

# Ayurveda and Modern View on “Inguinal Hernia” and its Therapeutic Management

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## REVIEW ARTICLE

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DOI [10.22270/hjhs.v6i3.100](https://doi.org/10.22270/hjhs.v6i3.100)

### ABSTRACT

Inguinal Hernia is described as Aantro Vriddhi in Ayurveda which is also considered as one amongst the 7 types of Vriddhi. Pathologically condition associated with displacement of internal organ in abdomen which ultimately protrudes outward, produces swelling and pain in abdominal region. Hernia mainly occurs in abdominal region and middle age people or elderly persons majorly get affected. Hereditary condition, prolong coughing, pressure during defecation, constipation, straining of abdominal muscles, lifting of heavy objects, obesity and retention of fluid in abdominal cavity, etc. are major causes of hernia. The symptoms involve hard protrusion, soft lumps, swelling and pain, etc. Vata Vriddhi chikitsa, Agni karma, Sneha, Upanaha, Vatahara pralepa and Ayurveda formulations, etc. are some approaches which helps in the management of hernia. Modern science mainly described uses of surgical approaches and pain reliving medicines for managing such types of conditions.

**Keywords:** Ayurveda, Hernia, Aantro Vriddhi, Granthi

### 1. Introduction

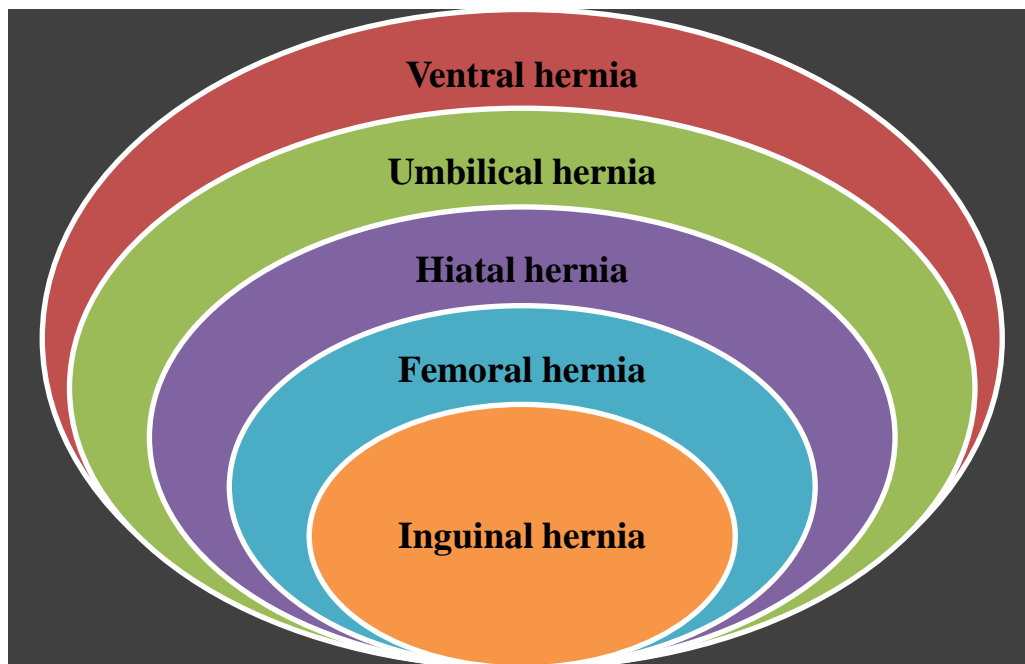
Hernia is health issue which occurs in the abdominal cavity mainly due to the stretching or displacement of internal organs. Generally it affects men than women, elderly or middle aged peoples mainly get affected. Abdominal muscles, weak connective tissues, aging, obesity and some occupations may increases the risk of hernia. Abdominal ultrasound test, CT scan Test and MRI scan, etc. are some modern approaches which help to diagnose

disease conditions. (1-4) There are different types of hernia as depicted in **Figure 1**; amongst them the inguinal hernia is very common.

Inguinal hernia is most common type of hernia mostly found in men, mainly above the inguinal ligament. It exhibited viscera protrudes into the duct within the groin. The *Vata* get increased under the influence of causative factors which further weakens the intestine, *Vata* pulls intestine or its part downward leading to

the inguinal hernia. Treatments like herbal remedies, lifestyle changes and analgesic medicines can be used suggested for symptomatic relief of hernia. Herbal

formulations such as; *Vara churna*, *Kanchnaar guggul*, *Chitrakadi Vati*, *Mahashankh Vati* and *Varunadi Vati*, etc. can be used to relieves hernia symptoms.



