

Hernia - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. A hernia is a pathology in which a section of internal organs comes out of the cavity that it occupies. It can protrude into an internal cavity, under the skin, or into the space between muscles [3]. As a result of this disease, internal organs are partially displaced, but their integrity is not compromised.

This dangerous pathology is quite common, affecting about 20% of people. The risk zone includes preschoolers and people over 50 years of age, and men are more susceptible to this disease than women.

Key words: Hernia, description, causes, types and symptoms, complication, prevention, treatment, healthy products, folk remedies, dangerous products

Classification of hernias

Hernias are distinguished depending on the place of their formation:

1. **Inguinal.** This form is diagnosed in 66% of patients. As a rule, it is rare in women. In men, the inguinal canal is wider, so increased intra-abdominal pressure often provokes a hernia. In turn, an inguinal hernia can be direct or oblique. An indirect hernia forms under the skin and passes through the inguinal canal; it can be congenital. A direct hernia is usually identified on both sides. This form of hernia can only be acquired;
2. **Femoral.** Women over 40 years of age are susceptible to femoral hernias. Between the ages of 40 and 60, women's femoral ring weakens and increases in size. A femoral hernia forms gradually, with part of the intestine extending beyond the boundaries of the abdominal wall through the femoral canal;
3. **Umbilical.** This form most often develops in women who have given birth several times; in this case, the contents of the hernial sac, which is localized in the area of the umbilical ring, may be the stomach, small or large intestine;
4. **Hernia of the white line of the abdomen.** The linea alba represents tendon fibers. If the hernia does not protrude through the holes and fissures of the fibers, then it is considered hidden. Most often, this type of hernia develops in patients with peptic ulcers, cholecystitis or stomach cancer;
5. **Postoperative.** Localized in the area of the scar that formed after surgery. Postoperative hernia occurs in 31% of people who have undergone surgery on the abdominal organs.

Causes of hernias

In the process of evolution, humans have formed an elastic frame from muscles and tendon fibers, which fixes the internal organs and counteracts intra-abdominal pressure. A hernia is formed as a result of defects in the elastic frame, which can be caused by the following factors:

- impaired elasticity of muscle tissue as a result of exhaustion or old age;
- sudden increase in intra-abdominal pressure;
- suppuration in the anterior abdominal wall;
- obesity [1] ;
- bearing a child;
- congenital pathologies in the abdominal wall;
- unhealthy diet and unhealthy lifestyle;
- lifting weights;
- chronic respiratory diseases;
- prolonged constipation [2] ;
- frequent, uncontrollable crying in infants;
- abdominal trauma;
- numerous births;
- genetic predisposition;
- inflammation of the suture after surgery;
- low immunity;
- surgeon errors during the operation;
- fast weight loss;
- frequent sneezing during allergies [3].

Hernia symptoms

Despite the fact that all types of hernia have their own characteristic signs, there are also common symptoms:

1. pain when coughing or during exercise;
2. nausea and vomiting;

3. a spherical protrusion of internal organs, which can be seen visually from the outside, especially in a standing and sitting position. When the patient takes a supine position, the protrusion disappears;
4. difficulty or frequent urination;
5. pain in the groin or abdomen;
6. discomfort while walking;
7. feeling of heaviness in the abdominal area.

Complications from hernia

The most dangerous and common complication of a hernia is strangulation. It can be triggered by severe tension in the abdominal muscles, which compresses the contents of the hernial sac. Pinching can also be caused by cicatricial constrictions.

When the small intestine is pinched, feces accumulate, blood circulation is disrupted, and the intestine becomes thinner, which can lead to intestinal obstruction. When any organ located in the hernial sac is pinched, blood circulation is disrupted and the organ cannot function normally.

Untimely treatment of a hernia can lead to serious consequences:

- unreducible hernia;
- stagnation of feces in the intestines;
- bleeding;
- peritonitis;
- intoxication of the body;
- renal failure;
- inflammation of neighboring internal organs.

Hernia prevention

For prevention purposes, it is necessary to normalize stools and also try not to lift heavy objects. The main reason for the appearance of umbilical and inguinal hernias is considered to be a loose abdominal wall, so it is necessary to strengthen the lower abs. To do this, you should do recreational gymnastics, pump up your abs every day and do the “bicycle” exercise. Swimming strengthens the abdominal muscles well. At the same time, it is important not to overdo it and correctly combine exercise with rest.

