

Safety And Efficiently Pain Management Through Alternative Therapy (Yoga & Naturopathy)

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Abstract

Pain is an unpleasant sensory due to a noxious stimulus associated with potential tissue damage and emotional experience. Everyone cannot avoid pain in lifespan. Pain can be divided into various category like skin, tissue, muscle, bone, cardiac, neuropathic, headache, stomach. Alternative ayurvedic management comprise naturopathic therapies, yoga, aromatherapy, massage, meditation, hydrotherapy, acupressure, acupuncture, music therapy, mud therapy etc. further, rasayan herbs, like guggul, arand, onion, garlic, deodar, turmeric, ginger, mustard etc. can serve as beneficial management strategies for the treatment of pain. The results of this treatment showed that alternatives therapies yoga and naturopathy techniques are a far better, beneficial and effectiveness therapies for the treatment of pain management.

Key words: Alternative Ayurvedic therapies, Hydrotherapy, Mud therapy, Rasayan herbs.

Introduction

Pain is an trouble some sensory and emotional experience due to a noxious impulse associated with effectively tissue damage. Pain is an important unwanted sensation. It is a voluptuous and perceptual phenomenon, which causes suffering and emotional state of danger connected with anxiety. .It's intensity and quality come under different internal and external factors; thus, the same encouragement can be happened in differently in different circumstances, physical and psychiatric conditions. The way of entering pain is

veritably individual and varies from time-to-time in the same existent. The intensity of pain is very hard to measure and an existent's perception of pain depends on the existent's emotional state, circumstances under which the pain was acquired, and whether it is perceived as a hanging signal. In the spinal cord and the brain the reoccurs conflation and the activation of different receptor systems, as well as conflation of different composites modifying the sense of pain. It is known that an important part in this process is

played the glial cells. It is a very complicated process that can lead to the preservation the pain, even after the exposure of the pain encouragement.[1-4]

General Principles Of Pain Assessment :-

The process of pain management starts with adequate assessment of the pain. The absence of appropriate assessment is leading reason for poor pain management. A Comprehensive pain assessment addresses the pains: Nature, cause, personal context (Psychological, Social, Spiritual, etc.)

The reason of Pain –

1. Tissue damage- when cells are damaged accidents.
2. Inflammation – arthritis pain, fibromyalgia pain.
3. Structural imbalances- when joints are unaligned it creates friction and pulling.
4. Tight muscles – whether stemming from old injuries or an inherent lack of flexibility.

PAIN PATHO-PHYSIOLOGY - The reason of pain is irritation of the receptors, called nociceptors. Nociceptors are free nerve endings that called to painful stimuli. Nociceptors are found in skin, organ of motion (peri-osteum, joint capsule, ligaments, muscles), eye cornea and dental. When stimuli(biological, electrical, thermal, mechanical, and chemical) are transmitted to the medulla spinal cord, then to the central areas of the brain, pain perception occurs. Nociceptors are simple structures because they are at the end of the nerve fibres.[5]

Chemical mediators liable for pain activation include histamine, substance P, bradykin in, acetylcholine, leuko trienes, and prostaglandins. At the area of injury, mediators can produce other reactions,

such as constriction, vasodilatation, or altered capillary permeability. Prostaglandins induce inflammation and other inflammatory mediators. This medications is usually prescribed for painful conditions due to inflammation. Fibres within the dorsal horn, brain stem, and peripheral tissues release neuromodulators, endogenous opioids, that inhibit the action of neurons transmitting the pain impulses.[6]

Nociceptive pain -Nociceptive pain is called the feeling of warning against the danger of tissue damage or indicating already inflicted damage as a result of illness or injury. Pain receptor may come from external tissues–integuments, skin and mucosal pain–from internal organs ex.- eye, ear, naso-pharynx, heart, blood vessels, abdominal organs and pelvis minor. There is also pain in bones, joints and muscle.[7-13]

According to Naturopathy-

Generally Shoola refers to any type of pain. Shoola and roga both have same meaning i.e. paingiving. Shoola is defined as swatantra Shoola & paratantra shoola. Paratantra Shoola is defined as updrava of a disease.

