

Effective Measures for Pain Management

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Editor Note

Pain is a complex and subjective phenomenon defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. Pain is an evolutionary trait which acts as body's defense mechanism by giving reflexive retraction to protect the affected body part. Individuals with insensitivity to pain will have less life expectancy. However, some pains like toothache and fingernail injury are not adaptive traits. Psychologically, pain motivates the animal or humans to withdraw from dangerous situations, to safeguard the damaged body part. Pain is the major common reason for consulting physician as it disturbs the person's way of life. Journal of Pain & Relief is an international open access journal that publishes articles related to pain, depression, anesthesia, antidepressants, | y p n ãush a m at th yph