

ANCIENT LIGHT THERAPIES: A BOON TO MEDICAL SCIENCE

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Sun was thought to evolved ~4.5 billion years ago. Simultaneously the first cellular life on earth was evolved under the sparks of light in the form of phototrophic filamentous bacteria. The sun provides essential energy for life's process to work. The therapeutic features of Sunlight to kill pathogenic microbes were known to ancients since 1400 B.C. in the form of heliotherapy. Heliotherapy was practiced by Hippocrates physicians, Ephesus and Avicenna for all kinds of disease. Sun deities presided over virtually all ancient civilizations including Egypt, Greece, Rome, and the Mayans. There are a couple of Hindu temples and festivals devoted to God Sun. We are avoiding communication with sunlight starlight and almost Nature, the free of cost healing medicines available to everyone. In this article we have tried to compile the information on scientific observations behind sunshine as an ancient medical aid for many therapies.
