

Hemorrhoids - Management and Home Cures

Have you encountered the medical term *piles* or *hemorrhoids*? **Hemorrhoids** or piles are very common. It can impact almost anyone. More than half of our population is experiencing this condition. Sad to say, due to lack of knowledge about hemorrhoids symptoms and physiology, there are those who are not aware that they are already suffering from hemorrhoids.



Hemorrhoids tend to be damaged veins around the inside wall of our anus causing inflammation and also blood clots. According to medical resources, hemorrhoids has two types - internal and **external hemorrhoids**. **Internal hemorrhoids** have minimal symptoms. That is why those who suffer from this type of hemorrhoids are not aware that they have it. Itch and unrelieved **bowel** movements are some of the symptoms associated with inner hemorrhoids.

- To treat these kinds of symptoms, you could include much more fiber in your diet to soften bowels and to be able to defecate easily.
- Did you know psyllium husks are full of fiber?
- They aid in bowel movement as well.
- It works as a laxative by absorbing water inside the colon and it becomes like a gelatin that aids in order to facilitate bowel movement.
- Furthermore, when you are taking fiber you must increase your intake of water.
- Fruits and vegetables are not only rich in vitamins and minerals they also contain fiber that can help soften bowel and stools.
- Other than that, it provides more vitamins in your body.
- Training also helps regulate bowel movement.

“ There are many home remedies that you may prefer to try to manage mild cases of internal hemorrhoids. Also, they are as effective as synthetic medicines that are available in the market today. As compared to synthetic drugs as well as treatments, home remedies tend to be less expensive, has no harmful side effects and they are available right at the convenience of your home.

- To avoid straining because of constipation, try consuming warm milk or yogurt everyday.
- Take or 2 freshly squeezed lemon juice and drink it without salt or sugar.
- A teaspoon of apple cider helps your digestion.
- Suppositories with regard to hemorrhoids are also very effective in treating hemorrhoids.
- Creams and also medicated wipes are easily absorbed by the skin.

There are other ways to deal with internal hemorrhoid such as Rubber Band Ligation, Sclerotherapy, Infrared Photocoagulation, Hemorrhoidectomy, Laser Surgery Treatment, Eclectic Current Hemorrhoid Treatment, Fluid Nitrogen or Cryosurgery and also etc. These **hemorrhoid treatments** are with regard to severe cases only which usually needed medical intervention.

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Protruding Hemorrhoids - How to Heal Hemorrhoids and Prevent it From Happening Again If you are one of the many people suffering right now from protruding hemorrhoids, chances are, you have been reading this article trying to search for any alternative way to treat your problem. Dealing with it is effortless, but prevention should...

- Mild cases of external hemorrhoids can be treated the same as internal hemorrhoids however, external hemorrhoids are painful and discomforting.
- Blood in the stool and itchiness in the area may occur.



HemorrhoidsBowelInternal HemorrhoidsExternal HemorrhoidsHemorrhoidPilesHemroidHemorrhoid

Sitz Bath and Also Warm Bath can Help Alleviate Pain

Aside from that, it may reduce the swelling and it provides temporary relief. Just fill up the basin with warm water (you may well add herbs if you want) and involve the anus for a few minutes. Ice packs will also be effective in relieving the pain and swelling, just apply it directly into the affected area for a couple of minutes. Moreover, you may try skin medications, medicated wipes and oral medicines for swelling, pain and for abrasions if there is certainly any.

For severe cases of external hemorrhoids, they can be treated through a number of medical procedures the same as internal hemorrhoids.

- Hemorrhoids if detected early can be easily treated with natural remedies and over-the-counter medicines.
- Moreover, this can be prevented by increasing fiber and water intake and regular exercise.
- Living a healthy lifestyle is the best prevention for hemorrhoids.

Discover the different **hemroid** treatment options and also online the best **hemroid relief** works by visiting our site today.



“ **Sandra R. Boyes**

Sandra is a leading writer at 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.

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