

Some Alternative Hemorrhoid Cures

When it comes to hemorrhoids, there are actually several natural cures which you can apply. Natural cures are common in the medical world because it is an excellent substitute to the most popular types of medications that are given today. Most hemorrhoid choice cures are based on substances which are not only effective but they do not contain any proteins or synthetic materials that might trigger allergic reactions. Below are a few of the alternative cures which are used for treating [hemorrhoids](#).

Another kind of natural cures provided to be able to hemorrhoid patients are flavonoids and fiber.



*“ Butcher's brush or *Ruscus aculeatus*, is actually one of the most common hemorrhoid alternative cures given today. Also known as sweet sweeper, box holly or knee holly, this plant came from Europe. The plant was originally used for washing various types of chopping blocks. This plant has been extensively used in treating the poor circulation in the blue veins. Butcher's broom contains anti-inflammatory properties and it also constricts the veins in order to promote the shrinking of swollen veins and tissues. This type of treatment is provided through tea or capsule form. The Butcher's Brush tea has a bitter taste and that is the reason why it should be consumed with sweeteners and honey. The tea can be made through one teaspoon of herb and hot water. The plant can also be used for high blood pressure and prostatic hyperplasia.*

Flavonoids are compounds which are found in several citrus fruits. It is used to improve the flow of blood in the varicose veins and it is quite effective in treating bleeding, itching, pain, heaviness or strong discharge. In terms of fiber, it is effective in dealing with constipation. Constipated patients often have an increase in anal stress due to their condition that is why there is a need for added fiber in the diet. Fiber softens the stool so that the discharges will not be hard.

Horse Chestnut can be an Effective Means of Treating Hemorrhoids

Horse Chestnut is actually used for treating the poor circulation in the veins. In ancient times, this type of natural plant is used for relieving other symptoms such as inflammation and swelling. It is effective in building up blood vessels. Horse Chestnut will be taken through tea form. It's also consumed through capsule form or it can be used as a compress. The seeds and the bark of the plant is the one used for treatment reasons. The other parts of the plant are poisonous so users are informed.

There are Other Types of Alternative Treatments for Hemorrhoids

One of which is Triphala. This place is a compound found in the Ayurvedic three fruit and it is used for **bowel** treatment. It is a bowel tonic and it can be used to relieve constipation. Occasionally, users add it with their fiber in order to reduce constipation as well as the rupturing of the varicose veins. Along with this form of treatment, other topical applications such as calendula and chamomile are also effective. Chamomile can be applied as an ointment or hot compress. Such couple of well known hemorrhoid alternative cures.

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“ 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.

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