

# 4<sup>th</sup> Global Acupuncture & Therapists Annual Meeting and International Conference on Holistic Medicine & Holistic Nursing

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## Heliotherapy; an alternative treatment for resistant diseases

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The use of Heliotherapy for the treatment of various affections of the body is of an old date. It was in 1880 that heliotherapy became a recognized therapeutic procedure in surgical tuberculosis and gained a wide popularity. Since that time, further studies were conducted to find out more health benefits to sun light. Many health institutions were built on high altitude or by the seashores in Europe to provide heliotherapy to patients suffering from TB in abdomen, bones and joints, psoriatic arthritis, uveitis, atopic dermatitis, and rheumatoid conditions.... etc.

However, with the success of antibiotics in achieving faster therapeutic goals in the treatment of TB, and with the emerge of theories indicting that the direct exposure to sun light can be associated with increased incidence of skin cancer, the reputation of heliotherapy has reposed.

We reviewed the earliest clinical data and observations reported by physicians and the relatively new studies and proposed Heliotherapy to be a solution for the failure of treatment of many diseases, specially those cases resistant to conventional therapy.

This paper focuses on the therapeutic benefits of sunlight exposure in the treatment of drug resistant TB and granulomatous lesions whether in the lungs or any other part of the body. It also highlights the effect of heliotherapy in the treatment of a group of skin manifestations, mood enhancement, immune modulation and treatment of autoimmune diseases.

### Biography

Alaa S. Barhamain; Senior medical student completing her final year at Umm Al-Qura University, College of Medicine to obtain her MD Bachelor Degree in 2017. She is very interested in the field of research and is a main author in 3 research papers under review for publication. Currently she is studying the therapeutic benefits of heliotherapy.

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