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## The effects of laser acupuncture treatment on common illnesses

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Laser acupuncture (LA) is an intervention that stimulates traditional acupuncture point using low-level laser therapy. Laser is an acronym that stands for Light Amplification by the Stimulated Emission of Radiation. Low-level laser therapy, cold laser therapy, soft laser therapy, laser biostimulation, photobiomodulation, and laser phototherapy are all generic terms for the therapeutic application of a red-beam or near-infrared laser with a wavelength between 600 and 1000 nm and a power between 5 and 500 mW. Compared to traditional manual acupuncture, LA has multiple advantages, including ease of application, dose measurement precision, painlessness, and non-invasiveness. It is also quick, safe, and carries no risk of infection. Growing medical evidence indicates the viability of laser acupuncture as an alternative for weak patients, elderly patients, young patients, and patients who fear needles. Wavelength, dosage, procedure, and site of application are all factors that affect the efficacy of laser acupuncture. By finding the right combination of the individual underlying factors, more interest in the applicability of laser acupuncture can be generated. The laser I use in acupuncture treatments is produced by a Gallium Aluminum Arsenide (GaAlAs) semiconductor diode Laser Phototherapy Device. The laser handheld device itself is applied directly and perpendicularly to the skin surface. To avoid scattering the laser beam, slight pressure contact is made between the device and the patient's skin. Irradiation points include tendons, trigger points, Ashi points, acupuncture points, and pathognomonic points. The results of laser acupuncture on patients with musculoskeletal disorders, insomnia, dysmenorrhea, obesity and rhinitis are particularly promising. Laser acupuncture has proven to be very effective when applied to selected single points. The method of laser acupuncture for the treatment of these conditions will be introduced and the incredible clinical response discussed.

### Biography

Chi-Chuan Tseng received his Master of Medical Science from the Graduate Institute of Integrated Medicine, China Medical University, Taichung, Taiwan. He is a Lecturer at the College of Medicine, Chang Gung University. He is board certified in Family Medicine, Rheumatology and Internal Medicine. He has several peer-reviewed publications in internationally reputed journals. He reviews paper for Elsevier and is the Director of Chinese Medical Association of Acupuncture.

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