

# Conservative Pain Management



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## Opinion

Most of pain physician must have treated osteoarthritis, Rh. Arthritis patients by giving Genicular nerve block, PRP, Intra-articular injection (steroids), Ozone therapy, Prolotherapy and also with Pain killer medicines. With all these above treatment with modern facilities, majority of the patients are not satisfied and they are moving to many consultants who can treat them fully, but with time and body movement with diet, water, daily habit of posturing and bad habit of smoking, tobacco, alcohol etc which all are these is a individual Pain Tolerance.. but what about generation of PAIN?

With the time in Osteoarthritis Pain, articular margin of knee joint get disrupted and / or damage by daily routine work and of comorbid condition of the body, myofascial tissue beside the menisci, cruciate ligaments get torned, so after giving intra-articular injection, pathology of the tissue remain same so most of the patients lose trust and move to others. Here the osteoporosis factor should be considered which are ages related and the diet, water; healthy environment plays an important role where joint replacement surgery may not be successful.



**Figure 1:** Herbal Medicines are being made by all MD alternative therapist doctors and which are used by many therapists.

Herbal Medicines are being made by all MD alternative therapist doctors and which are used by many therapists, till date more than 4560 cases have been treated by this herbal and they remain happy with alternative therapy. Each of the ingredients

of the herbs is mentioned along with mechanism of action which acts inside cellular level and it lubricate joints therefore relieve PAIN. Even spine pain due to facet joint involvement has been treated by this herbal (Figure 1).

Rh Arthritis (Rheumatism) every small and major joints and spine gets involved and patients are suffering from pain and stiffness while they wake up from bed and their daily routine work is disturbed, these people are consuming steroids, pain killers, chemotherapeutic agents, and immunosuppressant medications and after long time consumption of all these will have dangerous effect on kidney and liver along with osteoporosis.

Similarly and/or differently, cervical spondylosis are majority due to degeneration of the spine structure mostly

occurring in middle and old age group patients in these facet joint of the spine is pressing along with neurological structure beside these so patient develop pain with radiculopathy, associated with symptoms like tingling and numbness following head movement. According to multitask treatment, alternative therapy has got tremendous power to heal joint and associated tissue besides joints therefore relieve PAIN.



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