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## Original Research Article

# 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

Jayachander Reddy Neravetla<sup>1</sup>, Vishakha Karnani<sup>1</sup>, Mohandas Baliga<sup>1</sup>, Venkata Satyanarayana Nanduri<sup>1\*</sup>

<sup>1</sup>Yoga Prana Vidya Ashram, Sri Ramana Trust, Krishnagiri, Tamil Nadu, India



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## ABSTRACT

**Introduction:** Skin and Face Regeneration has always attracted human attention. Historically, a variety of methods have been used to stop or lessen the damaging effects of sun exposure or the aging process of the skin. Energy healing distinguishes facial rejuvenation (FR) utilising YPV system protocols as an art and science that is both safer and different from other forms of applications that mostly employ invasive techniques. This study aims to fill the gap in the limited literature on the application of energy healing for FR.

**Materials and Methods:** Three YPV FR workshops were conducted at different times in different locations, and samples of adult men and women, to examine and document the effects after conducting a single healing session using relevant YPV protocols. Data consisted of photographs taken before and after the intervention, and feedback from the participants.

**Results:** An examination and analysis of the data from 33 participants of the three workshops reveals that noteworthy improvements were seen within 20 minutes of the trial/demonstration period of application of the YPV facial protocols at the demo, and subsequent 30-minute practice in which the participants applied the YPV facial healing protocol on each other in pairs. All participants experienced a glow on their faces at the end of the workshop.

**Conclusions:** Results from this study indicate that after a single session of YPV healing, there are noteworthy improvements in the face and limbs. The YPV system of Energy FR therapy interventions is extremely safe and has no known adverse effects. It has a lot of potential for lengthier interventions with multiple sessions spaced over several days to study the long-term and sustainability effects of YPV FR protocols.

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## 1. Introduction

## 1.1. Facial rejuvenation

The skin that covers bone and muscle as well as the quantity and distribution of subcutaneous fat determine the shape and appearance of the human face. The development of face

lines and creases, a reduction in skin quality, an increase in skin pigmentation, and the loss or redistribution of soft tissue volume and bone are all considered to be outward manifestations of aging. According to reports, women begin to show indications of face aging around the age of 35, starting with the development of wrinkles in the periorbital area.<sup>1</sup>

In women, a decrease in self-perceived beauty and self-confidence in appearance may occur simultaneously with

\* Corresponding author.

E-mail address: [vsnanduri@yahoo.com](mailto:vsnanduri@yahoo.com) (V. S. Nanduri).

a reduction in self-esteem. While older women may seek therapy to reverse some of the negative consequences of aging, including facial lines, creases, and volume loss, younger women may seek cosmetic treatments to maintain a youthful appearance, especially after they see the first indications of aging.<sup>1</sup> According to Narurkar et al. (2015), there are no systematic statistics available that define the precise problems that drive women to seek therapies, or their preferences for face regions that need treatment, even though individual physicians may have broad opinions of their patients' treatment preferences in their practices.<sup>1</sup>

Laser and filler are among the most common Facial Rejuvenation (FR) services in the world. Facial aesthetic treatments, with non-invasive and/or minimally invasive procedures, are becoming popular globally, and equally so in India. The service providers have a responsibility for a greater understanding of patient perspectives and priorities.

An interesting global, internet-based survey by Fabi et al (2022)<sup>2</sup> on desired appearance and experiences with, or interest in, facial aesthetic treatments, collected data from a total of 14,584 aesthetically conscious adults (mean age, 41 years; 70% were women) and 1315 aesthetic physicians (mean age, 45 years; 68% men) completed the survey. Most respondents (68%) reported that aesthetic procedures should be sought in their 30s to 40s; physicians recommended patients seek treatment earlier. Respondents expressed the greatest concern over crow's feet lines, forehead lines, facial skin issues, hair-related concerns, and under-eye bags or dark circles.

