



Received: 19 June 2026

Revised: 27 July 2026

Accepted: 11 Aug 2026

Published: 21 Aug 2026

Volume 12 Issue 08, 2026

Page No - 176-179

DOI - 10.55640/ijmsdh-12-08-20

Article Citation: Ranjith, V., & Nanduri, V. S. (2026). Rapid Recovery of A 79 Years Old Female from Herpes Zoster Ophthalmicus With Yoga Prana Vidya (YPV) Healing Intervention: A Case Study. International Journal of Medical Science and Dental Health, 12(08). <https://doi.org/10.55640/ijmsdh-12-08-20>

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Rapid Recovery of A 79 Years Old Female from Herpes Zoster Ophthalmicus With Yoga Prana Vidya (YPV) Healing Intervention: A Case Study

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Abstract

Background: Herpes zoster ophthalmicus is a severe manifestation of varicella-zoster virus reactivation, often leading to prolonged recovery, vision loss, and complications. Conventional antiviral therapy typically requires 4–8 weeks for resolution. Complementary approaches such as Yoga Prana Vidya (YPV) healing may accelerate recovery.

Case Presentation: A 79-year-old female presented with herpes zoster ophthalmicus, right-eye closure, vision loss, hypertension, and elevated blood sugar. Diagnostic findings included increased creatinine (1.44 mg/dL), reduced hemoglobin (10 gm%), and fasting blood sugar of 161 mg/dL.

Intervention: YPV healing protocols (HDP L1, Infection control, Eye Regeneration) were administered from May 7–28, 2026. Sessions ranged from 45 minutes to intensive two-hourly interventions during a medication overdose crisis.

Results: Within 24 hours, partial eye opening and vision improvement were observed. Intensive healing stabilized overdose-related complications. By May 15, vision was fully restored, rash healed, and sleep and bowel functions normalized. Treating physicians noted recovery in 15 days, faster than the expected 1–2 months with conventional treatment alone.

Conclusion: This case demonstrates the potential of YPV healing as a complementary modality in herpes zoster ophthalmicus, facilitating rapid recovery and preventing complications.



Controlled trials are warranted to validate these findings and explore integration into conventional care.

Keywords: Herpes Zoster Ophthalmicus, Yoga Prana Vidya System ®, YPV ®

Introduction

Herpes Zoster

Herpes zoster (shingles) is caused by reactivation of latent varicella-zoster virus (VZV) in dorsal root ganglia. It affects approximately 1 in 3 individuals during their lifetime, with incidence increasing in older adults [1]. The condition manifests as a painful vesicular rash, often unilateral, with complications including post-herpetic neuralgia and vision loss when ophthalmic involvement occurs [2,3]. Antiviral therapy reduces severity but does not prevent prolonged recovery [4]. Ophthalmic herpes zoster is considered a medical emergency due to risks of keratitis, uveitis, and blindness [5].

Yoga Prana Vidya (YPV)

Rooted in ancient Yogic traditions, Yoga Prana Vidya System (YPV) is an integrative energy-based healing system emphasizing regulation of pranic energy through specific protocols targeting chakras and organs [6,7]. YPV has demonstrated benefits in autonomic regulation, immune modulation, stress reduction, and psychosomatic healing [8-10]. Clinical applications include management of chronic pain, hypertension, depression, and cardiovascular dysfunctions [11-14]. Preliminary trials suggest YPV accelerates recovery in infectious and systemic conditions by enhancing systemic resilience and cellular repair [15-16]. Literature shows that, previously a case of Herpes Zoster was successfully healed by a YPV healer [17].

Case Presentation

The patient, female aged 79, homemaker, was diagnosed with herpes zoster ophthalmicus on May 4, 2026. Symptoms included severe headache, right-eye closure, vision loss, hypertension, and elevated blood sugar. Diagnostic findings revealed increased creatinine (1.44 mg/dL), reduced hemoglobin (10 gm%), and high fasting blood sugar (161 mg/dL).

YPV Intervention

The family of the patient requested a YPV healer to conduct healing sessions for the patient. The Healer commenced the YPV intervention on May 7, 2026. Protocols included Healer Development Programme Level 1 (HDPL1), Infection control

protocol, and Eye Regeneration protocol. The duration of healing sessions varied from 45 minutes to intensive two-hourly interventions during a medication overdose crisis up to May 09. Further, daily sessions continued until May 10, followed by alternate-day healing until May 28.

Results

The timeline of the patient progress and results are as stated below.

- May 7: Partial eye opening achieved, accompanied by slight vision improvement.
- May 8–9: Overdose crisis managed with intensive healing; dizziness and memory loss resolved.
- May 10–12: Vision clarity restored, rash fading observed, and sleep normalized.
- May 15: Patient experienced complete recovery of vision. Attending doctors noted rapid healing compared to conventional timelines. (See pictures in Annexure 1)
- May 28: Healing intervention concluded, as the patient reported normal activity and well-being.

Discussion

Conventional herpes zoster ophthalmicus recovery usually requires 4–8 weeks [1–3]. Post-herpetic neuralgia and ocular complications often persist [4,5]. In this case, YPV-assisted recovery occurred within 15 days, suggesting accelerated tissue repair and systemic stabilization. Literature supports YPV's role in autonomic balance, immune modulation, and stress reduction [6–13]. Similar outcomes have been reported in cardiovascular and psychosomatic conditions [15,16]. A study by Nataraj Lingappa et al (2023) [17] reported successful YPV healing of a patient who suffered due to incidence of Herpes Zoster with similar results. Further studies with controlled trials comparing conventional therapy alone versus therapy plus YPV are warranted to establish reproducibility and clinical significance.

Conclusion

This case demonstrates YPV's potential as a complementary modality in herpes zoster ophthalmicus, facilitating rapid recovery and preventing complications. It is recommended that integration of YPV therapies into conventional care may enhance patient outcomes.



Acknowledgments

The authors thank the patient and family for their cooperation in sharing case data maintaining anonymity. We are also thankful to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission to use their copyright terms Yoga Prana Vidya System ® and YPV ®.

Conflicts of Interest

None declared.

Funding

No funding received.

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Annexure 1: Pictures taken before and after YPV intervention

(a) Before picture of right eye Vs. Left eye



(b) After Picture of right eye Vs. left eye

