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Herbal Treatment for Hemorrhoids

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Abstract

Hemorrhoids are one of the most common causes of anal pathology. Subsequently, hemorrhoids are blamed for virtually any anorectal complaint by patients and medical professionals. Confusion often arises because the term "hemorrhoid" has been used to refer to both normal anatomical structures and pathological structures. This article is concerned with the use of herbs in the treatment of hemorrhoidal venous cushions. Hemorrhoidal venous cushions are normal structures of the anorectum and are universally present unless a prior intervention has taken place. Because of their rich vascular supply, highly sensitive location, and tendency to engorge and prolapse, they are common causes of anal pathology. Symptoms can range from mildly bothersome, such as pruritus, to quite concerning, such as rectal bleeding, and while it is a common condition diagnosed in clinical practice, many patients are too embarrassed to ever seek treatment. Consequently, the true prevalence of pathologic hemorrhoids is not known. The home treatment of hemorrhoids and the herbal treatment of hemorrhoids are the alternative of the present surgical methods and its contraindications are discussed.

Keywords: Hemorrhoids, Rectal bleeding, hemorrhoids venous cushions.

1. INTRODUCTION

Hemorrhoids are swelling and inflammation of veins in the rectum and anus. The anatomical term "hemorrhoids" technically refers to "cushions of tissue filled with blood vessels at the junction of the rectum and the anus" [1]. However, the term is popularly used to refer to varicosity of the hemorrhoid tissue. Perianal hematoma are sometimes misdiagnosed

and mislabeled as hemorrhoids, when in fact they have different causes and treatments. Hemorrhoids may result from straining to move stool. Other contributing factors include pregnancy, aging, chronic constipation or diarrhea, and anal intercourse. Hemorrhoids are either inside the anus-internal or under the skin around the anus-external. Hemorrhoids develop from 2 different places. There are 2 sets of

veins that drain the blood from the lower rectum and anus [2]. The internal veins can become swollen to form internal hemorrhoids. Internal hemorrhoids, unless they are severe, cannot be seen or felt, unlike external hemorrhoids [3]. Likewise, the external veins can swell to form external hemorrhoids. External hemorrhoids can be seen around the outside of the anus and, many times, can be felt [4].

2. PATHOPHYSIOLOGY

The term hemorrhoid is usually related to the symptoms caused by hemorrhoids. Hemorrhoids are present in healthy individuals [5]. In fact, Hemorrhoidal columns exist in utero. These vascular cushions are known as hemorrhoids. Hemorrhoids generally cause symptoms when they become enlarged, inflamed, thrombosed, or prolapsed. Most authors agree that low-fiber diets cause small-caliber stools, which result in straining during defecation [6]. This increased pressure causes engorgement of the hemorrhoids, possibly by interfering with venous return. Pregnancy and abnormally high tension of the internal sphincter muscle can also cause Hemorrhoidal problems, presumably by means of the same mechanism. Prolonged sitting on a toilet (e.g., while reading) is believed to

cause a relative venous return problem in the perianal area (a tourniquet effect), resulting in enlarged hemorrhoids. Aging causes weakening of the support structures, which facilitates prolapse. Weakening of support structures can occur as early as the third decade of life. Strain and constipation are one of the major causes for the formation of hemorrhoids [7]. Patients who report hemorrhoids have a canal resting tone that is higher than normal. Of interest, the resting tone is lower after hemorrhoidectomy than it is before the procedure. This change in resting tone is the mechanism of action of Lord Dilatation, a surgical procedure for anorectal complaints that is most commonly performed in the United Kingdom [8]. Pregnancy clearly predisposes women to symptoms from hemorrhoids, although the etiology is unknown. Notably, most patients revert to their previously asymptomatic state after delivery [9]. The relationship between pregnancy and hemorrhoids lends credence to hormonal changes or direct pressure as the culprit. Portal hypertension has often been mentioned in conjunction with hemorrhoids. Hemorrhoidal symptoms do not occur more frequently in patients with portal hypertension than in those without it. Massive bleeding from hemorrhoids in these patients is unusual.

Bleeding is very often complicated by coagulopathy [10]. If bleeding is found, direct suture ligation of the offending column is suggested. Anorectal varices are common in patients with portal hypertension. Varices occur in the midrectum, at connections between the portal system and the middle and inferior rectal veins. Varices occur more frequently in patients who are non-cirrhotic and they rarely bleed. Treatment is usually directed at the underlying portal hypertension. Emergent control of bleeding can be obtained with suture ligation [11]. Porto systemic shunts and trans jugular intrahepatic Porto systemic shunts (TIPS) have been used to control hypertension and thus, the bleeding. Hemorrhoids are very common and have been estimated to occur in up to half the population by age 50 years.

