



Article Side

Hemroids Symptoms and Treatment by [Amit Kothiyal](#)

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Most people do not realize that they are suffering from hemroids until bleeding starts. Bleeding is a common symptom for both internal and external hemorrhoids. It is important to note that if the bleeding is internal, then you must immediately consult a doctor as it could be a symptom for various other diseases and conditions such as colorectal cancer, fistula or colitis.

Hemroids involve the enlargement of veins in the rectum and their rupture due to high pressure on blood vessels. Constipation is one of the major causes of hemroids. If you have hard stool, youâ€™ll have to put a lot of pressure to get them out of your system. This puts stress on the veins in the anal region resulting in their rupture and bleeding.

Straining due to constipation can also injure the already strained tissue in the rectum. If you rub too much with toilet paper, wear synthetic underwear, or sit for a long period of time, then also bleeding can occur externally. So, try to avoid cleaning or wiping the affected area too much else it can result in bleeding.

Symptoms of Hemroids

When you notice small streaks of blood in your toilet paper, stool or underwear, it could be an indication of hemorrhoids. Other symptoms of hemorrhoids include anal itching, discomfort in the rectal area, and burning sensation. All these symptoms can occur simultaneously or you may experience just the bleeding without any of the other symptoms.

External hemroids can be detected easily as they are visible on the outside. Youâ€™ll feel a swelling or bulge around the anus besides a feeling of burning and itching. You can easily check the symptoms in a mirror.

Treatment of Hemroids

Hemorrhoids can be treated in a number of ways and can be healed quickly if the right treatment is done. If you suffer from constipation, then you have to soften your feces first, as hard stool can damage colon. If the stool you pass is soft, then the anal bleeding will stop and the injured tissues in your rectal veins will be restored to health much faster. Controlling constipation is essential for treating both external and internal hemorrhoids .

Avoid the use of toilet paper when you are suffering from hemorrhoids, especially the external one. It is better to wash up in a bidet, take a shower, or use moist wipes for cleaning your anal area after a bowel movement. Also wear soft cotton underwear so as to avoid rubbing your rectum area in the wrong way. Apply herbal creams to the affected area for a soothing effect.

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