

# MEDIFIELD

Issue - 5

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Health Journal

## Chronic Pain

Emerging as major health  
problem in India

Management of  
Arthritis

Healthy life:  
Stay Fit



# Jodarin



## GEL

“To get rid of your Joint pain”



# Shugreek Tablets for Diabetes



*Keep diabetes at bay - Stop the silent killer*



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Issue 5

## MEDIFIELD

*Herbal products at par  
with modern medicines  
through application of  
scientific approach.*

## MEDIFIELD

*Strives hard to blend the ancient wisdom of  
Ayurveda & Scientific methods to produce  
better results.*

## Contents

How does weight loss help in the management of arthritis?	4
Lose 15 kg for diabetes reversal	6
Spike in various seasonal disorders	7
Are fad diets the way to go?	8
Aloe vera	10
Avascular necrosis leading to chronic hip pain and disability	11
Healthy life: stay fit	12
Chronic pain: major health problem in India	14

### Articles from Doctors

Interested doctors can contribute their articles to be published  
in Medifield Health journal

### Disclaimer:

This publication is a reference volume for medical professionals and  
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Do consult your Doctor for any health issue

# How does weight loss help in the management of arthritis?



**Dr. Chethana D**  
**Rheumatologist**

Living with Rheumatoid Arthritis (RA) can be challenging as constant aches, swelling in joints and restricted movement can affect one's quality of life. While the condition cannot be reversed, weight management and an active lifestyle can help in controlling the disease. Like any other autoimmune disorder, Rheumatoid arthritis occurs when your immune system starts attacking your own healthy body tissues.

RA causes inflammation of the synovium and as the disease progresses, it gradually destroys the cartilage and bone within the joint. In RA, the joint becomes misaligned and out of shape as the tendons and ligaments holding the joint weaken. Rheumatoid arthritis mostly affects individuals between the age of 30 to 50 years and women are found to be more prone to it than men.

Even though the exact cause of the condition is not known, several risk factors exist. Genetic factors increase risk of development of RA. Some factors such as sex, age, smoking, obesity and environmental factors too can trigger RA and can increase your risk of contracting this condition. Therefore, adopting healthy practices and

using the right management techniques can help you effectively manage the condition.

## Can weight loss help in managing arthritis?

Arthritis can make you susceptible to weight gain, due to reduced physical activity. Losing weight is one of the most critical things that your doctor may advise you as it can prove to be highly beneficial in managing arthritis. Research has proven that obesity and arthritis do not go well together and have established that extra weight can create havoc for your joint health. However, since RA patients have body aches, swelling and fatigue, shedding kilos often becomes difficult for patients suffering from arthritis. Reducing the stress on your joints by losing weight will improve your mobility, decrease pain and prevent future damage to your joints.

## How can arthritis patients lose weight?

Lack of physical activity and use of certain medications make it difficult for people with RA to lose weight. Due to this, many patients struggle to effectively manage the condition. By following some simple tips and practices,

patients suffering from RA have a better chance of losing weight.

**Avoid crash dieting** - People should avoid having unrealistic expectations of their bodies and must not fall for internet fads like “crash dieting” which often do more harm than any good to their bodies. It is important to understand that losing a little weight at a time is a healthier approach and will help you maintain balance. With short-term approaches, they may lose weight initially but results will be short-lived and may weaken their metabolic rate, affect their immune system, disturb bowel habits, heighten immune response and reduce their energy levels that can ultimately cause more inflammation. So, it is advisable to get a fitness regime and adapt a structured diet instead of crash dieting.

**Intermittent fasting:** Develop an eating pattern and create a cycle between the periods of eating and fasting. A balanced cycle can be where you fast for 16 hours and then eat for 8 hours. During these fasting windows your body will get plenty of time to rest leading to reduced inflammation. It is recommended that you discuss your diet plan with your doctor before adopting it.

**Autoimmune Protocol Diet:** This is a relatively new food-based approach that helps in eliminating unwanted inflammation in a person’s body. It is a very restrictive diet which mainly includes meat and vegetables that improves gut health, builds proper nutrient density, determines food sensitivities

and regulates blood sugar and the immune system to reduce inflammation and balance hormones. If this diet is followed for almost a month, then it can help to get rid of inflammatory foods, gut irritants, and immune stimulants.

