

Anti-inflammatory refers to substances or treatments that help reduce inflammation in the body. Inflammation is the body's natural response to injury, infection, or other stimuli, and is characterized by redness, swelling, heat, pain, and sometimes loss of function.

Anti-inflammatory treatments can be either non-pharmacological or pharmacological. Non-pharmacological treatments include rest, ice, compression, and elevation (RICE), as well as lifestyle changes such as diet modifications, exercise, stress reduction, and avoidance of allergens or irritants.

Pharmacological anti-inflammatory treatments include over-the-counter drugs like nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen, and naproxen, as well as prescription medications like corticosteroids, disease-modifying antirheumatic drugs (DMARDs), and biologic agents. These medications can help reduce inflammation and relieve pain, but they may also have side effects and should be used under the guidance of a healthcare provider.

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