



Treatment of Acute Respiratory Viral Infections of the Human Polarized Polychromatic Incoherent Light

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Abstract

In the article the literature data and own studies on improving the method of treatment of influenza and SARS in humans by using polarized light, which is aimed at inflammatory sites with influenza virus (SARS) and prevention of hazardous heavy complications.

Keywords: Polarized Light; Treatment of Influenza Virus and SARS

Introduction

From the end of the 19th century the methods of light treatment began to develop intensively, on the basis of which the methods of phototherapy of diseases of nervous system, internal organs and skin by various electromagnetic devices were developed. However, it has been shown that excessive radiation exposure can cause deep negative changes in the body, up to neoplasms, stimulation of molecular processes associated with hipper production of stress factors, suppression of synthesis Anti-stress compounds, oppression of the products of the most powerful neutralizer free radicals-melatonin, as well as weakening of the functions of the immune system.

A fundamentally new approach was the method of cellular activation linearly polarized (95%) Light with a wavelength of 400 - 2000 nm (visible spectrum). The transformed polarization luminous flux is polychromatic, incoherent, low energy, does not contain ultraviolet and significant part of infrared rays, with energy density about 40 mw/cm². These properties have led to a higher penetrating ability of this radiation in the skin, subcutaneous vascular and nerve structures and have provided multifaceted protection against pathogenic agents. Polarized light is not peculiar to the synchronization of light impulses in time and space, it is mild in biological effects, causes only therapeutic effect and cannot become a source of adverse factors that causes the absence of contraindications and overdose, does not have harmful effect on the eyes and children's organism.

Extensive testing in scientific centers and practical use in clinics (USA, Japan, Austria, Germany, France, Greece, etc.) allowed to substantiate the basic indications on the use of polarized light. Since, as it follows from the mechanism of its action, it stimulates the processes of cellular regeneration, immune protection, and oxygenation. It allowed to widely use polarized light for treatment of all kinds of pathology of skin cover (traumatic, infectious, allergic, scar and trophic), diseases and traumas of musculoskeletal system (arthritis, stretching, Myositis, etc.), some brain disorders (migraine, depression, insomnia, etc.), diseases of peripheral nerves, ENT organs, eyes, oral cavity, lymph, etc. The perspective aspect of application of polarized light is influence on biologically active zones of a skin. Restoration functions of nerve ending, improvement of trophic and oxygenation helps to increase sensory sensitivity and activity of various functional systems [1-4].

In our previous animal studies (mice), infected with the deadly and therapeutic doses of the influenza virus A/Pr/8/34 and irradiated by polarized light, a positive effect was obtained in which 50% (deadly dose) and 80% (therapeutic dose) of experimental animals survived compared to the control group.

Purpose of Work

Improving the way of treatment of influenza and SARS in humans by using polarized light, which is directed to the inflammatory areas of the person with influenza or SARS to prevent the occurrence of dangerous severe complications.

Materials and Methods

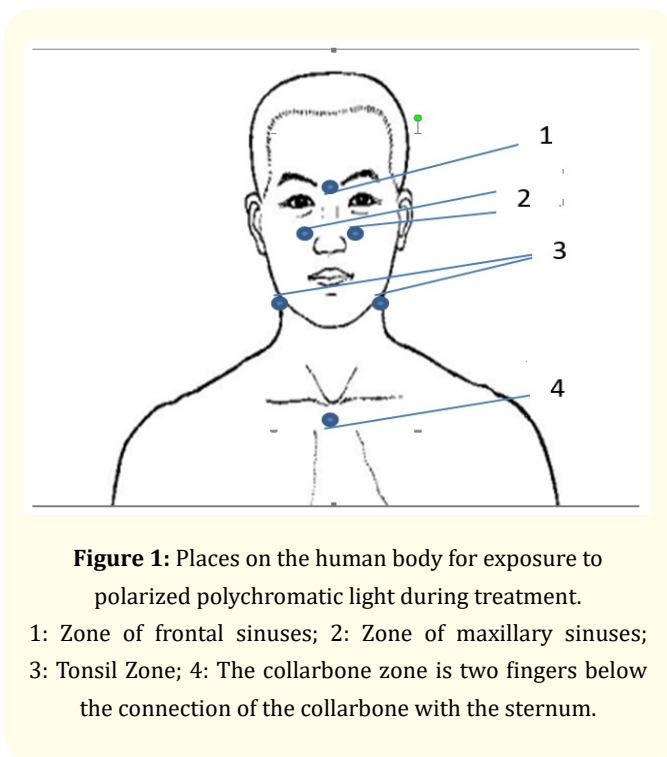
Studies were conducted on 50 patients (volunteers) with symptoms of influenza and SARS for 3 - 5 days after the onset of the disease (the time of treatment of the patient for medical assistance). The age of the surveyed is from 18 to 67 years, including 19 men and 31 women. For treatment used a source of polarized incoherent light with a wavelength of 400 - 2000 nm, with procession energy of light 2.4 J/cm².

