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## Aches and Pain

### Aches, pains, body pains and internal pains

Aches and Pain is one of the most common complaints. It is a signal that something is wrong inside the body or particular part having aches.

Ache is a mild pain and we know of body ache, headache, backache etc.

We can group pains and aches related to head, skin, muscles, bones, and joints, limbs etc as 'body pains'. Generally these are easy to treat.

The pains related to inside organs of chest, and abdomens are internal pains. You will refer all these problems to the doctor. We will learn about them in the next book.

We describe various types of pains: Cutting, burning, pricking, stabbing, writhing, twisting, squeezing, throbbing, splitting, bursting, dragging, etc. These pains are specific to organs and underlying diseases.

Many illnesses cause various pains. We can often find out an inner illness from the pain it causes. Heart attack, stomach ulcer, urinary stone, appendicitis,

#### In this lesson we will learn about

What are aches and pains?

About body pains and internal pains.

How to treat body aches and pains