

LASER MEDICINE - a Brand New Option for Seemingly Incurable Diseases

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ABSTRACT

Laser therapy (therapy with low-power laser - LLLT) is a branch of phototherapy which utilizes light for treatment of various diseases. This new method of therapy is an amazing option as it has no side effects and offers much more predictable results in comparison with other, more or less conservative methods. The author with enthusiasm presents the main advantages of laser therapy, presenting his experience in potentials of LLLT in individual medical specialties.

LASER THERAPY

LASER THERAPY (LLLT) is a branch of photo medicine, (a branch of photobiology) which has just entered our country. It uses LIGHT (Laser or non coherent monochromatic beam) for treatment of various diseases. LASER means light amplification by stimulated emission of radiation. Here in laser medicine (LLLT), no internal medicine is used. This absolutely new treatment modality is amazing, because, neither it has side effects like Allopathic Drugs, nor it takes much time to show effects like Ayurveda or Homeopathy. Being based on principles of physics & photobiology; LLLT offers more predictable results. It has been practiced in countries like USSR, Hungary, Czech Republic, Lithuania, Japan, China, Canada, UK, Germany, Finland, Australia, New Zealand etc. India is lagging far behind rest of the world, due to total lack of research participation and educational facility. Therefore such an excellent therapeutic medicine was totally absent in India till 1990, when India has had a few ophthalmic or surgical lasers for about one decade.

But LLLT is far from using surgical lasers in practice. LLLT is quite different, it encompasses scientific use of different properties of laser beam, use of different colored beams to have desired effects required to cure the disease in question, proper dosimetry etc. Using laser equipments in surgery employs surgical properties of lasers, e.g. cutting like surgeon's knife, or welding, or vaporizing like cautery. The scope of LLLT is much beyond this. Here in LLLT, laser is not the tool but medicine by itself. Moreover power of surgical lasers may be 1000 + times more than therapeutic (soft) lasers. It must be remembered that LLLT is entirely different from Allopathy. It is not allopathy. Therefore it is not impossible for a highly qualified Allopathic doctor to be totally unaware of LLLT and of its uses in medicine.

As India has only 2 or 3 qualified doctors in LLLT, this treatment modality is in its "infantile stage" here. Nevertheless, it has potential to cure many diseases labeled as "incurable" by doctors of other systems of medicine The list of such diseases is very exhaustive but they can be grouped as (a) auto -immune diseases, (b) degenerative diseases, (c) dystrophic diseases, (d) allergic diseases, (e) problems due to aging, (f) cancers and heart diseases(g) problems which need surgery etc.

Patients who suffer from problems mentioned above often seek help from alternative systems of medicine. If we look at the speed of results of LLLT in these diseases we feel that this science of using light as a medicine will be the most attractive branch of medicine in future.

Many patients as well as few doctors have wrong idea about LLLT. They incorrectly imagine that laser medicine could be use of Surgical Lasers. But it is not true. On the contrary, most of the times laser medicine uses non surgical lasers, which do not cut, or heat. The beam from therapeutic (soft) lasers, cause desired effects in patient's body by making cellular changes in every cell exposed; like they cause increase in protein synthesis, immuno-correction, increase in ATP formation, increase in enzymatic activity, and micro-circulation, collagen synthesis, lasers correct lipid metabolism, normalize blood pressure, reduce oedema and inflammation, reduce pain. They also have anti inflammatory action. They cause increase in cell multiplication and increase immunity (resistance) to disease. They reduce allergic manifestations. They cause angiogenesis (formation of new arterioles) and increased lymphatic efficiency, normalize lipoprotein metabolism. They bio - stimulate, rejuvenate, and repair in general, but if we adjust dose they bio-inhibit. Therefore we get effective cure by laser medicine in diseases mentioned below, although Allopathy labels many of these diseases as" incurable".

LLLT IN INDIVIDUAL SPECIALTIES

1) ONCOLOGY

Low Level Laser Therapy(LLLT)with Photodynamic Therapy (PDT) has revolutionized the treatment of various cancers e.g. tongue, lips, cervix, uterus, penis, mouth (cheeks), larynx, bronchus, esophagus, colon, rectum etc. PDT is approved by FDA and Government authorities in Japan, America, Finland etc. In many countries like Russia it has been used for many years. Here, a photosensitiser drug is injected, which gets concentrated only in tumor cells after few hours of injection. When laser beam is thrown upon the tumor area (cancer); it causes selective death of cancer cells ,without any damage to the surrounding normal tissues. Thus in about one to three sessions, many types of cancers can be effectively treated and cured. In well selected cases the PDT is 94 % effective in cancers. In advance stages of cancers PDT can be used as a palliative treatment. If Chemo / radiotherapy is like firing machine gun the, PDT can be called as "aimed rifle shooting" (because while killing cancer cells or abnormal cells: all the surrounding normal cells are spared).

2) GYNAECOLOGY

LLLT is effective in treating number of women's problems e.g. difficulty in ovulation and in achieving climax, senile colpitis adnexitis, salphingitis, leucorrhoea (white discharge), cervical erosion, dysfunctional uterine bleeding (DUB), sterility etc.

