



REVIEW ARTICLE

USE OF LIGHT THERAPY & HOMOEOPATHY

Rimi Srivastava¹, Anureet Kaur Sandhu²

¹Assistant Professor, Department of Organon of Medicine, Homoeopathic Medical College & Hospital, Chandigarh, ²HOD, Professor, Department of Organon of Medicine, Homoeopathic Medical College & Hospital, Chandigarh.

Abstract

Received- 15/11/2024
Revised- 25/12/2024
Accepted- 30/12/2024

Key Word
Photobiomodulation,
Homoeopathy,
Imponderabilia

Corresponding Author:-
Rimi Srivastava, Assistant Professor, Department of Organon of Medicine, Homoeopathic Medical College & Hospital, Chandigarh.

The use of photobiomodulation along with homoeopathic remedies are quite unknown. Light therapy is being used to treat various disorders like sleep, skin & mood disorders. Homoeopathy is a medical science which involves use of remedies from various sources such as plants, animals, minerals, nosodes, sarcodes & imponderabilia. Homoeopathy recognizes the power of dynamic agents on altering human health even when there is nothing materialistic in them. It aims to cure a person holistically and individualistically on the basis of symptom similarity through minute doses of medicines. Various authors have shown that the minute quantity of catalyst can evoke a chemical reaction, a small action can evoke the latent power of substances for eg: magnetic field of an iron bar is aroused through rubbing. The modern proponents of homoeopathy try to combine the dynamic energies with the healing processes among which one is use of light in the treatment of diseases. The following review article aims at evaluating the utility of light therapy along with homoeopathy.

INTRODUCTION

Homoeopathy is a holistic branch of medical science which involves a dynamic mode of healing. It involves various sources for the preparation of its medicines. Among these one is imponderabilia. Imponderabilia involves use of substances that cannot be weighed or measured as remedies such as light, electricity & magnetism.⁶ Some examples of imponderable remedies are: Luna (Moonlight); Magnetis Polus Arcticus (North pole of the magnet); Magnetis Polus Australis (South pole of the magnet); Positronium (Anti-matter); Radium bromatum (Radium bromide); Sol (Sunlight) and X-ray.⁶ An unfounded belief regarding these remedies is that they have smaller sphere of clinical activity hence there is greater chances of failure. As these remedies are prepared from immaterial sources & it is difficult to quantify & qualify the presence of any energetic impressions the question for its efficacy arises. Some factors as observed by researchers are lack of information regarding the usage, clinical effectiveness and good proving profiles for many of these remedies, which has unfortunately aided in maintaining the imponderable remedies in a state of prolonged obscurity, doubt, and practitioner neglect.⁶

Photobiomodulation / Low-Level Laser

(Light) Therapy: Another emerging & fast growing technology being used in dermatology that requires stimulation of healing, relief of pain & inflammation & restoration of function with a similar use of these imponderable source is Low-level laser (light) therapy (LLLT) or Photobiomodulation (PBM).⁷ The PBM was accidentally discovered in 1967, when Endre Mester during an experiment - where instead of curing the experimental tumors with low powered laser, succeeded in stimulating hair regrowth and wound healing in the rats, in the sites where the tumors had been implanted.⁸ Light therapy involves the use of different light frequencies for therapeutic purposes.⁹ the potential valuable information related to light therapy has not yet reached the general health practitioner. Hence, the knowledge of these alternative non-invasive therapies might help to prevent or treat disease and deteriorative conditions.⁹ Many other light therapies that are effectively being used in modern science include blue light to treat neonatal jaundice, rheumatoid arthritis, burns and lung pathologies. Bright white light is used in the treatment of cancers, seasonal affective disorders, anorexia nervosa, bulimia, insomnia, jet-lag, alcohol and drug dependency.⁹ Red light has been shown to be effective in the treatment of

cancer, constipation and in the healing of wounds.⁶ Red light has also been linked to deep tissue optogenetics for which photoswitch devices are being manufactured as well.¹⁰ Researches have shown that light acts upon several non-image-forming (NIF) functions including body temperature, hormonal secretions, sleep-wake cycle, alertness, and cognitive performance. Where a plethora of studies suggest that NIF functions are majorly sensitive to blue wavelength (460–480 nm).¹¹

Human Beings & Sources Of Nature:

Human beings have both material & immaterial components. As much as we are influenced by our physical surroundings we are equally exposed or affected by our dynamic surroundings. Since the beginning of life, we have always been in contact with nature. Air, sunlight, cosmos and geographical regions have played a very important role in forming our constitutions.¹³ One such very important factor that we can perceive is vitamin D synthesis for which light exposure plays an essential role.¹²

View Of Modern Physics On Light & Effects Of Different Colours On Health:

