

## Holistic Approach to Pain Management

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### Clinical Note

Volume 3 Issue 2

**Received Date:** March 26, 2019

**Published Date:** April 16, 2019

**DOI:** 10.23880/jonam-16000173

### Abstract

Alternative and complementary medicine differs in approach from allopathy medicine. The conventional drugs treatment, in that it promotes self-healing alternative medicine is not strictly accurate term, as many replace orthodox medicine but to enhance it by working alongside it. Genius practitioners would not consider trying to treat patients with an illness requiring surgery, instead they may work closely with patients and discuss to provide relaxation techniques to aid and stimulate recovery through physio-treatment. Focusing on the mind is much more important when it comes to controlling the pain.

**Keywords:** Allopathy Medicine; Alternative and complementary Medicine; Physio-Treatment

### Clinical Note

In the current market of health disorders there a lot of people, different age categories, suffering from various pains relating to the joints like osteoarthritis, rheumatoid arthritis, tennis elbow, trigger fingers, diabetic neuropathy, disc prolapsed, sports injuries and etc. One thing I would like to mention here, is individual illness something that affects the whole person not the particular organ or part of the body that is actually suffering. Therefore, treat the whole person in response if any patient is referred by general practitioners, but the therapies will require very detail medical and life history [1].

The person will be questioned on what may seem to be unrelated points about his or her state of mind, career prospect, family life. The question may also supplemented by X ray and routine medical tests.

Alternative medicine will draw person's attention to the stress of the mind and body and may initiate the body's self-healing process. Today, the advance of science

and explosion of knowledge concerning the structure and function of the human body. Neuro-physiology and neurology it could ultimately establish that pain is necessarily the physiological phenomenon. There is a widespread agreement among researchers that the pain is much more complex than the traditional physiological explanation [2].

In fact, the pain is today considered vast complex subjective perception composed of at least two major components such as physiology and psychology. Today various type of pain which human being can suffer. These may be backache, headache, rheumatism, muscles pain, heart pain, liver pain, gastric pain etc. Simple pain, moderate pain and severe pain, for example stress can also contribute to pain. This is the point complementary treatment can be of assistance even though the cause of the pain itself is not being directly addressed. Reducing stress can often help to reduce pain or at least help to deal effective with the pain. Another point where pain can be

addressed is with the immune system imbalance. Complementary and alternative therapies for pain [3].

### Mind-body

The techniques for using your thoughts you have impact on your body. Therapies that target how they use body can have an impact on your emotions. Generally, you can learn these and then do them yourself.

Examples of mind - body therapies: Abdominal breathing, Relaxation training, Guided imagery, Self-hypnosis, Meditation, Bio feed back.

### Alternative treatments

This category is referred to as a treatment because you would seek the help of various practitioners at various times. According to the practitioner, doctors and healers depend on the patient's complaint and practitioners analyze or diagnose according to the condition of therapy or remedy that can be provided a good degree of relief from the pain. Therefore, various type of pain can be occurred in human body, but the complementary medical

practitioners can choose various therapies according to the condition of the pain [4,5].

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