

## Paediatric Alopecia Areata: Successful Treatment and hair regrowth using Yoga Prana Vidya Healing Protocols

### Authors

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### Abstract

**Background:** Alopecia areata (AA) is an immune-mediated, non-scarring hair loss disorder affecting up to 20% of paediatric dermatology patients. Conventional therapies—including topical corticosteroids, contact immunotherapy, and emerging JAK(Janus Kinases) inhibitors—carry risks of systemic side effects and variable response rates in children. Yoga Prana Vidya (YPV) healing integrates physical exercises, regulated breathing, meditation, and pranic energy healing to restore psycho-physiological balance and may offer a no-risk alternative for paediatric AA.

**Objective:** To report reversal of AA demonstrating complete hair regrowth following a structured 15-week YPV healing protocol.

**Methods:** A normally healthy 7-year-old boy presented with multiple, well-demarcated scalp patches of hair loss. The patient underwent allopathic treatment for a month without success. The patient's family sought YPV healing sessions from a senior Trainer-healer who conducted a YPV intervention, with 73 healing sessions spread over 15 weeks. consisting of pranic healing sessions while the boy was asked to do rhythmic breathing daily for a few minutes. Photographic documentation, and regular patient feedback were collected from the patient's family.

**Results:** Hair regrowth was first noted at week 2, By week 8, coverage exceeded 75%, and complete regrowth was achieved by week 15. The patient reported marked reductions in anxiety and improved quality-of-life. No adverse events or discomfort were observed throughout the intervention.

**Conclusion:** This study illustrates the potential efficacy and safety of YPV healing protocols for paediatric AA. Controlled trials are suggested to validate these findings, define optimal dosing, and elucidate mechanisms of action.

**Keywords:** Alopecia Areata, Hair loss, Yoga Prana Vidya ®, YPV ®

## Introduction

### *Alopecia Areata*

Alopecia areata (AA) is a chronic, autoimmune disorder characterized by non-scarring hair loss presenting as patchy, total (alopecia totalis), or universal (alopecia universalis) alopecia [1]. The global lifetime risk is approximately 2%, with first episodes occurring before age 30 in 60% of cases and equal gender distribution [2]. Beyond cosmetic concerns, AA imposes substantial psychosocial burdens, including anxiety, depression, and reduced quality of life, underscoring its public health significance [2].

Pathogenetically, AA arises from collapse of hair follicle immune privilege, triggering pernicious infiltration of CD4<sup>+</sup> and CD8<sup>+</sup> T lymphocytes and upregulation of interferon- $\gamma$  at the bulb [1]. Genetic predisposition, with associations at HLA loci, interacts with environmental factors such as psychological stress or viral exposures to precipitate disease onset and relapse [2]. Clinically, hair loss most often appears as well-circumscribed patches on the scalp but may affect eyebrows, eyelashes, and body hair, with unpredictable regrowth patterns [2].

Standard management includes topical and intralesional corticosteroids, systemic immunosuppressants such as methotrexate, and phototherapy, though response rates vary and adverse effects can limit long-term use [3]. Off-label immunotherapy with contact sensitizers demonstrates inconsistent clearance and may cause local irritation [3]. The January 2022 FDA approval of oral baricitinib expanded options for severe AA; however, real-world surveys report clinician dissatisfaction and high discontinuation rates due to suboptimal efficacy and safety concerns in patients with extensive scalp involvement [3].

Interest in complementary and alternative medicine (CAM) as a treatment option has increased as conventional therapies often provide incomplete remission and carry side effects [4]. Modalities such as acupuncture, herbal extracts (e.g., topical ginseng, curcumin), nutraceuticals (vitamins D and E), and low-level laser therapy have been proposed to modulate immune function and enhance follicular microcirculation [4]. Although case series and small trials report anecdotal improvements, randomized controlled data are scarce, and standardized protocols are lacking [4][5]. Trials are necessary for validation[5].