**Consume adequate water and nutritious foods** - Patients suffering from arthritis need to be mindful while eating and should observe their body cues and eat only when they are feeling hungry. Such patients should also keep a strict check on their portions as it can prevent them from emotional eating. Additionally, arthritis patients must consume at least 4 to 5 litres of water to lose weight, boost energy and postpone muscle fatigue. Consuming adequate amount of water can help in feeling full for a longer duration without adding any additional calories.

**Reduce Sodium intake:** For an average adult, only 2,300 mg per day of salt or about a teaspoon of ordinary iodized table salt is recommended. If the consumption is higher, then you will feel bloated and will gain weight. One should limit their sodium intake to 1,500 mg per day to avoid weight gain. For middle-aged and older adults with high blood pressure, about two-thirds of a teaspoon of salt per day is recommended.

Other measures such as getting adequate sleep, consuming foods rich in vitamin B, D, Omega 3 acids and magnesium and supplementing the body with glutamine can help with the cramps and can ensure proper muscle function.

**Jodarin**  
GEL

“To get rid of your Joint pain”

Rapid relief from joint pain & swelling

Chronic knee Pain  
Low back Pain  
Joint Pain

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Professor Roy Taylor  
Renowned Physician  
Diabetologist

# Lose 15 kg for Diabetes reversal

**Freeing oneself from diabetes is a journey, a continuous effort of which the entire family has to be part of. The key is to reduce fat from the liver and pancreas to winning over diabetes and type-2 diabetes has nothing to do with a person's BMI.**

The number of people diagnosed with diabetes is increasing each year at an alarming rate. Diabetes is a simple condition which with right lifestyle corrections can be easily reversed. The earlier one decides to act on diabetes, the better are their chances of effectively reversing it.

The Body Mass Index (BMI) and its correlation to diabetes being a myth. Diabetic individuals with varying BMIs who, post successful remission, can completely reverse diabetes with weight loss. Close to 50 years of my research has proven that 15 kg of weight loss can potentially reverse diabetes and that type-2 diabetes is not as complicated as it was once believed to be.

In most parts of Europe, by formal definitions, a BMI of above 25 is considered overweight and that over 30 is obese. However, it has been observed that Indians have a lower range of BMI. In India, a person with even a BMI of 20 may seem healthy but the body may not be able to cope with any extra weight. In a considerable number of cases, slim individuals are unable to tolerate even a slight increase in body weight and vice versa, a heavier set individual may be okay with the extra fat.

A person's size is not always an indication of whether it's healthy or unhealthy for the body. **The key is to reduce fat from the liver and pancreas to winning over diabetes and type-2 diabetes has nothing to do with a person's BMI.** Through a range of observations in individuals with diabetes across age, sex, ethnicity and dietary habits, it has been conclusively proven that a **weight loss of 15 kg is the vital to winning over diabetes.**

Typically, the liver and pancreas of an individual with type-2 diabetes has more fat than they can cope. Through weight loss and disciplined efforts at maintaining it, one not only can reduce the liver fat but also completely restore the pancreas back to health. Remission is not merely control of diabetes; it is scientifically proven that it is return to normal.

Freeing oneself from diabetes is a journey, a continuous effort of which the entire family has to be part of. Another very important fact about type-2 diabetes and one which can't be overlooked is that the fat threshold is genetically inherited. This means that our disorders can potentially be passed on to our children and so, if not for oneself, a diabetic should make efforts to free themselves from diabetes for the sake of their children.



# Spike in various Seasonal Disorders



**Dr. Nidhin Mohan**  
Internal Medicine  
Narayana Health City



**Bangalore is witnessing a major spike in various seasonal disorders including flu, viral fever, respiratory and throat infection, allergy in eyes and ears. 10-15% rise in viral, infections and allergies in adults, 20% in kids and 30% in the elderly in the last 2 weeks**

Bangalore is witnessing a major spike in various seasonal disorders including flu, viral fever, respiratory and throat infection, allergy in eyes and ears, UTI over and above rising Covid-19 cases due to fluctuating weather. While the rains have reduced in the last few days, chilly weather continues to affect everyone especially children and elderly. **We have witnessed a 10-15% rise in viral, infections and allergies in adults, 20% in kids and 30% in elderly in the last 2 weeks.** Instances of asthma attacks have also risen by 30% and elderly patients with joint pain issues has also seen a spike of 20%. Furthermore, it is equally critical to be cautious of conditions like typhoid, dengue, malaria and Chikungunya as the weather is expected to fluctuate in the coming weeks as well. Its worrisome that Karnataka has already reported 9,064 dengue cases and over 432 dengue cases has been reported in last 10 days

according to BBMP, which is much higher from previous years.