**Figure 1.** Different types of hernia

### ***Samprapthi***

The etiological factors aggravate *Vayu* which further causes shrinking or displacement of intestine or its part from its normal position. That after vitiated *Vayu* pushes part of the intestine into the groin region leading to the swelling in the form of *Granthi*. The condition if persisted for long time then vitiated *Vayu* pushes intestinal part downwards and *Vayu* moves further down and leads swelling of scrotum. This condition of *Aantra vruddhi* mainly associated with symptoms of protrusion, swelling and pain.

### **2. Causes of Hernia (5,6)**

- ❖ Persistent coughing
- ❖ Hereditary factors
- ❖ Excessive pressure during defecation
- ❖ Lifting of heavy objects
- ❖ Obesity

- ❖ Improper food intake which vitiates *Vata*
- ❖ Suppression of natural urges like urine or feces

### **Symptoms**

- ❖ *Vankshana shotha*
- ❖ *Vrushana vruddhi*
- ❖ *Aadhmana*
- ❖ *Stambhana & Ruk*
- ❖ *Vata purna dhruti sparsha*

### **3. Therapeutic Management of Hernia**

*Agni karma*, *Sira vedha*, *Padangushta daha* and *Vankshana daha*, etc. are some approaches which help in the management of hernia. Some Ayurveda formulations which relieve *Vata* also work effectively in such types of conditions.

*Swedana* to the scrotum with *Agni* can be done as *Agni karma* (fire cauterization) for treating *Aantra vruddhi*. *Vankshana daha* should be done over the *Vankshana* to

prevent descent of intestine into the scrotum region. Fire cauterization should be done with *Ardhendu shalaka*.

*Sira vedha* helps to prevent progression of *Aantra vrudhi* into the scrotum, *Siravedha* should be done on the right side in left hernia and on to the left side in the hernia located right side.

### Role of Natural Drugs

*Eranda Taila* prepared with decoction of *Bala* is useful in case of *Antravrudhi*, decoction of *Rasna*, *Yashtimadhu*, *Guduchi*, *Bala*, *Gokshura*, *Patola* and *Vasa*, etc. is also useful to relieve *Aantra vrudhi*. Similarly decoction of *Vishala mula churna* when used with *Eranda Taila* and milk offers health benefits in *Aantra vrudhi*.

Paste of *Pippali*, *Jeeraka*, *Kushta*, *Badara* and *Shushka gomaya* made in *Kanji* considered useful for hernia. Paste of *Devadaru*, *Mishi*, *Vasa*, *Takali mula* and *Saindhava Lavana* is helpful in scrotum swelling when used along with honey.

### Role of Samshodhana Therapy

*Traivrut sneha*, *Swedana* followed by *Virechana* and *Niruha Vasti* prepared with *Vatahara dravyas* should be administered. *Anuvasana Vasti* with *Yashtimadhu taila* also recommended.

*Snigdha virechana* should be used using milk mixed with *Eranda Taila* to relieve *Vata*. Similarly *Eranda taila* mixed with *Guggulu* and *go mutra* is also helpful in case of *Vataja Vriddhi*.

### Pathya

- ❖ *Samshodhana*
- ❖ *Raktamokshana*
- ❖ *Lepa*
- ❖ *Vankshana daha*
- ❖ *Aruna or rakta shali*
- ❖ *Eranda taila*
- ❖ *Dhanwa amisha*

- ❖ *Ushna jala & Takra*

### Hernia Surgery

- ❖ Open hernia repair
- ❖ Laparoscopic hernia repair
- ❖ Laparoscopic Hernia Repairs

*Transabdominal Preperitoneal Repair*

*Intraperitoneal Mesh Repair*

*Totally Extra-peritoneal Repair*

- ❖ Robotic hernia surgery (6-8)

### 4. Conclusion

Hernia is caused by displacement or extension of internal organs of our body; men are mainly gets affected than women. It can occur in stomach, near the thigh or around internal periphery of testicles, etc. *Sneha*, *Upanaha* and *Vatahara pralepa*, etc. should be done over the afflicted area. *Bhedana*, *Virechana*, *Asthapana Vasti* and *Anuvasana Vastis*, etc. are considered useful for such types of conditions. Disease modifying medicines, *Bandhana*, open surgery and laparoscopic surgery, etc. also advised to relieve hernia.

### Acknowledgements

Authors are very thankful to Himalayan Journal of Health Sciences for publishing our article.

**Financial Disclosure statement:** The author received no specific funding for this work.

### Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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