

LOCAL IMPLEMENTATION OF THE ORIGINAL HERBAL PREPARATION IN PAIN FOLLOW SPORTS INJURIES-IS IT DOO MED TO PAINKILLERS?



A. Pavlov¹, J. Stanimirovic¹, J.B. Nedeljkovski¹, J.B. Pavlov¹, S. Filipovic², V. Aleksic³, P. Stepanovic⁴, N. Manic⁵

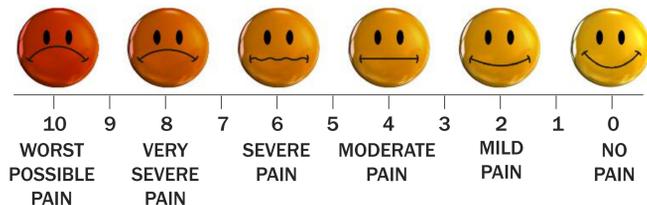
¹Pain management, Pavlov Medical Cosmetics doo, Pancevo, Serbia; ²Clinical center of Serbia, Pulmology, Belgrade, Serbia

³Clinical center of Serbia, Neurology, Belgrade, Serbia; ⁴ Faculty of veterinary medicine, University of Belgrade, Serbia

⁵University of Belgrade Faculty of Mechanical Engineering, Department for Engineering materials - Fuel and Combustion Lab, Belgrade, Serbia.

Physical health improvement center – Pavlov, Belgrade, Serbia

New From pain to smile for 20 minutes



INTRODUCTION:

Acute pain begins suddenly and is usually sharp in quality. It serves as a warning of disease or a threat to the body. Acute pain might be caused by many events or circumstances, including broken bones, surgery, dental work, burns or cuts, labor and childbirth. Acute pain might be mild and last just a moment, or it might be severe and last for weeks or months. In most cases, acute pain does not last longer than six months, and it disappears when the underlying cause of pain has been treated or has healed. Unrelieved acute pain, however, might lead to chronic pain. Some researchers apply acute to the pain that lasts less than 30 days, chronic to pain of more than six months duration, and sub-acute to pain that lasts from one to six months. Acute pain might be treated in a number of ways. Symptomatic options for the treatment of pain might include one or more of the following: Non-steroidal anti-inflammatory drugs (NSAIDs), narcotics (such as morphine or codeine), localized anesthetic (a shot of a pain killer medicine into the area of the pain), nerve blocks (the blocking of a group of nerves with local anesthetics), acupuncture, electrical stimulation, physical therapy, surgery, psychotherapy (talk therapy), relaxation techniques such as deep breathing, and behavior modification. Managing acute pain with pain killers and narcotics can lead to drug abuse. Pain killers are the most frequently implicated in drug addiction after benzodiazepines.

Sports injuries are injuries that occur in athletic activities. Traumatic injuries account for most injuries in contact sports such as ice hockey, football, rugby, American football, and boxing, because of the dynamic and high collision nature of these sports. Collisions with the ground, objects, and other players are common, and unexpected dynamic forces on limbs and joints can cause injury. Traumatic injuries can include: contusion, strain, sprain, wound, bone fracture. Cardinal symptom of these injuries is acute pain.

Herbal Medicine (or herbalism) implies use of plants for medical purposes. Plants have been the basis for medical treatments through much of human history, and such traditional medicine is still widely practiced today. Modern medicine recognizes herbalism as a form of alternative or traditional medicine, as the practice of herbalism is not strictly based on evidence gathered using the scientific method. Traditional medicine has been used for thousands of years with great contributions made by practitioners to human health, particularly as primary healthcare providers at the community level. Since the 1990s its use has surged in many developed and developing countries. The World Health Organization (WHO) estimates that 80 percent of the population of some Asian and African countries presently uses herbal medicine for some aspect of primary healthcare. Pharmaceuticals are prohibitively expensive for most of the world's population, half of which lives on less than \$2 U.S. per day. In comparison, herbal products can be grown from seed or gathered from nature for little or no cost. A lot of currently used drugs have a long history of use as herbal medicines, such as opium, digitalis, and quinine. Also, it is estimated that approximately one quarter of modern pharmaceuticals have been derived from plants. The most of these herbal, traditional products used in alternative medicine are made for pain relief. There are several studies and case reports of positive herbal use as an alternative therapy for the treatment of inflammation and pain.

The aim of our study was to evaluate efficacy of topical application of PAVLOV - PAIN BUSTER HERBAL SPRAY® and GEL®, products based on the active principles of 35 species of plants, in suppressing pain in sports injuries.

METHODOLOGY:

The study included 128 injured athletes, age 24 ± 6 years, 98% of males. Patients were examined and treated in Pavlov Center in Belgrade, Serbia. Athletes had a broad spectar of injuries, such as: local contusions, strains, and sprains. There were no severe traumas of head.

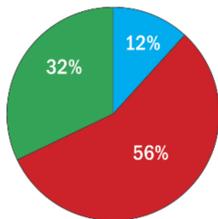
The product was applied in the form of spray or gel, depending on the location and severity of injury. Assessment of pain intensity was done through a questionnaire numerically from 0 to 10 using Visual Analogue Scale, prior and after the therapy. Painful areas were treated with PAVLOV HERBAL SPRAY® or GEL® (PHS and PHG), according to the protocol of PAVLOV PAIN BUSTER METHOD. Some athletes were treated only once, but some of them were treated several times during first 5 days after the injury. PHS and PHG are mixtures of 35 herbs, which are extracted in different percentage ratio in the alcoholic aqueous solution or glycerin aqueous solution.