Precaution is the best cure in such a scenario. Healthy, fresh and warm food, along with hand, foot & mouth hygiene becomes critical. Keeping the surroundings clean especially garden area at home is vital to keep the mosquitos at bay. **Some of these conditions like viral fever, allergic reactions are lasting a little longer (over 2-3 weeks) as compared to pre-covid times hence efforts should be put in to build the immunity to fight these conditions in the longer run.** Not to forget, Bangalore is also witnessing a lot of construction work, for those who are susceptible to dust allergies should keep their nose and mouth covered outdoors. As there has been a rise in covid cases in china over the last month would be advisable to wear masks in crowded areas and use sanitisers.

## Shugreek Tablets for Diabetes



**BNEFITS :**

- Helps in normalizing Blood Glucose Level. (Glycemic Control).
- Protects Pancreas, Liver & Kidney.
- Helps in Metabolism of Cholesterol.
- Useful in Excessive Thirst, Urination & Fatigue.
- Restores Quality of Life.
- Made from Pure, Natural Botanical Extracts.


**INDICATIONS :**

Type II Diabetes, Madhumeha, UTI, Prameha, Nephritis, Vrikkashota

**DOSSAGE :**

Glucose level more than 200mg/dL... 1-2 Tablets  
2-3 times a day or as directed by the Physician.  
Glucose level less than 200mg/dL... 1 tablet 2-3 times a day or as directed by the Physician.

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**Soumita Biswas**  
**Nutritionist**

# Are fad diets the way to go?

## All you need to know

The fact is that most individuals wish to reduce weight as rapidly as possible and we live in a culture where fast satisfaction and instant results are anticipated. Fad diets are diet regimens that promise significant weight loss in a short amount of time. They are increasingly popular among the younger generation, who are searching for a quick fix to lose weight and meet society's beauty standards. These diet regimens have gained a lot of popularity as a result of the fact that some celebrities swear by them. A fad diet can be a short-term, instant approach to losing weight, but doing it repeatedly might actually lead to weight gain. Weight reduction can be achieved by following any diet that involves consuming fewer calories than you burn.

Some of the other tempting reasons why individuals choose fad diets are that people nowadays want to lose weight as quickly as possible and with as little effort as feasible and precisely fad diets promise that. Fad diets consist of simple foods that are easy to get, do not include complicated cuisine, and are simple enough for anybody to follow. Most fad diets include a variety of meals and recipes that are really tasty, gratifying a person's taste buds while also helping in weight reduction.

The majority of fad diets work by limiting your overall calorie consumption. This frequently entails eliminating whole food categories, which might result in a nutritionally imbalanced diet. To lose weight, you must ensure that you are not ingesting an excessive amount of energy. Fad diets limits protein consumption and also dehydrate the human body. As a result, not only will people lose weight, but they may also become quite unwell.

### Few pointers to help you stay on track:

- Begin a daily food journal to keep track of what you eat and to assist you in making better food choices.
- Plan and prepare meals—including snacks—every day to prevent eating junk food when you're hungry.
- Begin the day with a full breakfast.
- Fill half of your plate with vegetables/salad and the other half with protein and carbohydrates.
- Instead of frying or roasting, try boiling, steaming, grilling, poaching, or microwaving your food.
- It is best to exercise every day for at least 30 minutes.
- Once a while you can treat yourself to some favourite snack.
- Better not to miss meals as you'll feel weary, hungry, and perhaps experience headaches.
- It is better to limit alcohol consumption as it contains a lot of calories.
- Finally, remember to obtain medical counsel before beginning a diet if you have diabetes, high blood pressure, or other medical concerns.

Being a part of a trend can make almost anyone try to follow it, but one should always remember that food is absolutely essential for the human body to function and eating right is imperative to a healthy lifestyle. Consult nutritionist before beginning a weight-loss programme. They can go through any medical conditions or drugs you're taking that might be affecting your weight and recommend a programme for you.



# Shugreek Tablets for Diabetes



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# Aloe Vera

## A must medicinal plant in your own yard



**Dr. Vasundhara Bhupathi**  
**Siddarth Ayurvedic clinic**

<b>Family</b>	LILIACEAE
<b>Scientific name</b>	Aloe vera (L.) Burman
<b>Sanskrit</b>	Kumari, Ghruta kumari, Ikshura mallika
<b>Kannada</b>	Lolesara
<b>Hindi</b>	Gheekanvar, Myusambar, Kumari

Aloe's leaves are long so it is also called Dheergapatrika (Dheerga= long Patrika= leaves). It is a good tonic for the eye, used in the treatment of enlargement of liver and spleen. It can be used in the treatment of tumour & abscess. It is a good aphrodisiac. Used in the diseases of skin, as a blood purifier and in muscle toning.

