

Ayurvedic Treatment for Piles - Types, Causes, Signs & Remedies

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AYURVEDIC TREATMENT FOR PILES - TYPES OF PILES, CAUSES, SYMPTOMS, HERBAL REMEDIES

In present scenario, number of health problems are increasing. People suffer from different health problems like Piles. Many people who suffer from piles feel embarrassed to see their doctor about problem. It has been seen that piles can affect both men and women.

WHAT HAPPENS IN PILES ?

In piles veins around the anus or lower rectum gets inflamed and swollen.

Anal canal is last part of large intestine which is about 4-5 cm long. It is situated between rectum and anus. Lower part of anal canal has opening in the outside known as anus which passes faeces. Its inner lining contains small blood vessels. Swelling may occur inside and around lower rectum and around anal opening.

Piles are also known as hemorrhoids. Hemorrhoids are masses, cushions of tissue in the anal canal - these are full of blood vessels, support tissue, muscle and elastic fibers.

These arise from several different factors like increased pressure of internal or external veins around the anal canal, improper diet, constipation & hereditary etc.

TYPES OF PILES:-

PILES ARE CLASSIFIED INTO TWO CATEGORIES:-

1. INTERNAL PILES

It is the most common than external hemorrhoids. It occurs above 2-4 cm from the opening of anus. These are generally painless because there are less pain sensing nerves in the rectum.

Internal hemorrhoids are categorized into different grades:-

1. **Grade 1 or First degree:-** These are common. In this, the hemorrhoid tissue bulges into lumen of anal canal and small swelling may occur on the inside lining of anal canal. These cannot be seen or felt from outside.
2. **Grade 2 or Second degree:-** These are larger. It may be partly pushed out from the anus when you go to the toilet but quickly goes back.

3. **Grade 3 or Third degree:-** In this, pile mass hang out when you go to toilet. You may feel one or more as small soft lumps hang from anus. However, you can push them back into anus.
4. **Grade 4 or Fourth Degree:-** Pile mass permanently hangs out from anus which cannot go back to anus. It is quite large.

2. EXTERNAL PILES

It occurs in the lower part of anal canal. It is painful condition because there are lots of nerve fibers which are responsible for pain.

3. INTERNO- EXTERNO (MIXED) PILES

In this condition both internal and external piles occur together.

PILES SYMPTOMS - WHAT ARE THE SYMPTOMS?

Symptoms may vary from person to person. In some cases, the person suffering from piles may not realize the symptoms of piles.

Some common signs and symptoms of piles are following:-

Primary Symptoms

- Bleeding on defecation: During or after defecation the bleeding occurs.
- Prolapse of pile mass: It is seen in larger hemorrhoids and it usually occurs at the time of defecation. Generally it is painless.

Secondary Symptoms

- Pain and itching in anal region.
- Mucus discharge: Mucus is produced by secretory columnar epithelium.
- Pruritus: Mucus discharge can cause irritation of skin which results in pruritus.
- Constipation.

PILES CAUSES - WHAT CAUSES PILES?

The most common causes of Piles are following:-

- **Pregnancy:** It is the most common cause of piles.
- **Ageing:** With the increase in age, tissues in the lining of anus become less supportive.
- **Sitting posture:** People with long hours sitting job are prone to piles.
- **Improper Diet:** Eating junk foods and diet lacking in fiber contributes to piles.
- Obesity.
- Hereditary
- Constipation

PILES DIAGNOSIS

Piles can be diagnosed on the basis of patient's history and rectal examination.

- **History of Patient:** It includes family history of piles, bowel movement and appearance of stool.
- **Rectal examination:** Rectal examination includes two tests:-
 1. **Physical examination** - In this, doctor examine patient's rectum with gloved finger.
 2. **Proctoscopy (Anoscopy)** - An instrument is used named as proctoscope which is used to examine the lining of rectum.

PILES COMPLICATIONS

If piles is left untreated it can leads to serious medical problem and can also be a symptom of bigger problem. The most common problem is "Strangulation" means the blood supply cut down which can cause extreme pain and leads to tissue death (gangrene). Another problem is Anemia that occurs due to chronic blood loss from piles in which if you have no enough red blood cells to carry oxygen to your cells that may results in fatigue and weakness.