Gynecologists often advise many women to remove uterus to stop excessive menstrual bleeding of DUB. But laser can cure this problem by putting laser beam on uterus just for few minutes. Thus surgery can be avoided. In most of the cases this treatment is required to be given only once or twice.

3) LLLT TO AVOID SURGERIES

In many diseases you may not have to undergo surgery for diseases like cancers , piles, fistula, fissure, prostate, gall stones, renal stones, birth marks, hemangiomas, vascular lesions, pigmented lesions, acne - scars, myasthenia gravis, dysfunctional uterine bleeding,

colitis, appendicitis, chronic tonsillitis, DNS (deviated nasal septum), heart bypass surgery, angioplasty, deep vein thrombosis, arthritis, osteo arthritis, spine & disc problems, cervical spondylosis, calcaneal spur, peptic ulcers, non healing wounds, cervical erosion, varicose ulcers, diabetic ulcers, etc

4) CARDIOLOGY

Long – term control of blood pressure (high or low) in few sessions is possible with laser therapy, in 65% patients of grade 1. and 2. essential hypertension reduces thickening of blood vessels too. Laser has anti - anginal effect, they lasers reduce viscosity of the blood, reverse the plaque formation, act on lipid metabolism to reduce the LDL cholesterol. They increase contractility of the heart, to increase blood flow through narrowed arteries, they improve micro - circulation. Lasers have anti – oxidant effect. Therefore they reduce the need for oxygen and inturn need for blood supply to the deprived organ. These beneficial effects of lasers circulatory system can really rejuvenate the heart, brain, kidneys and in turn the whole body! LLLT is useful in many cardiology problems like I H D, essential hypertension, primary pulmonary hypertension, deep vein thrombosis, cerebrovascular accidents, myocardial infarction, angina, TIA oedema, post infarction sclerosis, claudication etc.

5) WOUND HEALING

Any non – healing wound or ulcer can be treated with laser therapy - e.g. varicose – ulcers, diabetic ulcers, bed sores etc. In majority of cases skin grafting can be avoided. The lasers heal fastest by causing increase in collagen formation, and micro circulation, and by their bio simulative properties.

6) SKIN DISEASES

Therapeutic lasers are very useful in diseases like psoriasis, dermatitis, hair loss, acne scars, vascular lesions, pigmentation, herpes zoster, birth marks, eczema, allergy, vascular lesions, pigmented lesions.

7) PAIN RELIEF

Therapeutic lasers achieved "premier ranking" in relieving any kind of pain - most of the times irrespective of it's etiology. Pains from tooth ache to cancer are treated equally effectively by LLLT.

8) INTERNAL MEDICINE

Lasers can be employed with advantage in excellent control of blood sugar, to treat migraine, asthma, recurrent chronic infections, impotence, heart diseases, TIA, brain strokes, glomerulo nephritis, allergy, bronchitis, colitis, irritable bowel , elephantiasis , recurrent gall stones & renal stones, hormonal problems like hypo thyroidism, paresis and paralysis, etc.

How to use laser therapy in diabetes? Laser bio-stimulation can increase the number and efficacy of pancreatic cells producing insulin. It decreases tissue resistance to insulin. It favorably acts on lipid metabolism, and this results in long term reduction of blood sugar

levels in two weeks. Moreover, lasers increase the sensitivity of insulin receptors in the muscles.

9) SPORTS MEDICINE

All sport injuries like sprains, strains, muscle tear, ligament injuries, bursitis, calcaneal spurs, and all over use type injuries ligament - ruptures, tendonitis, frozen shoulder, tennis elbow etc. are effectively treated by lasers all over the world.

10) LOCOMOTION

Laser therapy is effective in arthroses, osteo - arthritis, gout, rheumatoid arthritis, sciatica, calcaneal spur, spine and joints problems, disc lesions, spondylitis, neck pain, inability to walk, vertigo, spondylosis etc.

11) URINARY SYSTEM

Lasers are advantageous in treating urethritis, prostatitis, glomerulo nephritis, renal stones & enlarged prostate.

12) SEXUOLOGY

Lasers can treat sexual problems like erectile dysfunctions, orgasmic dysfunctions, age related debility.

13) ENT

Lasers are useful in treating sinusitis, rhinitis, tonsillitis, tinnitus, hearing loss (at least increase residual hearing), DNS, allergy, etc.

14) NEUROLOGY

Laser therapy is of good value in treatment of brain strokes, TIA, any neuritis or neuralgia, PHN, paresis, paralysis, Parkinson's disease, migraine, myasthenia gravis ,herpes, numbness, ALS, motor neuron disease, chorea etc.

15) PSYCHIATRY

Tobacco and alcohol addiction, stress, schizophrenia, withdrawal symptoms etc.

16) PEDIATRICS

Laser therapy may be given in majority of the above mentioned diseases. Children love this painless, non-invasive, drugless therapy!!

17) COSMETOLOGY

To increase fairness, to enhance hair growth, to get rid of unwanted hair, to treat pimples (acne), to get rid of pigmentation, moles, warts, vitiligo (white patches), and birth marks, to treat vascular & pigmented lesions etc.we say ::""light that creates beauty!!"