



## Health Fact Sheet Hemorrhoids (Piles)

Hemorrhoids are swollen veins around the anus and in the rectum. They swell and itch and can become painful.

Amongst their causes and aggravating factors can be sitting or standing for prolonged periods, pregnancy, constipation or diarrhea, straining at bowel movements, obesity and lack of dietary fibre. Foods such as hot spices, coffee and alcohol can also be implicated.

From a naturopathic point of view all this adds up to an overloaded liver, with severe pressure building up, resulting in the piles, and it therefore requires treatment of not just the piles, but an easing of the liver congestion also (see separate fact sheet on liver).

To help treat piles there are various approaches to take:

**Nutrition:** 1000 mg of Vitamin C daily and mixed bioflavonoids to help strengthen the blood vessel walls and healing

Vitamin B Complex

Vitamin E

Essential fatty acids

Eat whole foods and cleansing foods rich in antioxidants and fibre to keep the colon clear and promote healing. If hard stools are a problem take 1 – 2 tablespoons of flaxseeds or flaxseed oil daily to help soften them.

A peeled clove of garlic, used as a suppository can help heal and soothe, as can potato.

**Herbs:** Aloe vera gel applied to the piles is very soothing and healing

Witch hazel used as a compress soothes itching and irritation

Calendula salve eases pain and itching.

**Flower Essences:** From the Australian Bush Flower range a combination of Black Eyed Susan, Bottlebrush and Dagger Hakea can be helpful.

**Tissue Salts:** Take No 1, Calc Fluor, No 5 Kali Mur, No 6 Kali Phos

For bleeding add in No 4 Ferr Phos, for burning No 9 Nat Mur, for itching No 8 Mag Phos and No 12 Silica

Warm sitz baths are also beneficial. Fill a tub with warm water so it just covers the pelvic region. Sit in this for approximately 10 minutes. This can help ease congestion in the pelvic region.