

Metaphors: Another Explanation in the Expression of Pain in Patients

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According to two articles published in this journal with the titles of "Conceptual Metaphors of Pain in Persian: A Cognitive Analysis. Int. J. MusculoSkelet. Pain. Prev. 2021, 6(2):496-501. [1]" and "Understanding Cancer Patients ' Lived Experience of Pain through Metaphors: A Qualitative Study. Int. J. MusculoSkelet .Pain. Prev. 2022; 7(3):759-764. [2]", and another additional source; "Pain Metaphors as a Bridge between Physician and Patient: An Interdisciplinary Approach. [3]", it seems there are some comments as follows. The first article considers common pain metaphors among Persian speakers. In the second article, several common metaphors used by cancer patients are explained in a purely cognitive manner. The third article, interestingly, states that conceptual metaphors can unconsciously play a significant role in the relationship between the patient and therapist. All of these articles and findings are new in some way and have recently been published in the Iranian research literature. What emerges from the results of these studies is that, although pain has both physiological and psychological aspects, and targets the quality of life of humans [4], it also has another important aspect: pain has a language, and its language is

metaphorical. It can be assessed with tools related to pain metaphors [5]. As a result, publishing these types of articles reminds readers that this scientific journal values articles on pain from various and interdisciplinary perspectives.

In this regard, it can be argued that language is one of the manifestations of the mind and cognitive system that reflects human cognitive function. Therefore, it is recommended that researchers in this area of pain metaphor conduct interventional studies and investigate the types of pain metaphors. In other words, investigate whether there are different metaphors for different types of pain.

Pain metaphors can vary significantly across different cultures. Hence, researchers are advised to examine pain metaphors in different cultures using various methodologies. Furthermore, they should explore how pain metaphors develop and expand during children's development, particularly in relation to the development of language. On the other hand, it is recommended that physicians specializing in various fields who are also researchers use conceptual metaphors of pain to diagnose and improve their patients, and

specifically present those metaphors in the form of articles and books.

Local doctors who are familiar with local languages and cultures are advised to identify the specific metaphors used in these languages and collect them, as they will form a valuable verbal-linguistic collection that can be helpful in the presented pain metaphor model. In this regard, a research plan can be submitted to the Academy of Medical Sciences to collect pain metaphors, allowing for informed decisions based on various pain treatments.

Conclusion

Based on the research conducted and the literature review, it can be concluded that pain metaphors can aid in diagnosis, treatment, and cultural understanding, as well as enhance the patient's verbal expression of pain, and on the other hand, they expand the cognitive system's ability to recognize pain and illness. As mentioned earlier, pain metaphors have cultural roots, and culture is intertwined with conceptual metaphors of pain. Identifying conceptual metaphors of pain in each culture can be a scientific and practical guide to treatment and the expansion of knowledge in these areas.

Interdisciplinary articles that address metaphors in explaining pain have challenged the minds of many researchers. Conceptual metaphors draw out the type of pain from deep within the individual. They are internal, individual, and influenced by culture. In other words, conceptual metaphors are the language of pain. In addition to being the language of pain, pain metaphors also interact with the emotional layers of pain and

are influenced by psychological factors [4]. Suppose physicians, clinical psychologists, and health psychologists pay attention to this critical issue. In that case, it can be expected that the rapport between therapists and clients will be facilitated, and significant steps will be taken towards various types of treatment.

The author of this letter, as a novice in the field of pain metaphor, is trying to express her goals and future studies in the semantic field of pain metaphors. By referring to the sources published in this journal, she has sought to highlight the significance of this field of study, aiming to clarify the importance of this interdisciplinary topic for other researchers, thereby facilitating further progress in this field of study in Iran

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