

A Pain in the Butt - Hemorrhoids

What are **hemorrhoids** and what do I have to do to relieve the discomfort? They are also known as **piles** and they are caused from too much pressure on the anal veins that can result in either external or **internal hemorrhoids**.



- Internal **hemorrhoids** have no lump outside the anal area that can be seen.
- While **external hemorrhoids** can be easier to see they can also be the most painful.
- There are many people in the world who are afflicted by hemorrhoids and mostly exist in people over the age of fifty.
- There are numerous ways to deal with hemorrhoids but one of the simplest techniques is the sitz bath.
- A sitz shower can actually experience again a number of the discomfort and reduce the swelling.

“ What is a sitz bath? It's really a bath where you sit in warm water that covers your buttocks and hips. The idea is the fact that sitting in the warm water will help more blood in order to reach the anal area which can help promote healing as well as help with any discomfort from the hemorrhoids. It is a kind of hydrotherapy or water treatment for hemorrhoids.

You can Actually Buy a Sitz Bath Which is a Plastic Bath that Fits Over the Toilet

Nevertheless, using your bath tub might be the simplest way to have a sitz bath. Fill up your bath with warm water. You want that warm enough to be comfortable but not too hot. Again, the water has to cover your buttocks and hips and it is recommended that you partially sleep the night as opposed to sit in the tub to relieve any pressure on the anal area.

You May Also Want to Add Some Aromatherapy Oils to the Water to Help You Relax

Choose your chosen oil but using Lavender, Melissa or Valerian Oil make for a great soothing bath. Another good choice is adding epsom salts in order to the water which can be recommended by many practitioners. Epsom salts helps to draw toxins out of the body, lowers swelling and relaxes muscles. Also, epsom salt is also known for helping to relieve inflammation and pain. Epsom salts can be purchased from most drug stores.

You will want to stay in the bath for about 20 or 30 minutes several times a week to promote healing. When you get out of the shower you will want to make use of a clean, cotton towel to dry the area. Make sure you don't caress but pat the location dry with the towel. If you like you can also let the area atmosphere dry which a few practitioners recommend so you aren't causing any distress in order to the area again.



HemorrhoidsInternal HemorrhoidsExternal HemorrhoidsHemorrhoid

- You looking for a natural and effective remedy for hemorrhoids?
- What have you got in order to lose?
- There are techniques that offer natural remedies without painful procedures and side effects realistically work.
- You will like the results but more importantly you will love how your body feels.

For more information on treatments for hemorrhoids, check out [Tips for Hemorrhoid Settlement](#).



“ Amy Ginnis

Amy is a content curator at [utihomeremedies.info](#), a resource about health solutions. Previously, Amy worked as a post curator for a news web site. When she's not researching new content, Amy loves drawing and LARPing.

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