

# Internal Hemorrhoid Remedy

**A**n **internal hemorrhoid** is usually undetected because it does not have any manifestation unless the condition is already in its advanced phase or a blood vessel ruptures. The typical symptoms are having blood in feces or there are occasions where the **hemorrhoid** prolapses but returns by itself. When it does not come back inside the rectum, it can be pushed back by the finger, and if not, then it is already considered advanced. Another problem that happens with inner **hemorrhoids** is that the vein gets blood clots inside of, that is extremely painful for the patient.

Since treatment plans is asymptomatic, people seek medical help only when they see blood in their fecal material or even when some of the signs mentioned are present and the disease is already in the advanced stages. The usual causes of internal hemorrhoids are way of life related such as dietary habits, smoking, alcohol consumption and also low fluid intake.

*Dietary habits is usually the main culprit of hemorrhoids, with low fiber and also high fat intake, that causes constipation leading to too much straining every time the person moves his or her bowels.*

- The first degree internal hemorrhoid does not have any prolapse and can only be detected when there is blood on the stool.
- This can be detected by guide evaluation when the doctor probes the inside of the anus with his finger.
- Second degree internal hemorrhoids may or may not have bleeding but the blood vessels prolapse out of the anus and goes back within by itself.

“ The third degree hemorrhoids also protrudes out of the anus but you will need to push it back in since it will not likely go back by itself unlike the second degree. And the last one is the fourth degree hemorrhoid where even you can not push it back since it is either painful or it goes back out when pushed in. This one is the type where there may be blood clots in the blood vessels and causes severe pain. You also need extra care in cleaning after defecation because any kind of fecal material that is still left may cause intense pruritus from irritation caused by make contact with of the feces with the protruding tissues.

The diagnosis of internal hemorrhoids is by digital assessment where the doctor probes the inside of your anus with his finger and feels with regard to protruding tissues in the rectal vault. This is the traditional diagnostic procedure being done before and is still being created by many physicians, especially those who do not have the high tech diagnostic tools.



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Another method of analysis is by primary visualization using an anoscope, wherein a small tube with a probe at the end is inserted inside the anus and the other end is used by the doctor to look inside the anal vault. At times it can also be connected to a screen so even the patient is able to see inside and know what it looks like.

- After diagnosis, treatment should be started depending on the severity, from drugs to be able to surgery.
- However, this is not the end of internal hemorrhoid since there is a need to prevent its recurrence.
- Dietary modification is needed as well as healthy lifestyle is needed to ensure the internal hemorrhoid is gone for good.
- Internal hemorrhoid is only discovered when you find blood on stool or when it had advanced to be able to severe stages.
- Here are a few ways on how to know that you have an internal hemorrhoid.

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