

2nd World Congress on **Otolaryngology and Wound Care**

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Wound Care Nutrition

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Pandemic, COVID-19, has been teaching us many lessons, one of which is a wound care Nutrition. Wound is responsible for Pain which is one of the important reasons for existence of medicine, nutritionist, and doctors. It is recognised that the aggravation of pain varies from person to person, due to difference in severity of wound. In some persons pain sensation may be irritative but in others may be un-bearable. The nerve sensors play a major role in pain. First action therapist has to take relates to right nutrition so as to bring the body to alkalinity. RICE is often the first step in relieving any pain, due to wound.

Wound caused during sports has to be taken care immediately so as to resume the play. Here, Liquid Nutrition like juices or syrups are very useful. Obtaining a history of a wound with pain characterization as acute, sub-acute or chronic etc. It can be done with physical examination like temperature, pulse, blood pressure, respiration, weight loss or mental status examination which may demonstrate confusion. Vitamin E has good role to play in many types of wounds, to soak up excess free radicals.

Vitamin-E may in the form of sprouts, soyabean milk, vegetable juice or wheat germ oil. Curcumin can be very good wound healer and pain reliever. Fruits like, cherries, strawberries and blueberries are also in that category of pain reliever. Thus, wound care nutrition is useful in any pain which should not be killed with the help of drugs/chemicals but can be relieved with help of various fruits, vegetables and nutritious foods if taken in appropriate proportions.

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