

Piles Treatment

Piles, also known as hemorrhoids, are and have been a bother to many people. These are basically swollen veins that occur in the actual anal region. **Hemorrhoids** are important as they help with stool control. They are naturally present in the anal canal yet transform into **piles** when they become inflamed or swollen. However, the piles condition is not permanent. There are various modes of piles treatment that could help ease the effects or even prevent the condition all together. Before rushing to therapy, it is important to understand just about all there is to know about alternative piles treatment and relief. The more you understand the better a position you'll be to be able to effectively treat the condition. There are 2 types of piles; Internal and external. Both belong in the same group but have different characteristics.



Internal piles tend to be located inside the anus. They are painless and bleed (bright red) during **bowel** movement. Mucous discharge is present and you could experience some itchy feeling b) Outside piles have a tendency to protrude and therefore are visible around the anus. When thrombosed, they are said to be painful. The pain usually lasts up to 3 days then goes down. Some swelling might take place that might last for a few weeks. After therapeutic, some skin tag could be left behind.

Symptoms of Piles

The only way to correctly identify piles is through a physical examination. **External piles** can be easily identified by means of a physical rectal assessment. **Internal hemorrhoids** nevertheless can be detected by means of Anoscopy. This is a small hollow tube that has a light attached to the end of it. It clearly shows all that is inside.

Piles Treatment and Prevention


The good news about piles is that they can be successfully treated. One might not see the warning signs before they happen but once they do, it does not spell doom for you. Nonetheless, piles can be avoided in the first place to avoid dealing with the after effects.

Is Absolutely Possible to Get Rid or Prevent Piles Through Fiber

Fiber is best known to aid in food digestion. In some instances, lack of proper food digestion is known to cause piles. This is because some food particles might be in their whole type hence makes it hard for the digestive tract to entirely crush it. This means that the food particle will not be completely crushed hence constipation. Constipation is one of the leading causes of piles. Fiber is also important in the diet as it cleans the colon. This is very important as it goes a long way to prevent constipation. All in all, fiber is an important part of the diet so including it will definitely ease the piles situation or prevent it.

Water is an Important to All Living Things and People in Cases Like this

The benefits of water are many because a lot of them are vital in relieving the piles problem. Drinking water after a meal helps you to wash down food. This is important as it leads the food to the digestive track for easy digestion; in short it speeds up the movement of food to the digestive track. Water is also important in the body as it softens the food hence eliminates constipation. When you eat dry food like corn, digestion becomes a very difficult and painful process. In the end the stool is going to be very hard with some corn particles. This might be the beginning the piles and result in blood loss hence aggravating the inflammation. Passing it also is going to be hard for this reason generate the problem. It is recommended that you drink at least 8 glasses of water per day.



External Hemorrhoid Surgery - Hemorrhoid Treatment - Laser Surgery For Hemorrhoids External Hemorrhoid Surgery Hemorrhoids cures are all over the web and can help you get rid of hemorrhoids or piles quickly and effectively if you know which treatments to use and why. This article focuses on what causes piles (hemorrhoids) and...

Some Herbs are Known to Ease Up the Painful Consequences of Piles

Witch hazel as well as wall chest nuts are the leading herbs recognized for their healing properties of piles. Herbs in general are very healthy and each botanical herb has its own quality. Include witch hazel and wall chest nut in your diet will naturally. This is very healthy as there are no side effects. It certainly is an advantage for you as you get to eat your way out of the piles condition. Cook your food with the herbs for easy digestion and piles treatment.

Bowel Movement

This will be one of the best types of piles therapy. It is very advisable to go to the bathroom as soon as the need arises. Holding it back in is good ground with regard to the development of the piles. When the currently digested foods (feces) stays in the colon for too long without being eliminated, water gets reabsorbed back into your body. This is a very good ground for the development of piles. The more you keep it in the harder the absorption of the water back into the body. This means that any time the pressure becomes too much and you ultimately decide to move, the a stool is going to be too dry and hard. This means that you might constipate which is a cause of piles. Go to the bathroom as soon as you feel the urge.

Fruits and Vegetables

Effective piles treatment is in this. Fruits and vegetable should always be as part of your diet. In contrast to the common belief that water is the remedy for constipation, vegetables are best. Green leafy veggie are known to help to make the stool soft hence easy passing. It is also the best remedy for constipation. Fruits that are succulent and watery are the best. They feed your body and are a good source of fluids for the body. Fruits and vegetable are very rich in fiber which is good for eliminating the effects of piles or better still, protecting against the condition.

Chew Foods Completely

Is important to totally chew food till it can be broken down to small bits. This makes it easier for your body to digest it more quickly and easily. This will in turn prevent and ease piles. You should also take your time while eating; doing it in a hurry may in turn mean that you are swallowing big chunks of foods and downing it hurriedly. This is not healthy for your intestinal track. Proper stand etiquette as this is the beginning of piles therapy.

Though there are many treatments for piles, natural methods of piles treatment will almost always be recommended as the chance of side effects are greatly reduced. They are always better, easier and cheaper than any other method that's not normal. However, it is advisable to seek medical advice for proper diagnosis and treatment guidance.

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.