

# Haemorrhoid home remedies



## Haemorrhoid home remedies

When symptoms such as pain, rectal area discomfort, burning and itching occur, many sufferers go for home remedies. The more popular remedies are fiber supplements, exercise, sitz bath, compresses and ice packs. We shall look at each of these in turn.

The mistake is substituting a diagnosis with home remedies. Even though the symptoms of hemorrhoids are often obvious, they do overlap considerably with symptoms of anal fissure, anal fistula, inflammatory bowel diseases and even bowel cancers.

If the anal condition has not previously received medical attention, a consultation with a physician is required. Medical review is also essential if the last assessment was more than a couple of months ago and there are still symptoms.

### Fiber supplements

Fiber high foods help to prevent constipation but can cause problems if overdone. The main problems are bloatedness in the abdomen and excessive flatus. The following foods are usually helpful if taken in moderation:

- **Bran and bran cereals** - they need to be introduced slowly into the diet because otherwise, they can cause stomach discomfort.
- **Dark berry juices** - made from cherries, blueberries and blackberries. If taken excessively, the high sugar content can tip some sufferer's blood sugar level overboard.
- **Cantaloupe** - contains fiber, minerals and vitamins.
- **Papaya** - it is a rich source of fiber and helps digestion.
- **Red and black currants** - they also contain rutin which helps to alleviate pain and discomfort in the rectal area.
- **Bananas** - they are high in fiber and can be eaten steamed. Some advocates suggest that four bananas can be taken daily to help treat haemorrhoids. This is to be discouraged as bananas are high in potassium content. Four bananas a day can cause excessive potassium load in individuals with restricted kidney function reserve. This can cause high blood potassium level (hyperkalaemia) which is a very dangerous condition associated with irregular heart rhythm and even collapse.

### Exercise

Physical activity is generally advocated for people suffering from hemorrhoids. Where there is no doubt that exercise is helpful for

cardiovascular system and irritable bowel syndrome, there is no evidence to support its benefit in hemorrhoid sufferers. Do not try to maintain an exercise regime during a flare-up of hemorrhoid symptoms. It just doesn't make sense to give yourself more pain.

### Sitz baths

Many advocate the use of warm water to soak the rectal area in the tub for up to 15 minutes two to three times daily for three weeks. A few problems arise here. Firstly, the water should in fact be only luke warm, like the temperature of a heated swimming pool, rather than the temperature of a hot bath or a hot spring. Otherwise, more swelling will result from dilatation of blood vessels. Also, be extremely careful when you dry the affected area afterwards as the condition is often worsened if rough material used. Use a soft cotton towel to remove wetness from the anus, with utmost gentleness and to avoid causing abrasion and bleeding.

### Compresses and ice packs

Compresses saturated in pomegranate juice and ice packs to be applied to the anus, are often advocated for symptomatic relief. Even though soothing is achieved at the time, more swelling and delayed resolution of the swelling often follow. Wrap them in a soft cotton cloth, applying the ice pack on the affected area for short periods only. This way you can alleviate the hemorrhoidal pain significantly and reduce swelling and rectal discomfort to a great degree.

With recent advances in medications, primary care physicians can achieve speedy symptomatic relief for most hemorrhoid sufferers. They are also able to spot the conditions which require early specialist referrals. Most of the time, there is really no advantage for sufferers to try to manage their own hemorrhoids with home remedies.

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# 痔瘡民間療法

## 痔瘡 民間療法

當遇上痔瘡疼痛、直腸部位不適、灼痛和痕癢的症狀時，很多患者會選擇一些民間療法。我們將逐一探討較常用的療法，包括纖維補充劑、運動、坐浴、敷布及冰袋，並討論當中隱藏的陷阱。

這些民間療法的第一個暗藏的危機，便是以民間療法取代醫生的診斷治療。縱使痔瘡的病徵通常十分明顯，但卻與肛裂、肛門瘻管、發炎性腸道疾病，甚至腸道癌病的病徵類同。若你還未作肛門的檢查，便應及早求醫。如你上次檢查已是多個月前，而你仍受著痔瘡症狀的困擾，那麼，你也應再作覆檢。

### 纖維補充劑

高纖食品能預防便秘，但過度進食也會引起其他問題，如腹漲和脹氣過多等。然而，適度進食以下高纖食物，還是在大多數的情況下對症狀有幫助：

- **麥麩及全穀麥片** — 需要逐漸加入餐單中，否則可能會引起胃部不適
- **深色莓類的果汁** — 以櫻桃、藍莓及黑莓製成。若飲用過量，其高糖量會令部分患者的血糖超標
- **哈密瓜** — 含有纖維、礦物質和維他命
- **木瓜** — 含有豐富纖維，幫助消化
- **紅加侖及黑加侖子** — 含有的芸香素有助舒緩腸臟的痛楚不適
- **香蕉** — 既高纖，又可熟食。一些提倡者提議每天吃四條香蕉幫助治療痔瘡；但香蕉的鉀含量很高，因此這種療法不被提倡。事實上，若一天內吃四條香蕉，會令我們體內有限的腎功能儲備處理過量的鉀質，而導致與心律不正相關的高鉀血症，這不僅危及健康，患者並有機會出現虛脫。

### 運動

有人提倡痔瘡患者多進行體育活動。運動無疑對心血管系統及腸臟過敏綜合症有幫助，但醫學上無證據支持運動對痔瘡患者的幫助。在痔瘡症狀爆發時，更不應嘗試繼續努力運動。這只會多給自己更多痛楚。

### 坐浴

很多人提倡連續三星期每天在浴缸以暖水浸泡直腸位置兩至三次，每次十五分鐘。但有幾點需要注意。第一，水溫應為微暖，如暖水泳池溫度一般，而非熱水浴或溫泉水般灼熱。否則，患處會因血管擴張而令痔瘡加倍腫脹。另外，浴後抹乾患處時要極為小心。使用粗糙物料只會令情況變糟，應以柔軟的棉質毛巾輕柔地抹乾肛門，以免擦傷及流血。

### 敷布及冰袋

有人主張以石榴汁泡滿敷布，放入冰袋內作冷敷，以減輕痔瘡症狀。雖然這能暫時減輕痛楚，但腫脹通常會緊隨其後，所以不要跟從這種方法。用柔軟的毛巾包著冰塊作冰敷，或使用合適的冰袋冰敷患處片刻。這樣你就能有效減輕痔瘡痛楚，同時也可大大減少腫脹和直腸不適。

隨著醫學進步，現時普通科醫生已能替大部分痔瘡患者快速緩和症狀，也能診斷到一些特殊而需要轉介專科醫生的情況。試圖以民間療法處理痔瘡對患者通常沒有好處，諮詢醫生才能保障你的健康。

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