

# Using Home remedies to Cure Hemorrhoids

**H**emorrhoids or piles can really be a pain in the butt, literally. Piles are brought about by the inflammation of the veins found in the rectal area. There are a lot of things that can contribute to the development of hemorrhoids such as sitting on the toilet and trying to force bowel movement, prolonged constipation, prolonged coughing or sneezing, obesity and even pregnancy. Piles can start dry; however, there are instances when there is blood loss involved, rendering it more painful. There are a lot of things that you can do at home to cure hemorrhoids and ease the pain and discomfort it brings. The following are substances that have been proven to work inside the treatment of hemorrhoids:



## Witch Hazel

Apply witch hazel with a cotton pad or ball to the rectal area to cure and ease the hemorrhoids. Witch hazel will be one of the best treatments for relieving hemorrhoid symptoms. Buttermilk - In a glass, put some buttermilk and add some ginger, peppercorns and also rock salt. Drink this mixture at least twice a day to lessen the pain caused by hemorrhoids and cure hemorrhoids eventually. Black mustard - Grind about 10 grams of black mustard straight into very fine powder. Place the resulting powder in a glass with milk and combine with about 5 grams of sugar.

## Stir the Blend Well and Consume It Early on in the Morning

This mixture is good in treating hemorrhoids which are already bleeding. Petroleum jelly - When trying to defecate, lubricate the anal area with the use of petroleum jelly. Aloe vera may also be used. One of the most common causes of piles is trying to force a bowel movement. This can also help to make the hemorrhoids even worse and cause them to bleed. Salt - Consume less salt as it can promote retention of fluid in the circulatory system which can eventually cause bulging in the area around the anus. Pomegranate - To cure hemorrhoids, peel a pomegranate and place the peelings in a bowl of water and also bring the water to a boil. Every morning and every night, drink the liquid to help alleviate the discomfort and get rid of hemorrhoids.

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