BITTER APPLE OIL MASSAGE – A NEW HOPE FOR PAIN RELIEF.


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ABSTRACT: Almost one in every six patients with diabetes mellitus suffer with long standing pain due to diabetic peripheral neuropathy. Neuropathic pain occur is almost 15-20 % of patients diagnosed with diabetes mellitus is associated with mood and sleep disorder. Although optimal glycemic control and pharmacological pain management are rise it mostly insufficient and uncertain. The present study proposes a new approach for pain relief using bitter apple oil on evidence based research. Bitter apple oil is a new hope for patients suffering from neuropathic pain of different causes.

Key Words: Diabetic Neuropathy pain, Bitter apple oil, massage, quality of sleep, diabetes mellitus.

INTRODUCTION:
Peripheral neuropathy is one of the most common micro vascular complications of both type 1 and type 2 diabetes mellitus associated with long standing pain1. A similar finding was reported by Dr.Afreen which states that among 332 patients who were diagnosed as diabetes mellitus 200 patients develops painful diabetic peripheral neuropathy2.

Diabetic neuropathy pain can have a serious impact on the quality of life of the patients. This poor quality of sleep is attributed to various factors such as sleep disturbance, high intensity pain, activity limitation, polypharmacy, severe depression, and health care cost.Although currently optimal glycemic control and variance pharmacological management are used to relieve pain, which are uncertain.The most commonly prescribe pain treatment Non-steroidal anti-inflammatory drugs (25.68%) and anticonvulsants (22.93%).The pharmacological pain management can also increases the health care cost3.

World health organization states that 80% of the people living in developing countries almost use of complementary and alternative medicine are the best treatment options for neuropathic pain4.

Brunnilee, et al states that complementary alternative medicine are greatly used for diabetic neuropathy pain. The study findings also reveals that nearly 43% of the study participants had used CAM such as megavitamins, magnets , acupuncture, herbal remedies , and chiropractic manipulation as stated5.
Bitter apple oil, is a complementary and alternative medicine thus which can be used to pain relief. It has anesthetic antioxidant effects to alleviate pain3.

BITTER APPLE OIL FOR PAIN RELIEF.
Pain is the fifth vital signs which has a great impact in the general wellbeing and health of an individual.Neuropathic pain occurs in about 15-20% of patients with diabetes and is also associated with mood and sleep disturbances, 22.6% report pain-related awakening6. The neuropathic pain, is often is associated with tingling, burning, and itching, sensation. Which produce a intolerance to touch sensation even by the bed cover7. The pain affects the quality of sleep thereby the quality of life. Neuropathic pain is associated with sleep disturbances and in turn poor sleep quality leads to increased pain sensitivity with the above cited reasons the need for bitter apple oil massage for pain relief was formulated8. Extensive literature search was done on this and the efficacy of bitter apple oil massage was tested on patients suffering from diabetic peripheral neuropathy pain. Therefore this can be implicated for patients with chronic neuropathic pain. The result showed a significant difference in reduction of pain3.

METHOD OF BITTER APPLE OIL MASSAGE FOR PAIN:
Bitter apple oil, is a medicinal plant originating from Africa, it has been used for various medical purposes including pain relief. It is available in all parts of India.

An aqueous extract of dry fruits are boiled with coconut oil with gentle heat for one hour. After evaporation of water phase, the remaining bitter apple extract in coconut oil are filtered and stored in glass bottles. The bitter apple oil which is stored can be used everyday. 2ml can be applied in the region of pain
using simple massage techniques in a circular direction for 15-20 min. Depending on the severity of the pain it can be repeated 2-3 times /day³.

CLINICAL APPLICATION OF BITTER APPLE OIL:
MeltemAlkanet al thoroughly studied the health benefit of bitter apple oil which has clinical relevance for patients suffering with various health problems, which is as follows:

- It helps to decrease the neuropathic pain and improves the quality of life in patients with neuropathic pain.
- It is applied on the skin to treat pimples and acne
- It is applied on the skin to treat the abscesses, psoriasis and wounds.
- It is a good herbal cure of cancer
- It is used to treat leukemia
- It is good natural remedy for arthritis and rheumatic.
- It is good herbal cure for liver disorder like jaundice
- It is used to reduce the blood glucose level.
- It is also used to treat hypertension.
- It helps to kill intestinal worms.
- It helps to stimulate the hair growth applied on scalp⁹.

CONCLUSION:
Prevalence of diabetic neuropathy is more common in rural areas. Diabetic neuropathy pain is a complication of diabetes mellitus and it is the leading cause of disability. It also affects the quality of sleep, pain and general well beings. Bitter apple oil massage is a new cost effective approach to provide better pain relief. Bitter apple oil can be used rural and urban population as it is simple and easily available everywhere.

REFERENCE: