

# CORE HEALTH

## NATUROPATHIC WELLNESS CENTER

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### Sitz Baths:

#### What Are Hemorrhoids?

Hemorrhoids are abnormally swollen veins in the rectum and anus. They are much like varicose veins you might see on a person's legs. When bulging hemorrhoidal veins are irritated, they cause surrounding membranes to swell, burn, itch, become very painful, and bleed. Hemorrhoids are caused by too much pressure in the rectum, forcing blood to stretch and bulge the walls of the veins, sometimes rupturing them.

#### Two Kinds of Hemroids...

There are two kinds of hemroids: internal and external. Internal hemorrhoids usually don't hurt or itch; you can't feel them because they are deep inside the rectum. It is important to get them treated because their bleeding could mask blood from a dangerous source like colorectal cancer.

External hemorrhoids cause most of the symptoms we commonly hear about --- pain, burning, and itching. If an external hemroid becomes strangulated (cut off from blood supply), a clot can form in it and become an excruciatingly painful thrombosed hemroids. Because of these unpleasant symptoms, external hemorrhoids get the most treatment attention.

#### Hemorrhoids Treatment

We all have heard the term hemorrhoids, but not all of us have had the nasty painful experience of having them. The term hemorrhoids, refers to a condition where there are lumps of fleshy material generated around or inside the anus due to enlarged blood vessels. These two types of hemorrhoids are referred to as internal and external.

Internal hemorrhoids form along the anal canal and cause the victim to experience anal bleeding during bowel movements.

Exterior hemorrhoids form around the anus and cause general area swelling and discomfort. Regardless of its origin, many sufferers have been searching for the **best hemorrhoids treatment** to alleviate the symptoms and eliminate the condition.

There are many methods of treatment but according to most sufferers the best hemorrhoids treatment is naturopathic as it can be completed in the privacy of your own home. For instance, one method considered to be the **best hemorrhoids treatment** is the natural method of a sitz bath.

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A sitz bath is derived from the German word "stizen" which means to sit and has been the best hemorrhoids treatment in Europe for many years. In a sitz bath, only the hips and buttocks are immersed in a warm water or saline solution bath. Sitz baths are often given to those who have had rectal surgery, suffering from such things as prostate infections, uterine cramps and inflammatory bowel diseases. Because of the patient needing to sit while taking the bath, there should be another person present, as these types of contrast baths may cause the person to faint or feel light-headed when they stand.

A warm sitz bath where only the buttocks and abdomen is submerged is recommended at the **best hemorrhoids treatment** for symptom relief. If you are suffering from constipation, which only exacerbates your hemorrhoids condition, it is recommended that you take a cold sitz bath first to get your body functions moving.

To prepare a sitz bath of either cold or warm water, you need to fill the bath with 4-5 inches of water. Because your hemorrhoids are exposed, you must ensure that the bath water is clean and pure. Don't not add elements of either baby oil or bubble bath, as these additives will only serve to irritate your condition. After two baths a day at approximately 15 minutes apiece, you should start getting the results you desire. After each bath, ensure that you pat dry the area in order not to irritate either the hemorrhoids or the surrounding skin. With this you should start seeing a decrease in swelling and a decrease in the irritation that accompanies hemorrhoids. This will improve the healing process and give you the piece of mind that accompanies being mobile without pain.

There are no particular risks to sitz baths other than the chances of patients feeling dizzy due to standing after a long sitting period in a relatively contrasted environment. The materials required for a sitz bath can be obtained from your local drugstore and many online natural curative suppliers. Try a sitz bath today and determine if it's the **best hemorrhoids treatment** for you.