The management of pain must be based on all these characters like frequency, location, age duration, intensity and also the associated symptoms.

1.Internal Treatment – It include the administration of herbal medicines internally. It can be in the form of tablet, capsule and herbal compound powder. Pittantak capsule is one among the fast acting pain killer other such as Godanti cap, dasamoolghanvati, rasnadighanvati are useful for the pain management.

2.External Treatment –

1. Nadi Swedan –in which medicated water vapour is applied over the painful region and the patient got immediate relief, this can be given locally and generally.
2. Abhyangam – Application of medicated oil throughout the body or locally with specially designed steps for massaging.
3. Basthi – Medicated enema, the procedure of giving medicated decoction or oil into the anal region for reducing the pain. Katibasti, Janubasti, grivabasti are organ related procedures performed at respective site to manage pain.
4. Agni karma – A little rod of gold with a blunt end, specially designed for this purpose is placed for heating on the affected area. It works effectively and gives fast relief.
5. Rakthamokshana- Scalp vein wherein blood is removed by puncturing the vein. In patient where BP constantly remains high without any symptoms blood letting play an efficient role. [14-17]

According to Naturopathic principles, one could develop plan due to any kind of unconscious habits like not breathing properly, suppressing emotions, tensing the muscles, taking refined food, over-processed food, not drinking enough water, excess caffeine content etc.. These habits are believed to aggravate the dosha and vata that always occurs with pain. Naturopathy and its numerous natural procedures have been rightly termed as the “Science of Life”.[18-19]

SCOPE :- The role of Yoga and Naturopathy is immensely important in treatment of various pains. It's not only reduces the various potential risks to the pregnant women. It is also cost effective for delivering women and their families. Maharishi Patanjali, rightly called “The Father of Yoga” compiled and refined various aspects of Yoga systematically in his “Yoga Sutras” (aphorisms). He advocated the eight folds path of Yoga, popularly called as “Ashtanga Yoga” for all-round development of human beings.

All Yogic practices are complementary. Taking into account Ashtanga Yoga, the Yogic practices may be classified as (i) Yamas (ii) Niyamas (iii) Asanas (iv) Pranayamas (v) Bandhas and Mudras (vi) Kriyas (vii) Meditation and (viii) Attitude training practices. All of these classification consists of a group of several practices.

Naturopathy is a drugless system of healing supported well founded philosophy. Naturopathy is a system of man building in harmony with the constructive principles of nature on physical, mental, moral and spiritual planes of living. It has great health promotive, disease preventive and curative also as restorative potential. Treatment of the diseases by these elements (Pancha Maha Bhutas) i.e. Earth, Water, Fire, Air and Ether is known as Naturopathy.[21]

MATERIALS & METHODS- This treatment was conducted at the Yoga & Naturopathy College & Hospital, Sunrise University, Alwar (Raj.), India. The patients were selected from the OPD of the Yoga & Naturopathy College & Hospital, Sunrise University, Alwar (Raj.), India. Adequate counseling was administered for

the disease awareness as well as about the treatment. Patients was observed through healing and therapy i.e. Yoga, Naturopathy, Physiotherapy, Diet etc. Before starting the treatment intensive counseling was done to teach them about the disease and benefits of the treatments of yoga, naturopathy, diet etc., number of treatment visits to the hospital and about the the therapies to be given during the treatment period.

