

LIBRACIN NATURAL MEDICINE IND. LTD

A photograph of a person's lower body, wearing a red top and blue denim shorts. The person is holding a roll of white toilet paper. The background is white.

PILES

CAUSES & NATURAL REMEDY

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MEANING

Piles are haemorrhoids that become inflamed. Haemorrhoids are masses, clumps, cushions of tissue in the anal canal - they are full of blood vessels, support tissue, muscle and elastic fibres.

WHAT ARE PILES?

Piles can be of various sizes and may be internal (inside the anus) or external ones (outside the anus). Typically, internal piles occur from 2 to 4cm above the opening of the anus. External piles (perianal hematoma) occur on the outside edge of the anus. The internal ones are much more common.

According to the US National Institutes of Health (NIH), symptomatic haemorrhoids affect at least half the American population at some time in their lives before the age of 50. In the majority of cases, piles are effectively treated with over-the-counter medications, a good fluid intake, and by following a diet high in fibre. In severe cases, the piles may have to be surgically removed. About 10% of patients who go and see their doctor about piles eventually require surgical intervention.

Although haemorrhoids are thought of as unpleasant inflammations, we all have them. It is when the hemorrhoidal cushions become too big (inflamed) that problems occur -when this happens they are called piles or pathological haemorrhoids.

FAST FACTS ON PILES

Here are some key points about piles.

1. Piles are haemorrhoids that become inflamed.
2. The size of piles can vary and are found inside or outside the anus.
3. Piles are often not serious and go away on their own.
4. Internal haemorrhoids are ordered into four grades.
5. External haemorrhoids are called perianal hematoma.
6. Piles occur due to chronic constipation, chronic diarrhoea, lifting heavy weights, pregnancy or straining when passing a stool.

SYMPTOMS

In most cases piles are not serious and go away on their own after a few days. An individual with piles may experience the following symptoms. A hard lump may be felt around the anus. It consists of coagulated blood, called a thrombosed external haemorrhoid. This can be painful

- After going to the toilet, a feeling that the bowels are still full
- Bright red blood after a bowel movement
- Itchiness around the anus
- Mucus discharge when emptying the bowels
- Pain while defecating
- The area around the anus may be red and sore

Internal haemorrhoids are classified into four grades:

Grade 1 - there are small inflammations, usually inside the lining of the anus. They are not visible.

Grade 2 - larger than grade 1 haemorrhoids, but also inside the anus. When passing a stool, they may get pushed out, but return unaided.

Grade 3 - often called 'prolapsed haemorrhoids'; these appear outside the anus. The patient may feel them hanging out. They can be pushed back in if the patient presses with their finger.

Grade 4 - these cannot be pushed back in and need to be treated by a doctor. They are large and stay outside the anus all the time.

External haemorrhoids are called perianal hematoma. These are small lumps that are located on the outside edge of the anus. They are very itchy and can be painful if a blood clot forms inside (thrombosed external haemorrhoid). Thrombosed external haemorrhoid requires medical treatment straight away.

CAUSES

Piles develop when the veins in your anal canal become swollen. This can happen for a number of reasons, including:

- increased pressure in your abdomen (tummy), for example when you're pregnant or giving birth straining to empty your bowels, for example if you have constipation
- ageing – as you get older you may be more likely to get piles because your anal canal weakens
- diarrhoea lasting a long time
- long-term coughing
- having a family history of piles

Some factors make it more likely that piles you already have will start to cause problems. These include:

- frequently lifting heavy objects
- long periods of time sitting or travelling
- giving birth

HERBAL REMEDY

Libracin herbal alternative is suitable to cure pile:

- Libracin Herbal Tablet <http://libracin.com/product/libracin-herbal-tablet/>
- Neem Tea <http://libracin.com/product/neem-tea-plus-vernonia/>
- Aloe Vera <http://libracin.com/product/aloe-vera-plus-bitters-aloes-SP/>
- Phyl Fresh <http://libracin.com/product/phyil-fresh-herbal-tea/>
- Stage-A Herbal Tea <http://libracin.com/product/stage-a-herbal-tea/>



CONTACT US



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BRANCHES

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SURULERE:

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Car Wash, Ikate Surulere, Lagos State.
09067687536, 08156811248
09079852695, 08170715107

ABUJA FCT:

KUBWA:

Hadza Plaza,
Opposite Channel 8 Junction,
Kubwa Abuja, FCT.
08104248293, 08060738106

ZUBA:

Shop No B4, Zuba Plaza,
Zuba, Abuja FCT.
09094061768, 09060823886

DUTSEN:

Shop 60/61 MMG Shopping Complex,
1st Gate, Dutsen Alhaji, Abuja FCT.
07068259254, 09060732488

BWARI:

Atanu Plaza, Beside Peace Park,
Opposite Bwari Market, Bwari Abuja FCT.
08138622678, 09065450205

MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,
Abuja/Kiffi Exp. Way, Sharp Corner,
Mararaba, Abuja FCT.
08100784750, 09060942743

MPAPE:

Ansar Plaza,
Suit No. 109 By Oceanic/Begger Junction,
Mpape, Abuja FCT.
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