### *Yoga Prana Vidya (YPV) System*

Yoga Prana Vidya (YPV) is a structured, holistic energy healing system which integrates physical exercises, rhythmic yogic breathing, meditation techniques, forgiveness sadhana, dietary guidelines, and pranic energy protocols to support healing and wellness for self and others. Grounded in ancient yogic concepts of the bio-plasmic energy body (prana) and chakrams, YPV posits that disturbances in the human energy field underlie physical and

psychological ailments, and that targeted cleansing and energizing of chakrams accelerates the body's innate homeostatic processes [6].

Qualitative analyses of intensive residential YPV programmes demonstrate multidimensional benefits. In a one-year, in-house training of 27 participants, attendees reported enhanced spiritual clarity, emotional resilience, and perceived health gains, attributing improvements to the combined application of energy healing and sadhana practices [7]. A separate one-month intervention involving 12 female participants yielded statistically significant reductions in body mass index, blood pressure, and left-right brain-wave imbalance, alongside improvements in pulmonary function and heart rate variability [8].

Numerous individual case reports further validate YPV's efficacy across diverse conditions. A 66-year-old woman with recurrent urinary tract infection achieved complete remission within seven days of adjunctive YPV healing, with no relapse at follow-up [9]. Similarly, a multiple case series on skin ailments—including folliculitis, warts, and fungal moles—documented full recovery over several weeks using solely no-touch YPV protocols alongside prescribed lifestyle adjustments [10].

Beyond these studies, the official YPV Healing Case Studies repository catalogues over 1,400 published case briefs spanning respiratory (155 cases), musculoskeletal (415), nervous system and sensory (110), reproductive and urinary (101), digestive (125), fever and headache (143), circulatory and metabolic (143), dermatological, psychological (220), and pet health applications [11–20]. Collectively, this body of evidence underscores YPV's versatility as complementary and alternative medicine.

This paper presents reversal of Alopecia Areata healed successfully using YPV protocols achieving hair re-growth on the head of a 7-year-old boy.

## **Method**

This study uses an in-depth study using YPV protocols on a paediatric patient.

### *Patient details*

The patient is a boy aged 7 Years, a student, who was living with his parents in a European country. His grand parent who resided in India sought the help of the YPV healer for healing treatment to the boy in distance mode. Informed consent was obtained from the parents.

### *Medical history*

The issue of hair loss first started in March 2025 and existed for a month. The cause of this was unknown to the family and the attending healthcare persons. The condition of hair loss on the head is as in Figures 1 (a, b, c).



Fig 1: Before healing

The patient's social life was severely affected as a result. His mother, father and grandparents were very much disturbed.

#### *Medical treatment given to the patient*

His parents took him to a skin specialist for evaluation and treatment. As prescribed, topical corticosteroid ointment was applied on the scalp continuously.

#### *YPV intervention*

Patient's Grandmother is a YPV Level 1 healer and she did conduct healing sessions to him for about one month without much progress. Afterwards, the Trainer-healer who is a Level-5 healer started healing sessions from 07/04/2025 by distance healing method.

#### *YPV Healing protocols applied*

The Trainer-healer used distance healing method. He did Level-5 Healing once every day for the first 10 days. Next two months Level-5 healing was done once in two days. During the third month Level-5 healing was done once in three days till 03/08/2025. Local healing of the affected area was done almost every day. In addition to the Level-5 protocol, the following were also done.

Using colour prana energies, the entire head area was soaked, cleansed and localised and energized. Thymus gland was activated; pituitary gland and hypothalamus were activated through bridge of nose and pineal gland was activated through forehead. All the head chakras were activated. Palm and sole chakras were activated. Spleen was activated. After each meditation, group blessing was done for faster recovery.

The patient started showing significant improvement in hair growth from 12<sup>th</sup> day after healing was started. As the recovery started, all of his family were very much relieved.

