



APPROPRIATE TECHNOLOGY APPLICATION BY DESIGNING INSTRUMENT OF LIGHT THERAPY (PHOTOTHERAPY): A CHEAP, EFFECTIVE & EASY FOR POOR PATIENTS WITH 'UV-C' LIGHT IN THE TREATMENT OF VITILIGO & PSORIASIS

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ABSTRACT

Appropriate technology is an ideological movement originally as an intermediate technology as small is Beautiful. Though the nuances of appropriate technology vary between fields and applications, it is generally recognized as encompassing technological choice and application that is small-scale, decentralized, labor-intensive, energy-efficient, environmentally sound, and locally controlled.

Indian ideological leader Mahatma Gandhi Ji is often cited as the "father" of the appropriate technology movement. Though the concept had not been given a name, Gandhi advocated for small, local and predominantly village-based technology to help India's villages become self-reliant. He disagreed with the idea of technology that benefited a minority of people at the expense of the majority or that put people out of work to increase profit. In 1925 Gandhi founded the All-India Spinners Association and in 1935 he retired from politics to form the All-India Village Industries Association. Both organizations focused on village-based technology similar to the future appropriate technology movement.

However, Light therapy is also known as phototherapy. It uses specific wavelengths of light to help treat conditions, such as vitiligo, psoriasis.

White spot patients in India are in very larger in numbers than other country of world. In Indian sub continent vitiligo is great social stigma for both gender but most problematic for female patients. In treatment of vitiligo PUVA therapy is most effective, that combines Psoralen containing herbal drugs (orally) with ultraviolet A (UV-A) light therapy (UV-A is the light with wavelengths of 320-400nm). More than 85% patients report relief of disease symptoms with 20-30 treatments, therapy is given three times per week, each sitting exposure treatment costs Rs. Ten Thousands. Obviously it is too costly to afford by a poor patient and secondly females have to remove their clothes for the treatment. Even today this type of facility of light therapy is not available in C & B class cities except metropolitan cities.

Since 1983 to 1995 I had worked on clinical screening of Unani Drugs for the treatment of vitiligo and had examined 4 thousands vitiligo cases in different groups.

Keeping this point of view, I have designed the Ultraviolet UV-C (short wave 280-100nm) Lamp with UV-C tube which is used in RO water purifier as germicidal that tubular UV-C fitted in ordinary room heater having reflector being used for light therapy is usually combined with Psoralen (oral) + Psoralea corylifolia L. (Babchi) oil topical and is extremely effective for treating the moderate to severe white spots and in Psoriasis also. This UV-C lamp costs Rs. 700-1000, handy to carry and the females can use this light therapy on their hidden part easily exposing their hidden body part without any hesitation and they get benefitted.

Thus this UV-C Lamp is cheaper, useful and beneficial for treating vitiligo & Psoriasis.