

Cure the Unnoticeable Health Hazards

Piles are *hemorrhoids* that cause clumps in the anal canal and develop swelling. Surgery is the way out to remove the *piles* when home remedies don't assist in offering relief to the problem. The surgical process that can be beneficial for the piles are stapling, haemorrhoidectomy, etc. Very cold and laser treatment are also the other ways to be able to cure the piles, but only limited surgeons perform this treatment.

- As per as the doctors [Piles surgery](#) should always be considered the last option when natural ways are of no help.
- The natural ways that can combat against the problem are:-

Bananas boiled with milk, if consumed twice daily can be effective as are rich in soluble fiber and helps in passing the stool easily.

Buttermilk with a bit of mountain sodium and lime juice can prove to be effectual.

Curd With Mustard Powder Too Heals the Pile

Blend of honey, ginger, mint, sweet lime maintains the system cool and also toxin free.

Figs Too Facilitate the Moment of the **Bowels**

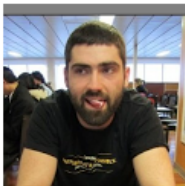
Eat much less spicy foods and consume more of water too can help piles to be away.

Though it is not a problem that is too serious and is getting on your nerves, but causes discomfort and pain to the patient suffering from the situation. People who suffer from constipation and eat a low fibre diet may be at higher risk of developing a pile. Piles can happen both internally and externally & can even bleed. Soaking in lukewarm water is useful in relieving from the pain that hemorrhoids come with. Both men and women are at risk of having hemorrhoids and piles surgery can do equally good. In highest of the cases, the condition gets better on its own without consulting any treatment. By simply making some changes in the lifestyle you can get rid of them. Switching in order to bran, greens as well as fruit will keep the bowel moment regular and easy. Experts' suggest improving the water intake and limiting caffeine consumption can be rewarding in order to the patient in Delhi india.

- VAAFT also called video assisted anal fistula treatment can treat the anal fistula, an abnormal tract.
- VAAFT has many plus points as leaves no wound, pain and same day discharge in order to the patient.
- By making some simple changes which won't cost, that you can do well in order to yourself.
- Maintain an ideal body weight as it may trim the chances of having hemorrhoids.

Author Source:-

Dr.Pradeep chowbey world famous doctor for Piles surgery. and it's really offers you best treatment of VAAFT in india.



“ **Hilton Marsh**

Hilton is a marketer at weddeldirect.com, a web site about health, lifestyle and fitness. Last year, Hilton worked as a consultant for a health company. When he's not researching content, Hilton enjoys backpacking and rock climbing.

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