

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).

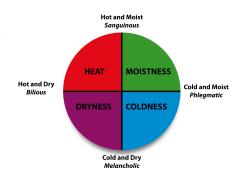
What Causes Piles?

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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

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	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					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						