

Recent advances in low-level laser therapy on depression

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KEYWORDS

low-level laser therapy (LLLT), near-infrared (NIR), depression, ATP, neuroprotection, microbiota, gut-brain

ABSTRACT

Photobiomodulation (PBM), as a form of light therapy, has been applied broadly in the medical practice. The biological photoreceptors use small-molecule cofactors called chromophores to detect light and convert a physical signal into a biochemical signal transmission cascade. Visible light (380–780 nm) can activate specialized photoreceptors to stimulate vision and regulate circadian rhythm. Compared with visible light, near-infrared (NIR) light (780–1,100 nm) has better tissue penetration depths, enabling us to carry out non-invasive low-level laser therapy (LLLT) for different tissues. Mitochondrial cytochrome c oxidase is the main NIR photoreceptor. The basic effect is to promote the generation of ATP through the respiratory chain. LLLT can enhance blood circulation, alleviate inflammation, promote muscle damage repair, stem cell proliferation and so on. The neuroprotective effect of LLLT on central nervous system (CNS) diseases has been preliminarily verified in animal models, which is expected to improve the cognitive function of Alzheimer's patients, motor symptoms of Parkinson's patients and mental disorders of patients with depression, thus improving the quality of life of patients. Understanding its protective effect and mechanisms will contribute to better therapeutic application in the future. In this review, we will discuss the antidepressant effect of LLLT, its possible mechanisms, and existing problems with its applications.

1 Introduction

The origin of sunlight in heliotherapy can be tracked to ancient China, Egypt, and Greece. Physicist Theodore Harold Maiman invented the first operable laser in 1960. Photobiomodulation (PBM) was discovered shortly after the invention of the laser. Beginning in 1967, Professor Mester found that low-energy laser radiation accelerated healing of wounds and damaged hairs in laboratory mice. Since then, the non-invasive

low-level laser therapy (LLLT) is practiced as part of physical therapy in many parts of the world. In recent years, LLLT has been emphasized because of its beneficial brain effects among many non-drug interventions [1, 2]. The main mechanism of LLLT is the ability of cells to absorb red light (620–750 nm) and near-infrared (NIR) light (780–1,100 nm) through chromophores, including flavins, iron-sulfur centers, or heme [3]. During this process, cytochrome c oxidase (CCO) activity is enhanced, and ATP synthesis is elevated [4].

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Recent Advances In Depression

**Martin M. Katz, Thomas Andrew
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Recent Advances In Depression:

Recent Advances and Challenges in the Treatment of Major Depressive Disorder Yong-Ku Kim, 2024-09-12 This book reviews all aspects of major depressive disorder MDD casting light on its neurobiological underpinnings and describing the most recent advances in management The book is divided into four sections the first of which discusses MDD from a network science perspective highlighting the alterations in functional and structural connectivity and presenting insights achieved through resting state functional MRI and the development of neuroimaging based biomarkers The second section examines important diagnostic and neurobiological issues while the third considers the currently available specific treatments for MDD including biofeedback neurofeedback cognitive behavioral therapy acceptance and commitment therapy neuromodulation therapy psychodynamic therapy and complementary and alternative medicine A concluding section is devoted to promising emerging treatments from novel psychopharmacological therapies through to virtual reality treatment immunotherapy biomarker guided tailored therapy and more Written by leading experts from across the world the book will be an excellent source of information for both researchers and practitioners Recent Advances in the Psychobiology of the Depressive Illnesses Thomas A. Williams, Martin M. Katz, James Asa Shield, 1972 *Recent Advances in the Psychobiology of the Depressive Illnesses* Martin M. Katz, Thomas Andrew Williams, James Asa Shield, 1969 **Recent Advances in the Psychobiology of the Depressive Illnesses; Proceedings of a Workshop Sponsored by the Clinical Research Branch, Division of Extramural Research Programs** National Institute of Mental Health (U.S.), 1972 Recent Advances on the Multimodal Search for Markers of Treatment Response in Affective Disorders: From Bench to Bedside? Frank M Schmidt, Christian Sander, Martin Walter, 2019-11-28 **Recent Advances in Theories and Practice of Chinese Medicine** Haixue Kuang, 2012-01-18 During the recent years traditional Chinese medicine TCM has attracted the attention of researchers all over the world It is looked upon not only as a bright pearl but also a treasure house of ancient Chinese culture Nowadays TCM has become a subject area with high potential and the possibility for original innovation This book titled *Recent Advances in Theories and Practice of Chinese Medicine* provides an authoritative and cutting edge insight into TCM research including its basic theories diagnostic approach current clinical applications latest advances and more It discusses many often neglected important issues such as the theory of TCM property and how to carry out TCM research in the direction of TCM property theory using modern scientific technology The authors of this book comprise an international group of recognized researchers who possess abundant clinical knowledge and research background due to their years of practicing TCM Hopefully this book will help our readers gain a deeper understanding of the unique characteristics of Chinese medicine Clinical Psychiatry: Recent Advances and Future Directions, An Issue of Psychiatric Clinics of North America David Baron, 2015-09-07 Recent advances in clinical psychiatry are presented by David Baron and Lawrence Gross in this issue of *Psychiatric Clinics* Psychiatrists will find here disorders they deal with daily in patients and topics include

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Wang,Yiyun Shou,Joseph Wu,Hui-Fang Chen,Cheng-Ta Yang,Kazuhisa Takemura,2022-03-03 **Depression and Dementia**

Suptendra Nath Sarbadhikari,2005 Many of the mechanisms of brain action in health as well as diseases like depression and dementia are non linear The psychomotor theory can shed some light on the brain mind body interaction in health and disease Specific neurotransmitters through their different receptor subtypes ultimately act along some final common pathway in a lateralised fashion to produce depression and dementia The currently available neurochemical and genetic evidences and their correlation with life events from population based studies may be useful in screening susceptibility to dementia and depression Further criteria may be set up for susceptibility to these diseases and they might help designing early interventions in prevention of depression and dementia The breakdown of the BBB Blood brain barrier through Heat Shock Protein HSP is also responsible for many neurodegenerative diseases Aggressive and individualised management of patients suffering from depression and dementia may be the most promising gift of medical science and technology to humanity Nonlinear dynamic analysis NDA of EEG electroencephalography may aid in the differential diagnosis of dementias However the methodologies have to be standardised further to make it clinically acceptable universally ERPs event related potentials in EEG can be of great help in diagnosis and also assessing prognosis of dementias Finally fusion or hybrid techniques especially those incorporating fMRI or functional magnetic resonance imaging along with qEEG or quantitative EEG can be of immense help in diagnosing managing and predicting the prognosis of depression and dementia This book discusses the above issues and offers an important update in the area of depression and dementia New Advances in Neurorehabilitation Nicola Smania,Stefano Tamburin,Giorgio Sandrini,Leopold Saltuari,Volker Hoemberg,2019-12-24

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web no repentance is necessary no surrender and submission to christ is necessary in fact we could just label this gate heaven and underneath it says the way of self indulgence the narrow gate says heaven the way of self denial there s a large crowd coming in by the way a lot of religious systems

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web roman catholicism the catholic church teaches that heaven is the ultimate end and fulfillment of the deepest human longings the state of supreme definitive happiness 8 in heaven one experiences the beatific vision 9 the church holds that by his death and resurrection jesus christ has opened heaven to us

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