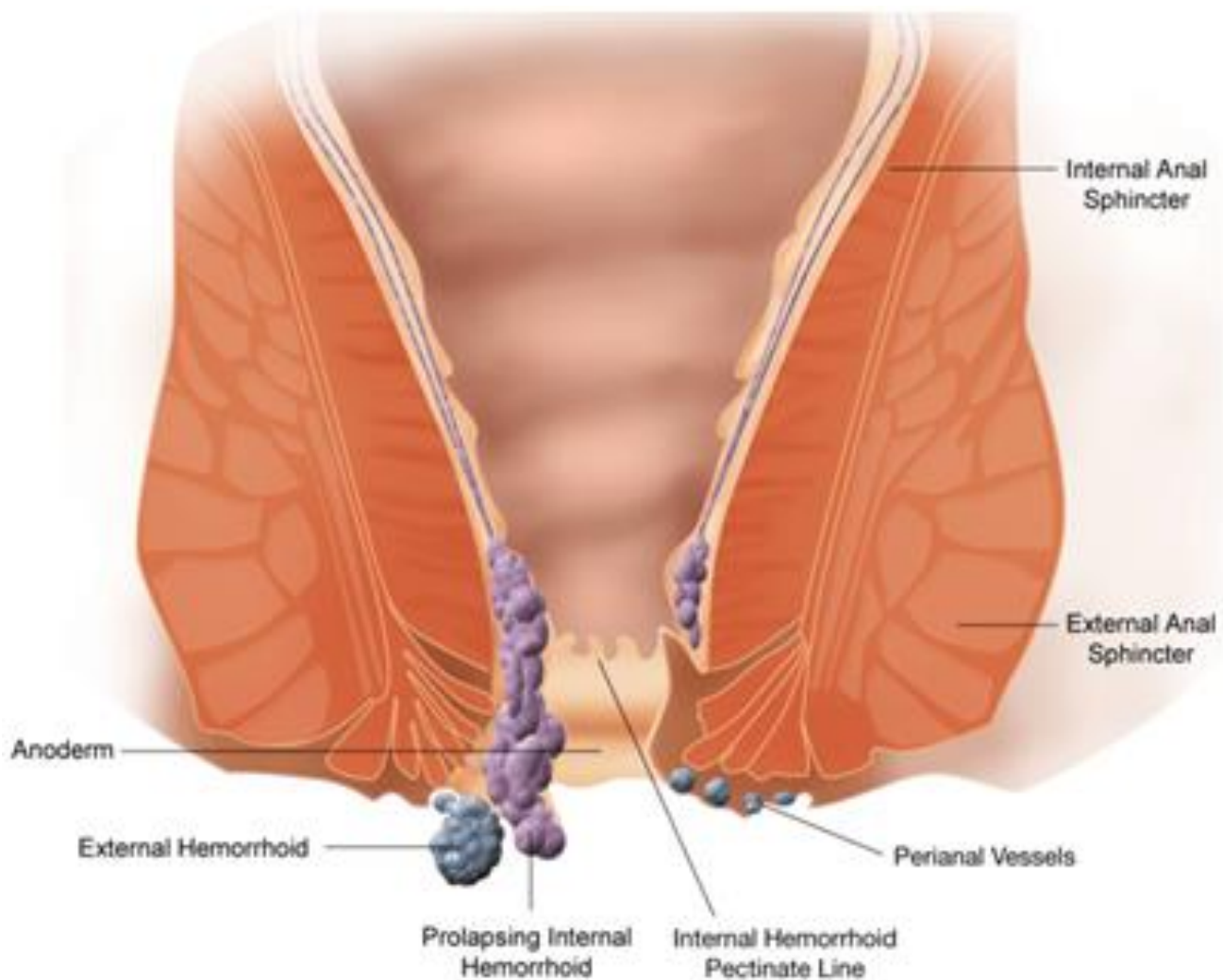


Understanding Dimorphic hemorrhoids(piles)



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data

About Hemorrhoids:

Hemorrhoids occur when the veins around the anus or lower rectum become swollen and inflamed. Factors that contribute to their development include straining during bowel movements, sitting for long periods, chronic constipation or diarrhea, obesity, and pregnancy.

Home Remedies: While home remedies can help alleviate symptoms, severe cases may require medical intervention:

- **Fiber-rich diet:** Eating high-fiber foods like fruits, vegetables, and whole grains can soften stool and make it easier to pass, reducing straining during bowel movements.
- **Hydration:** Drinking plenty of water helps keep stools soft.
- **Warm baths:** Soaking in a tub of warm water for 10-15 minutes several times a day can help relieve symptoms like itching, pain, and swelling.
- **Topical treatments:** Over-the-counter creams, ointments, or suppositories containing hydrocortisone or witch hazel can help reduce pain and itching.
- **Avoiding straining:** Straining during bowel movements can worsen hemorrhoids. Use a stool softener if needed to make bowel movements easier.

Do's and Don'ts:

Do's:

- **Follow medical advice:** If symptoms persist or worsen, consult a healthcare provider.
- **Maintain good hygiene:** Keep the anal area clean by gently washing with warm water and avoiding harsh soaps.
- **Use moistened wipes:** Instead of dry toilet paper, which can be irritating, use moistened, unscented wipes after bowel movements.

Don'ts:

- **Avoid prolonged sitting:** Sitting for long periods can increase pressure on the veins around the anus. Try to take breaks and walk around periodically.
- **Don't strain:** Straining during bowel movements can aggravate hemorrhoids. If constipated, consider a fiber supplement or stool softener.
- **Avoid spicy foods:** Spicy foods can irritate the digestive tract and aggravate hemorrhoids.

Dietary Recommendations:

A diet for managing hemorrhoids should focus on preventing constipation and promoting bowel regularity:

Meal	Recommended Foods
Breakfast	- Oatmeal with fruits and nuts
	- Smoothie with spinach, banana, and almond milk
Lunch	- Salad with leafy greens, beans, and olive oil dressing - Whole grain sandwich with lean protein (turkey, chicken) and vegetables
Dinner	- Grilled fish with quinoa and steamed vegetables - Lentil soup with whole grain bread

