

What is Behind All Hernia Formations that We Need to Know?

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This article will be written based on Hippocrates (460 bce - 375 bce) thoughts that said that it is far more important to consider other ancient medical traditions prior to the knowledge we have nowadays. For this reason, I will use principals of traditional Chinese medicine that has around 5000 years of existence and other ancient medical traditions to explain what has behind all hernia symptoms that we need to know [1].

Being a doctor who started my studies in Western medicine, being my first specialty infectious disease, I have specialization in general practice, parenteral and enteral nutrition, pain management, acupuncture and traditional Chinese medicine, and I am a lover of homeopathy and I wrote another theory in this field recently, to try to make the prescription of these kinds of drugs easier than what is usually done nowadays. Using all these different points of view, I can have a chance to see the disease formation from different angles [2].

In the article written by Franz (2008) entitled *The Biology of Hernia Formation*, the author is saying that hernia occurs when there is a lost in tissue structure and function leading to a failure in fascial and surgical wound [3].

Since her studies in homeopathy in 2015, I began to write another theory entitled Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine that both Western medicine and homeopathy physicians today are treating at the leaf level of the tree, where I am using this metaphor to explain the different treatment levels and the different angles of points of view. The reason why I need to write another theory to use homeopathy medications were that I felt that homeopathy nowadays do not

have any reasoning behind this prescription and the physician usually needs to decorate the signs and symptoms presented by each medication to prescribe to patients that present the same symptoms treated by each medication. But what I want to emphasize in this kind of treatment, is that they were not treating the root of the problem but just the symptoms [4].

In the case of a patient with hernia, the symptoms are only at the leaf level of the tree, but the cause is at the level of the tree's root, which is invisible to the naked eye because it is related to the energy alteration part of the human being not yet studied by Western medicine but by Chinese medicine nowadays [5].

In the article written by me (2021) entitled *The Importance of Correcting Energy Imbalances and Chakras Energy Deficiencies in the Treatment of Patients with Glaucoma*, I reported a patient who was treating for glaucoma by an ophthalmologist, using eye drops to reduce intraocular pressure but the intraocular pressure still did not normalize [5].

The author noticed that the patient had an umbilical hernia and the patient informed to me that he already had this hernia since his childhood [5].

I measured the energy of the seven chakras' and what I found was that all his seven chakras was completely out of energy, in six of the seven chakras (with the exception of the 7th chakras, that was in normal rate) [5].

In another article written by me (2020) entitled *The Importance of Correcting Chakras Energy Centers Alterations to Prevent Pacer-maker Indication*, I am showing one case report that went to treat in

her clinic, leg pain and anxiety. What I found in her physical exam is that she had in the past, abdominal hernia post-surgery to correct the abdominal hernia but she had many complications due to this surgery necessitating to put a mesh to contain the abdominal hernia. But after this surgery, the patient had an important infection at the site of surgery needing to take out the mesh to improve the infection condition. I did chakras' energy centers measurement in this patient years after the surgery and found that all her chakras were in the lowest level of energy (and this is the reason for the formation of hernia in traditional Chinese medicine). What Western medicine did in the past to treat her condition was to treat the leaf level of the tree, but what the author wants to say in this article is that the root still not treated, that are the energy deficiencies, that leads to the formation and recurrence of the condition, even using surgery to correct the alteration (that is the hernia formation) that is normally not seeing by the naked eyes [6].

I described in all my publications such as in one article I wrote (2019) entitled *Energy Alterations as the Underlying Cause of Primary Hypertension*, how all these chronic pathologies have in common, that is the lack of energy in the chakras' energy centers, that leads to different manifestations in the leaf level of the tree. According to traditional Chinese medicine's principals, many diseases came from the same root and one disease can come from different energy imbalances [7].

The treatment of chakra energy centers, replenishing the lack of energy in this specific patient, regressed the hernia size, getting less protuberance in the navel, giving a more normal appearance [5].

This also applies to babies born with umbilical hernia, where usually the parents who gave birth to these children are without energy in the chakras' energy centers, generating babies with deficiency of energy and causing the formation of this umbilical hernia condition which is usually treated only at the leaf of the tree by Western medicine, but the problem is on the root level of the tree, that is not treated by Western medicine's physician, which maintain the cause always in the background because all these alterations are not taught in the medical schools nowadays, due to the influences of Flexner report in 1910, that consider only scientific what the doctors can see by the naked eyes and what they cannot see, they consider as unscientific [8].

In the article written by Alexandre G., *et al.* (2020) entitled *Pediatric Umbilical Hernia*, the authors are saying that pediatrics umbilical hernia usually closes in two years and there is the necessity of surgery only if there is complications such as incarceration or rupture or strangulation [9].

The treatment of chakras' energy replenishment (in addition to being important for preventing the formation of any chronic diseases, such as diabetes, high blood pressure, premature aging, myocardial infarction, cancer, among other clinical problems), we will be able to treat the cause of all disease formation and also increasing immunity to prevent infection of COVID-19, increasing the *Zheng-Qi* or our second chakra energy (Kidney), that corresponds to the energy that is responsible for the defense energy against the invasion of external pathogenic factors (SARS-CoV-2 is considered an invasion of external pathogenic factor by TCM'S reasoning) [10,11].

Just said by Hippocrates (460 bce - 375 bce), that we must treat the patient (treating the root) and not the disease (treating the leaf). Another quote said by him is "it is more important to know which person has a disease than to know which disease the person has". According to one presentation made by me in the Acupuncture Research Conference, that was held in 2015, at Harvard Medical School, in Boston, United States, "if we treat all energy imbalances of the patient, we will be able to treat all their physical and emotional aspects at the same time, even the physician do not know that the patient has such symptoms" [1,10,11].

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