

## REFERRED PAIN

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### ARTICLE INFORMATION

### ABSTRACT:

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*This article extensively covers the concept of displaced pain, its physiological and pathophysiological basis, mechanisms of origin, clinical significance, and diagnostic and treatment methods. The phenomenon of dislocated pain is often observed in the pathology of internal organs and is noticed by the patient in an area other than the original location of the source of pain. Editor's ChoiceAll*

Pain is one of the most important defense mechanisms of the human body. It signals factors that harm the body. In some cases, however, the sensation of pain is felt elsewhere than its original source. This condition is called pain or displacement pain.

Transferred pain is important in clinical practice and can be the cause of an incorrect diagnosis. Therefore, it is necessary to deeply understand its mechanisms.

Referred Pain tushunchasi

Pain is a condition in which pain is felt in another area of the body, despite the fact that its original source is elsewhere.

For example:

During a heart attack, pain spreads to the left arm or jaw

In gallbladder disease, pain is transferred to the right shoulder

This phenomenon is related to the complex structure of the nervous system.

Historical data

The phenomenon of pain was first studied in the 19th century. The English physician Henry Head made a major contribution in this regard and introduced the concept of "Head zones".

Head zones are areas of the skin that are associated with internal organs, and pain is reflected in these areas.

Physiological foundations

Displacement pain occurs through the following mechanisms:

1. Convergence theory

Impulses from internal and external receptors intersect in the same neurons. As a result, the brain misidentifies the source of the pain.

2. Central sensitization

Sensitivity in the central nervous system increases, and pain signals spread over a wider area.

3. Segment innervatsiya

Organs and skin are innervated through the same nerve segments.

Pathophysiology

Pain is mainly associated with visceral pain.

Visceral pain characteristics:

No exact localization

Spread widely

Passes with vegetative signs (nausea, sweating)

Somatic pain, on the other hand, is defined and limited.

Clinic misollar

Heart Diseases

Pain in myocardial infarction: Left arm, neck, lower jaw

Gallbladder diseases

Pain is inflicted on the right shoulder or shovel.

Kidney diseases

The pain spreads from the waist down, to the eyebrow area.

Diagnosis

In detecting dislocated pain:

Physics is co'rik

Laboratory tests

Instrumental methods (UZ, MRI, CT) are important.

Differential diagnosis

Transplanted pain must be distinguished from:

Local and'riq

Neuropathy and'riq

Treatment methods

Treatment focuses on the main cause:

Medications (analgesics)

Physiotherapy

Surgery (if necessary)

Prevention

Healthy lifestyle

Proper feeding

Reduced stress

### **Conclusion**

Pain has important diagnostic significance in clinical practice. Only proper understanding and evaluation of it will help the doctor to make an accurate diagnosis.

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