



Commentary

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“For all the Happiness Men kind can get is Not in Pleasure, but in Rest from Pain”



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Commentary

Today's happening from every house (majority) either at the end of the day having symptoms like Bachache, Cervical pain in the type of Headache, Knee Pain with Fatigue, this all the pain are 5th vitals of every human.

Being as mentioned by WHO and majority of senior Author of PAIN, Also many news paper 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 Code in tablet, but here nobody knows the real fact of Dangers with human body.

As stated earlier in my majorly of articles ,people in this World who suffers from Headache with Cervical Pain With rediculopathy, back pain with rediculopathy, 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

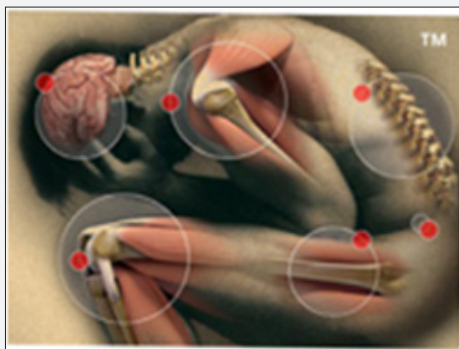


Figure 1.

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 Back Pain 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 (Figure 1).

Micturition, Painfull defeacation 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 headache, 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.*



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