AYURVEDIC VIEW

In Ayurveda piles are known as "Arsh" and it causes pain like pricking needle. Piles are stratified into dry and bleeding categories. As per Ayurveda anal canal is surrounding by three major veins named as samvarni, visarajni and pravahani. Just after these major veins there is an external opening. These veins swell up and protrude out if there is too much strain inside anal canal. Ayurveda considers it as Digestive disorder.

As per Ayurveda, imbalance of any of three energies (Vata, Pitta & Kapha) results in any health complications. Aggravated pitta dosha causes digestive problems which results in impairment of jathargni (digestive fire) and accumulation of ama (toxins) in digestive gut. These toxins leads to disturbance in digestive gut that causes diarrhea and flatulence which further leads to aggravation of vata dosha.

It can be non-bleeding (dry) i.e. shushkarsha or bleeding condition during defecation known as Raktarsh.

According to Ayurveda vitiation in any of three doshas may cause piles shows different symptoms which are categorized as:-

- **Vata type of piles:** Acute pain and constipation is felt. These piles are hard and dark in color.
- **Pitta type of piles:** These piles are soft and reddish in color. Other symptoms include excessive thirst, fever, diarrhea and bleeding.
- **Kapha type of piles:** These piles are large, soft and whitish in colors. There are digestive problems also.

TREATMENT OF PILES

The natural evolution of hemorrhoids is benign but hemorrhoids tend to get worse over time and it should be treated as soon as possible. There are number of ways to treat piles including medications and surgical treatment. But Ayurveda gives best treatment for piles. Ayurvedic treatment for piles is having two concerns i.e. firstly increase the impaired digestive fire and then alleviate increased vata (helping in constipation by vatanuloman).

HERBAL REMEDIES FOR PILES BY PLANET AYURVEDA

Planet Ayurveda provides best combination of effective herbal remedies such as Piles Care Pack for Ayurvedic treatment of piles (hemorrhoids). These herbal remedies are prepared from using best quality herbs and strictly follow the principles of Ayurveda. All these herbal remedies of Planet Ayurveda are 100 percent pure, natural and vegetarian. These are free from chemicals, additives and preservatives. These are safe to use as are free from side effects.

Dosage / Usage

1. **Vara Churna** - 1 teaspoonful twice daily with warm water after meal.
2. **Pile OFF Capsules** - 2 capsules twice daily with warm water after meal.
3. **Triphala Guggul** - 2 tablets twice daily with warm water after meal.
4. **Arshkuthar Ras** - 1 tablet twice daily with warm water after meal.
5. **Suran Vatak** - 2 tablets twice daily with warm water after meal.
6. **Nirgundi Oil** - For local application on the affected area.

PRODUCT DESCRIPTION

1. VARA CHURNA

Vara churna is commonly known as "triphala" as it is blended with herbs like Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*) & Amalaki (*Emblica officinalism*). These herbs contain anti-inflammatory, analgesic, digestive, antiseptic & laxative properties. This churna is beneficial in chronic constipation, gastritis, loss of appetite, indigestion & detoxification of body.

2. PILE OFF

Pile off capsules as the name suggests, it helps to eradicate piles from root cause. These capsules contain herbs like Haridra (*Curcuma longa*), Trikatu- Ginger (*Zingiber officinale*), Long pepper (*Piper longum*), Black pepper (*Piper nigrum*), Nagkeshar (*Mesua ferrea*), Choti Harad (*Terminalia chebula*) that are blended with Sajji kshaar (*Sodium bicarbonate*). The capsules are beneficial in both internal & external piles. Herbs in these capsules give effective results in indigestion, loss of appetite & constipation etc associated with piles.

3. TRIPHALA GUGGUL

Triphala Guggul is a classical ayurvedic preparation prepared using ingredients like Haritaki (*Terminalia chebula*), Amalaki (*Embllica officinalis*), bibhitaki (*Terminalia bellerica*), guggul (*Commiphora guggul*) etc. It helps in healing the inflammation and assists in other anorectal issues. This formulation relieves constipation and aids healthy digestion.