In contrast, physicians tended to underestimate concerns about under-eye bags or dark circles, mid-face volume deficits, and skin quality. Although both physicians and respondents cited cost as a major barrier to seeking aesthetic treatments, respondents also emphasized safety, fear of injections or procedure-related pain, and concern about unnatural-looking outcomes. This global survey provided valuable insight into facial aesthetic concerns and perspectives that may be implemented in patient education and consultations to improve patient satisfaction following aesthetic treatments.<sup>2</sup>

### 1.2. Yoga prana vidya system

As a Complementary and Alternative Medicine, the Integrated and Holistic YPV system provides a variety of well-researched and validated procedures for the effective treatment of many ailments and disorders. A review of the research literature reveals more than 100 research study publications that were published and included both original and case studies demonstrating the effective healing and recovery of individuals with emotional, mental, and physical health problems. A few examples of these publications are: YPV interventions for the treatment of difficult medical cases,<sup>3</sup> diabetes management and control,<sup>4</sup> arterial block in the heart,<sup>5</sup>

patients' improved vision during an Eye Camp,<sup>6</sup> the treatment of high blood cholesterol and asthma,<sup>7</sup> emergency and first aid cases,<sup>8</sup> COVID-19 patients' quick recovery,<sup>9–11</sup> and hypothyroidism,<sup>12</sup> Anxiety and depression of corporate employees,<sup>13</sup> Enhancing the academic performance of High School children,<sup>14</sup> improving psychological well-being and reduction of criminal attitude of under-trial prisoners<sup>15</sup>, and improving social behaviour and cognitive abilities of mentally retarded children;<sup>16</sup> pediatric cases of nocturnal enuresis,<sup>17</sup> Bronchopneumonia,<sup>18</sup> and Cytomegalovirus<sup>19</sup>, etc.

YPV Pranic Energy Facial treatment is a form of energy healing. Instead of massage and lotions, pranic facials use crystals that 'absorb' negative energy to target physical and emotional stress and make the face look younger. This system is offered as a chemical-free, nature-based lifestyle. In the YPV system, it is a sustainable wellness solution.

Instead of using products to rejuvenate the skin, a crystal pen is used to transmit energy, a crystal ball to receive energy, and a bowl of salt water to cleanse the aura.

Pranic Facial Rejuvenation Workshop introduces the application of Energy Healing dealing with health and beauty. Using a specific combination of colour Pranas and techniques, experience shows that the skin can look 10 to 20 years younger. The lines and wrinkles of the face are the storage of negative and unpleasant feelings and experiences such as anger, fear, and grief. When this emotional garbage is cleared and released, the face will look younger, brighter, and revitalized.

This paper presents the outcomes of three FR interventional workshops conducted by YPV healers. The first workshop was conducted in Mangalore in February 2019 and the other two were conducted in Pune and Lucknow during October and December respectively in 2023.

## 2. Materials and Method

This is an interventional study of Facial Rejuvenation (FR) workshops using YPV protocols conducted by senior YPV trainers. Data was collected and documented at three FR workshops in the form of photographs taken pre and post-intervention and participant feedback.

### 2.1. Sample

All the participants, as shown in Table 1. were YPV healers and practitioners who volunteered to join in these workshops. Informed consent was obtained from the participants of all three workshops to use their data for research without revealing their names or identities.

### 2.2. The YPV facial healing intervention

The YPV energy Pranic Facial was done by following the YPV protocols for facial rejuvenation. The demonstration

**Table 1:** Participant profile

| S.No. | Date        | Location  | Number of participants |      |       | Age range | Mean age |
|-------|-------------|-----------|------------------------|------|-------|-----------|----------|
|       |             |           | Female                 | Male | Total |           |          |
| 1     | 24 Feb 2019 | Mangalore | 33                     | 8    | 41    | 20-62     | 43.4     |
| 2     | 18 Oct 2023 | Pune      | 42                     | -    | 42    | 19-57     | 42.9     |
| 3     | 2 Dec 2023  | Lucknow   | 25                     | 1    | 26    | 16-67     | 40.5     |

was given by the senior trainers to participants for fading out dark spots and under-eye dark circles, fine lines on the forehead and crow’s feet around the eye, scars and moles, spots and eruptions. After the demo by the senior trainer, the participants practiced this protocol with each other by forming pairs (dyads). While practicing the YPV facial protocol, the audio of the planetary peace meditation (PPM) was played in the background to reduce anxiety and remain calm.

