EXPERIENCES WITH THE HE–NE LASER 
SINCE 1980
especially in psychosomatic diseases

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Indications of laser therapy
I Modern medicine
  - wound healing
  - tendinitis
  - orthopedic pains

Indications of laserpuncture
II Traditional Chinese medicine
  - rheumatic pains
  - internal diseases
  - psychosomatic diseases

In recent years there have been several publications on the effect of laser therapy in rheumatoid arthritis and in wound healing. Although there seems to be less interest in treating psychosomatic diseases with laser, there are many cases in which therapeutic interference with laser has proved to be indispensable.

Six case histories will be presented as examples of the failure of needle therapy:
1 Anorexia nervosa
2 Hyperventilation, cephaelea, dysmenorrhoe
3 Hyperventilation and agoraphobia
4 Stiffness, tiredness, nervousness
5 Vegetative ombalance and bodily pains
6 Colitis spastica

These patients were of various constitutions, but they did have in common a very unstable vegetative nervous system. Since a single needleprick already causes a sympathetic stimulus, the laser was chosen to influence acupuncture points without imbalancing the vegetative nervous system.

Especially in those patients who can only tolerate low dosages of medication, laser treatment proved more effective than conventional acupuncture treatment.

The apparatus used is a He–Ne laser, 632 nm, 2 mw, type “Akuplas”, developed for acupuncture purposes by Messerschmidt Bölkow Blohm Company, W–Germany.

The number of acupuncture points used depends on the diagnosis, with an average of 9 to 12 biological regulating points and about 4 trigger points. The trigger points are irradiated with a frequency of 3000 Hz for 30 seconds per point, whereas the biological stimulating points are treated with the unmodulated laser beam for 60 to 90 seconds per point.
Most of our sensitive patients already felt better after the second session. The number of treatments given was ten to twelve over three to four months: once a week during the first month, then once in two weeks, and after the second month once every three to four weeks, depending on the patient's reaction.

In the early eighties the recommended application time was (for painful spots) only 5 to 10 seconds at a frequency of 3000 to 5000 Hz. At that time we needed the laserpuncture at least twice a week, a course being 20 to 24 treatments.

1. E. P., 20 year-old, female
   - Nervous, afraid to fail for school exams
   - At 12 years anorexia nervosa
   - Emaciated, anemia
   - No fat cutaneous tissue
   - YM 12, B 20 – 21 – 38, P 6 , H 3 , TM 14
   - Auriculo therapy : Shen mcn, Stomach

2. M. v. Z., 21 year-old, female
   - Very tired, pain at YM 17 – Gb 20 – 14
   - Hyperventilation, headache, dysmenorrhoe
e
   - Lean, scoliosis, white coated tongue
   - Cold, moist hands, blue nails
   - Chin. pulse diagnosis : Pericardium, Kidney
   - YM 6 – 15, P 6 / 9, St 36, Sp 6 /k 3 , B 13 – 23
     or B 15 – 25

3. J. P. v. H., 65 year-old, female
   - Extremely tired, fearful
   - Tinnitus in left ear
   - Hyperventilation and agoraphobia
   - Scoliosis, torsion of left scapula
   - Chin. pulse diagnosis : Bl, K
   - YM 5 – 12 – 17, Lu 7, TM 3, St 36, Li 3

4. J. v/d G, 50 year-old, male
   - Always tired, stiffness in hands/legs
   - Nervous, depressive, tinnitus
   - RR 115 / 90 – 110 / 70 – 180 / 120
   - Scheueman, adipose, yellowish tongue
   - Chin. pulse diagnosis : TW, Bl, H, Sp
   - YM 5, YM 12, St 36, Sp 6, TW 3, Bl 15 / 23

5. E Sch, 49 year-old, female
   - Low backpain, headache
   - Paracetamol 6 /day
   - Disc degeneration C 12-C 4 and L 4-S 1
   - 5 abdominal surgeries (17 yr. – 47 yr.)
   - YM 5, YM 12, YM 17, Tw 3 or
   - Gb 21, Bl 15 / 23, Bl 58 / 54, TW 5, TM 20, K 3

6. E C, 55 year-old, female
   - Frequently subileus (2 years ago ileus)
   - Diarrhoea (8 ×/day), 46 Kg – 1.60 m
   - Spondylodesis L 4 – S 2 at 16 years
   - Hysterectomy (uterus carc.), Billroth II (ulc. ventr.)
   - Colectomy (colitis ulc.), Cholecystectomy
   - I Bl 13, r Gb 21, Bl 12, I Bl 19, r Bl 21 (scoliosis)
   - Scars, Ym 5, r St 28, St 36

CONCLUSION

These cases illustrate the usefulness of the application of modern technology in ancient procedures / classical acupuncture.

People who were sick enough to need acupuncture, but who —vegetatively speaking— were not healthy enough to stand it, can now succesfully be treated with laserpuncture.

From the point of view of the research institutes it is interesting to note that the dosage of point stimulation can now be determined exactly, without depending too much on the individual differences in handling the acupuncture needles.

In our institute of four acupuncturists we could experience the different reactions on needling the same points at the same patient.