

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

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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, Hernia, Aantra Vrudhi, Herniation, Swelling.

Types of hernia

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

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

Pathogenesis

Etiological factors (hetu)

- Aggravation of Vayu
- Shrinking and displacement of intestine
- Vitiated vayu further push intestine into the groin region
- Swelling starts (Granthis/cyst/cavity filled with fluid)
- Vitiated vayu further pushes intestine downwards
- Swelling of the scrotum increases
- Aantra Vruddhi
LakshanasonAantraVruddhi
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
Raksha: Dry scrotum
Aheturuk: Pain

Chikitsa for AantraVruddhi
- **Chikitsa to pacify Vata**
  Treatment which controls Vata Vriddhi should be done.
  Snigdha virechana may be recommended for same purpose.
  Milk mixed with Eranda Taila or Eranda taila mixed with Gaggula 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 angishtha using viparyaya method. The skin over the Angushtha 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, Takalimala and Saindhava Lavana) mixed in honey reduces swelling associated with aantra vruddhi.
- Radnadi Kwatha (decoction of Rasna, Yashtimadhu, Guduchi, Erandamula, Aragwadha and Gokshara 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, Asthapanap 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.

**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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