

A List of Effective Natural Hemorrhoid Treatment

Hemorrhoids, which are characterized by having swollen and inflamed tissues around the anal area, is one of the most common problems in the society today. Good thing there is a wide range of **natural hemorrhoid** treatment that are far better than medically-induced treatment because of its cost and availability.

There are usually varied ways to treat hemorrhoids, but if you prefer a non-intrusive procedure unlike surgical procedures, then, natural **hemorrhoid treatments** are the proper ones in your case.

Practically, natural remedies are more advantageous from medically-induced ones due to two main reasons: one is the affordability and supply and the other one is the effectiveness and safety.



Below are some of the five remedies to know and also consider while using natural **hemorrhoid** treatments.

Fiber is an important ingredient to assist in the process of curing hemorrhoids. As we know, fiber-rich foods such as whole grains, fruits, and vegetables help in the normal process of digestion preventing problems such as constipation and diarrhea.

Also, one of the beneficial effect of fiber concerning hemorrhoids is that it causes respite from the bleeding and the burning sensation; not to mention that increased consumption of dietary fiber can also lessen strains in **bowel** movements because it softens stools and decreases its size.

Related scientific study on the effects of fiber on hemorrhoid patients also showed relief from itching, discomfort, and pain.

Aside from taking high-rich fiber foods, patients suffering from hemorrhoids can also take Pysillium, a fiber supplement which is less expensive and more available in the market. However, even though fiber-contained foods are available abundantly, it is still important to drink lots of water in order to avoid constipation along with other digestive problems.

Biflavonoids are Also Essential If You are Considering Remedies

For products containing this type of plant compound, it can help in conditioning the walls of the blood vessels and aid in decreasing chances of inflammation. By taking products with biflavonoids, the patient is relieved from discomfort of itchiness and anal pain.

- Witch Hazel Compress or some other naturally-made products are also effective talking about natural remedies for hemorrhoids.
- These kinds of products are not taken in house, instead, they are applied over the area of swelling which is around the anus.
- This type of product may be applied similarly as astringents and must not exceed the permitted amount to apply to prevent burning sensations.

“ The butcher's broom, which is a European-originated plant, is known to treat varicose veins and poor blood circulations resulting to hemorrhoids. If you are looking at taking remedies rather than medically-induced ones, planting butcher's broom in your backyard would save you hrs of looking for it. This plant is an effective natural hemorrhoid treatment especially when it is in forms of tablets or teas. Similar to butcher's broom, horse chestnut can also be used as a tea or in capsules. The actions are almost the same only the horse chestnuts also relieve swelling and inflammation. If you do not want to take horse chestnuts internally, it can be applied since hot compress on the area of swelling to reduce the size of the lump tissue.

- There is a wide range of natural hemorrhoid treatment in the market today that can save you a lot of discomfort as well as money.
- Browse through the internet to your list of options of natural hemorrhoid treatments.



“ Amy Ginnis

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