4. NIRGUNDI OIL

This herbal oil give effective results in piles by reducing pain, swelling & abscess conditions. Nirgundi oil contains herb like Manjistha (*Rubia cordifolia*), Haridra (*Curcuma longa*), Kalihari (*Gloriosa superba*) & Nirgundi (*Vitex negundo*) mixed in Tila oil (*Sesamum indicum*) that shrink & shed off piles mass internally.

5. ARSHKUTHAR RAS

Arshkuthar ras is a classical preparation that is used in the management of piles or haemorrhoids. This preparation is herbo mineral formulation which has ingredients like snuhi ksheera (extracts of *Euphorbia nerifolia*), danti mool (*Baliospermum Montanum*), suran churna (*Amorphophallus paeoniifolius*), Shuddha tankan (*Citrus tankan*) and many others. As it is a herbo mineral preparation it helps in getting results faster due to presence of minerals and herbs. Moreover, the formulation also has its impact on aruchi, aatop, aadhmaan as well. The digestive fire is also increased by this formulation. It is the rasaushadhi being mentioned in Ayurvedic texts. In addition, formulation is also helpful in rakta arsh that is bleeding piles as well.

6. SURAN VATAK

Suran vatak is a classical ayurvedic formulation prepared primarily using Surana (*Amorphophallus campanulatus*). Other ingredients of Suarn vata include Chitraka (*Plumbago zeylanica*), vidanga (*Embllica ribes*), Vibhitaki (*Terminalia bellirica*), Amla (*Embllica officinalis*) etc. This combination of herbs works well in easing out the inflammation and reducing the symptoms of piles like bleeding and incomplete evacuation.

To buy Piles Care Pack, please visit store.planetayurveda.com/products/piles-care-pack

FAQs

How do you get rid of Piles?

Piles better known as Hemorrhoids are the swollen veins in your anus and rectum. Its most common symptoms can be pain, rectal bleeding and itching. They grow up inside or outside anus and rectum, called internal and external hemorrhoids, respectively.

Mostly these go on their own, but can cause mild to severe discomfort. Home remedies do make them bearable. Witch hazel can reduce the pain and itching. Aloe Vera gel reduces irritation. Warm bath with Epsom salt can reduce the pain and irritation.

How do you know you have Piles?

Here are some key points to know that you have Piles:

- The size of Piles is different and they can be located inside or outside the anal canal.
- Piles are accumulation of tissues and veins that get swollen and inflamed.
- Piles can happen if you have chronic constipation, chronic diarrhea, pains while passing the stools, lifting heavy weights or during pregnancy.
- A doctor identifies them after examining you.
- Piles are graded from 1 to 4 or 4th grade surgery inevitable.

What should be avoided during Piles?

Piles can be due to many reasons like pregnancy, ageing etc. Constipation is the main reason, but it can be avoided if we keep a check on the food we consume. Caffeinated food, bakery items, processed meat, dairy products, deep-fried food and polished rice should be avoided if you want to heal Piles.

Which fruit is not good for Piles?

It becomes difficult to digest when the fruit is yet to ripen, causing constipation. Unripe bananas can cause constipation. Better insist on ripe fruits to ease digestion. You will need dietary supplements to digest foods properly.

What are the home remedies to cure Piles?/How can I treat Piles at home?

Let us explain different home remedies to heal Piles:

- Sitz bath, sit in warm water for at least 15 minutes.
- Witch hazel will reduce the pain, itching and bleeding from the Piles.
- Apple cider vinegar will reduce the pain and itching instantly.
- Psyllium husk is a substance, which helps to enhance your fiber intake and softens stools to make them pass easily.
- Aloe Vera gel has properties that soothe your Piles inflammation.
- Tea tree oil reduces swelling and itching.
- Epsom salt and glycerin helps to soothe the pain.

Is banana good for Piles?

Bananas have lots of nutrients, fiber, minerals and vitamins, which help to regulate the bowel movement. Fruits, which can be eaten without their skin, are beneficial like papaya, oranges and banana.

Can Piles burst?

When lots of blood is accumulated in a pile, it can burst. But keep it in your mind that a pile is painful before it bursts. When it bursts, you might feel a certain relief because it releases the extra pressure from the built up blood.