**2.3. Data collection and analyses of sample 1 (Mangalore participants)**

For this study, the data presented here are photographs of 13 participants taken (Figures of cases Figures 1, 2, 3, 4, 5 and 6) before and after the interventional workshop conducted at Mangalore. These 13 cases are explained in Table 2.



**Figure 1:**



**Figure 2:** Case 9: Before and After

**2.4. Data collection and analyses of sample 2 (Pune workshop participants)**

For this study, the data presented are photographs of 11 participants of the Pune workshop taken as examples before and after the intervention, and participant feedback at the end of the event. These 11 cases are explained in detail in Table 3.



**Figure 3:** Case 10: Before and after



**Figure 4:** Case 11- A scar and a fold on the forehead – both vanished nearly 80%



**Figure 5:** Case 12: Mangalore workshop - male sample aged 42, the left photo taken before and the right taken after the YPV facial session. The roughness and pores in the skin of the cheeks turned smooth.

**2.5. Data collection and analyses of sample 3 (Lucknow workshop participants)**

For this study, the data presented are photographs of 9 participants of the Lucknow workshop taken as examples before and after the intervention, and participant feedback at the end of the event. These 9 cases are explained in detail in Table 4.

**Table 2:** YPV Facial Rejuvenation Sample data from the Mangalore workshop

| Case S.No | Gender | Age | On-face issues before intervention    | Results after the healing session       |
|-----------|--------|-----|---------------------------------------|---|
| 1         | Female | 32  | Several pimples                       | Reduced by nearly 50%                   |
| 2         | “      | 45  | Pores and folds and roughness on face | “                                       |
| 3         | “      | 55  | “                                     | “                                       |
| 4         | “      | 35  | “                                     | “                                       |
| 5         | “      | 58  | “                                     | “                                       |
| 6         | “      | 40  | “                                     | “                                       |
| 7         | “      | 45  | “                                     | “                                       |
| 8         | “      | 35  | “                                     | “                                       |
| 9         | “      | 50  | Rough skin on hands                   | Skin turned smooth and soft with a glow |
| 10        | “      | 35  | Pimples behind the left ear           | Pimples reduced by nearly 60%           |
| 11        | Male   | 75  | A scar and a fold on the forehead     | Both vanished nearly 80%.               |
| 12        | Male   | 42  | Roughness and pores                   | Reduced by 90%                          |
| 13        | Female | 35  | Pores and pimples                     | Reduced by 50%                          |

**Table 3:** YPV Facial Rejuvenation Sample data from the Pune workshop

| Case S.No | Gender | Age | Face issues before intervention                            | Results after the healing session   |
|-----------|--------|-----|--|---|
| 1         | Female | 45  | Some spots near lips, under-eyes darkness                  | These issues faded out.   |
| 2         | “      | 55  | Hyperpigmentation, dark spots, dark circles                | Achieved even skin tone with a radiant complexion   |
| 3         | “      | 34  | Chapped lips, dark spots near the lips, darkness under eye | Chapped lips got healed, Smoothness of skin occurred, dark spots and darkness under eyes faded out. |
| 4         | “      | 55  | Hyperpigmentation,   | Skin became even tones, hyper pigmentation reduced 50%, chin area became clean and fresh            |
| 5         | “      | 48  | Dark circles, crow’s feet, uneven skin tone                | Substantially reduced   |
| 6         | “      | 68  | Dark spots on the face                                     | Dark spots on the face reduced by 30 to 40% in just one healing.                                    |
| 7         | “      | 39  | Uneven tone, acne, moles,                                  | Even tone, reduced acne, and lighter moles, Relief from facial stress and trauma                    |
| 8         | “      | 19  | Scar on the face   | Vanished 70%  |
| 9         | “      | 56  | Fine lines on forehead,                                    | Lines reduced, skin became tight and moisturised  |
| 10        | “      | 53  | Fine lines on forehead                                     | Lines reduced; face glow increased  |
| 11        | “      | 53  | Dark circles, loose skin                                   | Dark circles vanished, and skin became tight and glowing  |

