

Hemorrhoids Herbal Program

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Hemorrhoids are a condition wherein the veins around the anus or lower rectum are swollen and inflamed. Hemorrhoids may result from straining for a bowel movement. Other factors may include pregnancy, chronic constipation, diarrhea and aging. Hemorrhoids are either inside the anus or under the skin around the anus. They are very common in both men and women. About half of the population has experienced hemorrhoids by age 50. Hemorrhoids are also common among pregnant women. The pressure of the fetus in the abdomen, as well as hormonal changes, causes the hemorrhoidal vessels to enlarge.

Veins use valves to keep the blood from flowing backwards and obeying the call of gravity. Blood can pool in the veins and cause them to bulge when the valves weaken. This may be due to hereditary factors, obesity, or from jobs that require prolonged sitting or standing. It happens mostly in the legs, creating varicose veins; around the anus, called hemorrhoids, or around the scrotum, where they are known as varicoceles.



If there is any bleeding involved with your hemorrhoids please be sure to get a proper diagnosis by a doctor. Its important any time bleeding from the rectum or blood in the stool occurs as this may also be a symptom of other digestive diseases.

Warm tub baths several times a day in plain, warm water for about 10 minutes.
Application of a hemorrhoidal cream or suppository to the affected area for a limited time.

SUPPLEMENTATION PROGRAM:

Easy Move Formula: : 2 capsules, twice daily. <https://www.darcywellness.com/shop/easy-move>.

This formula supports and maintains normal bowel function as gentle stool softening laxative. This formula contains oils from seeds to help moisten the intestines. Linum has the highest oil content at 31%, while Apricot seeds moisten and unblock the intestines and move Qi energy downward. in small doses, will tone the intestinal wall and expel gas. Magnolia bark helps to remove the "heat" that can Rhubarb, be drying the stool, making it hard to move. The seeds provide oil to move and soften the stool without the harshness of other herbal laxatives that may cause discomfort and intestinal cramping. Casgara sagrada is a Western herb that, when used in a formula, can help stimulate the intestines without cramping. Do not use in pregnancy, when breastfeeding, or when in a weakened state. Do not rely solely on any laxative without making dietary changes to fiber and diet, such as eating three meals a day at regular times. Studies show it is vitally important to move our bowels daily.

Preventing hemorrhoids will require relieving the pressure and straining of constipation.

- Increase fiber and fluids in the diet. Eating the right amount of fiber and drinking six to eight glasses of fluid result in softer, bulkier stools. Many people use bulk fiber supplements daily to prevent recurrences of hemorrhoids. But remember, bulk fiber such as psyllium seeds may take several days.
- A herbal stool softener such as Easy Move Formula makes emptying the bowels easier and lessens the pressure on hemorrhoids caused by straining. Eliminating straining also helps prevent the hemorrhoids from protruding. Sitz baths (soaking the rectal area in hot water, in a shallow bath) for 15-20 minutes, 3-4 times/day are a simple and effective treatment for both goals.
- Burning and itching respond best to surface-acting creams. To shrink your hemorrhoids back down to normal size, topical medications can be used. Cleanse the entire rectal area with warm water after each bowel movement.

Diet: Good sources of fiber are fruits, vegetables, and whole grains. In addition, reduce the amount of saturated fat, cholesterol and total fat from your diet. Dietary cholesterol is only found in food of animal origin, such as meat, dairy and eggs. And though saturated fat and cholesterol often appear together, it is the amount of fat you eat, especially saturated fat, that has a bigger impact on blood cholesterol levels. Avoiding foods high in saturated fat and cholesterol will help to lower your blood levels of cholesterol and you can do this by cutting back on whole milk, cheese, butter, meat fat, and poultry skin. Stay away from margarine, and foods containing trans fatty acids and partially hydrogenated oils. These foods actually raise your LDL levels and lower your HDL levels of cholesterol and interfere with essential fatty acid metabolism. Instead, use natural polyunsaturated oils like safflower, soy and flaxseed oils to meet your essential fatty acids requirements. Just 1 tablespoon per day is enough. A diet rich in **fiber** may actually help to lower your blood cholesterol level as well. In particular, soluble fiber appears to help bile acids, which are made up of cholesterol, pass through your system as waste, so your body absorbs less cholesterol. (When increasing your fiber intake, remember to go slowly to give your system time to adjust.) The best way to achieve these goals is to eat fewer animal products and more plant foods.

