

## Conservative Pain Management

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**Received:** June 18, 2018; **Published:** July 30, 2018

Most of pain physician must have treated osteoarthritis, Rh. arthritis patients by giving genicular nerve block, PRP, Intraarticular injection (steroids), ozone therapy, prolotherapy and also with pain killer medicines.

With all these above treatment with modern facilities, majority of the patients are not satisfied and they are moving to many consultants who can treat them fully, but with time and body movement with diet, water, daily habit of posturing and bad habit of smoking, tobacco, alcohol etc. which all are these is an individual pain tolerance, but what about generation of pain?

With the time in osteoarthritis pain, articular margin of knee joint get disrupted and/or damage by daily routine work and of comorbid condition of the body, myofascial tissue beside the menisci, cruciate ligaments get torned, so after giving intraarticular injection, pathology of the tissue remain same so most of the patients loose trust and move to others. Here the osteoporosis factor should be considered which is age related and the diet, water, healthy environment plays an important role where joint replacement surgery may not be successful.

Herbal medicines are being made by all MD alternative therapist doctors and which are used by many therapists, till date more than 4560 cases have been treated by this herbal and they remain happy with alternative therapy. Each of the ingredients of the herbal are mentioned along with mechanism of action which acts inside cellular level and it lubricates joints therefore relieve pain.

Even spine pain due to facet joint involvement has been treated by this herbal.

Rh. arthritis (Rheumatism) every small and major joints and spine gets involved and patients are suffering from pain and stiffness while they wake up from bed and their daily routine work is disturbed, these people are consuming steroids, pain killers, chemotherapeutic agents, and immunosuppressant medications and after long time consumption of all these will have dangerous effect on kidney and liver along with osteoporosis.

Similarly and/or differently, cervical spondylosis are majority due to degeneration of the spine structure mostly occurring in middle and old age group patients in these facet joint of the spine is pressing along with neurological structure beside these so patient develop pain with radiculopathy, associated with symptoms like tingling and numbness following head movement.

According to multi task treatment, alternative therapy has got tremendous power to heel joint and associated tissue besides joints therefore relieve pain.



(Figure)

“For all the happiness mankind can get is not in pleasure, but in rest from pain”.

Today’s happening from every house (majority) either at the end of the day having symptoms like back ache, cervical pain in the type of head ache, knee pain with fatigue. This all the pain are 5<sup>th</sup> vitals of every human being as mentioned by WHO and majority of senior author of pain. Also many newspaper have mentioned The “hidden danger of pain killers”. A study published in *Lancet* Journal too that people who suffers from back pain, cervical pain, knee pain are consuming 4 - 5 tablets of pain killers along with Codeine tablet, but here nobody knows the real fact of dangers with human body.

As stated earlier in my major of articles, people in this world who suffers from headache with cervical pain with radiculopathy, back-pain with radiculopathy, arthritis, facet arthritis should know the limitations of pain killer medicines, so in short people should consult pain physician who can judge their pain by

- Listening the with cool mind
- Clinical examination with Pain cycle
- Proper Investigation with blood tests, CT scan, MRI, PET scan etc.
- Show them the way of treatment in different mode

Then after, pain treatment will proceed.

As majority of age group 28 - 56 years with pain have taken all the pain killers before they come to you, if so, investigate them fully, if needed, do the intervention.

Most of the backpain are physiological will subside with the time unless it is lasted for more than 5 - 6 months, it should be corrected after proper diagnosis.

There are many dangers of pain killers in like gastritis, acute renal insult in the form of burning micturition, painful defecation which leads to bleeding piles, when prescribe medicine for the same will have another side effects too, and people who drinks alcohol, tobacco along with pain killers will have fatal problem.

Cervical pain are majority due to degeneration of spine which is age related and also persons daily habits of working sometimes associated with head ache, in this case no any pain killer should be use, but physiological correction should be done with sometimes alternative therapy, is this case if pain killers is given, there are all the chances of liver incompatibility. One study shows increase chances of stroke and heart attacks.

People suffers from knee pain with fatigue and also other small Joints as like Rh. arthritis with spine facet joint pain who consume many pain killers randomly will have osteoporosis with osteoarthritis along with all this, they are wearing knee braces, but in long run their knee muscle are weak, which gives more Pain.

So every human being are having pain, but they should understand....why? at what time? at what posures? at which age it starts? is there any associated pain?

All these questions should kept in mind before they go to any pain physician.

And after all every human being will have degeneration which gives pain.

One can't stop degeneration, but one can delay pain.

**Volume 9 Issue 8 August 2018**

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