MOIST HEAT AS IMMUNE THERAPY FOR NON CURABLE DISEASES

MOHAMED SAMIR AHMED ABDEL-RHEEM
Consultant of surgery Damanhour National Medical Institute
Damanhour Egypt

Trials to use hyperthermia in treatment of diseases started at the end of the 19th century with variable results. Boiling water was used to treat capillary haemangioma but result was not satisfactory and it is treated now by surgery or laser(1). Hyperthermia was tried to treat cancer in form of dry heat up to 45 degree or by radiofrequency but recurrence is the role, it may be used as adjuvant to radiotherapy(2).Extra-corporeal whole body hyperthermia was tried to treat HCV and HIV by heating patient's blood outside his body by certain machine; hot blood in turn heats whole body up to 42 degree for 2 hours under general anaesthesia with drugs to prevent the serious effects of this high temperature on body organs. Even this hazardous method failed to cure HCV or HIV patients completely(3). The author is the 1st to use boiling water locally on different lesions with great success.

What is moist heat ?

In feb. 1993 I started to use boiling water directly on skin lesions which healed completely within few weeks. I called this method MOIST HEAT (MH).

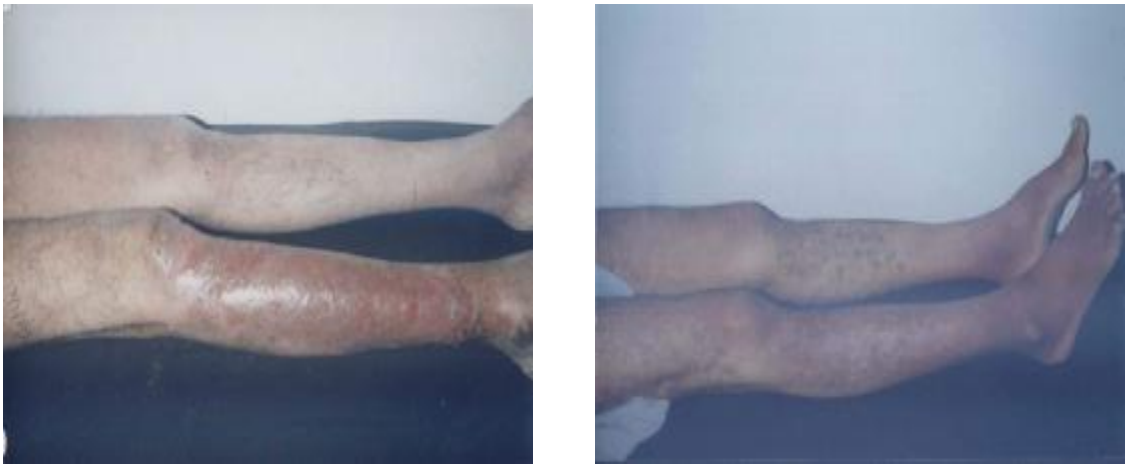
How can it be used ?

Moist heat can be used as a water or as a steam in chest lesions. It can be used either as boiling water with one application under local anaesthesia(rapid method), or it may be used as hot water or hot vapour at the highest temperature patient can withstand for several times(slow method). The way of application differs according to the lesion; it is used directly on skin lesions by cotton or gauze, or by intramuscular injection in cases of chronic viruses, or intra- articular injection in cases of chronic joint diseases, here we use the rapid method . We use slow method in treating chest conditions by hot vapour or hot enema in colonic lesions or hot vaginal douches in some female genital conditions or hot drinks in oesophageal and gastric affections. Even very hot bath can be used in some extensive skin diseases like psoriasis or some vascular disorders or some internal organs diseases. Here the doctor starts the method and then teaches the patient how to continue at home. Tape water is used for external application and distilled water or saline is used in injection.

