

Commentary

Open Access

Today's Problem is Pain at the End of the Day and also with the Beginning of the Day

Shahil Patel¹

Department of Anesthesia and Alternative Medicine, The Pain Clinic, India

¹Corresponding author: Shahil Patel, Department of Anesthesia and Alternative Medicine, The Pain Clinic, Ahmedabad, India, Tel: 09824213699; E-mail: sahilp2004@gmail.com

Received date: September 19, 2016; Accepted date: September 20, 2016; Published date: September 23, 2016

Copyright: © Shahil P, 2016. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Commentary

Most of the people are suffering from pain either or any given time, place, where there is a beginning of day while wakeup from the bed not able to push their body freely or at the end of day having headache, backache, cervical pain, knee pain, etc.

As we all know most of the people are not getting proper sun light, sitting in AC car, office, home, they smoke heavily which cause early degeneration of the bones as well as other neurological assets of the body. They consume junk food [1] which is having dangerous preservatives; they sleep less as they are covered with heavy tension in their mind to finish work in targeted time.

They consume less water because they don't remember due to heavy load of work. They don't maintain their body posture as they are not having proper knowledge. These all can cause major problem in life with unbearable pain anywhere in the body, any time, any place.

So these is happening with every individuals of the family and pain is considered to be 5th vital sign of the body, which everyone has to be explain and every consultant should ask the pain history.

One should know degeneration process of the body, as it is the major concern of today's pain.

For every individual pain most of the time is due to alteration of body's physiology and taking analgesic medicine is proved to be dangerous if person is consuming for longer time. Diagnosis of pain is necessary for every consultant. Obese person is having more pain as compare to an average weight person because they do not maintain their posture.

Backache is major concern of pain in today's world as majority does not maintain their body posture in early stage of life. In a longer time after consulting many physician and orthopedics, they do not relieve pain because it is not diagnose properly and most of the physician are not having time to explain; why there is pain?

Joint pain is second largest problem of each individual because of degeneration of bones, osteoarthritis occurs. There is rusting of two major bones of the leg. Science has proved that you can prevent degeneration. Rest is Rh. arthritis, where every joint of the body gets pain, swelling and mostly it develops early in the age.

Facetal arthritis developed in spine bone, in which person gets pain standing from sitting, stairs, etc.

Headache is also a major problem of today's pain, most of undiagnosed headache is like Migraine as explained by other physician, but it should be diagnose very sharply. Cancer pain is due to

heavy consumption of Tobacco, Cigarette Smoking and Alcohol too [2]. Government should stop allowing manufacturing as well as utilization by public.

My main concern is Arthritis (Osteoarthritis, Rh. arthritis, Facet Arthritis). I am using Herbal Churna since [3] 2008 and treated more than 4560 cases of joint pain without any invasion in the joint.

The content of Herbal Medicine is given and explains in scientific ways in my abstract. My personal website is www.thepainclinic.in is active since 2008 and many patient has sent me all the details of pain by email, facebook, twitter, etc. and they took advantage of this Herbal Medicine [4].

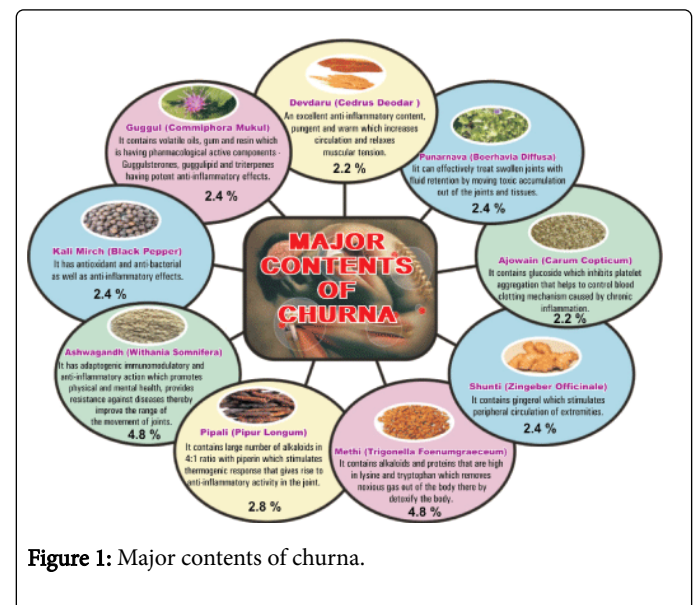


Figure 1: Major contents of churna.

References

1. Bayol SA, Macharia R, Farrington SJ, Simbi BH, Stickland NC (2009) Evidence that a maternal junk food diet during pregnancy and lactation can reduce muscle force in offspring. Eur J Nutr 48: 62-65.
2. McDonald LJ, Bhatia RS, Hollett PD (2002) Deposition of cigar smoke particles in the lung: evaluation with ventilation scan using (99 m) Tc-labeled sulfur colloid particles. J Nucl Med 43: 1591-1595.
3. Nikam PH, Jadhav A, Kadam V, Kareparamban J (2012) Future trends in standardization of herbal drugs. J of Applied Pharmaceutical Sci 2: 38-44
4. Izzo AA, Ernst E (2009) Interactions between herbal medicines and prescribed drugs: an updated systematic review. Drugs 69: 1777-1798.