If you are bleeding and the pain doesn't go away, meaning you have bleeding Piles rather than a burst pile.

What should not be eaten during bleeding Piles?

Here is a list of foods that should not be eaten if you have Piles:

1. Drinks like tea, coffee and caffeinated colas can worsen your Piles.
2. Avoid processed meat, better opt for lean meats that are freshly cut.
3. Avoid eating bakery items.
4. Avoid polished rice, dairy products and high fried foods.

How can I get rid of Piles permanently?

Aloe Vera has anti-inflammatory and therapeutic properties which help in reducing irritation and burning sensation. Apply Aloe Vera gel on anus and massage gently. Castor oil of about 3ml should be added to a glass of milk and drink before you hit the sack every night unless your Piles vanish. Almond oil absorbs deep into the tissues and reduces pain. Dip a cotton ball in almond oil and apply it on your anus. Apple cider vinegar has astringent properties, helps in tightening the vessels and provides you relief from swelling and irritation. Mix 1 teaspoon of apple cider vinegar in plain water and drink it twice a day.

How can I relieve Piles of pain instantly?

Better have a sitz bath, which reduces the pain and itching instantly. Soak your anal area in warm water for 15 to 20 minutes and feel the relief. It should be repeated thrice a day. Pat the anal area dry with a towel.

Is milk good for Piles?

Before you hit the sack lukewarm milk with a few drops of honey can prove beneficial to cure Piles.

What is the best medicine for Piles?

Kshara is an alkaline paste that heals Piles. The paste is made from a herbal blend that burns the Piles away. Kshara is done on Piles with a special instrument called proctoscope. The paste simply burns the Piles which might be open or bleeding. In Ayurvedic medicine this kshara karma is thought to be the best remedy for Piles.

It all depends on your dosha, you'll be advised to take precise medicines to balance your body when you recover. You may also need to make dietary or lifestyle changes to accelerate healing.

Is yogurt good for Piles?

Yogurt and many other probiotics can have the share in a healthy and well rounded diet, which will certainly reduce pile symptoms. Yogurt also makes the healing faster and doesn't let them return.

Are Piles dangerous?

If the blood loss from bleeding Piles is severe, you might get anemia, causing a shortage of red blood cells that carry oxygen to the different parts of the body.

Internal Piles can collapse when their blood supply is cut by anal muscles. It all leads to blood clots, infections, gangrene or sepsis.

Bleeding is the most common feature of Piles, but can get dangerous if it becomes anal or colorectal cancer. Anal pain can also indicate abscess or a fistula disease, an abnormal canal between the 2 organs.

How long does it take for Piles to heal?

There is no time limit for Piles to heal. Tiny Piles cease to exist within a few days without any healing process. Large and external Piles take time to heal and cause severe pain and discomfort. If they don't heal in a few days better visit a doctor for treatment. Certain things can affect the duration of healing:

- Not getting enough fiber
- Being overweight or obese
- Having chronic diarrhea
- Being pregnant
- Having chronic constipation
- Aging muscles
- Sitting on the toilet seat for longer periods
- Straining while having a bowel movement
- Having anal intercourse
- Overusing or abusing enemas or laxatives

What to eat to get rid of Piles?

Whole grains, bran cereal, brown rice, oatmeal, whole wheat pasta should be tried to heal Piles. Leafy green veggies are packed with nutrients and antioxidants, which strengthen the digestion. A strong digestion can heal Piles easily. Fruits like apples, prunes, raisins, grapes, berries, papaya, oranges and bananas are always there to cure Piles. Kidney, navy beans, black-eyed peas, legumes also support the healing process of Piles. Drinking plenty of water also heals Piles. It is advised to drink at least 6 to 8 glasses of water daily, which maintains the bowel movement.

Are Piles completely curable?

The size doesn't matter, but 'prevention is always better than the cure'. It becomes important to regulate your bowel movements by altering your diet. Piles symptoms appear when the stool passage gets hard stool, constipation, diarrhea and frequent bowel movements. For the people who have constipation a high fiber diet, enough hydration stool softeners become inevitable. With people who have frequent bowel movements they need to alter their diet plans and anti-diarrhea might be required.