### 3. Results

An examination of the data from Figures 1, 2, 3, 4, 5, 6, 7, 8, 9 and 10 and Tables 1, 2, 3 and 4 reveals that noteworthy changes were seen within 20 minutes of the trial/demonstration period of application of the YPV facial protocols at the demo, and subsequent 30-minute practice in which the participants applied the YPV facial healing protocol on each other in pairs. All participants glowed on their faces at the end of the workshop.

In one case, a Pune participant mentioned how her mother’s shoulder pain for a year and a half was reduced considerably by following the protocols of the one day

workshop. In addition, she experienced great improvement in the dark patches on her face.

After a follow-up of the Pune participants, few shared how fine lines, and dark patches on the face improved progressively, and many shared about the face glow. Few who practiced on other people also got similar results on other people.

### 4. Discussion

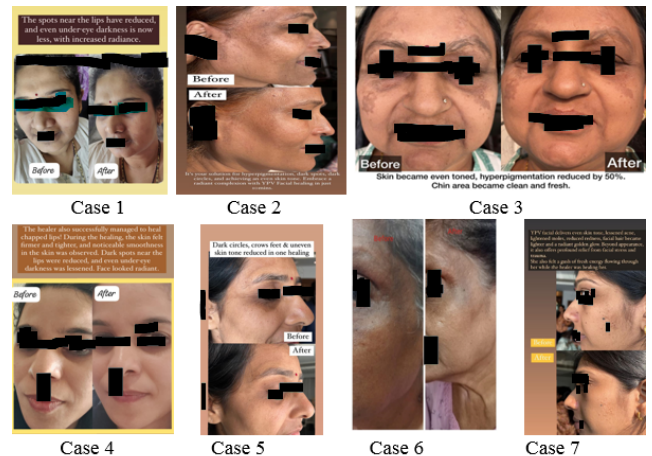
Facial Rejuvenation (FR) using YPV system protocols is both an art and a science characterised by energy healing, which is distinctly different from and safer

**Table 4:** YPV Facial Rejuvenation Sample data from the Lucknow workshop

| Case S.No | Gender | Age | Face skin issues before intervention                             | Results after YPV intervention  |
|-----------|--------|-----|--|---|
| 1         | Female | 48  | Pigmentation   | Reduction of Pigmentation by 90%. Clear Skin Tone.  |
| 2         | “      | 52  | Dip near the right eye, strain in the eye area                   | Dip near the eye filled by 85 % and looks even. Strain around the eyes reduced by 50% to 60%                                  |
| 3         | “      | 43  | Dip near the right eye, strain in the eye area                   | Dip near the eye filled by 85 % and looks even. Strain around the eyes reduced by 50% to 60%                                  |
| 4         | “      | 67  | Wrinkles on the forehead, near the eyes, jawline and smile lines | Wrinkles on the forehead, near the eyes, jawline and smile lines have reduced considerably. Her face looks way younger.       |
| 5         | “      | 50  | Old scar on forehead area  | Scar vanished completely.   |
| 6         | “      | 34  | Old pimple scars   | Old Pimple Scars Faded by 80% and brightened skin   |
| 7         | “      | 24  | Very old acne scars and dips                                     | Drastic reduction of very old acne scars and dips got filled. Skin tone looks smoother  |
| 8         | “      | 52  | Strained eyes, wrinkles around the eyes, eye bags                | Strained eyes look relaxed, wrinkles around the eyes reduced, eye bags reduced  |
| 9         | “      | 57  | Wrinkles around eyes and eye bag near the left eye               | Wrinkles around the eyes were reduced 50%, eye bag, especially near the left eye reduced by 70%. Over all face looks relaxed. |



