

External Hemorrhoids - How to Treat Hemorrhoids Naturally

Hemorrhoids are one of the most commonly ailment known to man. Almost about 6 percent of the world population is affected with this malady which is often naturally cured if you care in order to find out how. Thrombosed hemorrhoids are not dangerous neither are they life- threatening. Simply apply the basic steps in overcoming this disorder and you will be on the way to their total riddance.

Hemorrhoids are swollen blood vessels that are found in the lower part of the rectum and at the anus. The thrombosed hemorrhoids are initially inside the anus but when a victim strain during defecation; the hemorrhoids get pushed out of the anal sphincter and stay there permanently because of the size.

Most doctors would suggest surgery as a way to remove the hemorrhoids. However, you do not need to go under the knife as there are natural home remedies that will do the job just as well devoid of the side effects of surgical treatment and medications.

However you must be very sure that what you go through is definitely hemorrhoids. Keep in mind that bleeding with a **bowel** movement may also indicate other medical issues which includes tumors, infection or inflammatory bowel movement.

Try the Sitz Bath

You are able to soak the buttock area in a bath containing warm water for about Twenty or so minutes at least three times a day. You can also add in Epsom salt or herbal salt into the bath but do not use perfume or soap because they will cause irritation and soreness. Soaking the bottom in to the bath will cause the [external hemorrhoids](#) to shrink and eventually disappear.

Avoid Straining During Bowel Movement

You can do this by adding more fibers in your diet. The fibers can be found in brans and beans, fruits and vegetables. Vitamin C, linseed and prunes also help in softening the stools. They have a laxative property.



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You Should Avoid Dehydration

You must drink at least 2 liters of water daily. If you find this amount too big, split the amount into three helpings. Just remember that drinking water can make you feel full and on the long run will reduce pounds. Too much weight can induce hemorrhoids.

You can Use Cream to the Affected Part

The cream can contain an astringent, an anesthetic as well as an anti-inflammatory agent. An astringent includes witch hazel which is readily available in the pharmacy. It reduces hemorrhaging as well as stops pain, itching and swelling.

- The anesthetic used can be lignocaine or perhaps cinchocaine as these will provide pain relief by causing the hemorrhoids to be numb.
- The anti-inflammatory agent like hydrocortisone can help in relieving itching and reduces the inflammation.
- You can also use horse chestnut that will help to improve circulation as well as lowering swelling.
- You are able to supply this item from the seeds or the bark of the young branches.
- The use of natural remedies is gaining popularity as they are not only safe but cheap and very effective.
- Remove hemorrhoids and stop constipation from ruining your lifetime.
- The home remedies for hemorrhoids will ensure that you will be successful in eliminating hemorrhoids

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