According to modern physics light is viewed either in wave-form or a stream of particles (photons).¹³ When white light passes through a medium an electromagnetic spectrum of coloured light

is produced through refraction which causes dispersion of various wavelengths.⁶ The wavelength for red light is 760-600 nm. The use of colour as remedies comes under the doctrine of chromotherapy according to which each organ & cell of the body has its unique vibrational pattern or frequency which was harmonized by the frequencies of a correspondingly appropriate colour ascribed to that particular organ or system. Therefore, every organ functions its level best at its appropriate energetic or vibrational frequency. Thus, the system involves use of chromotherapy in order to reestablish balance and healing through the restoration of the appropriate frequencies. Edwin Babbitt who is regarded as the pioneer of modern chromotherapy identified the colour red as a stimulant, notably of blood and to a lesser extent the nerves. He prescribed red for paralysis, physical exhaustion, and chronic rheumatism.⁶

Mechanism For Action Of Photobiomodulation:

The theory revolves around cytochrome c oxidase (CCO), a terminal component of the mitochondrial respiratory chain, where it plays a vital role in cellular energy transformation. As per the theory CCO activity might be inhibited by the action of Nitric oxide (NO) especially in hypoxic or damaged cells. When the photons of light are absorbed by CCO (which contains 2

heme and 2 copper centres with different absorption spectra) the inhibitory NO is dissociated which leads to increased mitochondrial membrane potential, oxygen consumption, metabolization of glucose and ATP production.¹⁴ The following phenomenon shows how exposure to light leads to better functioning of the body.

Observations From Previous

Researches: Various studies have shown the usefulness and efficacy of light therapy in neurodegenerative, psychiatric and neurodevelopmental brain disorders preceding a view that PBM will become one of the most important medical applications of light therapy in the coming years and decades for brain disorders.¹⁴ A pre-post clinical study on 27 patients with Alzheimer-type dementia (ATD) treated with bright light showed improvement in Mini-Mental-State Examination (MMSE) (showing better cognitive state) and circadian rhythm at the end of 4 weeks.¹⁵ However the timing of light exposure also plays a role. As reported by an RCT on 20 women suffering with Alzheimer's disease (AD) showed Qualitative positive effects on sleep, mood, and cognition from blue-green bright light exposure in the morning as compared to dim red light.¹⁶ Another study conducted on 16 young and 14 older individuals reported the impact of light on cognitive brain responses appears to decrease substantially with age. An

increase in frontal, occipital, and cerebellum brain activations in young subjects following light increase intensity, while in older subjects, this phenomenon was absent.¹¹ An experimental study on rats showed that the red light therapy (30 min/day exposure) may act as a useful non-pharmacological approach for treating pain during the subacute period after spinal cord injury (SCI) by decreasing neuronal loss and modulating the inflammatory glial response.¹⁸ In another experimental study male mice age 8-10 weeks were exposed to short exposures of white and red light during sleep in the dark phase. At the end of the study it was concluded that red light induces potent NREM sleep and REM sleep at intensities above 10 lx in the dark phase, whereas at 20 lx changes in the sleep architecture (duration, number of sleep episodes, stage transition), and the EEG power density was observed. While marked sleep induction and disrupted sleep architecture even at an intensity as low as 10 lx was noted from the exposure of White light.¹⁹ A randomised, double blind, placebo controlled study to determine the sphere of action of the inponderable remedy Pink 30CH on 30 healthy volunteers produced observable signs and symptoms which shows that such energetic sources can cause various changes in the body.⁶ A recent study investigated the combined

wound healing effects of photobiomodulation and plant source based homoeopathic remedies such as *Calendula officinalis* (*Calen*), *Hypericum perforatum* (*Hyper*), and *Echinacea purpurea* (*Echi-p*) and found decrease in the anti-inflammatory effects of these combined therapies and showed promising results in the treatment of diabetic foot ulcers.¹

HOMOEOPATHIC MEDICINE PREPARED FROM LIGHT:

Sol is a homoeopathic medicine which is prepared from sunlight. Drug proving has shown various symptoms on healthy human beings.

- Mind; delusions, imaginations; earth; center of the, in: sol.
- Mind; ennui, boredom; cursing amel.: sol.
- Mind; excitement, excitable; coition, as after: sol.
- Mind; excitement, excitable; delivery, parturition, as after: sol.
- Mind; writing; inability for; sunstroke, after: sol.
- Head; pain, headache; coca cola amel.: sol.
- Head; pain, headache; orange juice amel.: sol.
- Face; heat; chin; extending to temples: sol.
- Back; spots; menses, during: sol.

- Extremities; crossing; impossible; legs; right over left: sol.
- Generalities; food and drinks; meat; desires; grilled, barbecued: sol.²⁰

The above symptoms show that light can also produce various symptoms on the human body.

