

# Swollen He: Piles Treatment: How To Prevent And Treat Piles With the use of Home Remedies

**H**emorrhoids /piles/hemroids/haemorrhoids are a very common ailment affecting at least about 50% of people one time or the other in their lifetime. Click here to get your free mini course on hemorrhoids.

- Milk Thistle is not only wonderful for detoxifying the liver, is wonderful for its anti-inflammatory agents as well.
- This herb is an ingredient that can be identified as silymarin considerably reduce inflammation.
- You can take this particular plant in capsule form.
- Take not more than 450 milligrams a day to relieve the symptoms of hemorrhoids.



Eat plenty of bananas: Constipation is usually an underlying factor to the development of hemorrhoids, and to reduce constipation the consumption of bananas is very useful choice. Bananas tend to be natural laxatives and they help in order to loosen and soften the bar stool, which in turn will make passage of stools out of the bowels less strenuous, thus reducing the pressure produced in the bowels by constipation. Attempt cutting a banana on you cereal with regard to breakfast every morning.

- Peppermint oil can be applied directly to hemorrhoids formations in the form of a tincture.
- To create your own dye instead of buying, you will need pure spirit to have good oil mixture.

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- External hemorrhoids are usually easier to diagnosis because they are outside of the anus and can easily be recognized.
- Internal hemorrhoids are much tougher to diagnosis because they are inside the anus.
- The doctor may execute a rectal examination using gloved finger to look for the swollen hemorrhoid deep inside of the anus.
- Yet, in order to be more exact they might use an anoscope examination.

*“ External - wherein the individual would definitely notice a lump that looks like a swollen little bit of slippery skin, similar to the inside of the lips. And just as the lips are full of blood vessels, so is the hemorrhoid cushioning. Herein lies the danger, because the blood could clot and cause severe pain. In this instance, it would be best in order to check with a physician from immediate treating the painful hemorrhoid.*

## There are Two Classifications of Hemorrhoidal Swelling:

Internal - wherein there is very little sign of abnormality in the hemorrhoid cushions. The most pronounced sign that an individual may already be suffering from internal hemorrhoids is rectal bleeding, where the blood could be described as bright red in color. This vivid shade is a clear indication that the blood comes directly from a blood vessel that drains its blood supply from an artery. Another sign that may go undetected may be the secretion of anal mucus that could make the anus become damp and very itches.

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- Hemorrhoids are veins that can be noticed in a person's anus.
- These veins stimulate pain, burning sensations, and bleeding in individuals when they have been applied or are swollen.
- Take 1 tablespoon of roasted black cumin seeds and mix with a tablespoon of black cumin seeds, not roasted, and powder together.
- Take half teaspoon of the mixture with a glass of water once a day.

To access a free report, remedies, cures, treatment, tricks and learn everything else you need to know about how to cure hemorrhoids once and for all please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

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External - wherein the individual would definitely notice a lump that looks like a swollen little bit of slippery skin, similar to the inside of the lips. And just as the lips are full of blood vessels, so is the hemorrhoid cushioning. Herein lies the danger, because the blood could clot and cause severe pain. In this instance, it would be best in order to check with a physician from immediate treating the painful hemorrhoid.

The problem affects as much men as women, although the incidence of hemorrhoids is significantly higher in pregnant women as the state of pregnancy is associated with certain factors that predisposes the woman more to having hemorrhoids. During this period, there are different factors that can affect the look or aggravation of hemorrhoids.

Is possible that the symptoms commonly associated with hemorrhoids are actually indicative of another medical condition that is associated with the anus. Other medical conditions that it can be confused with include; fissures, perianal, fistulae, infections, tumors, as well as skin diseases. In order to analysis the proper condition doctors will execute specific tests.

Several individuals will determine that they are having problems with their hemorrhoids when they see blood in the toilet, feel the lump of veins while they are wiping on their own after they experienced a bowel movement, or will feel the veins sticking out of their anus after they have had a bowel move. Also they'll feel intense pain and a burning sensation on or around the anus.

