



# PILES (HEMORRHOIDS)

# What are piles?

**Piles (haemorrhoids) are common swellings that develop inside and around the back passage (anal canal).**

# How do you get piles?

There is a network of small veins (blood vessels) within the lining of the anal canal. These veins sometimes become wider and engorged with more blood than usual. The swollen veins and the overlying tissue may then form into one or more swellings (piles).

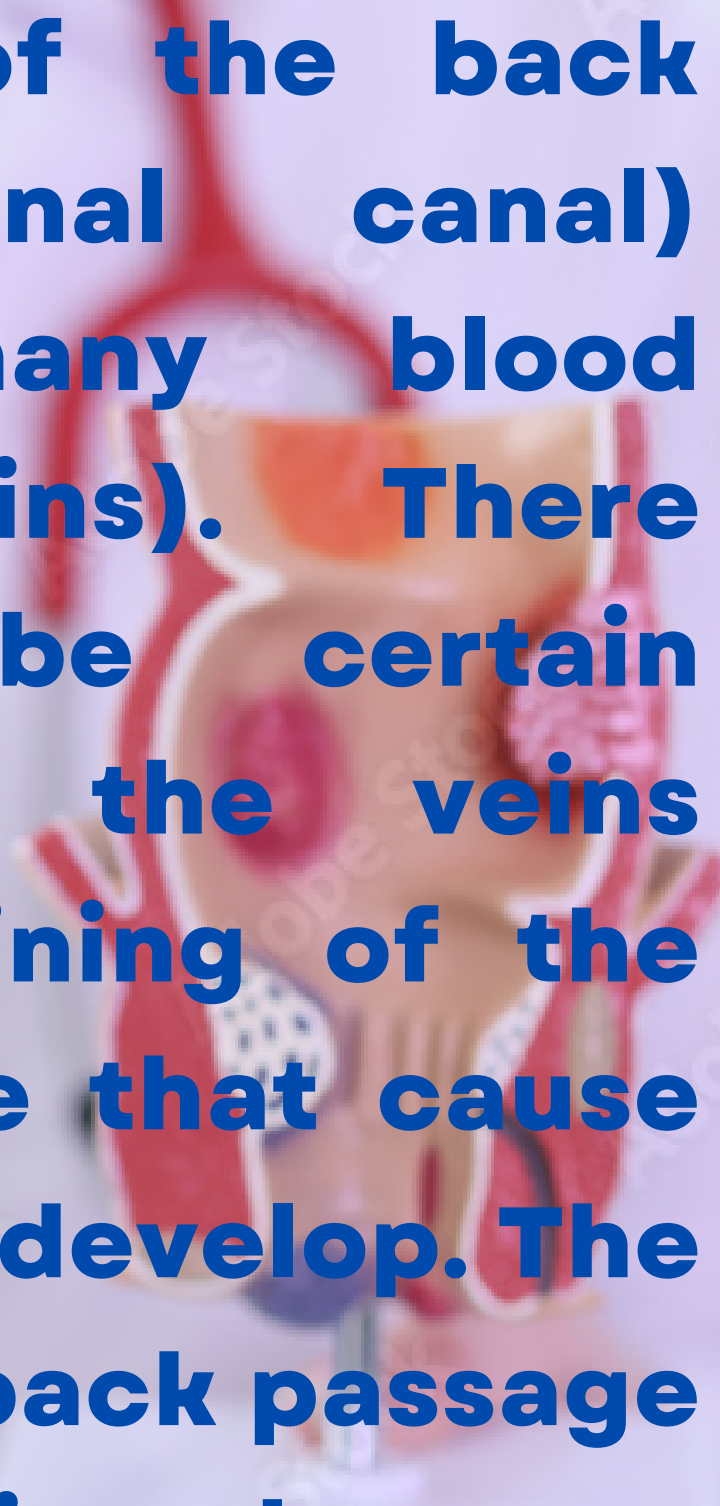
# What are the different types of piles?

Piles can be divided into either internal or external piles. Some people develop internal and external piles at the same time.

- **Internal piles** are deeper and initially form above a point 2-3 cm inside the back passage (anal canal) in the upper part of the anal canal or lower rectum (the last part of the large bowel that connects to the anal canal).
- **External piles** start off nearer the surface, below a point 2-3 cm inside the back passage.

