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Back pain and herniated disc linked to depression

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In recent years in many people, depression causes unexplained physical symptoms such as back pain or headaches. While many objective research studies have concluded that there is little or no correlation between herniated discs and painful symptoms. Psychosomatic herniated disc pain is a lesser considered but very common source of enduring chronic symptoms which are often mistakenly linked to a coincidental disc abnormality. In the case of a herniated disc, the structural condition exists, but is not responsible for any painful complaint. The pain is actually the result of mild ischemia of the surrounding nerve and muscle tissues. Even the lowest levels of oxygen deprivation will affect the neurological structures near the herniated disc. This will cause localized and radiating nerve pain, tingling, numbness or weakness. The evidences suggest that psychosomatic does not mean imaginary or not real. It simply designates actual physical symptoms which are caused by, worsened by or perpetuated by a psychoemotional process. In essence, these symptoms are just like truly anatomically-motivated pain in their expression, but are enacted through nonstructural processes and for nonstructural reasons. On the whole herniation is so typical in many areas of the spine; the symptoms are often mistakenly blamed on these innocent disc irregularities. Many researchers argue that psychosomatic pain exists due to unresolved emotional issues which are repressed in the subconscious mind. These thoughts, feelings and memories are directly responsible for causing physical pain and related bodily or psychological symptoms as part of the repression process. In essence, the mind will use the pain as a camouflage, concealer or smokescreen, to hide these emotionally charged repressed thoughts. Being that these emotional issues are repressed, you do not think about them or even know they are causing you such health troubles, since they exist under the surface of conscious thought, in the deepest recess of your subconscious mind. As we have seen no one is immune from suffering some degree of psychosomatic pain in life. However, medical science does not like the word psychosomatic, so you will often hear this topic being discussed as stress-related pain instead. In fact most support the idea that even painful bulging disc should be treated conservatively and non-surgically. The stress-related back pain diagnosis is a psychosomatic or psychophysiological one. A psycho-physiological illness is any illness in which physical symptoms are thought to be the direct result of psychological or emotional factors. In the final analysis oxygen deprivation, also known as ischemia back pain is the anatomical process used as the enforcer of the subconscious mind's desires. Simple ischemia can be enacted easily through the autonomic system and can be directed at any of the body's locations or systems.

Biography

Zahra Daghighpoor completed her High School Diploma in Natural Sciences from 1996 to 1997; Associate degree program in the field of Nurse Anesthetist at Iran University of Medical Sciences (1998-2000) and BA in the field of Nurse Anesthetist at Azad University of Medical Sciences (2010-2012).

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