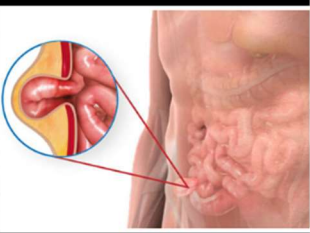
	HERNIA: HOMEOPATHIC APPROACH	
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Hernia: Homeopathic approach

The immediate reaction to any abnormal swelling or lump in the body and also seeing it in the sensitive part is to go for surgery and remove it. Even in the case of a hernia, surgery is often considered the only option by the patients. Homeopathic remedies for hernias can effectively treat this condition and that too without any side effects.

When the intestines come out of the lower part of the abdomen and feel like swelling or a lump, it is considered a symptom of a hernia. The development of the internal organs of the body towards the outer wall is called a hernia. This is a major cause of weakness in the muscles. The problem of muscle weakness increases with increasing age.

Causes:

A congenital hernia is caused by a weakness of the nerves at birth. Apart from this, obesity, chronic cough, urinary or prostate-related problems, constipation disease also increases the chances of hernia. If there is already a complaint of muscle weakness in the family then it is more likely to happen. This problem can be caused by excessive weight lifting. For example, weight lifters, weight lifters are more likely to get this.

Types:

- Inguinal hernia: which occurs in the middle part of the foot and groin. This type is most common in men.
- Umbilical hernia: In which the part raised near the navel is visible. This disease is more common in women. The disease can be caused by the muscles that have been pulled especially in the delivery.
- Incisional hernia: This type of hernia can occur if a person has had an appendix or any abdominal operation and due to this the muscles have become weak, the stitches have opened.
- Epigastric hernia: This is a hernia on the upper abdomen. Nowadays, it is very high in bypass patients.

Sign & Symptoms:

Hernias are mostly visible. In this disease, the area where the hernia has occurred, the part above or below the stomach or near the trunk comes out. Sometimes it is difficult to understand if the patient is too fat. When this part is checked by the doctor, it is easily diagnosable. That is why no X-ray or scan is required for the diagnosis of this disease, except for most cases. The important thing is that there is no pain in this part in the first stage. In the second stage, when the intestine gets trapped inside, the pain starts and even if there is no cure, then in the third stage, the intestine twists inside and due to this, it becomes gangrene, which can be fatal for the person.

Homeopathy for hernia:

Hernia may be considered for treatment with homeopathic medicines. However, the decision between using medication or opting for surgery is usually determined by the stage at which the patient consults a doctor. The doctor assesses the condition to determine whether homeopathic remedies can effectively address the hernia or if surgical intervention is necessary. Homeopathic medicine is done by doing the patient's symptoms as well as mental and physical studies so that the immune system of the person increases and the disease is eradicated from the root. The top homeopathic remedies for hernia include Nux vom, Calc carb, Rhus tox, Lycopodium, Plumbum met, etc.