

Photonic Medicine – Case 1: Depressive Episode, Petra

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Client Presentation

Petra is 22 years old and is a third-year medical student.

Over the past six months, she gradually began to feel unwell. She started avoiding social contact and had difficulty concentrating. During the past two months, she has been crying every day, as she says, “for no reason.”

Over the past month, she has been unable to sleep properly at night. She would lie awake thinking, was unable to study, and the only person whose company she could tolerate was her boyfriend.

She studies in a larger town, approximately 200 kilometers from the place where she grew up, and lives alone in an apartment. Her mother and younger sister live in her hometown.

Recently, her mother has occasionally had to give her an anxiolytic tablet to help her calm down.

Before these symptoms developed, she had been an excellent student, played volleyball, and had a wide circle of friends.

Her father died suddenly two and a half years ago, in the same year that she moved away from home to begin her studies. She has always been very close to her family, particularly her mother and grandmother.

A year ago, Petra’s mother also came to me for acupuncture treatments because she had developed depressive symptoms following the sudden death of her husband.

Petra’s Treatment Goals

- To sleep well at night
- To be able to concentrate on studying
- To feel joy and cheerfulness again
- To enjoy spending time with her friends

Current Symptoms

- She cannot sleep properly; she has difficulty falling asleep and frequently wakes during the night.
- She cannot concentrate on studying.
- She avoids socialising with friends and going out in the evenings.
- She now cries every day, as she says, “for no reason,” and reports feeling somewhat better after crying.
- She occasionally needs to take an anxiolytic tablet.
- She has noticed that she feels better when she drinks a small amount of alcohol.
- Over the past month, she has started having thoughts about the purpose of life and is afraid that suicidal thoughts might develop. *(She did not openly tell me that she has suicidal thoughts, but from the course of our conversation, I think they may already be beginning to appear.)*
- Petra attended psychotherapy for several months, but did not experience any improvement.

Previous Illnesses and Treatment

- Over the past few months, she attended psychotherapy, but did not experience any improvement.
- One year ago, she underwent a thyroid examination and was prescribed Euthyrox because of suspected Hashimoto's thyroiditis. She did not feel well while taking it and reduced the dose on her own.
- She reports no other known illnesses, food intolerances, or allergies, although she avoids gluten.
- She does not smoke and occasionally consumes alcohol socially.
- She rates the severity of her symptoms as 9 on a scale from 0 to 10.

Her mother became very concerned about her and practically persuaded her to come for treatment. Petra said that she does not believe in anything other than conventional medicine, but that she is now aware that something is happening to her and is willing to accept any help. (For this reason, I was not very optimistic about the success of the therapy.)

Definitions of PTSD and Depression

PTSD

PTSD – Post-Traumatic Stress Disorder is a mental health disorder that may develop after a person has experienced or been exposed to an extremely traumatic event, such as actual or threatened death, serious injury, or sexual violence.

According to the DSM-5-TR, symptoms are grouped into four main categories:

- Re-experiencing the trauma – unwanted memories, nightmares, flashbacks, or intense emotional or physical reactions to reminders of the trauma.
- Avoidance – avoiding thoughts, feelings, people, places, or situations associated with the trauma.
- Negative changes in mood and thinking – feelings of detachment, guilt, negative beliefs, reduced interest, and difficulty experiencing positive emotions.
- Increased arousal and reactivity – irritability, hypervigilance, exaggerated startle response, sleep problems, and difficulty concentrating.

For a diagnosis of PTSD, symptoms generally persist for more than one month and cause significant distress or impairment in everyday, occupational, or social functioning.

Depression

Depression is a mood disorder characterised by persistent low mood and/or loss of interest and pleasure (anhedonia), accompanied by a range of emotional, cognitive, and physical symptoms that significantly affect a person's everyday functioning.

In major depressive disorder, typical symptoms include low mood, loss of interest or pleasure, changes in appetite or body weight, sleep disturbances, fatigue and lack of energy, psychomotor slowing or agitation, feelings of worthlessness or excessive guilt, impaired concentration and indecisiveness, and recurrent thoughts of death or suicide.

Since I knew that Petra had experienced two major stressful life events within a relatively short period of time – moving away from the family home to another town, followed several months later by the death of her father – I considered the possibility that Petra's condition might be related to PTSD, or to severe life events that she had not processed at the time they occurred, but had instead suppressed because of the demands of her studies.

Two years later, these suppressed emotions may have “resurfaced” and contributed to the symptoms described above.

Treatment Strategy

All four treatments were performed using Photonic Medicine and auriculotherapy (ear pellets).

As I am still considerably behind the rest of the group and still have difficulty recognising the VAS, I partially used the protocol for PTSD and depressive disorders together with my previous knowledge of auriculoacupuncture.

Rationale for the Colours Used

Green 53

- Initial colour for exploration and harmonisation

Red 24

- Improves energy distribution
- Acts as a balancing colour
- Has a calming effect and promotes functional relaxation of tissues and organs
- Useful in depression

Turquoise 38

- Revitalising colour

Cyan 80B

- Gentle, calming and harmonising effect

Indigo 98

- Has a calming effect on the brain

I would also have added Yellow 12, because of its effects on neurons, synapses and nerve fibres, but I did not have the filter at that time. I am expecting the shipment to arrive within the next few days.