It is necessary to avoid obesity, and if you plan to lose weight, then try to do it gradually, rather than rapidly losing weight.

During pregnancy and after childbirth, women need to wear a bandage, exercise in doses, avoid constipation and treat coughs in a timely manner.

In newborn babies, it is important to properly care for the navel in the first week after birth, you must avoid swaddling too tightly and do not throw the baby up. To prevent the appearance of an umbilical hernia in infants, you should avoid overeating, watch your stool, and place your baby on his stomach 2-3 times a day to train the abdominal muscles.

Patients who have undergone surgery on the abdominal organs must avoid sharp turns and tilts of the body to the side, wear a bandage for a month after surgery and do not try not to lift heavy objects.

Treatment of hernia in official medicine

Using a bandage or external bandages can only briefly stop the development of a hernia. **Any hernia can only be cured through surgery.** Moreover, each type of hernia requires its own method of treatment.

An *umbilical hernia* can be treated using laparoscopy. Laparoscopic hernioplasty is performed under local anesthesia. The surgeon dissects the hernial sac and puts the protruded organ in place. After this, adults are given a mesh implant, and children are sutured with a navel ring.

An alternative surgical option may be *laser vaporization*. This technique makes it possible to eliminate protrusion without traditional surgery. The advantage of this method is the absence of large incisions and scars and rapid recovery.

Modern herniology includes many hernia repair techniques and each of them has its own disadvantages and advantages. The method of operation is chosen by the doctor, focusing on the severity of the disease, the age of the patient and individual intolerance to the materials.

Useful products for hernia

In order to prevent hernia, the diet should be focused on preventing the development of constipation.

After surgery, you must adhere to a diet. Preference should be given to pureed soups, cereals, low-fat broths, and boiled eggs [4]. Before the operation and during the rehabilitation period, before meals you need to take a spoonful of vegetable oil or 2 tablespoons of oatmeal [5], this simple method will help normalize intestinal function.

After eating, it is better not to go to bed; it is recommended to take a walk down the street or do something around the house. Nutritionists recommend eating small portions of food at regular intervals 6 times a day. Solid foods should be discarded or hard foods should be brought to a soft state during the cooking process. During the day you need to drink non-carbonated alkaline mineral water, which reduces acidity.

Recommended Products:

1. weak broths;
2. dairy products;
3. porridge, with the exception of rice [6] and semolina;
4. pears [7] and raspberries [8] ;

5. fish;
6. tofu cheese;
7. soft fruits and vegetables;
8. fruit jellies;
9. soft boiled eggs;
10. compotes;
11. seafood;
12. lean meat.

Traditional medicine for hernia

Patients with a hernia in the preoperative period should strengthen the body and try to delay the development of the hernia using the following folk remedies:

- prepare a decoction of *young oak bark*. To do this, pour 20 g of raw material into 200 ml of boiling water, cook for 5 minutes, cool, filter and drink 1 tbsp. three times a day;
- drink *acorn coffee* with honey every day [9];
- *The juice from belladonna leaves* has proven itself as an antispasmodic, which can be replaced with powder or tincture. Doses should be minimal, since the plant is poisonous;
- *A decoction of smooth hernia herb* perfectly relieves pain caused by lifting heavy objects. To do this, pour 50 g of fresh raw material into a liter of boiling water, infuse and drink 4 times a day, 1/2 cup;
- As an external remedy, *pine baths have shown good results*. You can also make warm body wraps from a warm decoction of pine twigs;
- for umbilical hernia in children, a torso wrap made from a decoction of hay dust is useful ;
- dilute *vinegar with water* in a 1:1 ratio and quickly wash the body with the resulting solution;
- a good therapeutic effect can be achieved using *a compress of sauerkraut* [10], cabbage leaves or a cloth soaked in brine should be applied to the site of the protrusion and held for 20-30 minutes.

Dangerous and harmful products for hernia

In the postoperative period, it is necessary to completely exclude the following foods from the diet:

- alcoholic drinks, strong tea and coffee;
- sweets;
- sour, fatty, smoked, salty foods;

- strong broths;
- fatty fish and meats;
- spicy sauces and seasonings;
- carbonated drinks;
- lard and margarine;
- fast food;
- semi-finished products;
- mushrooms.

If possible, limit the consumption of the following products:

- peas [11] and other legumes;
- bakery products;
- grapes [12] ;
- all types of cabbage;
- Minimize salt intake.

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