These measures reduce the amount of pain, thus decreasing the pressure within the blood vessels and stops swelling.

Can I take painkillers for Piles?

Usual medication like paracetamol can reduce some pain of Piles. But if your bleeding turns severe, avoid taking non-steroid drugs like ibuprofen as these worsen the bleeding. Avoid using codeine painkillers as they enhance constipation. Your doctor might recommend some products that contain local anesthetic to ease the pain of Piles. Don't use over the counter remedies for a few days as these make the skin around your anus more sensitive.

Can lemon juice cure Piles?

Your blood vessels and capillaries become weak in Piles. Lemon juice helps you with its nutrients to relieve Piles. Squeeze half a lemon in warm water and drink it. Keep repeating this so that your Piles vanish into the thin air naturally.

Is drinking warm water good for Piles?

Begin your day early in the morning by drinking warm water with lemon which enhances your digestion, normalizes your metabolism and speeds up the removal of toxins and waste from your body. But this process needs to be done regularly to achieve the best results.

What is the best cream for Piles?

Occasionally the Piles reach an advanced stage and are causing severe pain. Many creams are available that heal some Piles symptoms and eases the pain quite effectively with an added ingredient Hydrocortisone. Rest depends on how severe your Piles are. These creams can prove to be the best bet for healing Piles.

What are the symptoms of Piles?

In most cases the symptoms are taken lightly. Most of them vanish on their own. Still it does show something like:

A hard and painful lump may be felt around the anus. It may have coagulated blood. Piles that have blood are called thrombosed external Piles.

When you pass a stool, may get the feeling that the bowels are still full.

After a bowel movement, bright red blood is visible.

The area around the anus is red, itchy and sore.

Pain is felt during passing a stool.

Piles can be enhanced into a more severe condition. This can include:

- Severe anal bleeding, also leading to anemia
- Infection
- Loss of control over urination, or don't have the capacity to control bowel movements
- Anal fistula, a new channel between the anus and the surface of the skin near the anus.
- A strangulated hemorrhoid, in which the blood supply cuts off to the hemorrhoid, causing complications including infection or a blood clot.

What is the main cause of Piles?

Increasing pressure in the rectum causes Piles. The blood vessels of the area around the anus stretch under pressure and may swell and bulge, causing Piles. It might be caused due to:

1. Chronic constipation.
2. Lifting heavy weights
3. Chronic diarrhea
4. Pregnancy

The tendency to have Piles may also be inherited and enhanced with age.

Can stress cause Piles?

Stress can cause a number of physical illnesses like Piles. Symptoms become visible the moment you get stressed and may deteriorate if the stress continues. Some of the physical changes it brings are:

1. Increased heart rate
2. Rapid breathing
3. Shortness of breath
4. Increased blood pressure
5. Muscle tension
6. Headache
7. Nausea
8. Dizziness

All these factors can result in a breakout of Piles.

If your stress levels remain high or you experience frequent stress, your risk of getting sick enhances.

How do you treat internal Piles?

You can feel the internal Piles, but can't see them with your eyes. You don't feel the pain as that area has very less pain sensing nerves. Bleeding might be the only visible sign. Eat lots of fruits, veggies, nuts, seeds, whole grains, legumes and beans.

Drink water a little more than you require. Fruits and veggies have lots of fiber in them, which has water in it. Physical activity like walking for half an hour daily. The last but not the least is to use the toilet the moment you feel the urge.

Can Piles lead to cancer?

Piles are a common problem.. Some symptoms of Piles, especially the rectal bleeding may appear because of some other disease, can cause colon cancer.

How do you stop Piles from hurting?

Here are some ways that can reduce pain and discomfort.

- Take a warm bath, keep soaking in a bathtub of warm water for about 10 to 20 minutes. Use of a Piles cream or a suppository also can help reduce symptoms.
- Better use moistened toilet paper or a moist hand towel to clean yourself after a bowel movement or after you have passed the stool.
- Apply an ice pack
- Take an over-the-counter pain killer.
- Try a topical cream - when prescribed by your doctor. Creams, which help numb the area may contain witch hazel, or the creams that soothe itching may have hydrocortisone.
- Never use a Piles medicine unless you've had a word with your doctor about it first.

