

History of Pain Management



1500-1300 BC
Ancient Cultures

Believed pain outside of visible injury was caused by evil spirits

Pre Inca Cultures use the coca plant leaf

Opium is for pain relief by ancient cultures in Egypt, India and China



300 BC-50 AD
Early Imperial Era

Ancient Chinese Medical Texts first describe Acupuncture

Late Antiquity

Central Nervous system detects pain



1350-1600 AD
Age of Exploration

Eastern Medicine viewed as evil by Europeans

Europeans start mixing narcotics and herbs on sponges for inhalation or applying directly to wounds.



1820-1870's
Industrial Age

Pain can be minimized or relieved

Morphine is industrially produced in Germany and USA

Chloroform and Ether are used as inhaled anesthetics



1950-1990

Mid to Late 20th Century

Pain is both a Physiological and Psychological Problem

1965 Gate Control Theory is introduced by Ronald Melzack and Patrick Wall

Wilbert Fordyce begins using Operant Conditioning and other behavioral psychology approaches to treat Chronic pain



460-400 BC

Classical Period

Pain caused by imbalance of in the four Humors

Hippocrates acknowledges use of Opium

First Applications of Hot/Cold Remedies, Blood Letting and other herbal remedies



1150 -1300 AD

Middle Ages

Pain is punishment from God.

First Documented use of Narcotics for painful operations



1670-1683 AD

Renaissance

Pain is inevitable and a sign of life

Laudanum is introduced

First European doctors start learning acupuncture



1900-1950

Early to Mid 20th Century

1920's Neurosurgery and Psychotherapy are recommended options for pain relief

1947 William Livingston establishes a Research based Pain Clinic

1950 Lamaze a breathing technique is developed to help manage childbirth pain

1954 Dr. John Bonica writes the first comprehensive textbook of pain treatment options around the world



1990's - Present

Information Age

Pain is individualized and can be helped through a multimodal personalized plan

1990 Medical community recognizes the need for non pharmacological treatments for pain relief

2019 Japanese researchers target REV-ERB's as a treatment for chronic pain.

1500 B.C.
2020 A.D.