



## HOME REMIDIES

### **SANTHOSH HERBAL HEALTH CENTRE**

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE  
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

**PHONE : + 91 4362 240096**

[contact@santhoshherbals.com](mailto:contact@santhoshherbals.com) | [www.santhoshherbals.com](http://www.santhoshherbals.com)

# Signs of Hemorrhoids and What Should be done with it

Every now and then, someone will experience something unpleasant. It may be boil, fever blister, pimples, ear infection or heartburn. But nothing could be worse than having hemorrhoids.

**Hemorrhoid**, also known as piles is a condition wherein inflammation occurs either outside or inside the veins of the rectum. The inflammation on the inside is called external hemorrhoids while the inflammation on the outside is called internal hemorrhoids. The external hemorrhoids produce less bleeding but internal piles bleed (bleeding hemorrhoids). A burst on the veins would cause the piles to bleed.

**A patient with piles or hemorrhoids experience the one, two, or all the following symptoms:**

- There is a bleeding at passing stool
- A pain is felt at passing stool
- Pain, itching, and/or discomfort in and around the rectum
- An irritation after passing a stool
- Outgrowth of flesh is seen out of the rectum.

The leading cause why some people have piles or hemorrhoids is persistent constipation. The force exerted when passing out the stool can cause much pressure to the veins. Another cause could be mental tension, extended hours of sitting or standing, stressful work, and obesity.

## Home Remedies

- Figs. Eat 4 figs twice a day: one in the morning and the other in the evening. Saturate 4 figs in water for the whole night; these figs are to be eaten in the morning. Remember: do not drink water prior to eating the figs. Saturate another 4 fig in the morning to be eaten in the evening. Do this for everyday for 4 weeks.
- Create a juice from spinach, watercress, carrots, or turnip leaves and drink it.
- Eat boiled ripe banana or place it on a 1-cup of milk. Do this at least 2 times a day.
- Drink radish juice both in the morning and in the evening. The white radish paste with milk on the other hand is applied on the hemorrhoids to lessen the pain and the swelling.
- After meal, it is a good help if you drink buttermilk. Drinking a glassful of buttermilk combined it with 2 tablespoon of bitter melon juice could help reduce the swelling of piles. Do this everyday for one month.
- Boil 40 grams of sesame seeds in 1 liter of water. Keep it on the flame until 1/3 of the original content is left to drink.

- To cure the bleeding, eat 2 times a day soaked onion weighing at about 50 grams in water with 1 tablespoon of sugar. It would take effect in few weeks.
- Prepare a mixture of 1 tablespoon each of lime juice, ginger juice, and fresh mint juice. Pour some honey and drink.
- To permanently cure the hemorrhoids bleeding, eat jamun or jambul fruit with salt each morning. Do this for three months during the jambul season.
- Take 2g of powdered dried mango seeds to reduce bleeding piles.
- Apply crushed cottonseeds on hemorrhoids before going to sleep.
- To cure hemorrhoids and stop the blood from passing on the stool, drink every morning coriander seeds soaked overnight in water.
- To reducing pain in the anus, you should apply paste from the mixture of cumin seeds powder and water.
- Last but not the least, a mixture of 1 tablespoon of coriander juice and 1 tablespoon of sugar should be taken 3 times a day.