

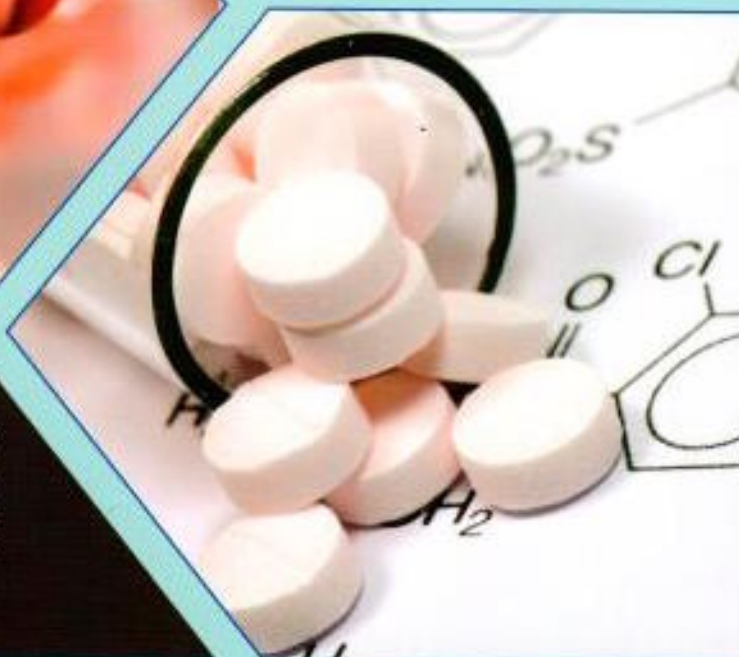


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Management of Chronic pain through thermal cautery (Agnikarma)-A model of interdisciplinary approach to innovation in modern research

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BIODATA

Dr. Nikolaos Kostopoulos graduated from Athens Medical University, Greece. He has worked in the Renal Unit of the Naval Hospital and the Intensive Care Unit of the Hospital of Chest Diseases, both in Greece and also in the Respiratory Unit of the Manchester Royal Infirmary, U.K. He is a member of the Faculty of Homeopathy in U.K. and of the Hellenic Homeopathic Association in Greece. Dr. Kostopoulos was introduced to Ayurveda by Vaidya Asvin Barot and, in collaboration with him, he practiced in Harley street in London (UK) Ayurveda and integrated medicine. He established the Holistic Health Centre in Greece in 1999. In addition to running his medical practice, Dr. Kostopoulos is involved in ongoing research within the field of psychosomatic disease and stress management through Ayurveda. Together with Vaidya Barot has conducted research in Miami University, U.S.A., developing a herbal cream for burns management. He has collaborated with the Banaras Hindu University, India, and the Civil Hospital of Ahmedabad, India, doing clinical research in the management of the post burn hypertrophic scars, which was presented in international conferences. He regularly participates in International conferences and has given lectures in the UK, Ireland, Germany, France, Switzerland, Japan, Canada and India promoting a modern, scientific approach to Ayurveda. He applies the (thermal cautery) agnikarma treatment as a part of a holistic approach for osteoarthritis and migraine pain

ABSTRACT

Chronic pain is becoming an epidemic in the Western world. Sedentary lifestyle, wrong nutrition, ageing population and stress are some of the causative factors for this epidemic. Available drugs include N.S.A.I.D.S., antidepressants, antiepileptics and opioids. Efficiency decreases with the chronic use of these drugs and side effects become more prominent and debilitating. In the U.S.A. the opioid epidemic is now a declared health emergency and the yearly cost of chronic pain is more than \$500 billion. Following an interdisciplinary approach, we started using a treatment applied in Ayurveda called Agnikarma, or in modern terms, thermal cautery of a peripheral nerve field, with amazing results for osteoarthritic pain. We also used this treatment for the holistic management of migraines. The theory of a silver bullet chemical eliminating a disease looks old fashioned. New findings like microbiome, gut brain connection, stress affected pain thresholds, vagus nerve stimulation and autoimmune disorders, make the interdisciplinary approach in pharmaceutical research a necessity for a cost efficient management of chronic pain. In the talk, the method of thermal cautery, together with a holistic approach to pain management, will be presented as a model and an example of an interdisciplinary approach to innovation for modern research.