## Indirect Anoscopy May Also be Utilized to Diagnose Hemorrhoids

The doctor will use a special mirror to help begin to see the person's anus better while they are sitting down as well as straining while on the toilet. During this action the doctor will be able to see the results that the straining is having on the patient's anus. This will also make it simpler to allow them to use whatever lumps that could be recognized as hemorrhoids.

- Click Here To learn more about the best natural home treatments for Hemorrhoids to Cure your Hemorrhoids Permanently and Easily Within 48-72 hours.
- Also Get your Free mini course on Hemorrhoids to know the real facts about the condition.

Genetics Hemorrhoidal irregularity manifested by the absence of essential valves in the veins Aging Of the above causes, you have sole control over one: bowel movement. Unless you are suffering from a disease of the colon, you have absolutely no reason to become constipated as long as you make sure to eat food rich in dietary fibers. Fibers play a vital role in digestion because it binds with water to add volume and a softer quality to the stool. This is the reason the necessity of consuming large quantities of fiber-rich meals such as fruit, veggies, wheat, oat bran, and cereals.

However, if you are already experiencing constipation but have not yet developed swelling of the hemorrhoids, it would be best in order to take control of your fiber intake and start with low doses. You can then gradually increase your intake of meals loaded with fiber until the stool reaches a quality in which it could easily be expelled without putting too much strain on the anal canal and the hemorrhoid cushioning.

- Witch Hazel is another known natural remedy that is useful.
- The application of this two or three times a will not only help to contract the hemorrhoid tissue, it will also stop any leakage or even bleeding.
- It also provides relief from terrible pain.

## To Prevent and Treat Hemorrhoids Effectively the Following Tips can be Used:

The use of Aloe Vera: Aloe Vera is a cactus like plant that is very easy to grow (I know because I have a large plant and I am the worst goalie houseplant) If you break one of the succulent simply leaves a gel like sap green liquid will ooze out of the broken leaf. This sap has natural antiseptic and analgesic properties and when applied directly to the swollen hemorrhoid it will give you significant relief from the pain and swelling of the piles. If you do not own your own place you can get processed and packaged kinds of Aloe vera creams that are also effective. Get to know of the secret Chinese language "Fargie" herbs that cures hemorrhoids naturally.

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## Avoid Sitting in One Place for Long Periods of Time Without Getting Up to Stretch and Walk

Also avoid lifting of heavy objects and very strenuous activities as this may also trigger an outbreak of pile because of the increase in the intra abdominal pressure that is sent into the blood vessels.

## Swollen Hemorrhoids can be Caused by Several Factors:

Bowel movement. This includes constipation wherein the stool is really hard and has difficulty in passing through the anal canal, as well as diarrhea wherein the anal canal endures unneeded pressure from the strain of constant contractions in order to expel the loose bowel.

Pregnancy. This is due in part to the dilation of veins especially in the area of the uterus. Constipation is also a major culprit for a swollen hemorrhoid during pregnancy.

- Anoscopes is a tapering three inch long clear plastic or metal hollow tube that is one inch in diameter.
- The doctor will lube it before inserting it into the anus with the anal canal and into the anus.
- When it is being taken away the doctor will be able to distinguish the internal hemorrhoids.
- In the event that the patient is straining it will make them more visual.
- Soak 2-3 dried figs in a glass of cold water overnight.
- Take the concoction early in the morning on an empty stomach.
- Take if for 2-3 weeks to obtain great results.
- It is effective in the treatment of bleeding piles.
- Drink at least eight glasses of water a day.
- This together with the consumption of foods with high fiber contents helps to soften feaces and increase intestinal motion.

Take foods such as leafy green vegetables, ginger, onion, garlic, beetroot, bitter gourd, which have very high fiber contents that can help in treating hemorrhoids. Learn more about 5 vegetables and fruits that if taken just once every week can ensure that you never obtain constipated again.

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- Is important to make sure that you Have Hemorrhoids.
- This will help you to know exactly what you need to do to Treat Types of Hemorrhoids.

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