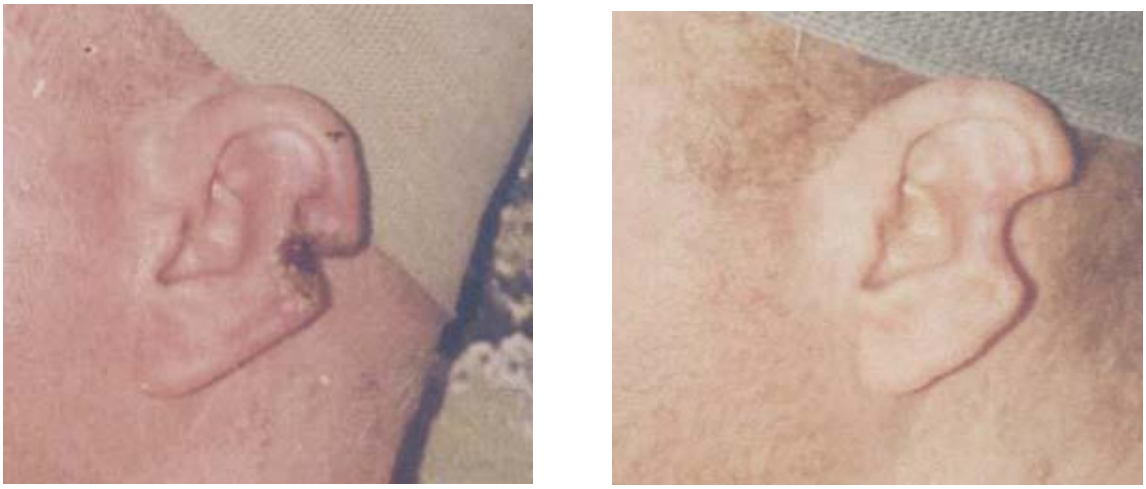
Diseases treated by moist heat:

Moist heat was used to treat many diseases (with variable degrees of success) which include auto-immune, tumours, infections and miscellaneous. As for example chronic eczyma (fig.1) neurodermatitis, seborrhoeic dermatitis, atopic dermatitis, psoriasis, fissuring of the feet, scleroderma, chronic discoid lupus. pyoderma gangrenosa (gangrene in the skin with sloughing and painful ulcers) vasculitis, Pehcet's disease (scrotal and buccal ulcers with corneal lesions) acne vulgaris, chronic ulcers, diabetic foot infection with or without chronic osteomylitis, acute and chronic tonsillitis, lichen planus, warts, cervical erosions, dysfuctional uterine bleeding, dyspeptic ulcers, vascular ulcers (varicose and post phlebitic), leucoplakia, xeroderma pigmentosa (hereditary disease causes pigmentation, pre-malignant ulcers in exposed skin and

corneal opacities)basal cell carcinoma, squamous cell carcinoma (scc) (fig2)…etc by external application of moist heat rapid method.



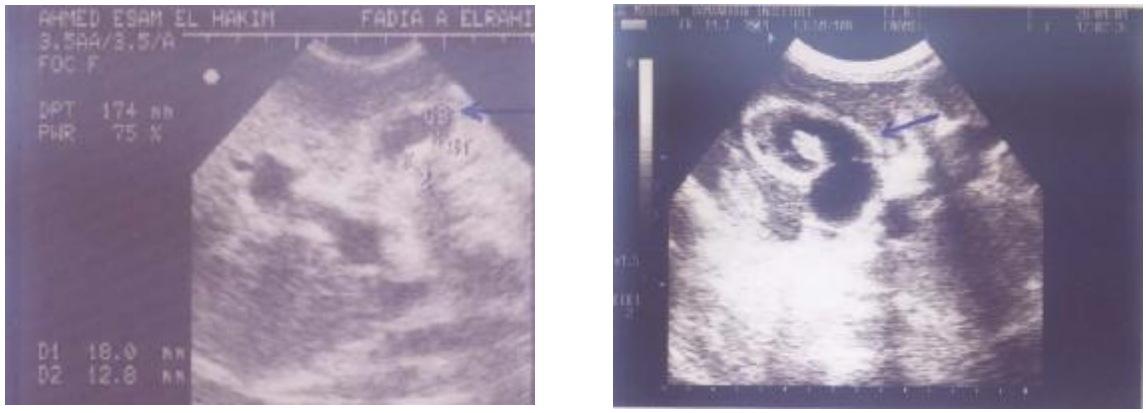
(fig.1) Chronic eczyma in right leg(left) before MH therapy. (right)after therapy complete cure and even eruption of hairs.



(fig. 2) SCC eroding left auricle before MH treatment(left). after treatment complete cure (right).