Can we drink tea in Piles?

Stop having tea or coffee if you have Piles. No outside hot or cold is allowed as it can deteriorate the whole situation.

Is coconut water good for Piles?

Coconut water is the best remedy for Piles, constipation and bronchitis.

What is a thrombosis?

A thrombus is a blood clot which builds up in the vascular system or circulatory system. It stays struck at the site where it was created and hinders the blood flow. Under such circumstances a person is said to be having thrombosis.

It happens to those people who are physically inactive. It can also be formed in an artery, damaging the surrounding tissue.

What are the different types of hemorrhoids?

Piles, happen when clusters of veins in your rectum or anus get swollen or inflated. These veins swell, blood pools and causes the veins to stretch outward into the membranes around your rectal and anal tissue. This can cause discomfort or pain.

Piles aren't always visible. But when they stretch, they can look like red or discolored bumps or lumps.

There are 4 types of hemorrhoids:

1. Internal
2. External
3. Prolapsed
4. Thrombosed

What is an internal hemorrhoid?

Internal hemorrhoids are far enough in the rectum area that you can't usually see or feel them. They usually don't hurt because you have few pain-sensing nerves in that portion. Bleeding might be the only sign of them.

What is an external hemorrhoid?

External hemorrhoids are under the skin in the area around the anus, where there are plenty of more pain-sensing nerves, so they hurt as well as bleed.

What is internal hemorrhoids grade 1?

Grade 1 hemorrhoids are those that bleed, but do not prolapse. These are slightly enlarged hemorrhoids, but they do never protrude outside the anus.

What is internal hemorrhoids grade 2?

Grade 2 hemorrhoids are those that prolapse and retract on their own. It doesn't matter if they bleed or not. These come out of the anus during certain activities like passing stool and then get back inside the body.

Can you feel internal hemorrhoids?

- You might never notice them, but when you sit you might feel bleeding or spotting (mostly painless)
- Burning
- Discomfort
- Itching

- Swelling around the anus
- Pain during bowel movements

External hemorrhoids

You may feel pressure if you have external hemorrhoids, discomfort, or a severe pain when you sit down. You might also feel pain or discomfort when the bowels show some movement or while wiping the area.

Internal hemorrhoids

During and after a bowel movement, internal hemorrhoids can bleed. You will not feel pain because they're higher up in the rectum where there are fewer pain receptors. While passing stool, internal hemorrhoids may be pushed out from the anus. This can trigger friction, pain and bleeding.

Can hemorrhoids be a sign of cancer?

Both colon cancer and Piles have similar symptoms. In both cases blood comes out when you pass stools. An alteration in bowel habits (for example, more gas, stool size alters and or diarrhea), tenesmus (feeling like you require to have a bowel movement), and discomfort and/or pain during bowel movements. All these symptoms come if you have Piles or colon cancer.

Can hemorrhoids block a bowel movement?

Hemorrhoids can block your bowel movements. If your digestive system stops showing any movement or pass gas. You will have a swollen belly and pain in the stomach. These could be the signs of bowel obstruction, which stands out to be a serious problem, which happens when something is blocking your bowels.

How do you poop with hemorrhoids?

Hemorrhoids are very common and cause severe pain and make you uncomfortable during flare ups. These inflated blood vessels on the outer rectum and anus begin bleeding and make bowel movement extremely painful.

How do you stop a bleeding hemorrhoid?

Mostly a bleeding hemorrhoid is usually a sign of irritation and damages to the walls of hemorrhoids. It gets fine after some time on its own. You need to take some steps to soothe any discomfort. If the bleeding continues for a week, better visit your doctor. Inflammatory bowel disease and cancer have similar symptoms, you need to be careful as only a doctor can diagnose it perfectly.

You can use certain methods to stop your hemorrhoids from bleeding like having a sitz bath. Add some Epsom salt to warm water and sit in it for at least 15 minutes.

Toilet papers are rough, so better use a moist towel for cleaning. Get a cold pack, wrap a towel around it and sit on it to reduce inflammation. Don't sit in the toilet for long periods. You can also apply a topical cream to external hemorrhoids and a medicated suppository for internal hemorrhoids.

