

Opinion

Volume 8 Issue 5 – October 2017
DOI: 10.19080/OROAJ.2017.08.555749

Ortho & Rheum Open Access J

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“For all the happiness Mankind can get is not in Pleasure, but in Rest from Pain”



***Shahil Patel**

Pain Management Consultant, India

Submission: October 25, 2017; **Published:** October 31, 2017

***Corresponding author:** Shahil Patel, Consultant Pain Management, Ahmedabad, Gujarat, India, Tel: 9824213699; Email: sahilp2004@gmail.com

Opinion

Today's happening from every house (majority) either at the end of the day having symptoms like Backache, Cervical pain in the type of Headache, Knee Pain with Fatigue. These are all about the 5th vitals of PAIN for every human Being as mentioned by WHO and majority of senior author of PAIN. Also many news papers have mentioned The "HIDDEN DANGER OF PAIN KILLERS". A Study published in Lancet Journal too that people who suffers from Back Pain, Cervical Pain, and Knee Pain are consuming 4-5 tablets of pain killers along with Codeine tablet, but here no one knows the real fact of Dangers with human body. As stated earlier in most of my 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 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 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 danger pain killers in 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 and eat tobacco along with pain killers will have fatal problem.

Cervical pain is common due to degeneration of Spine which is age related and also daily habits of working people sometimes associated with headache. In this case pain killer should not be used, but Physiological correction should be done with alternative therapy, if Pain killers are specified, liver incompatibility chances are additional. One study shows increase in chance of Stroke and heart attacks. People suffers from Knee Pain with Fatigue and also other small Joint pains as like Rh. Arthritis with spine facet joint pain and who consume several pain killers randomly will have osteoporosis with osteoarthritis.

Beside this they are wearing knee braces, but in long run their Knee muscle are weak, which gives more Pain.

So every human being is having pain, but they should understand....

- i. Why?
- ii. At What Time?
- iii. At What Postures?
- iv. At Which Age It Starts?
- v. Is There Any Associated Pain?

All these questions should keep in mind before they visit 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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DOI: [10.19080/OROAJ.2017.08.555749](https://doi.org/10.19080/OROAJ.2017.08.555749)

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