

Chronic Pain and its Management

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Editor Note

Pain is a subjective phenomenon which is defined as an unpleasant sensory and/or emotional experience associated with tissue damage. Pain is considered as an evolutionary trait that acts as body's defense system by giving reflexive retraction to protect body parts or to safeguard damaged body parts. However some acute or chronic pains like injury to fingernails and toothache are not adaptive traits. Pain is one of the major reasons for consulting physician in many of the developed countries.

Journal of Pain & Relief is an international open access peer reviewed journal that publishes scientific articles related to all the aspects of pain such as anesthesia, antidepressants, depression, hypnosis, pain, etc. Recently volume 5 issue 3 published two research articles three commentary articles two short communications and a case report, which discussed various aspects of pain and its management.

In the research article Aslam et al. assessed the efficacy of lignocaine infusion in painful diabetic neuropathy (PDN) and chronic pain (non-PDN) treatment. Their studies showed that lignocaine infusion is effective and safe in reducing diabetic neuropathy and non-PDN associated chronic intractable pain.

Nthiga et al. evaluated the anti-nociceptive effects *H. arrisonia abyssinica* and *Landolphia buchananii* methanolic extracts. Their studies revealed that *H. abyssinica* extract reduces pain by 39.73%-81.13% in early phase 15.92%-69.84% in late phase and *L. buchananii* extract reduces 35.35%-47.72% in early phase and 20.57-55.17% in late phase.

Apuzzo et al. reported two cases of recurrent migraine episodes, with moderate to severe pain. Authors have reported about oxygen-ozone therapy that could successfully treat migraine. In both the cases, drastic reduction in frequency and intensity of pain was observed [3]. Vanni et al. suggested that precise and specific indications in the protocol of ozone therapy should be followed strictly otherwise, it can

lead to severe side effects. Such as pneumoencephalus after inadvertent intrathecal puncture, vertebrobasilar stroke during ozone therapy, etc. [4]. Al-Khotani et al. briefly discussed about the management of orofacial pain and Temporo mandibular disorders in the children and adolescents. Authors suggested a multidisciplinary approach such as behaviour therapy; medication therapy, physical therapy, and splint therapy are needed to successfully encounter the pain [5].

Melhuish et al. and Kopsky briefly discussed about mitigating pain in post total knee Arthroplasty and Neuropathic pain respectively [6,7]. Sung SP in his commentary article discussed about the effectiveness of one leg standing test in quantification analysis, used in spine research and practice.

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