

## Role of virtual reality in chronic pain management in present era

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**Background:** Over the past two decades, virtual reality (VR) is attracting medical practitioners. Earlier research shows that virtual reality (VR) can be successfully implemented in dipping chronic pain regardless of age factor of the patient during and immediately after various medical procedures. To minimize the chronic pain VR has been examined and clinically proved as a superior form of disruption. This could become achievable by creating an environment of interactive virtual reality (VEs) with head-tracking systems, visually stimulating scenery, and audio and tactile feedback.

**Purpose:** The objective of this research study is to analyze the efficiency of VR in dropping persistent pain.

**Method:** Thirty (30) contributors with various chronic and acute pain states were analyzed through a five minute virtual reality session. The 'Cool!' application is used for this purpose. Participants have responded intensity of their pain on a scale of 0–10 rating before the VR session, throughout the session and instantly following the session. They were also asked about concentration into the VR world and on probable side effects. A head mounted display (HMD) was utilized with every subject. Not a single discomfort has been experienced.

**Result:** Pain was reduced from pre-session to post-session by 33%. Pain was reduced from Pre-session during the VR session by 60%. These changes were both statistically significant at the  $p < .001$  level. Three participants (10%) informed no alteration between pre and post pain ratings. Ten participants (33%) conveyed full relief in pain during the VR session. All participants (100%) felt pain is reducing to some extent between Pre-session pain and during-session pain.

**Limitations:** Due to heterogeneity, we were not capable to carry out meta-analyses.

**Conclusions:** VR is an effectual healing tool for dropping chronic and acute pain. There are some studies, which suggest that VR can reduce chronic pain during the intervention; however, more facts are required to understand that Virtual reality is successful in lasting reductions in chronic pain. VR has been constantly verified in decreasing pain, nervousness, spitefulness, time spent thinking about pain and superficial time spent in a medicinal modus operandi. However, other studies have also found harmful effects, diversified findings and restrictions owing to age and/or technology. Few studies made research on VR as a complementary intervention for controlling chronic and acute pain or facilitating pain rehabilitation. VR showed preliminary guarantee for controlling chronic pain and facilitated long-standing pain rehabilitation; however, several questions remain yet to be answered.

### Biography

Prof. Shiv Singh Sarangdevot is the Vice Chancellor of Janardan Rai Nagar Rajasthan Vidyapeeth University, Udaipur. Executive President, All India Association of Vice Chancellors and Academicians.