Surgery is often recommended to repair a hernia, however, there is an effective hernia treatment that does not require surgery.

(Newswire.net -- March 14, 2017) -- A hernia is defined as a condition where part of an organ is displaced and protrudes through the wall of the cavity containing it. A hernia is thought to be caused by a weakness in the muscular wall that keeps abdominal organs in place, causing a bulge. There are a few types of hernia that are known to appear in the abdomen, thigh, chest regions, etc. However, it is most prominently seen in the abdominal regions, where the intestine is pushed out. Once this occurs, this condition never seems to become normal on its own; hence, one would surely need treatment. Many suggest surgery to repair it, however, there is an effective hernia treatment without surgery.

Hernia is considered to be a lifestyle-oriented problem. Modern day food habits and other unhealthy habits like smoking, disturbed sleep patterns, etc. all seem to contribute to the development of a hernia. Moreover, people who develop a hernia always seemed to be affected by it again. Other factors involved in the risk of developing this condition include, hereditary traits, obesity, chronic cough, prolonged constipation, etc.

**Causes & Symptoms**

To understand the mode of natural treatment, we need to have some basic understanding about the condition. Though the world sees this as a protrusion of organs through a muscle/tissue opening; according to Ayurveda, the traditional medicine system, a hernia is the swelling of the intestine, which causes the opening. Hence, we should understand that the root cause is rather on the intestine, and not the muscular/tissue weakness. Therefore, the right approach to treat it, would be by addressing the intestinal problem first.

The swelling of the intestine, constantly puts pressure on the abdominal walls, and subsequently ruptures it, where the walls become much weakened, after a considerable time period. The swelling is generally considered to be due to some subclinical infections. This means that the infections are not so severe to be diagnosed or proven to persist, under the modern clinical testing methods.

**Treatment For a Hernia Without Surgery**

Now, we have found that the proper treatment for a hernia, is to alleviate the intestinal infection and to slowly get rid of it, fully. There are two main traditional medicines available at the Grocare.com to treat it, which are the Hernica and Acidim.

Hernica is a well-formulated traditional medicine and is known for regularizing the digestion process, and to strengthen the intestines and abdominal walls. Therefore, it greatly helps in reducing the swelling in the intestines and eventually reduces the pressure put on the abdominal wall.

Acidim is responsible for bringing down the pH levels to optimum; by removing the free radicals, present in the intestine, which are the prime cause of the inflammation. Further, it also speeds up the healing process, on the whole, together with the Hernica.

Therefore, taking the two precious medicines in the recommended dosage, will surely cure the intestinal swelling, thereby helping it to move on to its normal space, and hence, the possibility for it to rupture the abdomen wall becomes void. Moreover, by acting on the root cause, it gives a high probability to not to develop a hernia again, once resolved.