

BODY SIGNAL

Pains are body signal be it head ache or in any part. Are we taking care of these body signal, I would say no we are not taking care of these body signals the way we should. All my friends and relatives who are doctors may not agree with me 100%. As soon as we have them we go to doctors or take painkiller and think that we took care of this. But this not taking care the way I feel should be taken care, here body is telling us indirectly that we need to take a step back and relax, may be body can take care of this pain itself. When we taken a painkiller we did not give our body a chance to recover it self.

Now let us see the mechanism when we take a painkiller what happens, the medicine goes in stomach the slowly or fast it goes to place where we have pain. Even we agree for say only, if it is headache then only 5% of blood go to head and so the medicine. Question arises what happens to rest 95% of medicine no body is wants to do research or worried about what in long run it will do to your health. Here I wish to share one very sad story about my cousin in India she used to take pain killer whenever she had pain this continue unabated for thirty years. She now has to go through a regular blood transfusion every four month, which is not only painful but also very costly way to survive. You may also heard many such stories yourself.

Here I am not asking you to ignore such signal but pay attention and analyze yourself what is the best way and where we went wrong. Are we abusing our body to push beyond our normal wear and tear in order to achieve something now, and then we have to pay later. These medicines are external stimulants, which work temporarily, some time they stop only symptoms, not the cause.

In the end I would say that just to remind that nothing is more important then our body, hence we should never ignore the body signals, and give a break to body so it can serve us our full life.