that the YPV system provides touch-free healing procedures and medication-free methods for effective holistic treatment. It is advised that more study be done using the right sample and methodology.

KEYWORDS: Atopic dermatitis, Eczema, Yoga Prana Vidya System®, YPV®.

INTRODUCTION

Atopic Dermatitis (AD)

Mostly affecting infants and children, atopic dermatitis (AD), often known as eczema, is a common chronic or recurrent dermatitis marked by intense itching. It impacts 2–10% of adults and 5–15% of school-age children. Recalcitrance and a propensity for chronic recurrence are well-known characteristics of atopic dermatitis, which can cause severe morbidity, social isolation, and psychological stress.^[1]

Atopy is defined by the American Academy of Allergy, Asthma & Immunology (AAAAI) as the genetic predisposition to develop allergic illnesses such as eczema, asthma, and allergic rhinitis. Increased immunological responses to common allergens, particularly dietary and inhalation allergens, are usually linked to atrophy.^[2]

Over the last ten years, significant developments in AD research have broadened our understanding of the condition and provided credence to the theory that AD is

a systemic inflammatory skin disease. AD imposes a significant burden on afflicted children, their families, and carers. To lessen this burden, clinicians should try to control the disease holistically. The development of novel targeted treatments that address the fundamental causes of AD could help shape the direction of AD treatment in the future.^[3]

In a systematic review, De et al (2023) observed that the prevalence of AD in pediatric patients in India ranged from 3.1% to 7.21%. The prevalence of AD among all age groups ranged from 0.98 to 9.2%.^[4]

Yoga Prana Vidya (YPV)

The YPV system offers a set of holistic healing and treatment protocols that address the root cause of several diseases and often provide a lasting cure. Literature relevant to the YPV system of Healing shows more than a hundred publications with documented evidence. The patients are guided to learn and self-practice modules of physical exercises, rhythmic yogic breathing exercises, Forgiveness Sadhana, and Planetary Peace Meditation

(PPM). A trained Healer heals the energy body, affected body parts and chakrams and uses infection control protocols where necessary. Published articles related to skin diseases successfully healed include chickenpox^[5], vitiligo^[6], contact dermatitis^[7], allergic and injured skin^[8], ringworm infection^[9], multiple cases of skin ailments^[10], and herpes zoster.^[11]

YPV healing protocols have been found to be very effective as alternative medicine without any use of medicines or touch, documented in studies such as Some Difficult Medical cases by Jayachander Reddy et al^[12], case of Post-Herpetic Neuralgia by Rajkumari et al^[13], Emergency and first Aid cases by Jayachander Reddy et al^[14]; COVID cases by Nanduri et al^[15] Prajapati et al^[16] Jayachander Reddy et al^[17]; Anxiety and depression cases by Nanduri^[18], Leelavathi Nayak et al^[19]; a case of Discoid Lupus by Asha Anur^[20], Self-care in Health by Jyothi Reddy et al^[21], a case of crushed hand by Karunambigai et al^[22], and multiple skin cases healed in a Healing camp by Shantala Hegde et al.^[23] In this paper, the authors present a case of eczema healed successfully and holistically using YPV protocols, which could not be cured earlier with mainstream medical treatments.

CASE REPORT

Patient information

The patient was a girl aged 19, a resident of Udupi in Karnataka State, India, who was an engineering student.

Before YPV healing

The Patient got symptoms of chicken pox in February 2023, and had chicken pox rashes on her body with high fever and body ache. As she had exams her mother consulted an Ayurveda doctor and she had taken Ayurveda medicine for two weeks. It is reduced but by that time she found some dry patches with liquid blisters on her hands, legs, and breast. She had body pain, itching, and fever too. As the condition was worsening with liquid oozing out, she re-visited and consulted the same Ayurveda doctor who then prescribed medicine for two more weeks. As there was no improvement she consulted a dermatologist on 29 March 2023. The doctor said it was eczema and prescribed antibiotics, and steroid tablets and cream for 5 days. It is reduced little, fever and body pain reduced, again consulted doctor after a week and taken antibiotics, steroids, and cream for a week. It was reduced but breast area it was not reducing she consulted Gynecologist in April 2023 and she prescribed allergy medicine and ointment. Meanwhile she also took Ayurveda virechana treatment for 5 days to detoxify the body. As it is reducing slowly, it started again on hands and legs, she consulted another dermatologist on 31/07/2023 he prescribed tablets, steroids, body lotion and cream for 10 days. She took 5 days of tablets and continued using lotion and cream along with YPV healing.

A look at her family history shows that her mother had dust allergy for many years but gradually reduced. The

patient used to have little rashes when she ate brinjal in food sometimes, before the onset of eczema.



Fig 1: Skin condition before starting YPV Healing.

As the eczema was not reducing, she approached the same YPV healer who healed her sister's contact dermatitis issue in the past.