What foods trigger hemorrhoids?

Here is a list of foods to avoid at all costs that flare up the hemorrhoids such as all dairy products enhance constipation and hemorrhoid flare up becomes inevitable. Refined grains should be avoided as these settle in the intestine and enhance pain and swelling. Salt in excessive amounts slows digestion and enhances hemorrhoids flare up. Unripe fruit slows digestion so it should also be avoided. Coffee has caffeine that makes the stool dry and hard, enhancing pain. Deep fried foods have lots of bad ingredients that become heavy and hard to digest. Better avoid them.

Do internal hemorrhoids go away on their own?

You have to take some steps which make them go away on their own. First eat lots of ripe fruits and green leafy veggies. The fruits and veggies should be fresh. Drink lots of water, as it softens the stool and makes it pass easily. If you do take these steps, your hemorrhoids will vanish into the thin air naturally.

How long does it take internal hemorrhoids to heal?

If you have small hemorrhoids, these might disappear within a few days. You just need to alter some diet and your lifestyle.

Some do enlarge and they come out of the anus, these are called prolapsed hemorrhoids. Prolapsed hemorrhoids take a long time to heal and you might have to bring your doctor in the scene to remove them.

Some females have hemorrhoids during pregnancy. Because the pressure increases in the abdomen, especially in the 3rd trimester, making the veins of your anus and rectum inflate. If these happen during pregnancy then these will not go away till you conceive.

What are the Complications of Piles ?

Mostly hemorrhoids don't cause a serious threat. Tell your doctor how you feel. Sometimes hemorrhoids surgery can cause certain complications like:

- Excessive bleeding
- Infection
- Faecal incontinence, when you lose control over your bowel movements this is very rare, and can sometimes be corrected with some other operation.
- Anal fistula is a tiny channel that develops between the anus and the surface of the skin, near the anus.

Before undergoing surgery it becomes important to discuss the risks and benefits with your surgeon in detail.

What are the stages or grades of Hemorrhoids or Piles?

There are 4 grades of hemorrhoids. The first one bulges into the anal canal during bowel movements. The 2nd grade at first comes out of anus and then moves back inside once again. The 3rd grade comes out of the anal canal and needs to be pushed back with your fingers. In the 4th grade it pokes out from the anus all the time.

What risk factors are associated with Piles?

They don't have a definite reason for breaking out. But one does run the risk in case of:

- Alcoholism
- Anal intercourse
- Obesity
- Chronic diarrhea or constipation
- Diet high in fat and low in fiber (high fiber foods include whole grain foods, fresh fruits, and veggies)
- Jobs that require sitting or standing for long periods
- Lack of physical activity
- Loss of pelvic floor muscle tone due to age, pregnancy, childbirth, or surgery
- Severe heart disease or liver disease

What is the difference between internal and external Piles?

External Piles tend to be more obvious and pose as bulging or bumps around the anus. These become swollen, irritating and itchy, even causing pain in some cases. There are more symptoms, but you better visit your doctor to be sure.

Minor bleeding indicates that you have internal Piles. Constipation is the main cause, you will never feel the pain as nerves in that area are not sensitive.

What is kshar sutra in Ayurveda?

Kshar sutra is a therapy in Ayurveda that heals diseases related to the fistula of anus. Later on this work was also called Sushrut Samhita in the 5th century. It was a method of treatment of fistula by the use of Kshara Sutra. This process has been used since ancient times for the healing of Anorectal diseases.

In it a specially prepared thread (Kshar Sutra) is used to heal diseases. Kshar Sutra plays the role of Herbal Chemical cauterisation and eradicates the disease from the body.

How is nirgundi oil helpful in Piles?

Ayurvedic oils like kasisadi oil and nirgundi oil can be mixed together and applied externally over Piles. This helps in reduction in the area where Piles have sprouted. It helps in relieving the itching.

You can also use turmeric powder, Aloe Vera powder and neem powder on the Piles area and go to sleep.

Can constipation lead to Piles?

Piles are a side effect of constipation. It is the main reason why Piles emerge. The pressure rectum area inflates and blood pools under the skin causing painful lumps. It leads to Piles, internal or external