

HOME REMEDIES

Treating Hemorrhoids

Doctor Elijah Kakande says swollen veins normally around the anus, are medically called Hemorrhoids. Hemorrhoids can either be internal or external. They are caused by complications from chronic constipation and straining during bowel movements. He gives the following remedies;

Apple cider vinegar

Soak a cotton ball in vinegar and apply directly on the hemorrhoids for instant



Aloe vera

The anti inflammatory action of aloe vera helps to resolve the symptoms. Cut stripes of aloe vera leaves discarding all thorns. Juice the leaves and drink. For external relief, apply the extracted gel from the leaves to soothe the swollen veins.



Lemon juice

Consume lemon juice with ginger and honey to not only obtain the nutrition benefits but also reduce pain of hemorrhoids. Lemon contains antioxidants,

relief. However, this only applies to external hemorrhoids. A teaspoon of vinegar mixed in water will provide relief from pain and bleeding for internal hemorrhoids.

which help in curing the condition.

Tea tree oil

Because of its strength, dilute the olive oil with almond. Using a clean cotton, apply the solution directly over the inflamed area. Doing this regularly will reduce the size of the hemorrhoids.

Olive oils

Add small amounts of olive oil to your food on a regular basis. The oil contains monosaturated fatty acids, which improve bowel movements. It also increases the elasticity of one's blood vessels reducing the trauma of passing hard stool.



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27

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