### CHEMICAL COMPOSITION

Aloemodin, Aloin, Barbaloin, Galactose and others.

### MEDICINAL USES

- Fresh Aloe being very good piththanashaka, acts as Germicide, diuretic, analgesic and relieves constipation.
- Application of the drug with rose water helps in curing eye-infection.
- In cases of liver and splenic enlargement, the juice along with turmeric is very effective.
- The juice with a pinch of hippali (long pepper) powder and honey is a good remedy for fever.
- The application of the aloe pulp poultice made after boiling the plant in water, heals ulcers faster.
- The mixture of Aloe juice with powder of pepper and honey cures cough by dissolving the phlegm.
- It is a best drug for all women's menstrual problems.
- The juice with candy is the drug of choice in cases of irregular menstruation
- Applying the paste made up of Aloe and jeera is good for burnt wounds, acts as a quick remedy



in emergency. The pulp with candy helps cure piles.

- The mixture of pulp and turmeric gives good result in combating cold.
- The juice and a pinch of asafoetida cure infantile abdominal pain. In lactating children, it can be mixed with mother's milk. The drug is well-known for its cosmetic uses. Almost all the soaps and shampoos contain aloe as an ingredient.
- One spoon of the juice, one spoon of rose water and 4 spoon of butter made into paste makes a good moisturizer and applied at bed time to improve complexion.
- For removal of dandruff, Aloe pulp is applied to the scalp and the hair washed after an hour.

# Avascular Necrosis leading to chronic hip pain and disability



Dr Ramkinkar Jha  
Orthopaedics

**There is an increase in cases of Avascular Necrosis (AVN) in post COVID patients leading to chronic hip pain and disability. Excessive/ injudicious uses of steroids an important factor for Avascular Necrosis**

**I**ncidences of Avascular Necrosis (death of bone tissue due to a lack of blood supply) has notably risen in the last year. Use of Steroids increased in covid 19 pandemic period to reduce the severity of infection and was one of important life saving measures. However, this has resulted in increased cases of hip pain and disability post covid pandemic. Approximately, there is a 20% increase in AVN cases, and the requirement of surgery has also increased by roughly 20% in the last one year.

**Incidence of Avascular necrosis of femoral head (hip) has increased in last two years.** Steroids are one of important known factor causing avascular necrosis of femoral head (hip joint). Excessive/ injudicious uses of steroids may be factor behind this trend. We are also witnessing higher Incidence of AVN seen in younger population which is a major deviation from earlier.

**Younger age group, male population, persons with other comorbidities like diabetes and respiratory issues are specifically more affected.** We are also witnessing patient cases from rural and remote places having unexplained pain around hip joint when investigated found to be suffering from this disease.

Avascular Necrosis of femoral head or simply AVN hip joint is one of important etiology of arthritis of hip. Avascular necrosis is the death of bone tissue due to a lack of blood supply and it most commonly affects the femur (thigh bone)

and damages one of the most important weight bearing joints in the body.

**AVN has different stages and is broadly divided into two categories.**

- First is **pre-collapse state** where pain is only symptoms of complaint by patients. In this state shape of femoral head is well preserved and if treated well chances of further progression may be prevented.
- Next category is **post-collapse state** where femoral head is collapsed, hip joint becomes arthritic and all movements at hip joint are painful. Patients have difficulty in doing their regular work leading to disability.

In the pre-collapse state, where the shape of femoral head is preserved, core decompression with or without bone grafting is recommended. This is done in conjugation with some specialized medications given in hope that collapse can be prevented. Whereas, when femoral head has collapsed then there are only a few alternatives, osteotomy is one of option. Total Hip Replacement surgery is recommended only as the last option.

The major challenges with core decompression is the limited success rate. In non-steroid AVN, stage one and two, success rates vary between 30 to 60 percent, but in steroid induced cases this reduced to 20 to 30 percent. **Early detection is the key. Another preventive measure is avoidance of taking spurious medications where chances of steroids mixing is very high. Early treatments with specialized medications prescribed by physician is very important.** AVN if untreated, can result in the total collapse of the femur neck (at the weakest point) and may require emergency surgery.



