CONSTANT PAIN IS A COMPILATION OF THREE TYPES OF PAIN

Basic Pain Physiology: If you have constant (24/7) pain t means you have centralized your pain meaning neuroinflammation has damaged glial cells that normally shut off pain. Although you probably perceive your constant pain as a single malady, it actually consists of 3 different types of pain. All 3 must be treated.

What Is Ascending Pain? Ascending pain is the pain signal that goes from the pain site (i.e., joint, arachnoid, muscle) to the brain.

What Is Neuropathic Pain? Neuropathic pain is the pain that results when there is damage or blockage of electrical transmission in a nerve or nerve cells including glia.

What Is Descending Pain? A person with constant pain will produce excess bioelectricity (i.e., central sensitization or centralized pain) in the brain. This bioelectricity travels down the spinal cord and vagus nerve to not only produce pain but also over-stimulate the cardiovascular system. Descending pain is controlled by the noradrenergic receptor. Descending pain will be present in persons who have constant, unremitting pain. Here are the symptoms:

Pulse rate and BP elevates - Periodic hot flashes - Cold hands/feet - Excess sweating
Allodynia (Pain upon light touch)

THE THREE TYPES OF PAIN		
Ascending	**Neuropathic**	**Descending**
Receptor: opioid	Receptor: gamma aminobutyric acid (GABA)	Receptor: noradrenalin
Pathologic Effect	**Pathologic Effect**	**Pathologic Effect**
Excess bioelectricity is transmitted into the brain	Bioelectricity blocked by nerve damage/dysfunction	Excess bioelectricity transmitted out of the brain
Treatment Agents	**Treatment Agents**	**Treatment Agents**
Opioids, ketamine, LDN	Gabapentin, diazepam, Lyrica®, cymbalta, carisopradol, baclofen **Non-Prescription**: KAVA, GABA, valerian root	Clonidine, methylphenidate, Provigil®, phentermine, tizanidine, dextroamphetamine **Non-Prescription:** Lion's mane, St. John's wort, mucuna

Summary: If a person has constant pain, it is a compilation of 3 types. Each type must be simultaneously treated.

This educational information is provided as a public service by "Arachnoiditis Hope."
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