

Combating Piles And Preventing Bleeding Stools

Piles are also known as **hemorrhoids**. These **hemorrhoids** are mostly swollen blood vessels which are found in or outside your posterior. These are caused mainly due to completely widened or sprained veins known as varicose veins. These veins can be found anywhere in the body, but it is the leg wherever it is mostly found.

There are two types of hemorrhoids one which is found within the anus known as internal hemorrhoid and the other found around the anus known as **external hemorrhoid**. These are common with all age groups including teens. Pregnant women are the ones who get affected by this, in particular.



- The size **pile** can be as small as a pea or as big as a grape.
- It is usually pink in color and occasionally in addition, you run into blue color.
- One can suffer from internal and external pile at the same time, giving you a very hard time in your life.
- Some of the common and known reason for having piles is a result of stretching the time period to use the bathroom.
- This puts strain on your bowels which in long run turns out to be a very sad affair for you.
- Expecting also contributes to piles due to increasing pressure of the fetus in the abdomen and hormonal changes.

Constipation and Chronic Diarrhea are Also Causes of Piles

Having a family history of piles can be one of the other reasons. Sitting on cold and hard surfaces for a prolonged period of time and even standing can result in piles formation. Overweight and people doing heavy lifting can also suffer from this disease.

Some of the Common Signs for Piles are

Bleeding from the anus.

A Constant Pain and Also Itchiness in Your Posterior

Discomfort while passing stools.

Blood Inside Your Stools

There can be severe complication if proper care is not taken once you have been detected for piles. There are likelihood of infection which may lead to an abscess, formed around the rectum and anus. This kind of abscess causes lot of pain and swelling.

There are some common home based remedies which can be used for treatment of piles



PilesHemorrhoidsHemorrhoidPileExternal Hemorrhoid

Ice Packs on the Rear End, Along With Use the Snow Directly on the Skin

Warm baths.

Proper Diet for a Smooth and Easy Way Out for the Stool

Thoroughly wash 3 to 4 figs and soak it overnight and have it first thing in the morning empty stomach. Again bathe 3 or 4 figs each day in order to have it in the evening, continue this with regard to 1 month.

- Mixture of 1 tsp fresh mint juice, 1 tsp of lemon juice and 1 tbsp of honey.
- Drink this mixture three times a day for a painless relief.

Mash and boil 1 ripe banana in 1 cup of milk and drink this at least 2-3 times a day

Consumption of Buttermilk After Your Own Dinner is Very Useful

Radish juice each and every morning and evening is also very good.

For tips on soil conservation methods, tiare flower along with other information, visit the Gardening Central website.

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