# Healthy Life: Stay Fit

## Healthy tips quoted from Ayurveda texts



**Dr. Sanmathi.P.Rao**  
Sriranga Ayurveda Clinic

### 1. **Wake up early in the morning:**

To arise in the Braahmi muhurta, is the first Ayurvedic health commandment mentioned in the Dinacharya (Day regimen). Braahmi Muhurta is roughly an hour before sun-rise. Early rising is a means to health, wisdom and happiness. The period before dawn is the hour of Brahma, the creator of universe. This is the most powerful force or energy from which all creative processes proceed. The



air during Braahmi Muhurtam is called Veeravayu (Potent air). The Veeravayu helps the body maintain good health, increases the facial glow, inspires the mind and sharpens the intellect. To add some inspiration, most of the successful in the world follow this habit and vouch on good health because of following it. This rule is basically applied to the regions where there is an equal distribution of day and night.

### 2. **Drink approximately 750 ml of water:**

Drink in the early hours of the day to keep the three bio-energies i.e., Vata, Pitta and Kapha in track. According to Ayurveda, drinking eight prasriti (approximately 768 ml) of water in the early hours of the day during sunrise and before attending nature calls helps channelizing the three doshas, viz., Vata Pitta and Kapha. It ensures healthy metabolic fire and assures the followers of this regime a lengthy life with a perfect libido. The water can be stored in metallic vessels

like copper, silver etc or even wooden or clay. Water derives healing properties from the containers it is stored in.

Ex: Drinking water from the gold vessel/glass pacifies all the bio-energies and improves vision. It is beneficial as a diet.

Water stored in Silver is useful for eyes, sight and pacifies pitta, but increases Vata and Kapha. Therefore, it is not recommended for people of cold temperament. Copper glass water increases intelligence, appetite and prevents bleeding problems. Water stored in Brass glass is a good wormicidal. Water drunk from Iron glass containers relieves edema and gives strength. Water from wooden containers increase appetite. Water from leafy containers increase taste, improve digestion and remove toxins. Water from clay containers are cool in potency and heal inflammations. Copper is highly recommended amongst the mentioned.



### 3. Delay ageing by exercising regularly:

It not only helps to lose weight but also helps to promote strength and bulk and keeps one healthy. Oil massage and exercises are a pattern followed by most



of the traditional Indian yoga trainers and malla y o d h a s (wrestlers). T h i s especially helps to see that the Vata does not increase

but burns the vikruta Kapha and keeps the agni strong. Exercise patterns differ according to the prakruti but a basic important and the best exercise is to walk. Walk for an hour according to your strength. This can later be combined with yogasanas suitable according to one's constitution (prakruti).

### 4. Massage before bath for total fitness and glowing skin.

This is especially advised in winter days, and also after travelling in the pollution. Massaging with oils helps to cleanse away the dirt, hydrates the skin, makes it firmer and soft, and keeps

the body supple. Til oil is basically suitable for all skin types.

The application of warm oils to the body using hands has a very therapeutic effect on physical and psychological levels, including the calming up of the mind and nervous system. It doesn't require a lot of time and usually only takes a few minutes of the day. Nonetheless, the benefits are tremendous.



### 5. Eat a stomach filling breakfast, and cut down on the heavy dinner.

Ayurveda stresses upon food and eating habits and considers that unhealthy food habits give rise to diseases. By just observing the kind of diet an individual follows it's able to predict the kind of disease that could effect him on a later period.

Therefore, diet plays an extremely important role in making and breaking of health. It's important to teach children the importance of food and diet principles at a younger age. We are what we eat, and this simply defines our physical, mental, social and spiritual make up. Healthy Satwik food keeps the mind calm and doesn't disrupt the metabolic fire, while as rajasik and tamasik foods bring an imbalance physically and emotionally. Ayurveda discusses on how food should be prepared, by whom, where and how it should be eaten and in which order etc.



It stresses upon having a slumptuous breakfast or rather a brunch and a light supper. This is justified as there is no food intake from the previous night's supper till the breakfast. A heavy brunch will suffice the hunger and will ensure proper digestion. It is also observed that small nibbling and snacks are naturally avoided when food is taken so. But these, two meals a day rule can be relaxed to three meals according to one's prakruti, by fitting a small snack meal in between the two food times mentioned.