By intra–articular injection (rapid method) in rheumatoid arthritis and osteoarthrosis . It was used by intra-muscular injection rapid method in treating HCV. In this method the moist heat can treat any chronic virus present as it is not marked by a certain chemical for a certain virus but it is given to any systemic viruses present in patient's blood 2 or 3 or more; all will be treated by the same injection at the same time, this why I expected that HIV will be killed as what happened with HCV. In fact HIV was not involved in a separate study as AIDS is very very rare in Egypt; but a study was done on treating HCV by MH. The ratio of complete eradication of virus was70% of cases (14 patients out of 20 patients were subjected to the study), during treating patients with HCV there was accidentally HBV in 2 of them; cure occurred for HBV also. This was expected as MH was not directed to HCV only, similarly MH can treat HIV. Moist heat was used also externally by slow method to treat calcular fibrotic non functioning gall bladder in cirrhotic liver(fig.3), in heart burn and hiccough by hot drinks. Also used in some acute conditions like acute anal fissure, acute myositis and urticaria to relieve severe itching. Finally it

was used by inhalation of hot vapour(slow method) to treat acute and chronic bronchitis, bronchial asthma in young and adults and human influenza.



(fig.3) U/S of cirrhotic liver showing contracted fibrotic non functioning gall bladder full of stones with average diameter of 13 mm before MH use (left). after MH use normal functioning gall bladder with remnant of dissolved stones (right).

Is it an immune reaction?

From my observations during treating different diseases by MH, I could conclude that there is some sort of immune reaction as the same picture was found in all different types of diseases treated.

1-In cases of taenia corporis when moist heat was put on one patch; all patches healed even those not treated by MH, the same thing occurred in psoriasis, in chronic eczyma; even in warts when MH was used to treat warts in one hand all warts in both hands healed even those of the other hand. In one case of fibroadenosis in both breasts; MH was used in one breast; the disease disappeared in both sides. In one case of basal cell carcinoma MH was put in the lower half of the ulcer; all the ulcer healed. The time of healing is the same in all diseases it took about from 2-4 weeks. Here what happened; water used is free from any chemicals or any thing! what caused distant lesions not treated to heal also with the treated lesions! in the same time!

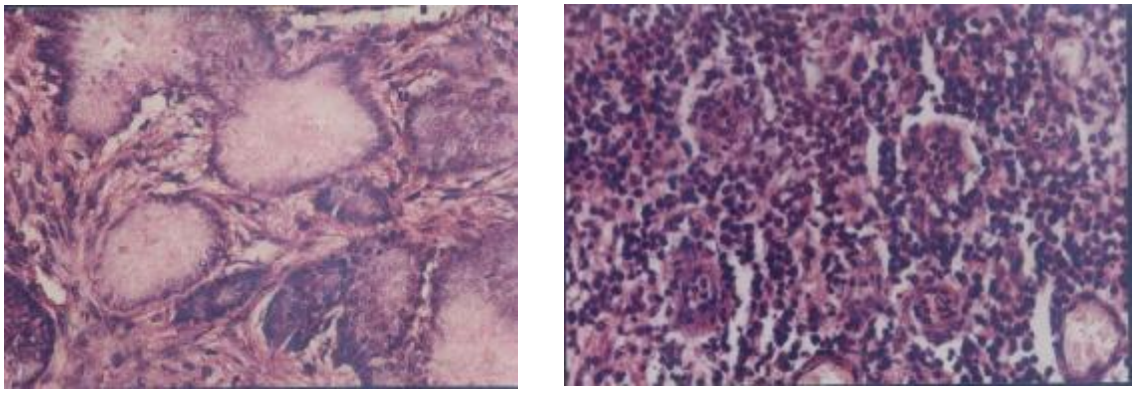
Another observation which is very important that the work of MH is very specific: In one patient there were 6 basal cell carcinomata in his face and chronic eczyma in his leg, ulcers were treated by MH but eczyma not, ulcers healed without eczyma which required its own application of MH to heal.

This means that the reaction produced by MH is specific for ulcers only and it does not work on other lesions. This is contrary to a case of Pehcet's disease where MH was used on scrotal ulcers only …healing occurred in them, buccal and corneal lesions also! as It is the same pathology.

In other patient suffering from Sjogren's syndrome (rheumatoid arthritis with atrophy of salivary and lacrimal glands) MH was injected in joints only: salivation and lacrimation returned again with healing of joints.

