

Manage Haemorrhoids Naturally



Haemorrhoids are condition whereby enlarged and swollen blood vessels are found inside or around rectum and anus. They are very common rectal condition affecting millions of people around the world. Multiple causes have been claimed to be the etiologies of haemorrhoidal development, including constipation and prolonged straining.

Haemorrhoids are recognized as the common cause of rectal bleeding and anal discomfort. However, they are not always painful unless their blood supply is slowed down or interrupted. Symptoms and discomfort caused by haemorrhoids will be based on their grades and severity.

Grading of Haemorrhoids

1 st Degree	Mild swelling on the inner lining of the anus, aren't visible from outside the anus
2 nd Degree	Larger swellings, may come out from anus when defecation and disappear inside again after defecation
3 rd Degree	One or more small soft lumps hang down from anus, can be pushed back inside. It is prolapsing and reducible
4 th Degree	Larger lumps hang down from anus, can't be pushed back inside. It is irreducible

Treatment for Haemorrhoids

Mild haemorrhoids can be treated by medical treatment and lifestyle modification. In Europe, the leaves of red vine (*Vitis vinifera*) are used to treat haemorrhoids and varicose veins since centuries ago. Red vine leaves contain flavonoids which are able to increase vascular tone, reduce venous capacity and decrease capillary permeability. Besides, flavonoids have anti-inflammatory effect and manage to facilitate the drainage of lymphatic system. Nowadays, flavonoids remain as an oral medication for haemorrhoids, particularly in Europe and Asia, despite the mechanism remains unknown.

Components of Red Vine Leaf

Phenolic Plantacids	Flavonoids
Gallic acid	Flavanoles <ul style="list-style-type: none"> • Pro(antho)cyanidins • Catechin • Epicatechin • (Epi)gallocatechin
Ellagic acid	Flavones/Flavonole <ul style="list-style-type: none"> • Rutin • Quercetin
Other Polyphenole	Anthocyanine <ul style="list-style-type: none"> • Anthocyanidine • Malvidine • Delphinidine • Cyanidine
Stilbene <ul style="list-style-type: none"> • Resveratrol 	

Lifestyle Modification for Haemorrhoids

- Increase dietary fibre intake
- Drink more water
- Reduce fat consumption
- Exercise regularly
- Improve toilet hygiene
- Avoid straining and reading in toilet
- Avoid medication that causes constipation or diarrhea

References: (1) Lohsirivat V et al. (2015) Treatment of hemorrhoids: A coloproctologist's view. World Journal of Gastroenterology. 2015; Vol:21(31):9245-9252 (2) Lohsirivat V et al. (2012) Hemorrhoids: From basic pathophysiology to clinical management. 2012; Vol:18(17):2009-2017