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Clinical best practices of chronic pain management based on Iranian traditional medicine and review

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Statement of the Problem: The term chronic pain has been used to describe intractable pain beyond the cyclical recovery that is expected to be taking. Chronic pain and their physical and psychological disability associated can impose significant costs on economic resources.

Methodology & Theoretical Orientation: This is a case series of clinical best practices as historical study conducted on 200 patients with chronic pain referred to the clinical center in Bojnord. Guided by an acquaintance, the patients were referred to Hajtaleb Medical Complex of Alternative and Complementary Medicine for treatment. Also, electronic literature searches were carried out in Medline, Ovid, EMBASE, CINHALL, Web of Science, the Cochrane Library, and four Iranian medical databases (ISC, SID, Magiran, Iranmedex) through to October 2016 without restrictions of time. The search was limited to studies published on humans and in the English or Persian language.

Findings: After entering the traditional medicine clinic, the patients were under the control of health and nutrition. Pharmaceutical measures of this patient were according to disease temperament and conditions including medicinal herbs, combination drugs. The manual measures were utilized including full back cupping every night until the end of therapy and leech therapy with six medium-to-fine-size leeches in 10 sessions once every three days. The chronic pain healed completely, the patient's physical and mental states improved after 40 days of treatment.

Conclusion & Significance: Given the patients healing process, it seems that combining the modern and Iranian traditional medicine as 'Iranian Effective Medicine' can treat most of the common diseases especially with chronic pain, and it is essential to perform a wide range of assessments and studies in different diseases based on the teachings of medicine.

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