YOGA & NATUROPATHY TREATMENT FOR PAIN MANAGEMENT-

1. **Massage** – In the world of Naturopathy, oil massage also known as snehana, is recommended a very rewarding form of therapy for treating pain and many kinds of ailments. Snehana helps relieve pain, tames vata and treats muscle and joint stiffness, mobilizes toxin, maximizes circulation and relaxes the whole body. Massage is additionally a modality of Naturopathy and quite essential for maintaining better health. . The oil is massaged into the whole body before bathing or showering to restore the flow of vital energy, Prana, where it has become blocked. It aims at improving blood circulation and strengthening organs. In winter season, sun bath after massaging the full body is well known practice of preserving health and strength. It best combined benefits of massage and sun rays therapy. Massage is the best substitute of exercise for those who cannot do the same. Various oils are used as lubricants like vegetables oils- mustard oil, sesame oil, coconut oil, olive oil, aroma oils

etc. which even have therapeutic effects. It activates the muscles and body system. Useful in High or Low BP, Joint disorders, Paralysis, Depression, localized painful conditions, Weakness, Indigestion and Obesity.

2. **Diet-** Food is also a wonderful healer. Traditional treatments like Naturopathy have always recommended a veta-centric diet that has includes warm, mildly spicy, nourishing and moist foods, for a specific time to witness natural health improvement in your body. Fresh seasonal fruits, fresh green leafy vegetables and sprouts are better. These are classified into three types:
 - i) **Eliminative Diet-**Liquids- Lemon, Citric juices, Coconut water, Vegetable soups, Butter milk, Wheat Grass juices etc.
 - ii) **Soothing Diet-** Fruits, Salads, Boiled/Steamed Vegetables, Sprouts, chutney etc.
 - iii) **Constructive Diet-** Wholesome flour, unpolished rice, pulses, sprouts, curd etc. Being alkaline, these diets help in improving health, purifying the body and rendering it resistant to disease. Proper combination of food is necessary. Our diet should consist of 20% acidic and 80% alkaline food for maintaining health.

Role of Dietary Control for Pain management-

Calcium causes the whole matrix of bone and tissues. Phosphorous ratio can cause demineralization of bone. Only

vegetarian, calcium is that major role in metabolism of the body and maintaining the bone specially Pain management.

Non-vegetarian Diet- Pain is aggravated by non vegetarian diet, specially spicy foods and excessive meat consumption. Confectionery and bread aggravates joint diseases and specially pain. Constipation also initiates the formation of poisons in the gut, which get absorbed into the blood and increase its acidity hence development of pain and bone demineralisation. Hormones such as oestrogen, testosterone, adrenocortical hormones, thyroid also play a very important role in the maintenance of normal body structure and function.

Vegetarian Diet-A vegetation diet which is reach source of fiber on the other hand on vegetarians substance/ foods increase the acidity of the blood. Vegetation diet acts especially in reduce the toxic matter of the blood and heal the boon function cartilage and joint integration. Lacto Vegetarianism-It is a common conception that vegetarians lack calcium in their diet and as a result they suffer from bone demineralization leading to osteoporosis and osteomalacia. This is often not true in the case of a lacto vegetarian because milk and its products are a very much source of calcium which is easily available to human. However, there are reports and it is our experience that as age advances the digestion of milk becomes more and more difficult owing to decreased gastric acid, enzyme content. The milk is the better source of calcium, mal digestion of creates the gastro intestinal problem and increase the acid level of blood which creat to the joint pain specially aggravated the symptoms of cervical spondylosis changes the major source of calcium and protein which

reduce the toxic level in non-vegetarian patient. Vegetarian diets prevent the progression of neck and shoulder pain and the demineralization of bones due to the high fibre, vitamin and mineral content and low acid content.

Veg Sources of Calcium

- A. Milk & Milk products
- B. Almonds
- C. Pulses
- D. Seeds especially Ground nut, Sesame, Sunflower
- E. Soybeans and their products

Factors Preventing Calcium Absorption

- A. Foods containing oxalic acids, e.g. spinach, lotus stem, horse gram.
- B. Lack of vitamin D.
- C. High consumption of proteins such as meat, fish, poultry, eggs, etc.
- D. More use of common salt, alcohol, coffee, tobacco, fat and soft drinks containing phosphorus.