RESULTS:

Before treatment 12 % of patients reported mild pain (score 1-3), 56 % moderate (4-6) and 32 % had severe pain (7 -10) (diagram 1). Some of the participants, after a single treatment, had no pain at all (score 0), but amazingly, none of injured athletes, who were threatened several times, had pain 5 days after the injury occurred. The average time of disappearance of initial pain was 20 ± 15 minutes, and tissue edema is reduced by an average of 8 ± 4 hours.

Diagram 1. Pain scores before treatment

■ 1-3 ■ 4-6 ■ 7-10



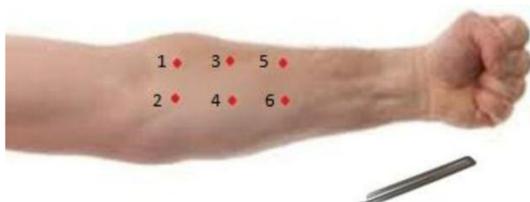
CONCLUSION:

Applied herbal preparations have proven to be fast-acting and highly effective in suppressing the pain that accompanies sports injuries. Phytotherapy, as part of a general trend of „back to nature”, should be recognized as an important part of the official medicine.

Also, in our experience this method is demonstrated as a faster recovery of athletes, which today is a huge advantage in professional sports and sports in general. For a short period of time muscle aches disappear and initial pain goes away in about 20 minutes which is very helping in the quality of recovery. It can also be used preventive in order to stop the formation of muscle pain, application of the PAVLOV HERBAL SPRAY® or GEL® before the actual physical exertion.

THE FIRST EXPERIMENT:

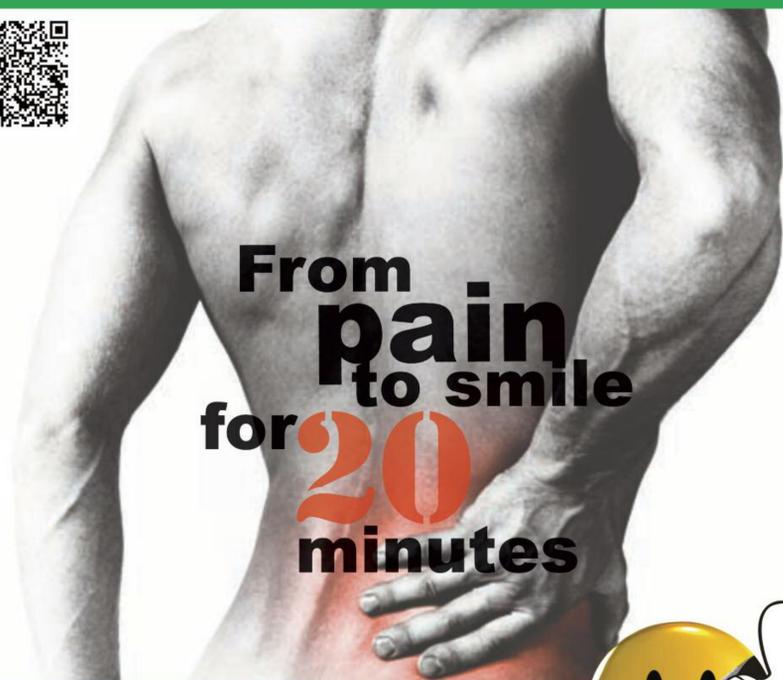
A medical nurse from our Centre agreed to be a part of pilot experiment, which was to be a proof that PAVLOV - PAIN BUSTER HERBAL SPRAY® works as an effective local painkiller. First, she applied PAVLOV SPRAY on her right forearm and then, at the same time, she made 6 small needle pricks with a blood sugar test needle on each forearm (picture 1). After that she was asked to grade the pain during the experiment. Results were amazing. The pain on the left arm (no spray applied), caused by the above mentioned procedure, was graded with 7-8 out of 10. However, the pain on the right arm (spray applied) was measured as 1-2 out of 10. This experiment encouraged us to continue our research.



Picture 1.

REFERENCES:

1. Debono DJ, Hoeksema LJ, Hobbs RD. Caring for patients with chronic pain: pearls and pitfalls. J Am Osteopath Assoc 2013;113(8):620-7
2. Nubukpo P, Clement JP. Medical drug abuse and aging. Geriatr Psychol Neuropsychiatr Vieil 2013;11(3):305-15
3. Turk DC, Okifuji A. Pain terms and taxonomies. In Loeser D, Butler SH, Chapman JJ, et al. Bonicas management of pain (3 ed). Lippincott Williams & Wilkins. pp.18-25
4. Edgar J. DaSilva, Elias Baydoun, Adnan Badran. Biotechnology and the developing world. Electronic Journal of Biotechnology 2002;5(1)
5. Ali A, Shyum Naqvi SB, Gauhar S, Saeed R. Anti-inflammatory and analgesic activities of ethanolic extract of Sphaeranthus indicus Linn. pak J Pharm Sci 2011;24(3):405-9
6. Takaku S, Osone E, kuribayashi H, Takaku C, Hirama N, Takahashi H. A case of migraine without aura that was successfully treated with an herbal medicine. J Altern Complement Med 2013;19(12):970-2



"I do not think there is any thrill that can go through the human heart like that felt by the inventor as he sees some creation of the brain unfolding to success... such emotions make a man forget food, sleep, friends, love, everything."

Nikola Tesla



PAVLOV Pain Buster 100% Herbal

