

HernoSan / Phoenician Balm

Comprehensive treatment for abdominal hernias - Two products to heal and strengthen the abdominal muscle wall and to eliminate pressure build up upon it.

-HernoSan: A complex blend of plants chosen for abdominal hernias, to heal and strengthen the abdominal muscle wall and to eliminate pressure build up upon it

Box of 90 capsules

- Phoenician Balm: Oil Rich in Herbal active ingredients for abdominal hernias, to heal and strengthen the abdominal muscle wall and to eliminate pressure build up upon it. To be used in conjunction with a hernia support belt.

Bottle of 150 ml

Hernias of the abdominal wall:

There are several kinds of hernias located in the abdominal area; they are protrusions due to the rupture and spacing of the muscle fibres of the abdomen, which constitute the abdominal wall. Through this «breach» a bag is formed of peritoneum and covered with skin (known as hernial sac) with, at its base, the neck or cervix. The hernia generally contains fat fabric, sometimes it contains a segment of the small intestine or even a segment of the colon, and exceptionally it could contain the appendix or an ovary.

A hernia of the abdominal wall will present a protrusion of abnormal size on the abdomen or in the area. In certain cases where the hernia is not very bulky, it can appear intermittently and it remains hardly perceptible. In other cases, where the hernia is larger, the principal complication remains the strangulation of the hernia, which in fact is entrapping the bowels.

The most current location of the hernias are the groin (inguinal hernia), the navel (umbilical hernia) and the top of the thigh (crural hernia):

• **The inguinal hernia** is more likely to occur in man because the spermatic cord passes through the abdominal wall in the inguinal region, making it a natural weakness prone to hernia formation. For the woman, it is the round ligament holding the uterus, which creates a passage that can allow the development of a hernia. The hernia sits at the internal end of the groin and in man, it can go down more or less towards the scrotum.

• **The umbilical hernia**, more frequent among obese subjects and women, is characterized by the often voluminous protrusion of a portion of the intestine in the area of the navel.

• **The crural hernia**, more frequent among obese women, consists of the protrusion of a portion of the intestine under the arcade which leaves passage to the femoral artery and vein from the abdomen towards the thigh. Often small in size, this hernia is generally not very painful.

Causes and consequences:

The hernias of the abdominal wall are due to the weakening of the muscles of the abdomen causing the rupture of their fibres, that is to say the spacing of muscle fibres. The cause can be congenital or the result of the weakening of the concerned muscles. Overweight and the lack of exercise are often in question.

The interpretation from the viewpoint of the Greco-Arabic Tradition (Unani) is that the excess moisture and phlegm in the muscle tissue of the abdominal wall, is the main cause of its weakening. Indeed, observing a hernia it is easy to feel and see that muscle tissue is filled with a viscous substance (phlegm) softening the muscles and damping down its tonus. Moreover, we can see that the majority of people affected by the problems of hernia, have a phlegmatic temperament.

To remedy this situation, it is recommended to avoid foods that increase body moisture and to take herbal complex which, on the one hand, rid the body of this excess of phlegm, by expelling it through the urine, the feces and sweating, and on the other hand strengthen the muscle fabric.

Hernias can appear or grow in volume when the abdominal pressure increases under the effect of an effort such as the abrupt lifting of a heavy object or a severe bout of coughing.

Hernias are often reducible; one can easily put the hernia back behind the abdominal wall through the neck (or passage) of the hernia by exerting a mild pressure. There is however a risk of complication by strangulation if the hernia is formed by a portion of the intestine. The compression of intestinal fabric and the blood vessels at the neck of the hernia can provoke an obstruction of the bowels causing the arrest of the intestinal transit, distension, vomiting and greenish bile. This situation requires an urgent surgical intervention.

Action of HernoSan:

HernoSan is composed of plants that enhance the action of the Phoenician Balm treatment by procuring a basic background treatment. Moreover, the plants help eliminate some of the causes of hernia by stimulating colon muscle functions and removing excess moisture or phlegm that weakens the abdominal muscle wall.

Action of the Phoenician Balm:

The lotion is called Phoenician Balm because its composition is based on a recipe found in very old traditional writings, which made references to therapeutic oils and ointments originating back to the Phoenicians.

It consists of a penetrating oil based lotion composed of specific plants, resins of plants and natural substances, which act on the fabric of the abdominal wall in order to harden its muscle fibres, conferring tonicity and ensuring a tightening of its fabric. An anti-inflammatory action supplements its action and procures a feeling of relief.

Instructions: HernoSan

As a preventive treatment, take two capsules per day. As a curative treatment (combined with the Phoenician Balm treatment) take three to four capsules per day.

It is recommended to take HernoSan capsules along with the Phoenician Balm treatment, the products provide complementary effects that enhance each other's effectiveness.

Instructions: Phoenician Balm

Apply the lotion (morning and evening) directly to the hernia and also largely on its outlying area (a 5 cm band around the contours of the hernia). Make sure that the lotion penetrates. The balm is applied to a relatively large zone in proportion of the neck of the hernia because the objective is to harden the muscular fabric of the whole area, which is altogether at risk. Apply as soon as possible, at the very appearance of the hernia and as long as the hernia is not adsorbed. Use the lotion with hernia support belts or bandages, which will contain the hernia mechanically and allow the lotion to act. Effective for minor hernias.

It is advisable to use the Phoenician Balm with hernia support belts or trusses which will contain the hernial sac mechanically and will allow the balm to act while limiting the expansion. Apply the balm as long as the hernia does not reabsorb, it is clear that only minor hernias can truly be reabsorb. The balm can also be used in a preventive manner if a weakening of the abdominal wall is felt and/or hernias are frequent in the family history. **For topical use only.**

Composition: HernoSan

Equisetum arvense, Rheum officinale, Acorus calamus, Cupressus sempervirens, Galium verum - Plant origin capsules.

Composition: Phoenician Balm

Sesamum Indicum Seed Oil, Boswellia Serrata Gum, Inula Viscosa Flower Extract, Aloe Barbadensis Leaf Juice, Asphodelus Microcarpus Viviani, Cupressus Sempervirens Oil, Parfum, Citral, Citronellol, Eugenol, Linalool, Farnesol, Geraniol.

Complementary treatments:

The **DynOrgan** and **Deflatil** products concern the overall digestive functions; they improve the digestion and the intestinal transit, thus reducing the pressure.

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