

Haemorrhoids/Piles

What are Haemorrhoids/Piles?

Hemorrhoids are swollen and inflamed veins located in the region of the anus and lower rectum.

Signs and Symptoms

Itching, pain and burning feeling around the anus; heavy feeling within the rectum; soft swelling or a lump protruding from the anus; and bleeding of bright red blood from the anus during defaecation.

Complications

Haemorrhoids which bleed can lead to chronic anaemia due to excessive blood loss. Strangulation of the blood supply to an internal haemorrhoid may be cut off, causing severe pain and tissue death (gangrene).

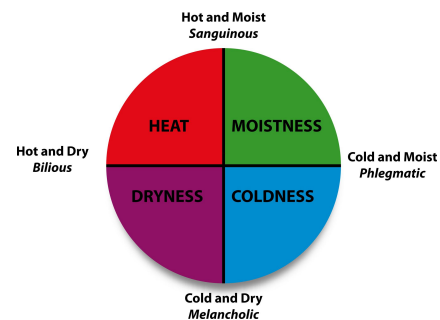
What Causes Piles?

The veins around the anus tend to stretch under pressure, and may bulge or swell. Swollen veins (haemorrhoids) develop from an increase in pressure in the lower rectum. There are a number of risk factors that may contribute to this by reducing blood circulation.

Physical factors, such as chronic constipation, pregnancy, lifting heavy weights, obesity, enlarged prostate (in men); poor diet, especially from low fibre foodstuffs, cold and dry food items; food allergies; faulty habits, especially lack of physical exercise, frequent use of chemical laxatives, sitting or standing still for long periods of time, so encouraging poor blood circulation.

The Tibb View on Piles

According to Tibb, haemorrhoids are associated with qualities of **dryness with cold** as it is often results as a complication of constipation. Bleeding piles are associated with **dryness with heat**. People with a melancholic dominant/sub-dominant temperament are more predisposed to developing piles due to their dominance of dryness and cold.



Management of Piles

Treatment and management is aimed at **reducing the excess quality of dryness** associated with haemorrhoids, by implementing Tibb Lifestyle Factors that either **increase the qualities of heat and moistness** in haemorrhoids which are linked to excess dryness with cold, or increase the qualities of **coldness and moistness** in haemorrhoids which are linked to excess dryness with heat. This assists Physis in addressing both the symptoms and causes of piles.

Lifestyle modification is often a simple and effective approach to treating haemorrhoids. It includes drinking more water, adding more fibre to the diet, and increasing the level of physical activity.

Tibb Lifestyle Factors

Haemorrhoids Associated with Qualities of dryness with coldness:

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Slowly build up to eating more fresh fruit, vegetables and high-fibre foods, and drink plenty of warm water.

Haemorrhoids Associated with Qualities of dryness with heat:

Food and Drink

- Eat **mostly Cold & Moist foods** - such butternut, carrots, pumpkin and pears **followed by Hot & Moist foods** - like banana, sweet potato, and brown bread.
- Eat **less of Cold & Dry foods** – such as beef, tomato, beans and mealie meal and the **least amount of Hot & Dry foods** - like avocado, garlic, onion and chickpeas.
- Slowly build up to eating more fresh fruit, vegetables and high-fibre foods, and drink plenty of warm water.

Other Lifestyle Factors for haemorrhoids linked to both dryness with coldness and dryness with heat

- **Exercise:** Regular light/moderate exercise (brisk walking 20-30 min daily). Avoid standing/sitting for long periods.
- **Detox:** A 15min sitz bath in hot water will bring relief.
- **Hygiene:** Keep the anal area clean by regular use of a plain warm water enema. Apply warm water washing of the anal area after defaecation.
- **Others:** Lubricate the anus with Vaseline or olive oil to help with constipation.
- Avoid lifting heavy weights, or learn to apply proper lifting techniques.

Herbal Remedies

- Herbal – consume more dark coloured berries. These contain natural flavonoids, which strengthen the walls of veins around the anus
- Avoid constipation by using a mild laxative regularly like aloe vera or prune juice. Avoid strong or harsh chemical laxatives. Eat two to three dried figs, previously soaked in water, daily
- Take one or two tablespoons of flaxseed daily to help soften the stool. Flaxseed is rich in omega-3 fats which have useful anti-inflammatory activity.

Hot & Dry Foods

| Meats | Vegetables | Fruits | Nuts | Grains & Seeds | Dairy Products | Oils | Spices & Herbs | Drinks | Flavourants | Condiments & Spreads | Confectionary & Desserts | Cereals | Dishes | |
|---------------------|---------------|---------|------------------|----------------|----------------|-------------|----------------|------------------|--------------------------------|----------------------|--------------------------|---------|--------------|-----------------|
| all small bird meat | bitter melon | avocado | cashews | celery seeds | eggs | mustard oil | aniseed | alcohol | pungent and bitter flavourants | chilli sauce | | | spicy dishes | |
| | celery | grapes | | hazelnuts | | | chickpeas | cinnamon | | grape juice | | | | mustard sauce |
| | green pepper | | | pecan nuts | | | fennel seeds | cloves, garlic | | herbal teas | | | | peri-peri sauce |
| | leek | | | walnuts | | | gram flour | green/red chilli | | (see herbs) | | | | |
| | onion | | | | | | mustard seeds | fennel | | | | | | |
| | red pepper | | | | | | poppy | lavender | | | | | | |
| | yellow pepper | | | | | | | nutmeg | | | | | | |
| | | | | | | | | oregano | | | | | | |
| | | | | | | | | paprika | | | | | | |
| | | | | parsley | | | | | | | | | | |
| | | | rocket, rosemary | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

Hot & Moist Foods

| Meats | Vegetables | Fruits | Nuts | Grains & Seeds | Dairy Products | Oils | Spices & Herbs | Drinks | Flavourants | Condiments & Spreads | Confectionary & Desserts | Cereals | Dishes | | | | | | | | | |
|--------|--------------|---------|-----------------|-----------------|------------------|---------------|----------------|--------------|--------------|----------------------|--------------------------|-----------------|--------------|---------|----------|--|--|-----------------|--|--|--|--|
| buck | artichokes | bananas | almonds | bread | clarified butter | castor oil | bay leaves | green tea | honey | mayonnaise | biscuits | all bran flakes | sweet dishes | | | | | | | | | |
| goat | asparagus | dates | brazil nuts | bulgar wheat | condensed milk | olive oil | black pepper | hot water | molasses | | cakes | bran | | | | | | | | | | |
| goose | olives | guavas | pistachios | flour | cheese | sunflower oil | cayenne pepper | juices | salt | | chocolate | honey smaks | | | | | | | | | | |
| lamb | spinach | mangoes | apricot kernels | pasta | cream cheese | | chives | (see fruits) | sugar | | liquorice | muesli | | | | | | | | | | |
| liver | spring onion | peaches | | rye bread | mother's milk | | ginger, fennel | green masala | herbal teas | | | vermicelli | | nutri-k | | | | | | | | |
| mutton | sweet potato | papaya | | sunflower seeds | (for babies) | | green masala | (see herbs) | | | | | | | nutrific | | | | | | | |
| turkey | turnips | | | wheat | fresh cream | | marjoram | | | | | | | | | | | oats | | | | |
| | | | | macaroni | | | | | | | | | | | | | | mint, sage | | | | |
| | | | dill seeds | soya sauce | | | | | | | | | | | | | | thyme, turmeric | | | | |
| | | | | | | | | | white pepper | | | | | weetbix | | | | | | | | |