

WHAT IS PILES? INTERNAL AND EXTERNAL HEMORRHOIDS TISSUE

What is piles? Piles and inflammatory collection of hemorrhoids tissue in the anal region. It is of two types, internal or external. Internal hemorrhoids are usually located between 2 and 4 centimeters (cm) above the opening of the anus and are the more common type. External hemorrhoids occur on the outer edge of the anus.

The condition arises when the veins of the anus are swollen. These swollen veins obstruct the normal functioning of defecation. As a result, bleeding and pain occur at the time of prolapse discharge. Piles are a condition in humans that is not only painful but also embarrassing. The disease is known for many reasons in women and men. Many people feel ashamed to consult a doctor when such a situation arises. However, it is useless to ignore the situation, as it can make the situation worse.

Causes of piles:

Internal Hemorrhoids: This type of piles is quite common in humans. It is less painful than outside.

External Hemorrhoids: This is extremely painful because many nerve fibers are involved in the anus.

Some common symptoms of hemorrhoids:

Defecation bleeding

Heap mass

Itching and pain in the anal region

Mucus flow

Constipation

Ayurvedic treatment of piles:

Ayurveda considers piles to be enemies of the human body. So, the condition is named Vedas cure. treatment of piles Ayurveda has divided hemorrhoids into two categories: blunt and dry. The Ayurvedic symptoms of piles' view suggest that there are three veins around the anal region: Virajani, Samvarni, and Pravahani. These veins swell and exit when there is excessive pressure in the anal vein. It is mainly caused by digestive disorders in humans.

Causes of piles Ayurvedic states that health problems in the human body are caused by the

imbalance of energy inside the body. In cases of digestive disorders, the bile defect increases, resulting in the accumulation of toxins in the digestive system. These toxic substances are important causes of piles.

Ayurvedic classification of piles:

Type of Vata: Extremely painful and causes constipation.

Bile type: This pile is red and soft. Its symptoms may be excessive fever, thirst, and diarrhea.

Kapa Type: Pile size is large and white. Digestive problems are also seen.

Herbal Remedies for Hemorrhoids:

Naturally treating any disease causes of piles can be really helpful for the patient and can also provide long-term relief from the problem. Ayurveda is based on a variety of safe and natural herbs that can effectively treat dry cells and bleeding. These formulations help in reducing the additional pain of people in the treatment of piles and effectively reduce inflammation. Constipation problems are solved by herbal remedies for hemorrhoids. Here is a list of natural ingredients with which Ayurvedic medicines for hemorrhoids are filled:

- Gingerroot
- Pippali
- Amlaki
- Vacha
- Haritaki
- Vidanga
- Black pepper
- Haridra
- trikatu
- Varun

In Ayurvedic treatment, these herbal extracts treat hemorrhoids without any side effects occurring in the patient. Taking these natural medicines along with a good diet can eliminate many problems associated with digestive disorders. Nowadays, many famous doctors also recommend Ayurvedic treatment Vedas piles cure.

Changes in lifestyle and diet for battle pillars

- Avoid eating dry, heavy, cold or stale food
- Refined foods such as pastries, jams, canned and canned foods should be completely avoided.
- Say no to alcoholic beverages and soft drinks
- Avoid pickle
- Potatoes and root vegetables should be avoided in addition to radishes and carrots
- Include more fruits and liquids in your daily diet.
- No spicy food or more food

The application of sesame oil can be extremely beneficial in the case of dry external hemorrhoids. If you start at the initial level, the Ayurvedic treatment of hemorrhoids can be beneficial. If the patient is religiously following herbal remedies, sometimes no operative treatment is also required. Beware of the risk factors and grab our best and effective treatment available only at [Vedas piles Cure](#).

