

## Herbal Treatment at Home For Your Embarrassing Hemorrhoids

There are two kinds of hemorrhoids namely internal and external. However, most people affected by the condition will suffer from symptoms of both. Although there are many treatment methods used for hemorrhoids, using herbal medicine is one of the cheapest available. When considering herbal treatment for hemorrhoids, one should always bear in mind that treatment of the condition is impossible when the hemorrhoids is still bleeding. The way to go is to get rid of bleeding first. It is easy to see a bleeding external hemorrhoid while in the case of internal hemorrhoids, the most common manifestation is blood in the stool. One of the most recommended herbal medicines for hemorrhoids is a mixture of a teaspoon of cayenne and a couple of teaspoon of apple cider vinegar. Taken after meals, this solution is effective in reducing bleeding in your hemorrhoids. When the bleeding has stopped, you can now proceed with treating the roots of hemorrhoids. However, prior to treatment, it would be helpful to determine the cause of hemorrhoids at the onset. To date, the real cause of hemorrhoids is still unknown although according to research, the condition may have resulted from any of the following factors: 

- Pressure in the rectal region
- Old age
- Obesity
- Pregnancy
- Chronic Constipation
- Anal Sex
- Too much use of laxatives
- Heredity

Aside from cayenne and apple cider, there are other herbal treatments for hemorrhoids. Here we will look at the other treatments used for this condition. Taking a warm bath for 15-20 minutes can be a great way of easing the pain that comes with hemorrhoids. To ensure continued relief, apply a paste derived from a combination of heated lard and calomel. Plantain and mullein are suggested replacements for the lard-calomel mixture. In addition, the affected individual can consider Butcher's Broom in getting rid of hemorrhoids. It reduces inflammation and constricts the blood cells as well. It is available as a tablet or tea taken orally and as a lotion directly applied to the affected region. Moreover, taking 100 mg of rutin twice a day accompanied by an increase in vitamin E consumption is another effective method of treating hemorrhoids. Horse chestnuts or buckeye has been a tried and tested herbal medicine for hemorrhoids. It contains aescin which is responsible for maintaining the elasticity of the walls of the vein. The good news about hemorrhoids is that it is not life-threatening and can be treated using the herbal medicines mentioned above.

### About the Author

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