### 6. Boil four glasses of water till it is reduced to one glass:

Sip this hot water decoction at bed-time to flush out wastes from the body. This rule according to my experience brings in a lot of change for individuals keen to lose weight. It also helps to reduces sneezes and cold, morning body stiffness, aches and exhaustion. After an early dinner, drinking this cup of hot water kashaya(decoction) before going to bed relaxes the stomach and helps to digest the night meal. It is like cleaning up the body internally after the whole day's work. There is no need to add anything else to the water, just plain drinking water is boiled and reduced to 1/4th of the quantity and sipped like hot coffee. On a lighter note, by following this regularly, you wouldn't need an alarm clock to wake you up early; the nature calls will do their job.



# Chronic pain ---

a persistent pain lasting more than three months – is rapidly emerging as a significant healthcare challenge in India that is going to extract a heavy toll on the social and health

chronic pain, especially low back pain.

It also

## **Chronic pain Emerging as major health problem in India**

infrastructure of the country in the coming years.

**More than 19% of Indian adult population today suffers from chronic pain of some kind, with prevalence being higher in females (25%).** The prevalence increases steeply beyond the age of 65 years, according to a survey. This may be the tip of the iceberg as Indians usually understate their health issues and would rather not reveal their pain problems to others.

**Dr. (Maj) Pankaj N Surange, Managing Director and CEO, Interventional Pain and Spine Centre (IPSC) India:**



Chronic pain will take a huge social and economic toll in the next two decades with significant spending on surgical treatment and hospitalization. It has a serious impact on work, with increasing loss of workdays associated with

interferes with one's social life, daily routine like walking or exercising, taking care of oneself and the family, and leading an independent lifestyle. Many patients start suffering from depression, anxiety and sleeping problems. Chronic pain does not occur in isolation. There are often a variety of mental and physical health problems behind it.



There has been a gradual rise in the number of older people in the society due to rising life expectancy. This is driving an increase in the incidence of chronic pain. **The younger population too is getting affected, mainly due to leading a sedentary and physically inactive lifestyle.** The commonest types of chronic pain faced by people include spinal pain, joint pain and migraine. Arthritis, degenerative conditions of the spine, and cancer are the most common contributors to chronic pain.

- **More than 19% of Indian adult population today suffers from chronic pain of some kind, with prevalence being higher in females (25%)**
- **More and more young people have also begun to suffer from chronic pain due to unhealthy, physically inactive lifestyle**
- **For most cases of chronic pain, less invasive and non-surgical interventions are better alternatives compared to open surgical methods**

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from joint pain  
& swelling

**Chronic knee Pain**  
**Low back Pain**  
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**Dr. Swati Bhat, Consultant Interventional Spine & Cancer Pain, IPSC India:**



In the West, pain medicine has been a super-specialty for the last three to four decades. In India, it is only 15-20 years old. Several hospitals in the country now offer pain management as a separate discipline. Till five years ago, Western protocols were being used to manage Indian patients of chronic pain. However, now India-specific protocols have been developed for better outcomes.

**For most cases of chronic pain, less invasive and target-specific interventions (called interventional pain management) are better alternatives compared to open surgical methods, as these involve less risk and trauma to patient.** They are also much safer and don't require hospital admission. Since most of these non-surgical procedures can be done in a day care setting, they cost almost half compared to conventional surgeries. Patients can go back home the same day. Early interventions not only relieve pain, but also reduce morbidity and improve quality of life. We currently have Indian protocols for all interventional procedures for pain management, which is a big step forward.

**Dr. Om Prakash Gupta, Senior Consultant, IPSC**



**India**, who is a well-known orthopedic, joint replacement and spine surgeon: In interventional pain management, patients suffering from back pain, slipped disc, disc bulge, sciatica etc. are treated with less invasive techniques like ozone discectomy, percutaneous disc decompression and endoscopic discectomy where a small scope

is inserted to remove the herniated portion of the disc. Patients suffering from arthritis of the joints are managed with regenerative interventions in their early stages to prevent progression. Pain in advanced arthritis of knee, shoulder, hip and spinal joints is managed with radiofrequency procedures. Nerve pain, including neuralgia and neuropathic pain, is managed with medication and neurolytic procedures. All these procedures are done under local anesthesia and patients are discharged the same day.

**A 2018 survey of 20,000 patients of back pain from Indian metro cities estimated that 46% of Bengaluru's population in the younger age group suffers from spinal problems.** This is among the highest incidence in the country. About 43% of patients neglect their pain for



more than 7 weeks, leading to delayed treatment and increased risk of surgery.

With better understanding of chronic pain and technological advancement, pain physicians can now control chronic pain adequately and cure it in most cases. However, it is the responsibility of the doctors to treat acute stages of pain promptly to prevent patients from sliding into chronic pain.