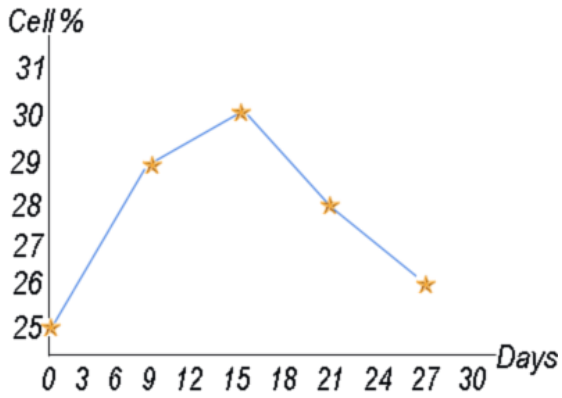
My explanation is there may be; even must be a highly specific immune reaction for the treated lesions.

2-In one case of (scc) the process of healing was studied by biopsy (fig.4) before MH use slide showed malignant cell nests and scanty lymphocytes in the field, after use of MH the second slide showed numerous lymphocytes about 1200 cells/field a picture which never seen during any type of cancer therapy. How all these lymphocytes formed and gathered in the field!



(fig.4) (left) Microscopic picture to SCC showing malignant cell nests with few scanty lymphocytes before MH therapy. (right) microscopic picture showing numerous lymphocytes surrounding few malignant cells after MH use.

3-in another case of histiocytoma during healing lymphocytic percentage was studied (fig5); there was gradual increase in the percentage up to 2nd week then decreased after another 2 weeks a picture which coincides with the clinical picture described before.



(fig.5) Lymphocytic percentage curve during treating histioctoma with MH.

In HCV cases leucocytic count was studied which also increased; what so ever its pre-injection level is ;to reach its peak after 2 weeks then returned to its starting count after another 2 weeks; in one patient the starting count was 2500 cells/mm (leucpenic) after 2 weeks became 17700 cells/mm, there is about 15200 cells/mm increase i.e more than 600%. In other patient the count increased from 5200 to 8000 cells/mm and in a 3rd one the count increased from 8000 to 9400 cells/mm ;then the count returned back to its pre-therapy level after nearly another 2 weeks.

What does this mean?

The same picture for lymphocytic count in malignancy and chronic viruses ….so from 1,2and3 we found similarity in clinical, histological and lymphocytic pictures in all different diseases : There must be an immune reaction.

What is the type of immune reaction?

It is well known that immune system recognises home cells in early life by certain markers present on the outer surface of cell membrane of all body cells and every person has his specific surface markers which differ completely from other persons

except in cases of identical twins; so immune system for certain person keeps these surface markers in its memory and does not attack its home cells; only attacks any foreign cells containing different surface markers by humoral(B lymphocyte) or cellular(T lymphocyte) reaction to get rid of diseases(4). In cases of cancer immune system does not form specific reaction against tumours as cells here are home cells. In some viral infections like HCV and fungi like taenias although there are foreign surface markers the response of immune system to these foreign organisms is week and ineffective. In cases of auto- immune diseases like psoriasis the immune system makes antibodies to its home cells although there is no changes in epidermal cells surface markers. In these 3 conditions immune system by its 2 types of B and T lymphocytes fails to fight cancer and foreign organisms and diseases proceed to chronicity and complications, in auto-immune diseases the immune system itself produces the diseases and complications it becomes harmful to the body .

In moist heat therapy we observed how the response is massive immune reaction in all these diseases. In cancer biopsy slide there are about 1200 cells/field instead of scanty few cells before MH use nearly no immune reaction. Also in leucocytic count done during HCV treatment although there was leucpenia in some patients before MH therapy(no immune response) the count increased up to more than 600% after MH use. We are in front of controversy nearly no immune response in chronic diseases before MH use and massive immune reaction after MH application with the same picture in different diseases. What is the explanation to this finding? For me I suggest other immune reaction which works in different way .

The author found that all these different diseases share in one thing: the changes occur in some genes inside the nucleus .It is well known now that cancer occurs due to changes in some genes and when natural defence mechanisms fail to get rid of them cancer proceeds(5). As for foreign organisms there are definite foreign genes.In auto immune diseases there are changes in some genes as in psoriasis for example abnormal gene gives abnormal product(antigen) released to circulation by minor trauma to stimulate antibody formation and disease happens(6).