Easy Dietary Tips for Pain Management-

- Physical exercise and yoga plays a major role in reducing the problem of pain management. Patient should take four meals in the day including salad, steamed vegetables, raw vegetables, sprouts, milk and vitamin D, vitamin C, phosphorus, and calcium proteins. Taking lemon juice mixed with salt at least 2–3 times a day. Daily use of 2–3 cloves of garlic in the morning decreases the problem of Pain-management.
- Vitamins C and A content of fruits and vegetables fights against free radicals responsible for inflammation and assist to reduce painful swelling around the neck.

- Omega-3 fatty acids and vitamin E acting against inflammation.
 - Garlic, ginger and turmeric are anti-inflammatory.
 - Avoid red meat, white potato spicy, hot, salty, oily foods and coffee as it increases acid load in the body.
 - Diet rich in mono unsaturated fatty acid help to reduce inflammation.
 - Replace rice with wheat.
 - Add more bitter vegetables such as bitter guard and drum stick in the routine food.
3. **Healing-** Healing touch is an energy therapy in during which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. Healing touch is a bio-field (magnetic field) therapy that is an energy- based approach to health and healing. Healing touch is additionally used for revitalizing the vital source of the body and also increases the dynamic force of the mind and body. Method of healing is predicated on heart centre therefore relationship in practitioner and patient come together and increase the mental, physical and emotional health of affected body parts. The goal of healing touch is to revive balance and harmony in the energy system, placing the patient during a position to self heal. Duration of healing is 40 min per day. A total of 24 seatings in entire 18 months period is undertaken.
4. **Natural Herbs-** Ginger and Turmeric are most popular natural spices known for their inflammatory pain reduction properties. Valerian, chamomile, kava hops, passion

flower and jatamansi all have the power to combat pain. As chronic pain is typically a mix of tension and inflammation, most herbs are made together formulas.

5. **Asana**– The gentle contraction and relaxation of the muscle relieves stagnation and blood circulation, synovial fluid and lymph.
6. **Aromatherapy**- The essential oils in thyme and rosemary have a capacity to enhance blood flow throughout the muscles and increase warmth, which is useful for treating pain. Myrtle and peppermint have their temporary pain relieving capabilities also. To experience the right combination add a little peppermint into your massage oil or aroma therapy or a hot bath.
7. **Acupuncture**– This is an different component of Traditional Chinese medicine which has become a largely complementary in the west together with the conventional medicine. Acupuncture is accepted as a scientific therapy method that give the body to restore its balance by means of stimulating some special points on the body with needles. It are often explained by gate control theory, which states that sensory stimulant are often suppressed by another stimulant(pricking a needle) within the neural system.
8. **Panchakarma-** Panchakarma Ayurvedic Treatments for Pain Management In Ayurveda—a traditional holistic Indian healthcare system—*Panchakarma* Ayurvedic treatments are option to reduce the symptoms of neck pain and disc compression as experienced by those

suffering from the malady of pain management .

