

Internal Hemorrhoid Remedy

An **internal hemorrhoid** is usually undetected because it does not have any manifestation unless the condition is already in its advanced phase or a blood vessel ruptures. The typical indicators are having blood in feces or there are occasions where the **hemorrhoid** prolapses but returns by itself. When it does not come back inside the rectum, it can be pushed back by the finger, and if not, then it is already considered advanced. Another problem that happens with inner **hemorrhoids** is that the vein gets blood clots inside of, which usually is extremely painful for the patient.

Since this problem is asymptomatic, people seek medical help only when they see blood in their feces or even when some of the signs described are present and the disease is already in its advanced stages. The usual causes of internal hemorrhoids are way of life related such as dietary habits, smoking, alcohol consumption and lower fluid intake.

Dietary habits is usually the main culprit of hemorrhoids, with low fiber as well as high fat intake, that causes constipation leading to extreme straining every time the person techniques his or her bowels.

- The first degree internal hemorrhoid does not have any prolapse and can only be detected when there is blood on the stool.
- This can be detected by manual examination when the doctor probes the inside of the anus with his finger.
- Second degree internal hemorrhoids may or may not have bleeding but the blood vessels prolapse out of the anus and goes back in by itself.

The third degree hemorrhoids also protrudes out of the anus but you will need to push it back in as it will not likely go back by itself as opposed to the second degree. And the last one is the fourth level hemorrhoid where even you can not push it back since it is either painful or it goes back out when pushed in. This one is the type where there may be blood clots within the blood vessels and causes severe pain. You also need extra care in cleaning following defecation because virtually any fecal material that is remaining may cause intense pruritus from irritation due to get in touch with of the feces with the protruding tissues.

The diagnosis of internal hemorrhoids is by digital examination where the doctor probes the inside of your anus together with his finger and feels regarding protruding tissues in the rectal vault. This is the traditional diagnostic procedure being done before and are still being created by many physicians, especially those who do not have the high tech diagnostic tools.

Another method of prognosis is actually direct visualization using an anoscope, wherein a small tube with a probe at the end is inserted inside the anus and the other end can be used by the doctor to look inside the rectal vault. At times it can also be connected to a screen so even the patient could see inside and know what it looks like.

- After diagnosis, treatment should be started depending on the severity, through drugs to be able to surgery.
- However, this is not the end of internal hemorrhoid since there is a need to prevent its recurrence.
- Dietary modification is needed as well as healthy lifestyle is needed to ensure the inside hemorrhoid is gone for good.
- Internal hemorrhoid is only discovered when you find blood on bar stool or perhaps when it had advanced to severe stages.
- Here are some ways on how to know that you have an internal hemorrhoid.



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