

A Better Understanding of Hemorrhoids

The physiology of **hemorrhoids** is quite different from how it is popularly understood by the human population. Physiologically speaking, it is a mass of tissue that is a supporting device in stool control. It is also referred to as a cushion like clump that is filled up with connective tissue, veins, and arteries that aids in allowing stool to pass through the anal canal efficiently. The **hemorrhoid** cushioning also aids in protecting the muscles of the anal sphincter from damage as the stool passes by during **bowel** excretion. Because it has a steady supply of blood direct from the arteries, one of the most common symptoms of an abnormality in the **hemorrhoidal** cushions is bright red bleeding. There are two classifications of this abnormal condition: internal and external.



Internal hemorrhoids are dangerous because this can lead to a gangrenous condition wherein bloodstream die from the loss of blood supply due to spasms of the anal sphincter. In this case, immediate medical attention is recommended and surgery could become necessary. Some of the signs that there is an internal swelling on the cushions include the secretion of mucus in the rectal area and an unusual moistening with the anus and the skin that surrounds it. This wetness often leads to irritation, pain during bowel movement, rectal bleeding, stool that is wrapped in bright red arterial blood, or blood sticking to the toilet paper or even on the toilet bowl.

External hemorrhoids have more definite signs. You'll immediately know that you have this condition if you feel a lump that protrudes from your anus. And in contrast to the internal swelling of the hemorrhoidal cushions, the external lumps often do not trigger bleeding and exhibit none of the symptoms of the particular internal condition. However, there is also an underlying hazard to this condition: thrombosis or even the clotting of blood in the circulation system of a vein or artery. Because the hemorrhoidal cushion remains filled up with veins and arteries, there is still a chance of the occurrence of thrombus. This would also require the attention of a medical professional.

“ You are not suffering from swollen hemorrhoidal cushions, whether it is internal or external, it would really be best to keep yourself that way by doing some minor changes in order to your diet. This entails eating more food that are rich in fiber, drinking your eight full glasses of water each day (more if you can handle it), giving yourself sufficient rest. You would also need to stay away a little bit from activities that put too much pressure on the abdomen.

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A Natural Way to Alleviate Hemorrhoids Pain Some solutions to this problem are to not strain while using the toilet. As hard as this may seem, pushing can cause more serious problems like tearing of the soft tissue in the anal area. It would be best to just relax and let your body excrete...

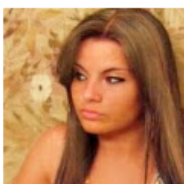
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HemorrhoidsHemorrhoidalBowelExternal HemorrhoidsInternal

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“ **Jennifer T. Rader**

Jennifer is a writer at uturine.info, a resource on health tips. Last year, Jennifer worked as a blog curator at a high tech company. When she's not reading web content, Jennifer loves working out and fishing.

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