



### Natural Remedy for Hemorrhoid

**Hemorrhoid** is defined as the pain caused by venous swelling at or inside the anal sphincter.

**Causes:**

- Aging.
- Chronic constipation or diarrhea.
- Pregnancy.
- Heredity.
- Faulty bowel function due to overuse of laxatives or enemas; straining during bowel movements.

**Symptoms:**

- Bleeding.
- Faecal soiling
- Itching.
- Very occasionally pain.

**Diagnosis:**

- The diagnosis is made by examining the anus and anal canal, and it is important to exclude more serious causes of bleeding, such as cancer. No relation between piles and cancer has been found. A simple look inside is done by a procedure called proctoscopy where a 3 inch long hollow instrument with a diameter of about 1 inch is introduced in the rectum and with the help of a torch, the inside is looked at by the doctor



**Ingredients:**

1. Lippia.
2. Black gram.

**Natural Remedies:**

- The chemical composition, pharmacological activity and traditional uses of 52 species attributed to the genus Lippia (Verbenaceae) as used in the South and Central America, and Tropical Africa, were revised and compared. A survey of the available literature shows that these species are used mostly for the treatment of gastrointestinal and respiratory disorders and as seasoning. Additionally, some of these Lippia species showed antimalarial, spasmolytic, sedative, hypotensive



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and, anti-inflammatory activities. Generally, the essential oil or the phenolic compounds (flavonoids) from these plant extracts are assumed to be the active principles.

- Black gram is black colored bean of a plant. It is nutritious bean commonly cooked for healthy diet. Black gram is rich in potassium, phosphorus and calcium with good amount of sodium. It also has small amount of iron in it. Black gram is rich in Vitamin A, B1 and B3 and has small amount of thiamine, riboflavin, niacin and Vitamin C in it. 100g of Black Gram has 347 calories. Calories from fat are 5. Black Gram cures diabetes, sexual dysfunction, nervous disorders, hair disorders, digestive system disorders and rheumatic afflictions.

Take some lippia leaves, clean it. Add some black gram. Grind it. Then mix with rice and eat it.

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