



The prevention and healthcare of hemorrhoids

痔瘡的預防與保(英文)

What are hemorrhoids?

Hemorrhoids are triggered by the increased pressure around perianal area; engorged vascular cushions is then caused by decreased venous return.

Signs and Symptoms

Its symptoms include bleeding, itching, and pain around both internal and external anus.

Causes of Hemorrhoids in the view of Chinese medicine

1. Constant constipation or chronic diarrhea.
2. Long-term fatigue and fragile health caused by chronic disease: too tired, too old, severe disease, postpartum, deficient blood and Qi after losing too much blood; Qi and blood deficiency causing decreased intestine motility and defecation difficulty.
3. Pregnancy : patients suffer from defecation difficulty because of increased intra-abdominal pressure of fetus, elevated progesterone level, delayed food passing through gastrointestinal tract leading to over-absorbed water and hard dry stool.

Health protection

1. Diet :
 - a. Don' t eat anything stimulating: avoid alcohol, spicy foods like peppers or aniseeds because they induce hemorrhoids.

b. Eat more fibers like vegetables and drink more water or soup to induce bowel movement. .

2. Life style :

a. Don' t sit or stand for a long time.

b. Increase physical activity of lower limbs, at least 15 minutes a time, like climbing stairs or raising legs to improve blood circulation.

c. Lose weight to decrease lower limbs' bearing.

d. Don' t stay up late.

3. Local care of hemorrhoids :

a. Clean anus after each bowel movement with warm water

b. Apply ZI YUN GAO or MENTHOLATUM to the affected area.

4. Exercise the buttocks muscles:

Inhale with your nose while contracting you buttock muscles, and hold your breath. Exhale with your mouth while relaxing your buttock muscles. Repetitively work on the contraction and relation of your buttock muscles at least ten times each cycle and 4-5 cycles a day. Such an exercise is not restricted to time, place, season, and positions.

5. Dietary therapy :

a. Honey-CassiaSeed Tea: add hot water to 10 grams of CassiaSeed, and add adequate honey to make defecation easy.

b. Fleece flower root and Fragrant Solomonseal Rhizome Tea: boil 30 grams of fleece flower root with 15 grams of Fragrant Solomonseal Rhizomeand and water. Drink it to nourish yin, moisten your intestine, and nourish liver, and stabilize your heart.