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Virtual reality and its future in healthcare

Cinchana K

There is no doubt that virtual reality (VR) is taking over the world with its fascinating technological advances and transforming our approach towards operating industries and healthcare systems for the betterment of the world. The utilisation of computer software to stimulate a virtual experience is called VR. It allows you to immerse yourself in a simulation to experience and explore a three dimensional (3D) world created using technology. VR is effectively used in various fields of science with positive outcomes. The healthcare industry is being revolutionised and is among VR's largest innovative adopters. It plays an important role in medical training, which enables the medical trainees to have an insight into minute features during surgeries and develop better skills. VR has also led to the innovation of robotic surgery in the healthcare field. It has also been used to successfully diagnose various diseases like Alzheimer’s, neurological diseases and other phobia diseases using robust diagnostic tools. Additionally, it has been used to divert pain during surgeries and other treatments that require anaesthesia. Therefore, VR can act as a replacement for drugs and provide anaesthesia-free treatments. Furthermore, exposure therapy, which refers to psychological treatment to help people confront their fears and reduce the intensity of their stress responses to certain situations, using VR is being employed as a quality treatment for various mental illnesses.

Keywords: Virtual reality, Robotic surgery, Healthcare industry, Exposure therapy, Pain management

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