**Hernia – Is it possible to heal it without Surgery ?**

**What Is a Hernia?**

A hernia occurs when an organ or fatty tissue squeezes through a weak spot in a surrounding muscle or connective tissue called fascia. The most common types of hernia are inguinal (inner groin), incisional (resulting from an incision), femoral (outer groin), umbilical (belly button), and hiatal (upper stomach).

**What Causes Hernia?**

All types of Hernias are caused by a combination of pressure and an opening or weakness of muscle or fascia; the pressure pushes an organ or tissue through the weak spot. Sometimes the muscle weakness is present at birth; more often, it occurs later in life.

Anything that causes an increase in pressure in the abdomen can cause a hernia, including:

\* Lifting heavy objects without stabilizing the abdominal muscles

\* Constipation or Diarrhea

\* Persistent coughing or sneezing

\* Any clinical or sub clinical infection effecting the intestines

In addition, obesity, poor nutrition, and smoking, can all weaken muscles and make hernias more likely.

**Our analysis :**

The small intestine is **about 20 feet** long and the large intestine is **about 5 feet** long. So, both put together is about 25 feet of intestines inside our stomach. Due to some reason/(s) as mentioned above or any other reason, the intestines swell and remain in that swollen mode. This causes them to occupy more space and they put pressure all around. Any weak spot /organ around the swollen intestines gives way and protrudes out, which we call ‘Hernia’.

**What is needed :** We need to pacify the swelling, restore intestines to its normal condition, and give it strength, also give strength to abdominal muscles, so that it can set at rest in its original size and position. As it normalizes, it tends to shrink from inflamed state to normal state and slowly withdraws the ‘protrusion’ thus ‘hernia’ gets reversed.

With the above objective in mind, we recommend our Hernia kit, comprising of two Ayurvedic or herbal medicines. We also suggest a diet which does not allow gases/air element to increase in the body and also put restrictions e.g. no weight lifting, no exercises, no jogging, cycling, gym, yoga etc. and send a diet chart with timings to follow.

Because we correct the system, the recovery is permanent, and there is no scope for relapse, unless we ourselves invite the disease by doing the above in a disproportionate manner.

Please see for more details here : www.grocare.com/diagnose/hernia