

More Natural remedies for Hemorrhoids

There are many untapped natural remedies for those suffering from swollen veins of the anus and these are just waiting to be used. One of them is the so-called plant butcher's broom, also known as sweet broom. The name had been derived in Europe from butchers who cleaned their chopping blocks thoroughly. This natural treatment has been used for a long time to take care of varicose veins and **hemorrhoids**. For a lot of, they use this to deal with their veins that are inflamed or when there is poor blood circulation.



Some scientists are not convinced with the effectiveness of the treatment, but there are studies that show that it contains anti-inflammatory ingredients that will lessen the pressure on the veins and enhance their tone aside from shrinking the tissues that became enlarged. Similarly effective is the presence of ruscogen that is a dynamic compound that helps reduce these swollen veins. There are lots of ways on how to get this kind of natural remedy and one of this is to make it into a tea. Although it is bitter, one may add honey to give it a few flavor. All that is needed is a teaspoon of the herb to be mixed in hot water and can be taken after 15 minutes.

Other effective remedies for hemorrhoids include herb horse chestnut that will be appropriate for people who have chronic aches and pains in their anus. This will significantly lessen any form of irritation or swelling as well as reinforce the walls of blood vessels. The herb horse chestnut is a good remedy because it provides a compound called aescin that will help relieve discomfort. This can be taken in capsule form or as tea or it can be used externally to treat these painful veins. However, it is not for everyone because there are those who may well suffer from bleeding disorders or are allergic to it.

Additionally, the seeds and the bark of the horse chestnut ought to be the only ones utilized because the other parts of the herb are toxic. Also, some of the side effects that one may experience are damage to the liver, severe bleeding and bruising or kidney damage. On the other hand, three kinds of fruits may be able to extract a compound called Triphala which can be used as a tonic to relieve constipation. In conclusion, these natural remedies will help very much alleviate individuals suffering hemorrhoids although some people might of them have to be checked out if their parts are safe or not.

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Hemorrhoids

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“ **Kory S. Ford**

Kory is a writer at utitreatment.info, a web site about alternative health issues. Last year, Kory worked as a post curator for a well-known high tech web site. When he's not researching content, Kory enjoys working out and roller skating.

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