

The Effect of Low Power Laser (Red and Yellow) on Depression

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Depression is a mood disorder that includes being sedentary or avoiding activity or inattention and unwillingness and can affect a person's thoughts, behavior, feelings, happiness, and well-being. People who are depressed can have feelings of discomfort, absurd anxiety, hopelessness, helplessness, despair, shame or restlessness. They may lose interest in activities that were once enjoyable, reluctant to eat, lose focus, have difficulty remembering details and making decisions, encountering problems in their relationships. And they have thought about suicide, intended to have it, and even committed suicide. Depression can also lead to insomnia, excessive sleep, feeling tired, digestive problems, or reduced body energy.

The prevalence of depression has increased in the twentieth century, especially after World War II, due to drug and alcohol use, increased stress, and decreased employment; another cause of increased depression is the underlying social change. A group of psychologists believe that the current society has created an unhealthy focus within individuals, making them too dependent on personal satisfaction and failure.

Introducing Depression

Depression has a variety of forms, the most common being major depression, with the person sometimes having a happy, temporary, and temporarily active life. One type of major depression is called melancholic depression, where the patient is never satisfied with something. About 2% of people with major depression have hallucination depression, which is usually accompanied by a sad mood. For example, they consider themselves guilty and unforgivable. About 2 percent of people with major depression also develop psychosis.

There is another type of depression called "unusual depression" that is common in its name. Symptoms of Illness Symptoms of Illness are common depressive symptoms that patients have with little or no sleep. Patients with unusual depression often sleep and eat more and gain weight quickly. According to one of the leading experts on depression (Donald Klein), unusual depression is "chronic" rather than "periodic"; puberty begins and patients are ignorant of everything.

The other type of depression is a neurosis that usually lasts about two years and its symptoms are milder than the major depression, but they always feel uncomfortable. Questionnaires and checklists such as the Beck Depression Inventory or Child Depression Inventory can be used by a healthcare provider to help diagnose and evaluate depression and its severity. Semi-structured interviews including the Kidney Questionnaire (KIDI) for the affective disorders and schizophrenia for the English abbreviation KSADS and the clinical interview for the DSM Type 2 English abbreviation: SCID are used to confirm and confirm depression. After examining the questionnaires, we include people who are depressed in our treatment group. Because we are familiar with the ability of low-power lasers to influence the treatment of depression and brain disease. To treat depression, we can treat these people using two treatment systems.

Treatment One: Because of the red wavelength range near the low power laser diode with a wavelength range of 600-808 nm, we select the maximum power of 30 MW. In this method, the laser light is projected through the nose for 15 to 30 minutes. This laser transfer will improve the patient's effect by enhancing the ATP activity of the prefrontal cortex mitochondria.

Treatment method 2: In this treatment we use yellow light beam. This type of light beam is very useful in this disease because of its special property. Yellow laser light can cure this disease by affecting the increase of serotonin and vitamin D production.

Acupoint: LR 14, CV 14, LR 8, HT 7, KI 3, CV 12

Laser yellow light property:

Support the production of serotonin and vitamin D

Yellow laser beam input ways to treat depression:

1. Through the nose
2. Through acupuncture points (acupuncture laser)

With these two treatments, we can treat depressed patients. The number of treatments for acupuncture laser will be up to 15 sessions, and nasal irradiation will vary from 12 to 28 sessions depending on the degree of depression. Laser sessions will be 72 hours.

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