3. ETIOLOGY

Increased straining during bowel movements caused by constipation or diarrhea may lead to hemorrhoids [12-14]. It is thus a common condition due to constipation caused by water retention in women experiencing premenstrual syndrome or menstruation.

Hypertension, particularly portal hypertension can also cause hemorrhoids because of the connections between the portal vein and vena cava which occur in the rectal wall known as portocaval anastomoses.

Obesity can be factor by increasing rectal vein pressure. Poor muscle tone or poor posture can result in too much pressure on the rectal veins.

Pregnancy may lead to hypertonia and increase strain during bowel movements, so hemorrhoids are often associated with pregnancy [15].

4. SIGNS AND SYMPTOMS

Hemorrhoids are usually not dangerous or life threatening. In most cases, hemorrhoidal symptoms will go away within a few days.

Internal hemorrhoids

The most common symptom of internal hemorrhoidal radiation is bright red blood covering the feces (hematochezia), on toilet paper and/or in the toilet bowl. The internal hemorrhoid may protrude outside through the anus which is irritating and painful. This is known as a protruding hemorrhoid [16].

External hemorrhoids

Symptoms of external hemorrhoids may include painful swelling or a hard lump around the anus that results when a blood clot forms. This condition is known as a thrombosed external hemorrhoid [17]. Hemorrhoids may lead to a condition called prolapsed hemorrhoids. This occurs when the internal hemorrhoids swell and then extend through the anus. You then can feel the hemorrhoids, at your anus, from the outside. Many times you can gently push the hemorrhoids back through the anus and solve the problem. If the hemorrhoids cannot be pushed back, then they may swell even more and become trapped outside of the anus [18]. If your hemorrhoids become entrapped, then you will need to see a doctor.

5. DIAGNOSIS

A thorough evaluation and proper diagnosis by the doctor is important any time bleeding from the rectum or blood in the stool occurs [19]. Bleeding may also be a symptom of other digestive diseases, including colorectal cancer [20]. The doctor will examine the anus and rectum to look for swollen blood vessels that indicate hemorrhoids and will also perform a digital rectal exam with a gloved, lubricated finger to feel for abnormalities [21]. Closer evaluation of the rectum for

hemorrhoids requires an exam with an anoscope, a hollow, lighted tube useful for viewing internal hemorrhoids, or a proctoscope, useful for more completely examining the entire rectum [22]. To rule out other causes of gastrointestinal bleeding, the doctor may examine the rectum and lower colon, or sigmoid, with sigmoidoscopy or the entire colon with colonoscopy [23]. Sigmoidoscopy and colonoscopy are diagnostic procedures that also involve the use of lighted, flexible tubes inserted through the rectum [24].

6. TREATMENT

Home Remedy for Hemorrhoids [25-28]

The aim of treatment of piles (Hemorrhoids) should be the relief of symptoms rather than improving the appearance of the anal canal. The relationship between constipation and piles has been recognized for centuries, and dietary manipulation to prevent constipation and straining is widely recommended. In one study high fiber diet has been found to be better than placebo in reducing symptoms. In another study, using Ispaghula husk, there has been a significant improvement in the fiber treated group with first and second degree piles.

- In a bowl of yoghurt, mix some powdered black mustard. While having it, make sure

to chew the mustard very carefully. After this, drink a glass of buttermilk.

- In a bowl of water, soak peels of a pomegranate. Place the bowl on flame and let this water boil. Turn off the flame, strain the concoction and let it cool down. Drink this once in the morning and once in the evening.
- Prepare some buttermilk, using cow's milk. Add peppercorns, ginger and rock salt to this. Have this mixture two times a day.
- Horse-chestnut extract, or *Aesculus hippocastanum*, contains saponin known as Aescin that has anti-inflammatory, anti-edema and venotonic actions. Aescin improves tone in vein walls, thereby strengthening the support structure of the vein.
- Eating fiber-rich diets, as well as drinking lots of water, help to create a softer stool that is easier to pass, to lessen the irritation of existing hemorrhoids.
- For bleeding piles, keep 1/4 liter goat's milk for curdling overnight. In the morning, add an equal amount of carrot juice and blend it. Drink this mixture.
- Using the squatting position for bowel movements.
- Radish is effective in curing piles. Extract the juice of white radish and mix it with honey. Apply this mixture on the affected region. This will prove helpful in treating piles.
- Dietary supplements can help treat and prevent many complications of hemorrhoids and natural botanicals such as Butchers Broom, Horse-chestnut, Hem-eez and bioflavonoid can be an effective addition to hemorrhoid treatment.
- In a cup of milk, mash a ripe banana. Have this mixture 3 to 4 times in a day, to stop the pain experienced during piles.
- Soak 3 to 4 figs in a glass of water and keep them overnight. Have them early in the morning, on an empty stomach.
- Extract the juice of bitter gourd leaves. Mix 2 tsp of this juice in a glass of buttermilk and have it on an empty stomach, every morning.
- Extract about 150 ml of turnip juice. Consume this juice after combining it with any other vegetable juice, such as spinach, watercress or carrots.
- Eat more of fruits, vegetables and seeds such as Java Plum (Black berry) fruits, dry figs, Indian gooseberry, papaya, radish, bitter gourd, turnip, onion, rice, wheat, mango seeds and sesame seeds.
- You can also try yoga exercises. Cobra pose and bow pose are the best yoga poses for treating piles.
- Drink plenty of water to flush out toxins and waste substances from your body. Water will also help to maintain

