

Review Article

Psychodynamics of Pain

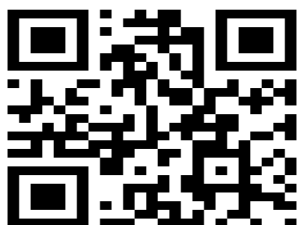
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ABSTRACT

Pain is best understood when you feel it yourself, or somebody very close to you suffers from it. When pain comes, it makes every other thing nothing in front of it. Only in pain a person is willing to leave everything and ask for death, because death is a better option than to suffer in pain.

Keywords: Psychodynamic, angina, MI, Sinusitis, reproached, seized, numbness, stiffness



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INTRODUCTION

What is PAIN?

PAIN is experienced as an emotion which shows its presence on the body.

The most intense pain felt by an individual, is given to him by his most intimate person (Family). Pain is a reflection, but it chooses a specific part of a body for its exhibition.

Why the pain experienced only at the shoulder? and more specifically the right one. Or the left ear is painful and the right is completely symptomless. Why!!!

These queries can be answered with the help of a tool called psychodynamics. An experience of unbearable pain along with a pathology is always a good sign.

Example:

Angina (chest pain) during a cardiac arrest is a sign that the patient wants to convey to the environment that he **DESPERATELY WANTS TO BE SAVED...HE IS IN A PANIC SITUATION.**

The symptom of pain in a pathology is a sign that he/she wants the environment to save his/her life.

If pain is absent in an acute pathological disease, it's a sign that the individual has

given up on life and doesn't want to come back to recovery. Myocardial infarction without chest pain is more critical than MI with chest pain.

Now we will highlight the various seats of acute pain with their psychodynamic understanding.

Sinus

We come across people who complain about Sinusitis sometimes in their left side or vice versa.

95% of the time that during an episode of sinusitis the patient is hurt by a person who is very closely related to him. The hurt caused by him is not intense but it is mild.

But the patient fails to express the pleasurable emotional turmoil and suffers from sinusitis.

The left sided sinus is affected when the mild hurt heads come from the family or a person who is very close (within the next) within the family.

The right sided sinus is affected when something goes wrong at workplace with the boss, such a place where one has to report to an authority. (outside the best) you just cannot express your anger or irritability.

Neck

Why does a person experience pain in the neck? Neck stands for flexibility self-esteem and dignity.

Ear

The psychodynamic related with ear complaint that there is constant nagging the issue is heavily observed in kids.

The left ear and the right ear have a different angle totally. Left ear- kid is being nagged by the parents. Right ear- being nagged by the tuition teacher or the teacher at school.

Now, we move over to the main pain seats in the body which are basically the joints. Complaints of joints- relations are weakening.

In Rheumatoid arthritis, small joints are affected first that relate to the conflict of creativity.

Joints (creativity and mobility)

There is also a loss of Identity at the level of emotion hence certain part or joint is affected.

Large joints mobility plus activity

Small joints mobility plus creativity

Shoulder

Whenever a patient with strong broad shoulders used to approach him, he would ask that person, if he load speaking responsibilities.

A weak person will have equally weak Shoulders.

Left shoulder pain is related with the conflict of love towards the family not reciprocated even after taking responsibilities.

Right shoulder pain is related with the responsibility at business or work.

Knee

Knee symbolizes the mobility that takes you forward. It generally hurts within an individual, cannot experience free movement.

It is observed that a lady wants to go out with her friends but is restricted by her husband or son from doing it, she may tend to suffer from knee pain.

Women tend to suffer from knee pain on an average more than men, because they cannot take their decisions without the influence of husband and that is independency. She is made to follow the decisions trusted upon her by the family or husband. They do not

have voice of their own.

In the young age group, the ratio of females suffering from knee pain is more than males. It is because they are dominated, reproached, trapped, seized.

The most intense pain felt by a person is when he is criticized, insulted, reproached by a person who is very close to his heart. There are individuals who approach themselves for their actions that is the worst pain.

NUX VOMICA IS ONE OF THEM...he is never satisfied by the quality of work produced by him. He constantly feels that he would have worked a bit better.

If he has ruined his work, then he will just blame himself to no-end.

There are 2 symptoms experienced in the neck area which are PAIN and NUMBNESS associated with tingling and stiffness.

PAIN is a sign that the person is constantly complaining about some issues related to his life. This can be associated with irritability and anger.

Tingling

Tingling is seen when the individual's complaints fall on deaf ears and he is just sick and tired of complaining any further. He feels that no one cares a damn about him and at this juncture the pain stops & numbness comes in picture.

NUMBNESS is deeper than pain

Stiffness

One who doesn't want to bend in front of an authority who is made to bend Guilt feeling.

When the guilt feeling fails to quit one's mind then the resultant effect is stiffness. Neck person's dignity and Pride.

Back

The back is person support. The conflict can be experienced at the following levels.

Emotional turmoil: In emotional conflict, the deep bond between the people who used to give him the much required emotional support is lost.

Financial turmoil: In financial crisis the much important financial support is lost.

Sexual turmoil: In sexual conflict it amounts to that there is no pleasure derived from the act, which is quite primarily required by the individual.

Whenever a patient comes up with multiple complaints of pain and other issues such as

Insomnia and less sleep, Kindly think about the sexual angle.

CONCLUSION

There are different aspects of pain. If a person is suffering from some pain in his hand, we do not comfort the hand; instead we comfort the person whose hand is hurting!

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