The volunteer patients were divided into 4 groups. The 1st group of influenza patients was 10 people (Control 1), they received only standard basic therapy. The 2nd group of Patients with SARS (10 people) also received only standard basic therapy (Control 2). The first two groups made up a group for comparison. The 3rd group of patients, who were ill with influenza (15 people), except for basic therapy, were irradiated with polarized light for 10 sessions. The 4th group of patients with SARS (15 people), except basic therapy, also received 10 sessions of irradiation with polarized light.

All patients with influenza and other SARS, regardless of the severity of the disease, received: Basic and etiotropic therapy (Preparations of recombinant a-interferon in the form of drops in a nose and inhalation, inductors of endogenous interferon, preparations of direct action (Arbidol, Inosine pranobex), etc.

Research Results

Patients with influenza and SARS assigned irradiation (illumination) polarized light zone maxillary sinuses, zones between the eyebrows and the collarbone zone two fingers below the connection of the collarbone with the sternum for 4 minutes. If there were pain and tickle in the throat covered the tonsil area for 4 minutes (Figure 1). The irradiation session lasted up to 30 minutes, for a day it is possible to spend from 2 to 3 sessions (Table 1).



Light lasted for 5 days. In the treatment of people, suffering from influenza and SARS reduced the duration of clinical symptoms of the disease: nasal congestion and rhinitis-for 2 days, sore throat-for 2.5 days, dry cough-for 3 days, auscultative changes in the lungs-for 3 days (Figure 2). The characteristic of intoxication symptoms in patients with influenza and SARS in the application of polarized polychromatic incoherent light is shown on figure 3. Manifestations of general weakness reduced to 3 days, headache and myalgia to 2 days, the body temperature normalized (36.60C) on 3-day, appetite in patients appeared in 2.5 days after the beginning of light.

No	Group	Aca-Patients	Irradiation of patients for 30 minutes per session, Days, number of sessions				
			1	2	3	4	5
1.	Influenza (Control)	10	-	-	-	-	-
2.	SARS (Control)	10	-	-	-	-	-
3.	Flu + Light	15	3	2	2	2	1
4.	SARS + Light	15	3	2	2	2	1

Table 1: Scheme of treatment of patients with influenza and SARS polarized polychromatic incoherent light. Note: «-» - Do not irradiated; 3 - Irradiated 3 times a day; «2» - Irradiated 2 times a day, «1» - Irradiated 1 time a day.

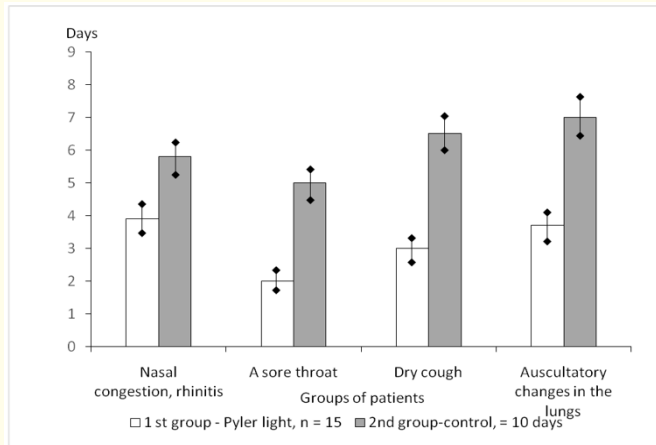


Figure 2: Duration of clinical symptoms of influenza and SARS when exposed to polarized polychromatic (together with basic therapy).

