

CHRONIC PAIN

Asatullayev Rustamjon Baxtiyarovich ¹

¹ Scientific supervisor

Allayarova Dilrabo Rufat qizi ¹

¹ Student

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This article provides information about types of pain, their effects on the human body, and how to get rid of them. Pain is mainly divided into acute and chronic types. The article will discuss how to get rid of them in medical institutions and at the home. Of course, it is recommended to consult a doctor to prevent adverse effects.

INTRODUCTION. Pain is - an unpleasant physiological process that occurs in the body in response to extremely strong or destructive stimuli, a protective reaction of the body. Pain warns of a violation of the function of the whole organism or organs, about a disease, allows it to be identified and properly treated. At the same time, pain, as a sensory and emotional experience, oppresses the person, does not give him rest and sleep, reduces his ability to work, and if it is too strong, shock can occur. Classifying the type of pain you have is the best step towards getting rid of pain, and this helps to choose the right medication and better control the pain.

Pain in the human body is described in two ways. Acute pain (acute pain) is a sharp, intense and short-term type of pain that occurs in response to injury, inflammation or disease. This pain is mainly a danger signal and usually disappears when the underlying cause is eliminated. However, if left untreated, it becomes chronic pain. Chronic pain is a type of pain that lasts for a long time or constantly recurs, which can occur in different parts of the body and significantly affect the way of life. It often appears as a symptom of a primary disease or develops when acute pain is not treated. The emotional impact of chronic

pain can lead to unpleasant feelings such as depression, anger, anxiety, fear of re-injury. Common types of chronic pain include back pain, headaches, arthritis, cancer pain, and neuropathic pain. Some internal diseases, including gastrointestinal, cardiovascular, or kidney problems, can also cause constant pain.

Experts say that the first step to getting rid of chronic pain is to identify the source of the pain, if possible. Chronic pain is difficult to treat and requires a comprehensive approach. It is not always possible to completely eliminate it, but various methods are used to reduce pain and improve the patient's quality of life. Drug treatment uses painkillers, anti-inflammatory drugs, and sometimes antidepressants or anticonvulsants. However, since long-term drug use can have a negative effect on the body, alternative methods are also used. Physiotherapy, massage, acupuncture, and rehabilitation exercises can help patients relieve pain. Mental health support is also important, as chronic pain can increase depression and stress. Therefore, psychotherapy, meditation, and mindfulness techniques are also recommended. Although living with chronic pain is difficult, it can be managed with the right approach. Identifying the cause of pain and choosing an individualized treatment plan is one of the most important steps. Patients are advised to maintain a healthy lifestyle, increase physical activity, eat a healthy diet, and try to reduce stress. These factors play an important role in controlling chronic pain and improving the quality of life of patients.

If you have started treatment on the recommendation of a doctor, then be careful when choosing medications. Try to take the exact medicine that the doctor recommends, as much as possible. Because sometimes the composition of drugs produced by counterfeit companies can be significantly different from the original. This can pose a serious risk to your health. Chronic pain is not always severe. On the contrary, the patient thinks about it a lot, which makes his psychological condition much worse. Try to think less about the pain during treatment. Psychological exercises also greatly increase the effectiveness of treatment. It is necessary to avoid causing any damage to the limb that has chronic pain. Therefore, it is better to temporarily distract yourself from the daily routine. To get rid of the pain and not think about it, walk more in the fresh air, do some kind of activity that you like that requires less physical labor. But you should not forget about caution and moderation. Because excessive fatigue can only increase the pain.

As a doctor, I do not recommend living with any type of pain, whether acute or chronic, and making your life miserable. The best solution is to get a medical examination. Think

about it, maybe the pain is not just due to inflammation at the site of the injury. You should see a doctor to determine the cause. Because this is your life and you are responsible for it.

Conclusion

The article discusses how to get rid of pain. The patient should first accurately describe the pain he is experiencing. This will allow the doctor to make the correct diagnosis and ensure that the treatment is effective. Incorrect actions can worsen the patient's condition and even lead to death. Therefore, it is necessary to first accurately describe where and how the pain occurs. Because in chronic pain, sometimes pain can be observed in other organs. In conclusion, do not ignore any changes in your body. Perhaps this one pain can put an end to your life. Therefore, consult a doctor as soon as you notice a serious change in your health.

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