

A Guide on Hemorrhoids and Homeopathy

Hemorrhoids 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.

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External Hemorrhoid Treatment - So What Are External Hemorrhoids? What are external hemorrhoids? External hemorrhoids are hemorrhoids that usually develop outside the rectum and close to the anus. These kinds of external hemorrhoids are painful since the areas that surround the hemorrhoid are very sensitive....

- 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.



Hemorrhoids Internal Hemorrhoids Hemorrhoid Bowel Piles

- 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](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](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

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



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