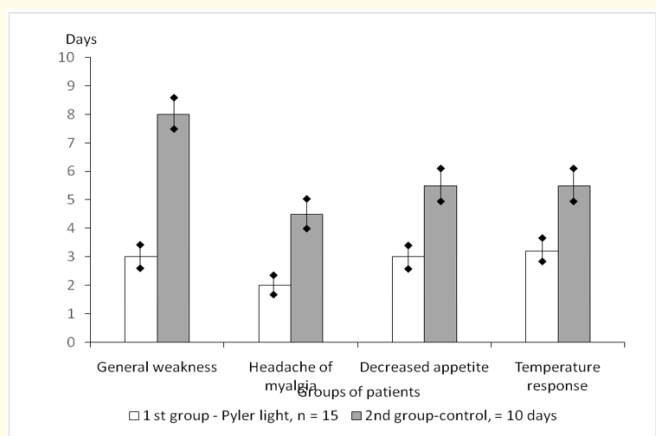


Figure 3: Duration of intoxication syndrome in patients with influenza and SARS at the impact of polarized polychromatic incoherent light (together with the basic therapy).

Thus, treatment of patients with influenza and SARS polarized polychromatic incoherent light has expressed an anti-inflammatory effect, characterized by positive dynamics of clinical symptoms of viral infections in Person. Identified high effectiveness of treatment by polarized incoherent light, good portability and ease of procedures, allows to recommend the application of the method at all stages of treatment, prevention and rehabilitation of the person.

Discussion

Application in the treatment of influenza and other SARS polychromatic light with a wavelength of 400 - 2000 nm due to the fact that the method of cellular activation is linearly polarized (95%) Light flux, which is polychromatic, incoherent, energy, does not contain ultraviolet and a significant part of infrared rays (safe for eyes and skin).

Its energy density is 40 mw/cm². These qualities cause higher penetration of electromagnetic fields into the human body and provide strong protection against pathogenic agents. At the same time the activity of metabolic processes is intensified, due to which the body's defenses are amplified.

Cross-oxidation in the membranes of erythrocytes decreases and this effect is maintained for 24 hours after a single action. Polarized light stimulates the processes of cellular regeneration, oxygenation and immune protection of the body.

The effect of polarized light during 4 - 6 minutes twice a day is due to the fact that up to 4 minutes of exposure, as the previous study showed, was insufficient, and irradiation of the body for more than 6 minutes is not feasible through the load on it. The duration of the general course of treatment was revealed in the research, namely: in the treatment of people with influenza and SARS reduced the duration of clinical and intoxication symptoms of the disease for 2 - 3 days.

In patients who had exposure to polarized light was assigned to the initial manifestations of respiratory infection, there was positive dynamics already after 2 - 3 sessions: decreased swelling and hyperemia nasal respiration, which allowed in 50% of cases refuse intranasal treatment vasoconstrictor's drugs. Sessions of irradiation by light were carried by patients well, adverse reactions were not observed, patients noted light pleasant warmth in the zone of influence of light.

Treatment of polarized, polychromatic light was characterized by positive dynamics of clinical symptoms of respiratory diseases, which allows reducing the volume and time of drug therapy, reducing the risk of developing complications of diseases.

Conclusions

1. Under the action of polarized, polychromatic, incoherent light, a decrease of 2 - 3 days of duration of intoxication syndrome and clinical course of respiratory diseases in influenza and other SARS was revealed.
2. High efficiency of polarized light impact on patients is established, good portability and accessibility of the procedure at all stages of treatment, prevention and rehabilitation of the person.
3. Defined places on the human body for exposure to polarized light for the treatment of patients with influenza and SARS.

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