

How to Get rid of hemorrhoids and the Irritation and Burning

Piles also known as **hemorrhoids** are painful swollen veins that are located in the rectum or anus area of the human body. Piles are also referred as rectal lump or large in the rectum.

- The condition of piles or **hemorrhoids** is normal especially for women in pregnancy or after giving birth.
- This is because of the increased pressure within the veins of the anus that is brought on from pregnancy.
- The added pressure provokes the veins in order to bulge or swell that in return is painful mostly while sitting.
- The major cause of piles or hemorrhoids is due to forcing during **bowel** movements.
- This simple method if rushed or compelled can have some painful effects.
- Constipation, sitting for long periods of time or an anal infection is also known to be cause of piles.



Understand that there are internal and **external piles** / hemorrhoids. **Internal piles** are situated just in the anus and are often not painful. Many times a person is not even aware that they have internal piles. External piles / hemorrhoids tend to be visible, commonly located just outside of the anal opening they appear as huge lumps and so are related with pain, itching, burning sensations. They may lose blood as well which along with the pain and discomfort is also embarrassing.

Here are Some of the More Common Symptoms of Piles / Hemorrhoids.

Anal itching.

Anal Pain

Pain while sitting.

Bright Red Blood With the Anal Area

Painful bowel movements.

Lump Near the Anus

As described earlier pile / hemorrhoids are common especially with people over the age of 50. If you believe you have hemorrhoids and you have the signs and symptoms listed above then you need to take action to rid them. You can visit your physician and confirm your condition but unless your condition is extreme you should be able to deal with the piles / hemorrhoids condition yourself within the privacy of your own home.

Again as long as your condition is not extreme and by severe I mean you notice considerable considerable amounts of not the normal red blood color but black or maroon colored blood. Also if your experience high levels of pain then you should see a doctor right away. But for those who have normal sign then make it easy on yourself and begin a home treatment program.

There a wide range of homeopathic treatments available and there is much more to them than just applying ointment for a rectum region. Natural food diet and lifestyle change will probably have to be made that all depends on your current diet and daily activities. I recommend that you take a look at some of the natural home treatments available not only will you save time and money but you avoid the embarrassment too.

Troy Powers is a firm believer in organic medicines and recommends for those who suffer with hemorrhoids in order to immediately begin a natural home treatment for hemorrhoids. This is the least difficult and most effective way to rid basic hemorrhoid conditions.



“ **Pasquale Saunders**

Pasquale is a content marketing professional at 20lux.com, a website about alternative health issues. Last year, Pasquale worked as a consultant for a well-known high tech company. When he's not writing articles, Pasquale enjoys drawing and rock climbing.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.