9. **Hydrotherapy**- Like mud, water is additionally an ancient method of treatment. Taking bath properly with clean and cold water is an better form of Hydrotherapy. In the cold bath, all metabolic and muscles of body get activated and increase the blood circulation. The old tradition of taking bath in rivers, ponds or waterfalls on specific occasions is a natural form of Hydrotherapy. Hydrotherapy is employed mainly for preserving health and curing of diseases of bilious character. One among the modalities of Hydro therapy is Colon Therapy.
10. **Basti (Enema)**-This is usually considered as the mother of all *Panchakarma* treatments. In the process of naturopathy it is basically used for cleansing the accumulated toxins from all the three *doshas*, *vata*, *pitta* and *kapha*, through the colon. Medicated oil or ghee and an herbal decoction is given as enema to wash the colon through the rectum and increase the muscle tone .
11. **Kati Basti**-The process is very useful for the treatment which is applied through pouring warm medicated oil for 25 min and it releases stiff, tight and inflamed muscles. During this process oil penetrates deeply to nourish the ligaments and tendons. It is very effective treatment for back pain, stiffness, and other back concerns with spinal disc problems. The local Marma points are energized, and therefore the warm herbal oil soothes the pain .
12. **Shirodhara**-Pouring continuous stream of medicated oil, buttermilk, etc. on the forehead and doing a mild and soothing head massage which creates profound relaxation of the mind and body and revitalizes the central nervous system.
13. **Swedan**- It is a traditional steam therapy designed to open tissues with the saturation of heat and moisture. This method reduces inflammation, improves circulation, and promotes healing and restoration reducing pain in cervical (neck) and lumbar (lower back) part. Fomentation with medicated steam for stiffness cause to neurological disorders and gives instant relief from pain, spasm of the muscles, and inflammation of the joints.
14. **Nasyam** -Through this therapy, a medicated oil is passed through the nose that very gently cleanses accumulated *kapha* toxins from the head and neck region.
15. **Herbal Leaf Bundle Massage**-In this method, the whole body is massaged with the help of herbal poultices, prepared with various herbs and medicated powder after they have warmed in medicated oils.
16. **Medicated Oil Bath** -Fresh linen dipped in lukewarm medicated oils squeezed over the body while masseurs slowly and gently rub the oil every where.
17. **Mud therapy**-Mud therapy is extremely simple and effective. The mud used for this should be clean and taken from 3 to 4 ft. depth from the surface of the bottom. Mud is one among five elements of nature having immense impact on the body both in health and sickness. It are often employed conveniently as a therapeutic agent in Naturopathy

treatment as its black colour absorbs all the colours of the sun and conveys them to the body. For pain, wounds and skin diseases, application of mud is the only true bandage. Mud therapy is employed for giving coolness to body. In various diseases like constipation, headache, high blood pressure, skin diseases etc. mud is employed successfully.[22-26]

RESULT & CONCLUSION :-

The results of this treatment showed that alternatives therapies yoga and naturopathy techniques are a far better, beneficial and effectiveness therapies for the treatment of pain. These techniques can be used as inter-disciplinary and supportive therapy along with conventional medications. Yoga and Naturopathy covers both aspects of life – genetic and phenotypic and is a comprehensive, holistic and spiritualised system of lifestyle.

The experience of pain have a highly complex phenomenon with physical, behavioural, cognitive, emotional, spiritual, and interpersonal aspects. This multidimensional nature of pain must be acknowledged with the assessment and management of patients . Psychological factors can have a profound influence on the perception of pain and the way of the patient responds behaviourally and emotionally. As a chronic stressor,

chronic pain can produce to disability and distress, but this can be treated by psychological factors. There have large body of scientific evidence to support the role of anxiety and depression, fear, particular pain-related beliefs, and coping styles with in the mediation of pain perception in chronic non-malignant pain. Cognitive behavioural interventions designed to minimize the impact of pain on mood and function are effective in this patient group.

Yoga and Naturopathy is a safe, easy and acceptable therapy as treatment for pain management. The yoga and naturopathy therapies utilized in pain treatment effectively reduces pain. There's a progressive effective treatment which effects shows from same day. No adverse effects were observed and these therapies are very economical. Modern civilization has made man abnormal. Medicines may soothe temporarily but offer no cure. The practice of Yoga and Naturopathy involves considerable personal efforts, which involves self discipline. The impact of Yoga and Naturopathy on the people are control of negative waves in the mind, creation of positive attitude, holistic development of personality, strengthen spiritual power. Increasing the yogic therapy and reducing the drug dosage and avoidance of unnecessary surgeries also can help reduce the problem in life.[27-30]

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