

Cure the Unnoticeable Health Hazards

Piles are **hemorrhoids** that cause clumps in the anal canal and develop swelling. Surgery is the way out to remove the **piles** when home remedies don't assist in offering relief to the problem. The surgical process that can be beneficial for the piles are stapling, haemorrhoidectomy, etc. Very cold and laser treatment are also the other ways to be able to cure the piles, but only limited surgeons perform this treatment.

- As per as the doctors **Piles surgery** should always be considered the last option when natural ways are of no help.
- The natural ways that can combat against the problem are:-

Bananas boiled with milk, if consumed twice a day can be effective as are rich in soluble fiber and helps in transferring the stool easily.

Buttermilk with a bit of mountain salt and lime juice can prove to be effectual.

Curd With Mustard Powder Too Heals the Pile


Blend of honey, ginger, peppermint, sweet lime maintains the system cool as well as toxin free.

Figs Too Facilitate the Moment of the **Bowels**

Eat much less spicy food and take in more of water also can help piles to be away.



“ *Herbal Remedy for Hemorrhoids* It is inevitable that many people will suffer from either internal or external hemorrhoids when they become older. A number of them may make use of natural remedies to handle their problems while others may have themselves medicated or even operated...




Though it is not a problem that is too serious and is getting on your nerves, however causes discomfort and pain to the patient suffering from the problem. People who suffer from constipation and eat a low fibre diet may be at higher risk of developing a pile. Piles can happen both internally and externally & can even bleed. Soaking in lukewarm water is helpful in relieving from the pain that hemorrhoids come with. Both men and women are at risk of having hemorrhoids and piles surgery can do just as good.

- Maximum of the cases, the situation gets better on its own without consulting any treatment.
- By simply making some changes in the lifestyle you can get rid of them.
- Switching to be able to bran, veggies and also many fruits will keep the bowel moment regular and easy.
- Experts' suggest increasing the water intake and constraining caffeine consumption can be rewarding to the patient in Delhi india.
- VAAFT also called video assisted anal fistula treatment can treat the anal fistula, an abnormal tract.
- VAAFT has many positive factors as leaves no wound, pain and same day discharge to the patient.
- By making some simple changes which won't cost, that you can do well to be able to yourself.
- Maintain an ideal body weight as it may cut the chances of having hemorrhoids.

Author Reference:-

Dr.Pradeep chowbey world famous doctor for Piles surgery. and it's really offers you best treatment of VAAFT in india.

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