The YPV healing sessions were conducted simultaneously to the medical treatment with Steroid topical ointments applied to the local affected area as per dermatologists' advice.

The patient was taught to do Rhythmic yogic breathing at the same time of healing session.

The YPV intervention with Healing sessions ended on 3/8/2025.

Totally, 73 healing sessions were conducted.

## Results

Hair regrowth started from week 2. By week 8, coverage exceeded 75%, and complete regrowth was achieved by week 15. The patient recovered with full hair re-growth as seen in figures 2 (a, b, c). The patient was very happy with the result. Patient's parents and grandparents too were very happy at the boy's recovery. A typed copy of the feedback letter from the grand parent is at Annexure 1.

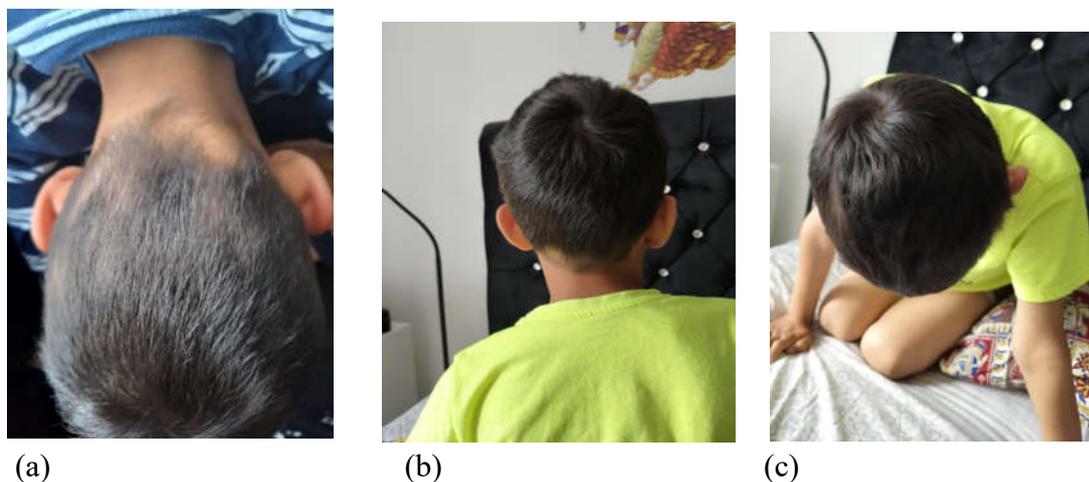


Fig 2: After complete healing

## Discussion

In this paediatric case, a tailored 15-week YPV regimen— controlled breathing exercises, and pranic energy sessions— complementary to allopathic ointment, led to complete scalp hair regrowth by week 15, with patch resolution as early as week 2. The patient reported marked reduction in anxiety and elevated self-esteem. No adverse events or discomfort were noted, underscoring the safety and acceptability of YPV in the young cohort.

This compares well with a previous study by Saluja et al [21] where a 28 years old female patient having PCOD and hair loss was healed successfully using YPV healing protocols.

Alopecia areata (AA) is a chronic, non-scarring autoimmune disorder characterized by patchy hair loss. In children, the lifetime risk approaches 1.7%, with prevalence estimates of 0.1–0.2% in the general population and paediatric cases comprising up to 20% of all AA instances [22].



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Annexure 1

(Typed from the hand-written letter)

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*To whom it may concern*

*Sir,*

*I am ..... X..... X..... residing in Tumkur, Karnataka. My daughter settled in Ireland. Her son is having Alopecia Areata problem. So, the Trainer-healer in Tumkur has given the ..... Healing done to the boy from 7- 4 -2025 to 3 -8- 2025 regularly. So, at this healing support to our boy, the hair growth occurred. So, very nice to look now. So, I am very much thankful to ... Y..... Y.....*

*This is very good Healing therapy, thank you once again.*

*Dt 03-08-2025*

*Yours faithfully*

.....*Sd/*.....

*Grand father*

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