CONCLUSION

As evidenced from above research that light has an effective use in the treatment of many disorders especially the neurodegenerative & psychiatric disorders it can be concluded that such imponderable sources carries among them a plethora of potential for treatment of disorders. Homoeopathy suggests that imponderabilia remedies are penetrating & enduring as they are directly prepared from energy sources. They may work fast, reach deeper into the tissues & stimulate the organism.

REFERENCES

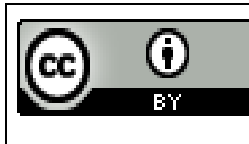
1. Wurz J, Hourel NN, Pellow J. Homeopathy and Photobiomodulation for Healing Diabetic Wounds in vitro. *OBM Integrative and Complementary Medicine*. 2021 Aug;6(3):1-20.
2. Babu N, Shankar M, Babu N. Complementary and alternative medicine an overview. *American Journal of Oral Medicine and Radiology*. 2016;3(3):134-45.
3. Fourie PJ. *A placebo-controlled in-vivo study of the effect of four musical*

- imponderabilia on the growth of Calendula officinalis plants* (Doctoral dissertation).
4. Hahnemann S, Organon of medicine, 6th edition, translated by Boericke W, B. Jain publishers (P) Ltd, 2002
 5. Perry WN. The alchemy in homeopathy'. Studies in Comparative Religion. 1984 Jan 1;1(6):1-33.
 6. Somaru N. *An investigation of the concept of homoeopathic imponderabilia using a Hahnemannian proving of focused pink light* (Doctoral dissertation).
 7. Avci P, Gupta A, Sadasivam M, Vecchio D, Pam Z, Pam N, Hamblin MR. Low-level laser (light) therapy (LLLT) in skin: stimulating, healing, restoring. In Seminars in cutaneous medicine and surgery 2013 Mar (Vol. 32, No. 1, p. 41). NIH Public Access.
 8. Mester E, Szende B, Gärtner P. The effect of laser beams on the growth of hair in mice. Radiobiologia, radiotherapia. 1968 Jan 1;9(5):621-6.
 9. Heinrich G. A descriptive study to determine the use of light and colour as a healing modality. University of Johannesburg (South Africa); 2008.
 10. Kuwasaki Y, Suzuki K, Yu G, Yamamoto S, Otabe T, Kakihara Y, Nishiwaki M, Miyake K, Fushimi K, Bekdash R, Shimizu Y. A red light-responsive photoswitch for deep tissue optogenetics. Nature Biotechnology. 2022 Nov;40(11):1672-9.
 11. Daneault V, Dumont M, Masse E, Vandewalle G, Carrier J. Light-sensitive brain pathways and aging. Journal of physiological anthropology. 2016 Dec;35:1-2.
 12. Abboud M, Rybchyn MS, Rizk R, Fraser DR, Mason RS. Sunlight exposure is just one of the factors which influence vitamin D status. Photochemical & Photobiological Sciences. 2017;16(3):302-13.
 13. Dimitrova TL, Weis A. The wave-particle duality of light: A demonstration experiment. American Journal of Physics. 2008 Feb 1;76(2):137-42.
 14. Hamblin MR. Shining light on the head: photobiomodulation for brain disorders. BBA clinical. 2016 Dec 1;6:113-24.
 15. Yamadera H, Ito T, Suzuki H, Asayama K, Ito R, Endo S. Effects of bright light on cognitive and sleep-wake (circadian) rhythm disturbances in Alzheimer-type dementia. Psychiatry and clinical Neurosciences. 2000 Jun;54(3):352-3.
 16. Nowak L, Davis J. Qualitative analysis of therapeutic light effects on global function in Alzheimer's disease. Western journal of nursing research. 2011 Nov;33(7):933-52.

17. Daneault V, Dumont M, Masse E, Vandewalle G, Carrier J. Light-sensitive brain pathways and aging. *Journal of physiological anthropology*. 2016 Dec;35:1-2.
18. Hu D, Moalem-Taylor G, Potas JR. Red-light (670 nm) therapy reduces mechanical sensitivity and neuronal cell death, and alters glial responses after spinal cord injury in rats. *Journal of Neurotrauma*. 2020 Nov 1;37(21):2244-60.
19. Zhang Z, Wang HJ, Wang DR, Qu WM, Huang ZL. Red light at intensities above 10 lx alters sleep-wake behavior in mice. *Light: Science & Applications*. 2017 May;6(5):e16231-.
20. Complete dynamics © Eduard van Grinsven version 21.11 browser edition, 2021 Oct 31

How to Cite this Article- Srivastava R., Sandhu A. K., Use Of Light Therapy & Homoeopathy. *TUJ. Homo & Medi. Sci.* 2024;7(4):02-08

Conflict of Interest: None



This work is licensed under a
Creative Commons Attribution
4.0 International License

Source of Support: Nil

