

Using Home remedies to Cure Hemorrhoids

Hemorrhoids or piles can really be a pain in the butt, literally. Piles are brought about by the inflammation of the veins found in the rectal area. There are a lot of things that can contribute to the development of *hemorrhoids* such as sitting on the toilet and trying to force *bowel* movement, prolonged constipation, prolonged coughing or sneezing, obesity and even pregnancy. Piles can start dry; however, there are instances when there is blood loss involved, rendering it more painful. There are a lot of things that you can do at home to cure hemorrhoids and ease the pain and discomfort this brings. The following are substances that have been proven to work inside the treatment of hemorrhoids:



Witch Hazel

Apply witch hazel with a cotton pad or ball to the rectal area to cure and ease the hemorrhoids. Witch hazel will be one of the best treatments for relieving hemorrhoid symptoms. Buttermilk - In a glass, put some buttermilk and add some ginger, peppercorns and also rock salt. Drink this mixture at least twice a day to reduce the pain caused by hemorrhoids and treatment hemorrhoids eventually. Black mustard - Mill about 10 grams of black mustard in to very fine powder. Place the resulting powder in a glass with milk and combine with about 5 grams of sugar.

Stir the Blend Well and Consume It Early in the Morning

This potion is good for hemorrhoids which are already bleeding. Petroleum jelly - When trying to defecate, lubricate the anal area with the use of petroleum jelly. Aloe vera may also be used. One of the most common causes of piles is trying to force a bowel movement. This can also make the hemorrhoids even worse and cause them to bleed. Salt - Consume less salt as it can promote retention of fluid in the circulatory system which can eventually cause bulging in the area around the anus. Pomegranate - To be able to cure hemorrhoids, peel a pomegranate and place the peelings in the bowl of water and bring the water to a boil. Every morning and every night, drink the liquid to help ease the discomfort and get rid of hemorrhoids.



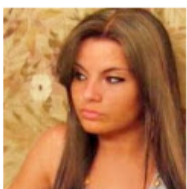
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Why Are Internal and external Piles Treated Differently? The basis of piles treatment can be the same for internal and external piles. Some things don't change, such as the necessity for a high-fiber diet, plenty of water, and sufficient exercise. However, many of the drugs useful for external piles...

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“ **Jennifer T. Rader**

Jennifer is a writer at utiurine.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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