

# 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 happen 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 encircling the anus). There are a few people who have hemorrhoids but they do not experience any symptoms. Bright red blood that covers the stool is one of the common internal signs of hemorrhoids. Take note, **internal hemorrhoids** could protrude with 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 soft and no side effects treatment. For severe cases of hemorrhoids, surgery is the only answer. Prior to deciding to make use of this treatment, try the gentle homeopathic remedies available before it is too late.

- Witch hazel draw out 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 can buy pure hazel extract.
- You simply apply the extract using a clean cotton ball on the affected area.
- It's a no-no to pay 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 inflamed and inflamed veins.
- Aloe vera contains 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 area 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 not 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 the antibacterial and mild astringent properties it contain. Make a mixture of a calming ointment plus a teaspoon of sulfur powder. Apply the mixture directly to the infected region 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.
- Avoid holding the urge of going to the bathroom.
- Go if you really have to.
- At the same time, do not prolong your stay inside the toilet.
- This will just create pressure on your rectal area.
- Drink eight in order to 10 glasses of water everyday.
- 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 how it will also help treat your own hemorrhoids please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

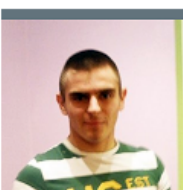
For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish Go to [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 go to <http://como-curar-hemorroida-naturalmente.blogspot.com>.



### “ Trey Hinton

*Trey is a content marketer at gold-web-submission.com, a collection of articles about alternative health tips. Previously, Trey worked as a consultant for a tech software startup. When he's not scouting for web articles, Trey enjoys hiking and rock climbing.*

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