

Hemorrhoids Home treatment - How to Self Care for Hemorrhoids

First of all, what are **hemorrhoids**? In a nutshell, **hemorrhoids** are inflamed and swollen blood vessels located at the lower area of the rectum as well as the anus. Those veins become enlarged because of an increased pressure inside them.

That is why hemorrhoids occur in people who frequently have constipation, because they strain too hard during a **bowel** movement. Other possible causes of hemorrhoids are pregnancy, and seated for long hours without moving, both of which exert extra pressure on the rectal and anal veins.

Getting treated medically will help to reduce the hemorrhoid pain as well as other symptoms.

However, to get rid of this situation, you will need to target your treatment at the real causes of hemorrhoids. Even so, hemorrhoids home remedies as well as hemorrhoids remedies are available to provide hemorrhoid sufferers the much needed relief, and even a cure.



Here's How Some Simple Home Remedies can Help.

Firstly, increased fluid intake and roughage to help lower the possibility of constipation and reduce the pressure on the rectum and anus during a bowel movement. This will help reduce the swelling, bleeding and any irritating symptoms from becoming severe. You may also want to try dietary fiber supplements to help bulk up the stools.

“ One of the simplest hemorrhoids home remedies is taking warm sitz baths three times a day, each time for 15-20 minutes. This helps to relieve the inflamed hemorrhoid. This can be achieved by sitting in warm water that is few inches deep. Make sure the anal area is dry completely after the sitz bath, but remember not to rub along with towel to avoid irritating the skin around the anal region which can cause bleeding.

To relieve hemorrhoid pain and itching, one can easily obtain OTC items like suppositories, creams and ointments through drugstores and use conveniently at home. But please understand that these over-the-counter products just treat the symptoms; they don't cure hemorrhoids.

- Besides these hemorrhoids home remedies, you should also avoid sitting down for long hours.
- And when you sit, you may want to take a seat on an air or rubber doughnut, which can be purchased at most pharmacies.

Exercise is important if you are suffering from hemorrhoids, because certain exercise may help to relieve constipation and lessen the pressure on the hemorrhoid veins.

Using stool softeners a good idea to relieve hemorrhoids. Well, stool softeners may help to relieve constipation and prevent hemorrhoids, but once hemorrhoids can be found, liquid stools (due to the effect of stool softeners) may worsen the condition. It is possible to ask your doctor or pharmacist in the event that using stool softener is appropriate for your situation.

You want to learn more about a **natural hemorrhoid treatment** program that can help to **shrink hemorrhoids** in 24 hours (regardless of its size), check out this Hemorrhoids Saviour review for more info.

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