The author suggests other system or reaction of immunity where there is non B non T specific lymphocyte which is able to recognise changes in genes inside the nuclei of diseased cells then gather around them in an Inactive form ;hot water activates these cells which multiply more and more destroying these abnormal cells. This occurs in all abnormal genes what so ever they may be; home cells(cancer or auto-immune diseases)or foreign organisms. This could explain the similarity of reaction and clinical progression in all diseases…I think the water is specific for this reaction other than other fluids; in addition it prevails over any other fluid.

I suggested before that hot water may make diseased cells antigenic, but this is not correct as trails to make malignant cells antigenic outside the body then re-injection failed to produce antibodies against the malignant cells in the body (5). Also foreign organisms are antigenic from the start and immune system (B,T) failed to form effective antibodies to some of them as in HCV and fungi.

I call this ignorant cell: hot water cell or Samir cell (S) in contrary to B and T cells and the reaction or system is Samir reaction which has certain characters. We can say that we have 2 types of immune reactions; one recognises changes in surface markers of cell membrane and reacts by B and T lymphocytes. And other system recognises changes in genes and reacts by S cells when activated by moist heat. So moist heat can be regarded as gene therapy.

Further uses and future:

Moist heat can solve the problems of organ transplantation as rejection, donor and lawful ones, even research of stem cells will not provide whole organ; only tissue of the organ, also organ transplantation and stem cells will not treat the cause of the disease which persists to affect the newly used either organ or stem cells; as in case of diseased liver with HCV.

Moist heat could restore failed organ to functioning one as it is shown in case of contracted fibrotic non functioning gall bladder(fig3), in the same cirrhotic patient the diameter of the portal vein decreased from 18mm to 14mm which means that the degree of fibrosis in the liver decreased; accordingly we can restore the function of the liver normally by further research on MH role. The same can be used in chronic auto-immune renal failure where we can restore the function of the diseased kidney . As for heart we can avoid the pathological effects of other diseases on the heart ;as for example we can prevent valvular affection by treating tonsillitis and core pulmonale by treating lung conditions. MH can be used to treat birds flu and bad effects of smoking.

Moist heat can be used to treat animals suffering from similar conditions. It can be used also by dentists to treat gum pathology.

As It was used for cutaneous and chronic viral diseases it can be used for more advanced diseases especially it is safe, cheap, easy, available, highly effective, broad spectrum with rapid response.

All doctors in different specialities are invited to try MOIST HEAT and not to forget(if it will not benefit it will not harm)

Summary:

Trials to use hyperthermia in treating diseases started at the end of 19th century. At the end of the 20th century boiling water(moist heat) could succeed in treating many diseases involving auto-immune, tumours and infectious diseases. Moist heat seems to stimulate an immune reaction which is highly specific to the pathology present. It may stimulate a 3rd type of immune reaction other than B or T types. It may act at the level of nuclear genes. It can be regarded as a kind of gene therapy.

References:

1-David RH. Baily, Love,s short practice of surgery: Skin and skin grafting: 17th ed. London: HK Lewis,co.ltd;1977: 108-15.

2-Duncan W. Essential surgical practice: Ionising radiation and radiotherapy: 2nded. London: A Cuscheri; 1988: 190-202.

3-Salama H. Extra-corporial whole body hyperthermia treatment of chronic HCV infection. Eg. soc.of thermotherapy 1st ann. Congress:Cairo;2002:23-24.

4-El-gendi MA. Alexandria surgical text book: Immunity. 1st ed. Alexandria: MA Elgendi;1988; 137-46.

5-Kalman KC, Giles GR. Essential surgical practice: Principles of clinical oncology.2nd ed. London: A Cuscheri;1988:173-89.

6-Mackie RM. Text book of clinical dermatology: Psoriasis and other papulo-squamous diseases.1st ed. Oxford; Oxford un.press;1981:32-37.

The prophet of Islam Mohamed 'Peace be upon him' since 1400 years said "There is a drug for each disease; its last is cautery" in other words; cautery is the last drug.
Moist heat is a smooth cautery .

Present online in 21/08/2008