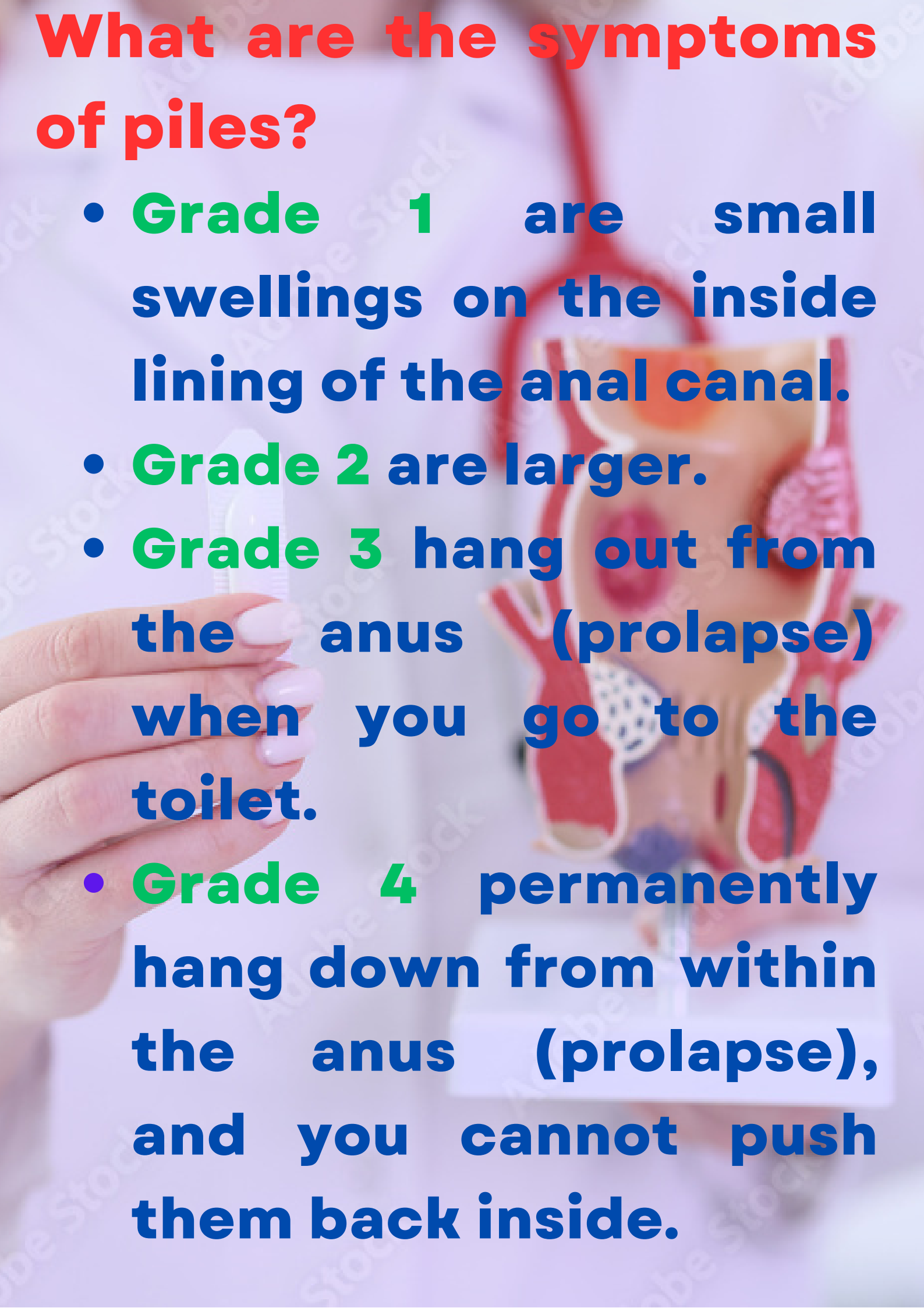
# What causes piles?

The lining of the back passage (anal canal) contains many blood vessels (veins). There seem to be certain changes in the veins within the lining of the back passage that cause the pile(s) to develop. The lining of the back passage and the veins become much larger and this can then cause a swelling and develop into a pile.



# What are the symptoms of piles?

- **Grade 1** are small swellings on the inside lining of the anal canal.
- **Grade 2** are larger.
- **Grade 3** hang out from the anus (prolapse) when you go to the toilet.
- **Grade 4** permanently hang down from within the anus (prolapse), and you cannot push them back inside.



# What do piles feel like?

Small internal piles are usually painless, because there are no pain-sensitive nerve fibres where they are located. External piles, however, can be itchy or painful. Larger piles may cause a mucous discharge, which may irritate the skin around the anus.

# What are the risk factors of piles?

- **Constipation**
- **A low-fibre diet**
- **Being overweight**
- **Pregnancy**
- **Ageing**
- **Hereditary factors**
- **Heavy lifting**
- **Persistent cough**



# How to treat piles?

## DO's

- **Green leafy vegetables**
- **Sleep at least 3 to 6 hours**
- **Perform yoga regularly**
- **Take milk and milk products**
- **Eat fruits**

## DONT's

- **Avoid non-vegetarian foods (3 to 6 months)**
- **Avoid long journey**
- **Avoid prolonged sitting**
- **Avoid spicy food**
- **Avoid smoking, alcohol, paan items, beverages**

**FOR MORE DETAILS:**

# **HERBAAS AYUSH CLINIC**

**OLD NO. 3/271, NEW NO. 472,**

**AVVAIYAR STREET,**

**KANGEYANALLUR VILLAGE, KATPADI,**

**VELLORE DISTRICT – 632006**

**MAIL: HERBAASI4@GMAIL.COM**

**MOB: 7806980661/**

**6383660385**