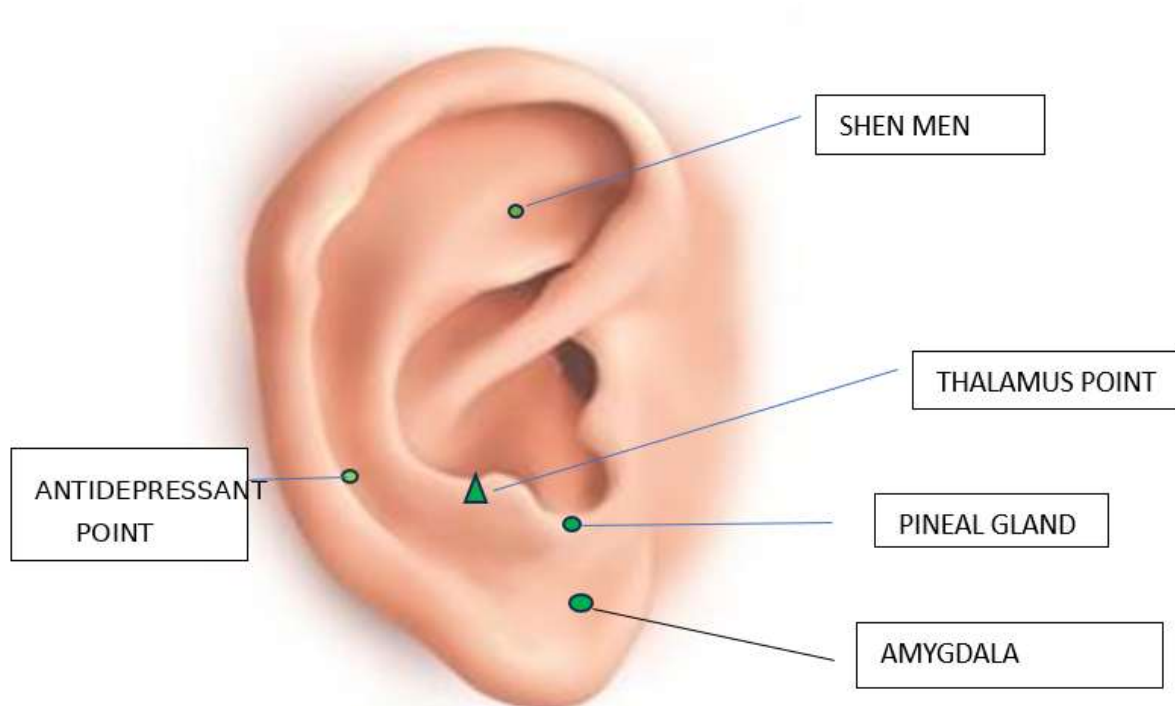
Treatment 1. August 14, 2026

Symptoms

- Unable to study and worried because she has an exam in one month
- Unable to sleep at night
- Unable to tolerate the company of friends
- Poor appetite
- Constant “heavy” thoughts in her head
- Crying every day, which she describes as happening “for no reason”

At the beginning of the treatment, we worked on creating a safe place in her mind. She said that she found this very difficult at first, but later managed to visualise herself in a safe environment.

We then treated the areas indicated above using the selected colours at C frequency with the PREMIO 40.



In addition to colour treatment, I inserted a TCM acupuncture needle at the top of the head at DU 20 point and left it in place for approximately 30 minutes.

After completing the treatment, I placed gold pellets on the treated auricular points and instructed her to stimulate them by gently rolling or pressing them between her fingers whenever she remembered during the following days.

Treatment 2 – August 21, 2026

After the first treatment, she returned home and felt very sleepy, so she went to bed immediately.

She slept through the entire night without waking.

Over the weekend, she went out with a friend and her boyfriend and stayed out in town until late.

I repeated the same treatment as in Treatment 1.

Treatment 3 – August 26, 2026

For the first time in a long period, she was able to study for five consecutive hours and maintain her concentration.

Her sleep was good and uninterrupted, and she no longer needed to take tablets.

Her mother confirmed that Petra was generally feeling much better, appeared more cheerful, and was participating in household activities again.

I performed the treatment in the same way as the previous treatments. I attempted to check the response using the VAS, although I still do not feel confident enough to say that I can recognise it reliably.

Treatment 4 – 3 September 2026

Since the previous treatment, she has been sleeping normally, is able to study, and is socialising more actively with two of her friends than before.

She has an exam in five days and says that she is not worried. Even if she does not pass, she knows that another examination date will be available soon.

We performed the treatment in the same way as previously.

At the beginning, I again checked the VAS, but only for the purpose of practising my VAS recognition skills. I did not use it to draw clinical conclusions because I do not yet feel that I have mastered it.

Results and Clinical Assessment

After four treatments, I consider the overall result to be good and satisfactory.

Petra feels calmer and no longer experiences the “heavy” thoughts. She is spending time with her friends again, has regained her ability to concentrate and study, and is sleeping well without interruptions.

Her family, particularly her mother and grandmother, also confirm that she is much more cheerful than before and that she no longer has episodes of crying.

Since I did not expect such a rapid response to the therapy, I have been wondering whether there may have been a placebo effect. Perhaps she simply needed some help to relax, after which she was able to do the rest herself.

A few days ago, Petra passed her exam and immediately went to the seaside with her friends.

I sincerely hope that she will no longer need my help – especially since I am still not entirely sure myself what exactly I did to help her! 😊