- Eat a fiber rich breakfast such as oatmeal. Increase the intake of fiber and complex carbohydrates by eating 6 or more servings per day of whole grain breads, cereals, and legumes.
- Substitute red meats with fish and white meat; use soy based alternatives, decrease the number of eggs per week, use egg beaters or tofu, use low fat dairy products, substitute vegetable oils for butter, lard and other saturated fats, eat fruits and vegetables daily and cut down on all refined sugar and flour products, use no or low salt, and drink herbal teas, green tea, or vegetable juices instead of soft drinks and coffee.
- Eat more cold water fish and take 1 tablespoon of flaxseed oil daily. Salmon, mackerel, herring, halibut are good sources of omega-3 fatty acids. Flaxseed oil is a good source of alpha linolenic acid, an omega-3 oil that the body can convert to eicosapentaenoic acid (EPA).
- Eat lots of raw onion, salmon, olive oil, almonds, walnuts, avocados (the latter five are all high in fat but most of it is monounsaturated fat that helps to improve cholesterol).
- Eat more berries! and foods with the deep red, yellow, blue, and green colors of many flowers and plants are due to their bioflavonoid content. These foods are very helpful for circulatory disorders. They are anti-inflammatory, prevent free radical and oxidative damage, protect and preserve the structure of capillary blood vessel integrity, and reduce capillary fragility and occurrence of varicose veins. Bioflavonoids include proanthocyanidins, anthocyanidins, pycnogenol, quercetin, rutin, hesperidin, citrus bioflavonoids and green tea polyphenols and are sometimes referred to as vitamin P. They include: berries, cherries, citrus fruits, grapes, onions, parsley, red wine, rose hips, yellow, red and green vegetables.
- Eat plenty of foods that contain the natural antioxidants vitamins E and C to reduce free radical damage from accumulated wastes in the system. Vitamin C rich foods include: sweet red peppers, cantaloupe, sweet green peppers, papaya, oranges, grapefruit juice, broccoli, brussels sprouts, and strawberries. Vitamin E rich foods include: sunflower seeds, walnuts, almonds, peanuts, wheat germ, soybeans, wheat germ oil, soybean oil.

Treatment Options: In some cases, hemorrhoids must be treated endoscopically or surgically. These methods are used to shrink and destroy the hemorrhoidal tissue. Surgical options include:

- Rubber band ligation. A rubber band is placed around the base of the hemorrhoid inside the rectum. The band cuts off circulation, and the hemorrhoid withers away within a few days.

- Sclerotherapy. A chemical solution is injected around the blood vessel to shrink the hemorrhoid.
- Infrared coagulation. A special device is used to burn hemorrhoidal tissue.
- Hemorrhoidectomy. Occasionally, extensive or severe internal or external hemorrhoids may require removal by surgery known as hemorrhoidectomy.

How are hemorrhoids prevented? The best way to prevent hemorrhoids is to keep stools soft so they pass easily, thus decreasing pressure and straining, and to empty bowels as soon as possible after the urge occurs. Exercise, including walking, and increased fiber in the diet help reduce constipation and straining by producing stools that are softer and easier to pass.

Other recommendations:

1. Avoid spicy, greasy, fatty or oily foods.
2. Eat less animal protein.
3. Stop excessive drinking of alcohol. An occasional drink is okay, but not hard alcohol.
4. Stop excessive drinking of caffeine beverages, coffee, sodas, etc.
5. Proper nutrition is of course important. Eating a well balanced diet and reducing your animal fats, spices, fried foods, and sugars will help circulation.
6. Sit less and do less heavy lifting.
7. Do not strain with bowel movements (from constipation or hard stools).

REFERENCES

Mackay D. Hemorrhoids and varicose veins: a review of treatment options Altern Med Rev 2001 Apr;6(2):126-40