normal bowel habits, eliminating the chance of constipation.

- Go for an Indian style toilet because the squatting position can help you for natural defecation.
- Butcher's broom, extract, or *Ruscus aculeatus*, contains ruscogenins that have anti-inflammatory and vasoconstrictor effects that help tighten and strengthen veins.
- Mango seeds are dried in the shade, powdered and stored. This powder should be given in doses of about 1.5 to 2 g with or without honey, twice daily.
- 30 g of Onion should be finely rubbed in water and 60 g of sugar added to it. It should be taken twice daily.
- In painful piles a crushed onion may be applied for beneficial results.

7. HERBAL TREATMENT FOR HEMORRHOIDS: [29-31]

Rue Care Oil (*Rutagraveolens*)

Rue Care Oil is specially designed, proven topical treatment to heal your hemorrhoids. Rue Care Oil is highly effective by treating all types of hemorrhoids like: internal hemorrhoids, external hemorrhoids, bleeding hemorrhoid, fissure, thrombosed piles and prolapsed hemorrhoid. Rue Care Oil is based on traditional herbal knowledge for

treatment of hemorrhoids and contains 100% finest natural oils (Rue, Sesame and Olive).

Rue Oil (*Rutagraveolens*)

Rue is a medicinal plant, used for centuries for treatment of various diseases and conditions. Rue is still popular by folk medicine in India, Iran, Lebanon, Mexico and China [39]. It strengthens fragile blood vessels and helps alleviate varicose veins. It is used also for treatment of gout, sciatica and rheumatic pain.

Sesame Seed Oil (*Sesamum indicum*)

Sesame seed oil has been used as healing oil for thousands of years. It is an antibacterial, anti-viral and natural anti-inflammatory agent. Sesame seed oil absorbs quickly and penetrates fast in the tissues, bone marrow. So it can be used as carrier oil. Sesame seed oil is rich in Vitamin E, used also for treatment of hemorrhoids.

Olive Oil (*Olea europaea*)

Olive oil revitalizes the skin. It is rich in omega-3 fatty acids. It has anti-inflammatory, antioxidant properties, increases arterial elasticity and reduces the risk of coronary heart diseases, favorable effects on cholesterol regulation and LDL cholesterol oxidation.

White lupine (*Lupinus albus*)

The essential oil extract from Lupin (α -Lupaline) has been shown to be 10,000 times more potent than vitamin E, 5000 times more potent than vitamin C. This is used to support the activity of skin repair enzyme to aid in skin healing and recovery.

White dammar (*Vateria Indica*)

A bitter resin from the piney tree has been used traditionally in India for centuries to heal hemorrhoids. It helps to exert anti-inflammatory action and hasten healing.

Mint: (*Mentha Piperita*)

Also known as peppermint, this is an herb with downy leaves and small purple white flowers that yields pungent oil used as a flavoring agent. Use for hemorrhoids pain relief and to reduce itching.

8. CONTRAINDICATIONS [32]

Care must be taken to ensure that symptoms are not caused by other perianal conditions (eg, fissure, fistula, infectious disease, inflammatory bowel disease, parasites). Obviously, treating hemorrhoids will not help these problems. Frequently, a thorough history can eliminate the above conditions. Inflammatory bowel diseases (e.g., ulcerative colitis, Crohn disease) need to

be ruled out as the cause of symptoms. Human immunodeficiency virus (HIV) infection and other immunosuppressive diseases also can alter treatment plans.

9. CONCLUSION

Herbal treatment is recommended over other methods to treat different degrees of hemorrhoid sufferers. It is categorized as one of the best home treatment solutions because it tells how to treat hemorrhoids with everyday home ingredients.

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