Today's Problem is Pain at the End of the Day and also with the Beginning of the Day

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Commentary

Most of the people are suﬀring from pain either or any given time, place, where there is a beginning of day while wakeup from the bed not able to push their body freely or at the end of day having headache, backache, cervical pain, knee pain, etc.

As we all know most of the people are not getting proper sun light, sitting in AC car, oﬃz home, they smoke heavily which cause early degeneration of the bones as well as other neurological assets of the body. Ym consume junk food [1] which is having dangerous preservatives; they sleep less as they are covered with heavy tension in their mind to ﬁnish work in targeted time.

Ymconsume less water because they don't remember due to heavy load of work. Ymdon't maintain their body posture as they are not having proper knowledge. YsY all can cause major problem in life with unbearable pain anywhere in the body, any time, any place.

So these is happening with every individuals of the family and pain is considered to be 5th vital sign of the body, which everyone has to be explain and every consultant should ask the pain history.

One should know degeneration process of the body, as it is the major concern of today's pain.

For every individual pain most of the time is due to alteration of body's physiology and taking analgesic medicine is proved to be dangerous if person is consuming for longer time. Diagnosis of pain is necessary for every consultant. Obese person is having more pain as compare to an average weight person because they do not maintain their posture.

Backache is major concern of pain in today's world as majority does not maintain their body posture in early stage of life. In a longer time Uﬀf consulting many physician and orthopedics, they do not relieve pain because it is not diagnose properly and most of the physician are not having timeg use avhe pﬁy bn Tàj M ka hn „ s