Treatment with YPV healing

The YPV Healer carried out an assessment of her condition and suggested her to stop non-vegetarian meal, and to have more fruits and vegetables and to reduce salt, sugar, milk, and refined oils in diet. Also suggested her to practice techniques from YPV sadhana app such as physical exercises, rhythmic yogic breathing, complete breath, cleansing breath, and forgiveness sadhana 3 times daily. She was also asked to do planetary peace meditation daily and also join the online 10am group healing session.

The Healer started applying YPV healing protocols from 03/08/2023 every day, with a healing session of 30 minutes twice daily for 10days.

The protocols included the YPV Psychotherapy using HSTAC technique (healing Heart, Solar plexus, Throat, Ajna, and Crown chakrams) to reduce anxiety, worry and stress, and to increase willpower and self-esteem. Cord cutting technique was used to remove unauthorized cords. General cleansing was done 4 times with green prana. Blood cleansing technique was used for lungs to purify the blood. The Liver, kidney, and spleen were thoroughly cleansed with advance color pranas. Navel, sex and basic chakrams thoroughly cleansed with advance color pranas and energized. Upper chakrams - the Ajna, Forehead, and Crown chakrams were cleansed and energized with advance colors. Chakrams of affected parts especially hands and legs and nipple minor chakrams cleansed and energized with advance color energies. Affected parts cleansed and energized with color energies. Etheric, emotional, and mental shields were also put to protect her from etheric contamination, emotional and mental psychic attacks and

contaminations using YPV Psychic Self Defense techniques.

RESULTS

Day by day the skin in the affected areas got healed. The patient could see 80% improvements in 10 days of healing. Then healing continued daily once for 20mins for a week and stopped on 19/08/2023. After this, she continued the prescribed diet and practicing YPV Sadhana app components. Figure 2 shows completely healed condition of the affected areas of the patient.



Fig 2: Skin condition after complete YPV Healing.

Follow up

In December 2023 she had little rashes after eating brinjal. By then she learnt YPV healing and healed herself in 2 days. The healer suggested to her to do self-healing daily and continue with same diet and practice of YPV Sadhana to maintain good health.

A recent follow up confirmed that the patient gets skin rashes only when she eats brinjal in food, and consequently she stopped eating brinjal.

DISCUSSION

Food allergies can cause skin rashes which are closely related to atopic dermatitis (AD), also known as eczema. Food allergies are common in people with AD, and the two conditions often occur in the same patient. Common food allergies in people with AD include milk, eggs, and peanuts and some vegetables. Food allergies can cause a variety of symptoms, including dry, cracked skin, rash, itchiness, oozing, and crusted skin. A food challenge test is the most reliable way to know if a food allergy exists, and should be done under medical supervision. Food allergies also undergo changes with time.

It is pertinent to discuss here the key points from the YPV Healing theory and practice concerning skin conditions. The basic chakram energises and regulates the skin. Patients with severe or long-lasting skin conditions typically have unclean basic chakram. The digestive, assimilative and eliminative systems are governed by the solar plexus chakram and the navel chakram. Consequently, they have an impact on the degree of skin health. Blood is purified via the mengmein chakra through the kidneys, the spleen chakra

through the physical spleen, and the solar plexus chakra through the liver. As a result, they have a significant impact on the health of the skin. Frequently, emotional circumstances that cause the solar plexus chakram to malfunction. This might have a negative impact on breathing and on the basic chakram, appearing as a skin condition. The basic Chakra is governed by the master Chakra, i.e. the Ajna Chakra. Consequently, it also affects skin health. The techniques of cleansing and energizing the affected skin area with appropriate colour pranic energy are applied appropriately to treat the skin conditions. In the studies cited^[5-11] it is observed that the YPV healers used these techniques to heal various skin conditions achieving successful results.

CONCLUSIONS

Besides seeking treatment help, it is advisable for patients to follow several home remedies for self-care and avoid allergy prone things. Various systems of medicinal treatments are available for AD patients. However, the YPV system is found to offer drug and touch free healing protocols for successful treatment holistically. Further research using appropriate methodology and sample is recommended.

ACKNOWLEDGMENTS

The authors are grateful to the patient for sharing case details on condition of anonymity. The authors are thankful to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permitting to use their copyright terms Yoga Prana Vidya® and YPV®.

Conflicts of interest

There are no conflicts of interest.

Funding

There is no funding for this study.