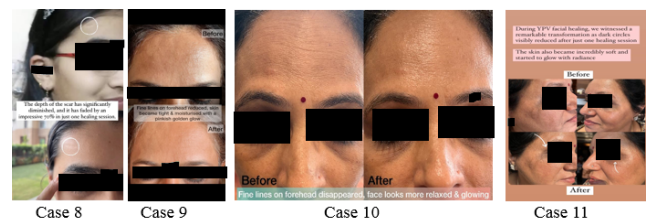
**Figure 6:** Case 13: Mangalore female sample aged 35, left photo taken before and the right taken after the YPV facial session. Pores and pimples on the cheeks were reduced by more than 50%, and a glow appeared.



**Figure 7:**

than other types of applications that mostly use invasive methods. The evidence gathered from the three YPV workshops conducted at different times, separate locations, and samples, but using the same protocols replicated shows that this intervention has given consistent results. It is also a very safe process with no touch and no medicines. There is scanty literature on the use of Energy healing for FR, and this study is intended to cater to this gap.

Humans have long been interested in skin rejuvenation and facial rejuvenation (FR). Many techniques have been employed historically to prevent and slow down the



**Figure 8:**





Figure 9:

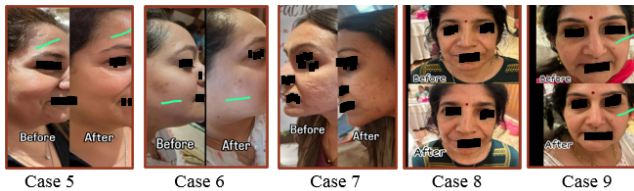


Figure 10:

aging process of the skin or the harmful effects of the Sun. Dermatologists and researchers are relentlessly searching for extremely effective wrinkle-rejuvenating procedures with minimal side effects. These techniques range from intrusive to non-invasive. The need for non-invasive rejuvenation techniques has grown dramatically during the past ten years. The rise of novel injections can be partially blamed for the rise in non-invasive techniques. Soft tissue fillers, laser treatments, and modern skin tightening techniques based on radiofrequency or ultrasound technology are among the technologies that many patients can choose from.<sup>20</sup>

Many people have been drawn to the non-invasive rejuvenation and attractiveness benefits of botulinum toxin, and patient usage of the treatment has grown. But there might be both short- and long-term adverse consequences from this technique, such as headache, eye disease, ptosis of the eyelids, and heaviness of the face and eyelids. Using lasers, which have gained popularity as cosmetic procedures since the 1980s, is one way to rejuvenate the face.<sup>20</sup>

Surgeries are available as an option for FR. However, because of the potential dangers, surgeons with specialised training only should perform facial rejuvenation operations after fully disclosing to the patient the potential dangers, advantages, available options, and expected results of the procedure. The patient’s capacity to adhere to the postoperative instructions, such as dressing changes, activity limitations, and follow-up, must be assessed by the surgeon.<sup>21</sup>

## 5. Conclusions

This study has shown evidence of improvements in the face and limbs after a single YPV healing session. YPV system of Energy FR treatment interventions are very safe without any side effects and show great potential for further studies

with longer interventions of multiple sessions spread over several days to examine the sustainability and long-term effects.

## 6. Conflicts of Interest

None.

## 7. Source of Funding

None.

## 8. Acknowledgments

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## Author biography

**Jayachander Reddy Neravetla**, Founder

**Vishakha Karnani**, Senior Arhat & YPV trainer and Level 6 Healer

**Mohandas Baliga**, Senior YPV Trainer & Certified YPV Healer

**Venkata Satyanarayana Nanduri**, Research Mentor  
 <https://orcid.org/0000-0003-0978-6823>

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