

# A Guide on Hemorrhoids and Homeopathy

**H**emorrhoids or sometimes called *piles* refer to a condition where the particular veins around the lower rectum and anus are swollen and swollen. It can happen to anyone - men or women and old or young. Hemorrhoids take place because there is a strain in the bowel movement. Others suffer from hemorrhoids because of aging, pregnancy, chronic diarrhea and also chronic constipation. It can be seen either internal (inside the anus) or external (below the skin around the anus). There are a few people who have hemorrhoids but they do not experience any symptoms. Vibrant red blood that covers the actual stool is one of the common internal signs of hemorrhoids. Take note, **internal hemorrhoids** might protrude through the anus which can be painful and irritating.



## List of Remedies

Homeopathic remedies are one of the most effective and safest ways to treat hemorrhoids. It offers gentle and no side effects treatment. For severe cases of hemorrhoids, surgery is the only answer. Before you decide to make use of this treatment, attempt the gentle homeopathic remedies available before it is too late.

- Witch hazel extract is a common ingredient of different hemorrhoids treatment available in the market like medicated hemorrhoid pads.
- It acts as an astringent.
- In most health food and drug stores, you are able to buy pure hazel extract.
- You simply apply the extract using a clean cotton ball on the affected area.
- It's a no-no to cover the hemorrhoids after application with gauze or bandage.
- Repeat the same procedure three times a day for several days.
- This procedure will help reduce discomfort and shrink the painful and enlarged veins.
- Aloe vera includes a gel-like sap that is rich with astringent properties that can cool, soothe and heal irritated cells.
- Apply the sap directly on the affected location using a cotton swab or ball.
- In order to get the gel like sap from the plant, cut in half the leaf and then slice down at the middle.
- Collect the extract using the cotton swab from the center.
- In the event that you can't get a fresh leaf of the aloe vera plant, you can purchase from grocery or drug stores aloe vera extract.

## Sulfur is Known to Treat Skin Conditions Such as Scabies and Acne

It is also an effective treatment for hemorrhoids because of its antibacterial and mild astringent properties it contain. Make a mixture of a soothing ointment plus a teaspoon of sulfur powder. Apply the mixture directly to the infected location at least two to three times a day.

## Other Tips to Remember

Use the above mentioned homeopathic remedies in conjunction with the following:

- Proper diet is a must.
- You need to include in your dinner foods rich in fiber.
- Remember, constipation is one of the leading causes of hemorrhoids.
- Prefer to drink or eat fresh fruits and vegetables.

“



**What You need to know About External Hemorrhoids** External hemorrhoids can be very easy to distinguish from other hemorrhoids when you carefully try to look at the exact spot where it appears. Just like any other ordinary hemorrhoids, expect that external hemorrhoids will also tender you the same...

- Avoid holding the urge of going to the potty.
- Go if you really have to.
- At the same time, do not prolong your stay inside the bathroom.
- This will just create pressure on your rectal area.
- Drink eight to be able to 10 glasses of water daily.
- Make it a habit to be able to provide a sippy tumbler of water.
- This will encourage you to drink water as many as you can.

For more info on the wonders of homeopathy and just how it can help treat the hemorrhoids please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish Visit <Http://Tratamiento-De-Las-Hemorroides.Blogspot.Com>

For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Check Out <Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com>

For Portuguese check out <http://como-curar-hemorroida-naturalmente.blogspot.com>.



“ **Sandra R. Boyes**

Sandra is a leading writer at [uti-remedies.info](http://uti-remedies.info), a site about alternative medicine. Last year, Sandra worked as a consultant for a well-known news startup. When she's not scouting for web content, Sandra enjoys cycling and surfing.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.