REFERENCES

1. Sarkar R, Kanwar AJ. Atopic Dermatitis. Indian Pediatrics, 2002; 39: 922-930. Available <https://www.indianpediatrics.net/oct2002/oct-922-930.htm>.
2. AAAAI. Atopy Defined. Available www.aaaai.org/2024.
3. Eichenfield LF, Stripling S, Fung S, Cha A, O'Brien A, Schachner LA. Recent Developments and Advances in Atopic Dermatitis: A Focus on Epidemiology, Pathophysiology, and Treatment in the Pediatric Setting. Paediatr Drugs, 2022 Jul; 24(4): 293-305. Doi: 10.1007/s40272-022-00499-x. Epub; 2022 Jun 1; PMID: 35698002; PMCID: PMC9191759.
4. De A, Karekar S, Adhav C. Current Burden of Atopic Dermatitis in India: A Systematic Literature Review. Indian J Dermatol, 2023 Jul-Aug; 68(4): 487. doi: 10.4103/ijd.ijd_181_23. PMID: 37822382; PMCID: PMC10564215.
5. Atheeshkumar M., Shah SD, Nanduri VS. A CASE STUDY OF SUCCESSFUL TREATMENT OF

- VARICELLA-ZOSTER VIRUS (CHICKENPOX) INFECTION USING YOGA PRANA VIDYA HEALING. *W J P I s*; 2021; 7(12): 185-189.
6. Mahajan PS, Nanduri VS. Successful self-healing of vitiligo condition and overcoming psychosocial stresses of a female patient using Yoga Prana Vidya protocols with persistence and determination: an in-depth case study. *Int J Res Dermatol*, 2022; 8: 403-410.
 7. Nayak L, Nanduri VS. A case of successful yoga prana vidya energy healing treatment of Contact Dermatitis caused by *Hologarna ferruginea* 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>.
 8. Malliga Thirumani, Nanduri VS. Skin Allergy and Injury: A Case Series Study of Successful Healing Using Yoga Prana Vidya (YPV) Healing Protocols. *International Journal of medical science and dental research*, 2023; 06(03): 01-10. Available <http://ijmsdr.org/pages/Current%20Issue.html>.
 9. Sudha Mukesh, Nanduri VS. Ringworm infection: A case of Successful cure using Yoga Prana Vidya Healing Protocols as complementary medicine. *International Journal of Medical Science and Dental Research (IJMSDR)*; 2023; 06(04): 12-19.
 10. Shah SD, Atheeshkumar M, Balaji S, Shwetha Kotian. Role of Yoga Prana Vidya healing techniques in successful and speedy recovery of skin ailments: A multiple case study. *World Journal of Advanced Pharmaceutical and Medical Research*, 2023; 05(01): 001–008.
 11. Nataraj Lingappa, Nanduri VS. Herpes Zoster Infection: Effective Management Using Yoga Prana Vidya Healing Protocols. *International Journal of Medical Science and Dental Research*, 2023; 06 (05): 204-208.
 12. 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): 882-887.
 13. Rajkumari Sachdeva, Nanduri VS. Management of Post-herpetic Neuralgia (PHN) by Yoga Prana Vidya (YPV) healing: A case study. *American J of Bio-medical and Life sciences*, 2019; 7(06): 174-178.
 14. 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*, 2020; 4(3): 133-146.
 15. 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>.
 16. 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.
 17. Reddy NJ, Karnani V, Nanduri VS. Yoga Prana Vidya Distance healing intervention for COVID-19 patients: An outcome case study. *Indian J Psychiatr Soc Work*, 2022; 13(1): Epub 1-8.
 18. 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.
 19. Leelavathi N, Nanduri VS. Overcoming Academic Anxiety and Depression Using Yoga Prana Vidya Healing Protocols: A detailed case study. *World Wide Journal of Multidisciplinary Research and Development*, 2023; 09(07): 69-72.
 20. Anur A, Nanduri VS. A case of Discoid Lupus of a female patient healed successfully using Yoga Prana Vidya energy healing techniques. *J Med Sci Cli Res*; 2022, 10(6): 1-8. Doi: <https://dx.doi.org/10.18535/jmscr/v10i6.01>.
 21. Jyothi Reddy N, Janani N, U. Ramya, Nanduri VS. Self-Care in Health: Role of Yoga Prana Vidya Healing Protocols as Complementary and Alternative Medicine. *Int. j. integr. med. res.* [Internet], 2023 Aug 6; [cited 2023 Aug. 6]; 10(03): 89-94. Available from: <https://www.ijaimr.com/index.php/ijaimr/article/view/ijaimr127>.
 22. Karunambigai S, Nanduri VS. A case of accidentally crushed hand: effectiveness of Yoga Prana Vidya (YPV) healing as complementary therapy in speedy recovery. *International Journal of Integrated Medical Research*, 2023; 10(04): 126-132. DOI: <https://doi.org/10.57181/ijaimr/vol10i04/148>.
 23. Shantala Hegde, Seeta Koorse, Kanchan Bhat, Chandrakala Shirali, Ramya Ashwin, Venkata Satyanarayana Nanduri. An outcomes study of a 3-day Yoga Prana Vidya (YPV) healing camp conducted in Sirsi, Karnataka in 2022. *Int J Adv Res Community Health Nurs*, 2023; 5(2): 82-86. DOI: 10.33545/26641658.2023.v5.i2b.153.