

Treatment of Groin Hernia with Alternate Medicines with Self Prepared Formulations



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Abstract

Hernia is "A bulging of an organ or tissue with an abnormal opening", occurring mostly in the intestinal region. However, hernia is not defined like this according to Holistic sciences. Hernia is described as a swelling of the intestine according to Ayurveda. Overtime swelling of this causes the abdominal wall to weaken and the intestine eventually swells up so much that the pressure cannot be held by the abdominal wall and gets in. For this reason many renowned holistic practitioners consider all hernias classified to be identical in nature. In their belief Hernia is a lifestyle disease. Should healthy lifestyle is not maintained the hernia is prone to developing. Unfortunately surgery is not the solution to hernia as hernia relapses in most cases or new hernia develops. There are other surgical complications since the swelling inside is not addressed. I observed development of hernia in my groin region. Accidentally I started applying my HerbaPain formula prepared using Clove oil, Eucalyptus oil, Wintergreen oil, Camphor oil and Peppermint oil in carrier Mustard oil. Over the two months the groin swelling was subsiding. Later for additional two months I have applied *Nigella sativa*, the swelling was found to subsiding.

Introduction

Hernia is an intestinal inflammation and is cause of poor gut health. This gut inflammation that happens elsewhere in the body due to release of chemicals from damaged cells which includes histamine, bradykinin, and prostaglandins. Due to these substances, the blood vessels leak fluid into the tissues, causing swelling. The chemicals also increase blood flow causing swelling. The swelling causes pain while the body may be trying to heal hernia and distress is obvious in the process. Imbalance of gut's microbiota is the first problem and is tiny microorganisms in the form of bacteria live inside men and/or women. Some of them are good and bad too as some helps make vitamins while deprive sufferers of their ability to absorb nutrients from foods or supplements that are ingested. While we are babies our microbiota starts to form and getting changed as we eat over the time. In addition, the other causes are our chronic illness, stress and medicines being taken like antibiotics or NSAIDS. The good bacteria colonization could be promoted in the gut ensuring bad bacteria sets no way, may add up to chronic inflammation. A holistic practice also has medicines prepared from herbs and claims the healing of hernia without any surgery but it may be a long course of intake of medicines without any harmful side effects [1,2].

With the follow of diagnosis all inguinal hernias are considered for surgical treatment. With the time, progression of a hernia is obvious and most surgeons consider repairing all inguinal hernias

at an earliest. Inguinal hernia being benign disease and its repair result complications in elective setting are only rare and minor. After emergency repairs nevertheless, complications develop may be more dramatic and frequent, even with record of mortality [3,4]. It is especially the reason being patient is an elder [5,6]. In elective setting repair therefore is recommended generally.

Methods

HerbaPain my prepared formulation meant for treating pain in the body and is also potent in treating inflammation. This was prepared using 80mL (v/v) mustard oil adding Clove oil 5mL, Eucalyptus oil 5mL, Camphor oil 5mL, Wintergreen oil 5mL and Peppermint oil 5mL (v/v). When I realized the development of groin hernia so incidentally I started applying it on the hernia with gentle massage over hernia for two months. Later I decided to use *Nigella sativa* which is very potent medicine in the practice of Unani having established its various medicinal benefits on many ailments in researches by the investigating scientists. On applying it with gentle massage it generates heat over the bulging and swelling hernia.

Results

Clove oil contains eugenol (5-90%), eugenol acetate (9-10%), Eucalyptus oil contains 1, 8-cineol (eucalyptol) (70%), Camphor oil contains 1, 8-cineol (35.9%), wintergreen oil contains methyl

salicylate and peppermint oil contains camphor, menthol, carvacrol as major ingredients. Therefore, combining all these have medicated role to play in treating tightness and inflammation of hernia. *Nigella sativa* oil in major contains linoleic acid (55.6%), oleic acid (23.4%), palmitic acid (12.5%) along with major compounds such as thymoquinone TQ (30-32%), trans-anethole (38.3%), p-cymene (14.8%) limonene (4.3%) and carvone (4.0%). The present TQ has potent anti-inflammatory property as investigated by the authors impregnating it with TQ in polypropylene mesh for incisions and found to have remarkable reduction in hernia inflammation[7,8].

Discussions

As mentioned earlier this gut inflammation that happens elsewhere in the body due to release of chemicals from damaged cells which includes histamine, bradykinin, and prostaglandins. Due to these substances, the blood vessels leak fluid into the tissues, causing swelling. The chemicals also increase blood flow causing swelling. The swelling causes pain while the body may be trying to heal hernia and distress is obvious in the process. Imbalance of gut's microbiota is the first problem and is tiny microorganisms in the form of bacteria live inside men and/or women. So it may be opine that the essential oils based formulation and *Nigella sativa* oil containing TQ may have strong impact on endocrine glands such adrenal gland in control of release of histamine, bradykinin and prostaglandins which alleviates the bulging of an intestine and causing hernia. In addition as essential oils absorbed through skin and mixes with blood stream may rectify the repair of damaged cells and stop release of these chemicals[7,8].

Conclusion

In an incidental attempt on my groin hernia, being herbal and aromatherapy practitioner, I have applied on my hernia self-

prepared HerniaPain formulation as outlined in the methods initially for two months. Later thought of applying *Nigella sativa* oil on realizing its TQ content impregnation on polypropylene mesh meant for used as incision mesh by scientists with beneficial effects. Therefore, thought of applying on skin just above groin hernia and wanted to know its clinical impact through absorption as practiced in aromatherapy. It was surprisingly brought to my notice in bringing down its inflammation and stiffness. Therefore it is concluded that hernias can be combated with these formulations without suffering any pain and complications though it may take 6-12 months to subside an inflammation and stiffness.

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