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Do Herbal Hemorrhoids Remedies Work?

by Peter Filinovich

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Hemorrhoid is a kind of health disorder characterized by swollen group of tissues surrounding anal canal region.As per research, this health disorder is commonly found among old age people. Itching, bleeding, pain and discomfort are some among the main symptoms shown by a person suffering from hemorrhoid trouble. According to the place of occurrence, it can be mainly divided into two as internal hemorrhoids and external hemorrhoids. External hemorrhoid is characterized by presence of swollen veins around anal region and the internal one can be identified by the presence of blood in stools.

Several factors contribute for hemorrhoid health disorder. Main causes of hemorrhoids trouble include constipation, low fibre intake, aging and use of laxatives. Remedies are usually prescribed according to the actual cause of problems. Herbal hemorrhoids remedies works internally and help in attaining required result with no side effects on user. Let's find some among the top recommended herbal hemorrhoid remedies and their functions on body.

Witch hazel, a common ingredient used in herbal medicines is a best herbal remedy. Astringent property enriched in witch hazel cures bleeding of piles and works as a safe herbal cure for hemorrhoids. At present, witch hazel pad is a top recommended herbal remedy to soothe and shrink hemorrhoids. Patients suffering from external hemorrhoids are advised to use witch hazel wipes on affected area. Active composition present in witch hazel is well known for their anti-inflammatory property. Some among the key compounds present in witch hazel include flavonoids, gallic acid, tannin, catechins, choline and saponins. Use of herbal medicines containing witch hazel reduces swelling and cures hemorrhoid problems.

Ingredients added for the preparation of herbal hemorrhoids remedies ensures 100% safety. They work internally and heal hemorrhoids with zero adverse action. Apart from using herbal hemorrhoid remedies, patients suffering from hemorrhoid troubles are also recommended to follow a healthy lifestyle by avoiding smoking and alcohol consumption. As per studies, sedentary lifestyle is found to be as a main cause of hemorrhoid troubles. In order to achieve faster relief from hemorrhoid, it is advised to follow a healthy lifestyle by consuming nutrient diet and practicing regular exercises. Evening prime rose oil is one among the safe herbal hemorrhoid remedies recommended for those patients suffering from piles. This oil from prime rose plant has been used for centuries for the treatment of hemorrhoid. Intake of herbal capsules containing prime rose oil works by preventing gastrointestinal problem and cures the risk of hemorrhoid troubles like itching, pain and swelling.

Grapeseed extract is recommended as a safe herbal hemorrhoids remedy by health practitioners. Use of this herbal cure provides long lasting result from hemorrhoid troubles. Presence of OPC s content ingrapeseed extract minimizes the risk of hemorrhoids. This herbal hemorrhoid remedy works internally and inhibits collagenase enzyme that damage blood vessels of anal walls. It addresses the underlying cause of hemorrhoid and helps in achieving fast relief from the side effects of hemorrhoids. Grapeseed extract also enhances vascular circulation and strengthens vein tone to prevent future development of internal or external hemorrhoids. Other herbal hemorrhoid remedies used for relieving the signs of hemorrhoids include horse chestnut, aloe vera, alfalfa, comfrey, gingko biloba and liquid chlorophyll.

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