

Hernia symptoms will vary depending on the type (location). According to iab Health Productions, common symptoms are often the result of inguinal or hiatal hernia.

Inguinal:

- Bulge or lump in the affected area.
- Pain, especially when bending over, coughing, or lifting.
- Burning, gurgling, or aching in the area of the bulge
- Weakness, pressure, or feeling of heaviness in the abdomen.

Hiatal:

- Bulge or lump in the affected area.
- Chest pain.
- Difficulty swallowing.
- Acid reflux.