

A healthy mind in a healthier body

The promotion of health and overall well being is the motto of this Indian company - Grocare India

MUMBAI, MAHARASHTRA, INDIA, August 15, 2016 /EINPresswire.com/ -- Yes, we understand. There are countless resources out there that state the importance of leading a healthier lifestyle. Several others even go on to identify methods that aim towards telling their readers how exactly to go about living it better. While all this is certainly important, very few actually go on to spread awareness about conditions that affect people in their daily lives.

In today's day and age, humans as a whole have become susceptible to a variety of problems that crop up with regard to health. The medicine or other generic information regarding the same is readily available everywhere without exception. However, the important part about helping a patient understand exactly where the problem lies in the body is not addressed. Consumers have the right to know what they are going through, and this holds especially true for a field like medical sciences. It is only then that a patient can understand how to go about making the best choice they can with full knowledge.

There is a specific condition that this article wants to target. With this approach, we hope to enlighten our readers about specific problems to be able to understand them better.

[Hernia](#) is a common ailment. More common than it is known to be, Hernia remains a subject for speculation for many people. They are not aware what the condition is about, and are hence not able to help themselves or their loved ones in case of an observed case. It should not be perceived as something embarrassing, because the condition can occur to anyone, even seemingly healthy people. Hence, one must know what the ailment is all about so that they can be of good help to anyone that needs assistance.

In simple words, Hernia is the bulging of an organ or tissue through an abnormal opening in the body. These are most common in the abdomen, but they can also appear in the upper thigh, belly button, and groin areas. Known to be painful for many, they are a cause of fear among people, but they need not be. So now the need is to identify causes that lead to this condition, in a way to better know how to tackle it.

Hernias are caused by a combination of muscle weakness and strain. This means that they can develop based on the lifestyle that you follow. Depending on its cause, a hernia can develop quickly or over a long period of time. Naturally, a sedentary lifestyle may lead to the formation of a hernia. The most common causes for the development of a hernia are due to age, strain from work and damage from injury or surgery. They can also result from suddenly gaining or losing weight, being pregnant, heavy weight lifting etc.

However, the known root cause of a hernia can also be sub-clinical infections, which means infections that are not in large numbers. So this problem needs to be tackled at the root level, and not just by surgery. This is because this infection, which cannot be detected by modern science, is still making the system weaker. Perhaps, surgery on one type of hernia may also lead to the formation of another one in the future – if the root cause isn't tackled. What's better, to have a permanent cure to the ailment, or just to keep postponing it for later?

It is interesting to note that conditions like these can crop up due to an unhealthy lifestyle. The reason for which is, if you don't have an active lifestyle, the immune system also becomes less able to deal

with what may come. A healthy balance must thus be maintained between nutrition, exercise, and remedies so that a successful cure is obtained. Only that will lead to the overall improvement in the health with minimal chances of recurring of the condition. Yet, even those who exercise sufficiently may experience hernia. Hence, it becomes important to know and understand this condition.

The aim of this education revolution that is being carried out by [Grocare India](#) is to [campaign](#) about the condition to increase awareness regarding it. “A successful treatment is one, where you have to take the least number of medicines for a lasting cure. We want to ensure that what you know about the condition is correct before you proceed with the cure”, said a spokesperson from the company.

Through the campaign, Grocare wants to establish an open platform where discussion and deliberation can add to the knowledge of patients.

To conclude, a healthy mind in a healthy body is the road to holistic well being. Share your awareness about hernia to your near and dear ones such that they are able to make informed decisions on treatment if and when required.

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