



AYURVEDA PERSPECTIVE OF HERNIA; CAUSES, SYMPTOMS AND MANAGEMENT: A REVIEW

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Article Received on 20/12/2017

Article Revised on 12/01/2018

Article Accepted on 01/02/2018

ABSTRACT

Hernia is abnormal opening of abdominal wall through which intra abdominal contents protrude out. Hernia abnormality of body which involves displacement of the internal organ and may be herniation of the viscera. Hernia associated with formation of abnormal swelling due to the outward movement or growth of internal organs. These condition generally occur when stomach muscles becomes weak & intestine swell up which further push stomach muscle leads to organ displacement. Hernia mainly occurs around the muscles of the abdominal wall. Sometimes hernia causes severe pain and therefore affects general mobility and quality of life. These complications further managed by surgical intervention. Hereditary, coughing, strain during elimination, accumulation of fluid in abdominal cavity, lifting heavy objects and obesity are some causes of hernia. This article described ayurveda perspective hernia.

KEYWORDS: Ayurveda, Hernia, Aantra Vruddhi, Herniation, Swelling.

INTRODUCTION

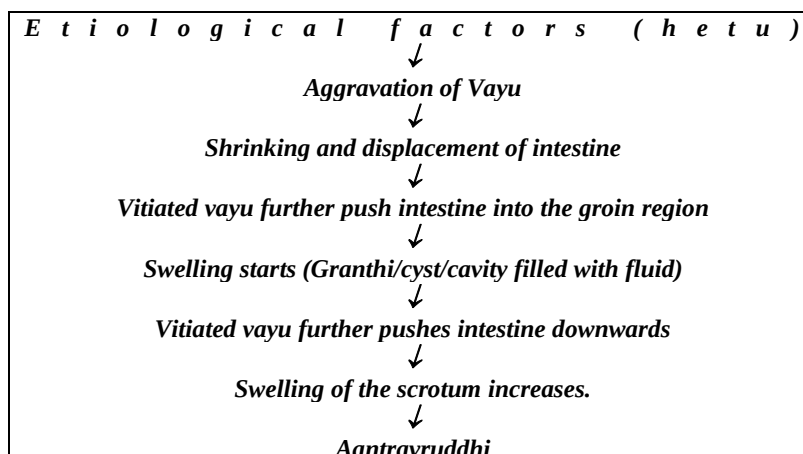
Ayurveda the science of life believe cure than treatment of disease. Ayurveda mentioned various logical principles related to prevalence of disease along with preventive and therapeutic measure. Ayurveda not only suggest use of natural remedies for disease management but also recommended conduction of balanced life style, *yoga*, *pathya* and *apathya* for the management of various diseases. Hernia is an abnormality of internal organ and need surgical intervention for cure if become severe, Ayurveda described hernia as *Aantra Vruddhi* (scrotal swellings/ increase). *Vataja Vruddhi* is main cause of

Aantra Vruddhi and sometimes it is become *asaadhya*, therefore need to be cure in early stage.

Types of hernia

- Abdominal wall hernia
- Indirect inguinal hernia
- Direct inguinal hernia
- Femoral hernia
- Umbilical Hernia
- Hiatal hernia
- Incisional hernia

Pathogenesis



LakshanasofAantraVruddhi

Vankshanashotha:	Swelling in the groin region
Vrushana (mushka) vruddhi:	Swelling in the scrotum region
Aadhmana:	Distension of the scrotum
Stambhana:	Rigidity of the scrotum
Vatapurnadhrutisparsha:	Scrotum looks like balloon
Ruksha:	Dry scrotum
Aheturuk:	Pain

Chikitsa forAantraVruddhi➤ **Chikitsa to pacify Vata**

Treatment which controls *Vata Vruddhi* should be done. *Snigdha virechana* may be recommended for same purpose.

Milk mixed with *Eranda Taila* or *Eranda taila* mixed with *Guggulu* and *go mutra* offer beneficial effects in *Vataja Vriddhi* and *Aantra Vriddhi*.

➤ **Agni karma**

Swedana to the scrotum using *agni* (cauterization). *Agni karma* may be performed using *ardhendu shalaka*. *Daha karma* also performed to *angushta* using *viparyaya* method. The skin over the *Angushta Madhya* opened followed by cauterization. *Daha karma* recommended over the left toe if hernia occurs in right sided. *Daha karma* recommended over the right toe if it is left side hernia.

➤ **Siravedha**

Siravedha help to prevent progression of the *aantravruddhi* into the scrotum region. *Siravedha* should be done around the vein of the *Shankasthana* and near to the ear. *Vyatyasakrama* method should be used to perform *siravedha*.

Formulations for AantraVruddhi

- *Eranda Taila* processed with decoction of *Bala* help to relieve *Aadhmana* and *Antravruddhi*.
- *Devadarvadi Pralepa* (paste of *Devadaru*, *Mishi*, *Vasa*, *Takalimula* and *Saindhava Lavana*) mixed in honey reduces swelling associated with *aantra vruddhi*.
- *Radnadi Kwatha* (decoction of *Rasna*, *Yashtimadhu*, *Guduchi*, *Eradamula*, *Aragwadha* and *Gokshura Vasa*) with *eranda taila* relieved from *aantra vruddhi*.
- *Vishalakashaya* (decoction of *Vishalamulachurna*) with *Eranda Taila* and milk offer beneficial effects in *aantra vruddhi*.
- *Pippalyadi Lepa* (paste of *Pippali*, *Jeeraka*, *Kushta*, *Badara* & *Shushka gomaya*) made in *Kanji* help to relieve *aantra vruddhi*.

Panchakarma in AantraVruddhi

- *Panchakarma*; *Virechana*, *Asthapana Vasti* and *Anuvasana Vastis* offer beneficial effects in hernia. *Panchakarma* and medicines along with *bandhana* help to prevent abdominal contents to dripping down into the sac.

Dietary guideline for hernia

- Eating too much must be avoided.
- One should eat slowly.
- Meal should be taken in parts instead of taking large meals.
- Water just before meal and after meal should not be taken.
- Raw food, unprocessed foods, over-processed food; white bread, sugar, cakes and biscuits should be avoided.
- Fruit juices before each meal offer relief.
- Consumption of diets consisted of seeds, nuts, whole cereal grains and fruits, etc recommended.
- Vitamin A rich material such as; carrot juice offer beneficial effects in hernia.
- Sleeping just after meal must be avoided.



Figure 1: Mild Yogasans for Hernia recommended to be performed slowly.

Pathya for hernia

- *Vasti karma*
- *Vamana*
- *Sweda karma*
- *Samshodhana*
- Consumption of *Aruna* or *raktashali*
- Use of *Dhanwaamisha*
- Use of *Ushnajala*
- Use of *Takra*
- Avoid stress during excretion

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