

[Hemorrhoids Home Remedies, Some Easy Steps To Cure Hemorrhoids](#)

Hemorrhoids are caused when veins around the opening of the anus become inflamed and swollen. This can be extremely uncomfortable, not only when attempting to relieve yourself, but also when merely sitting down. The swollen veins protrude so that you feel them whenever you move that area of your body.

Most individuals feel burning, itching, feelings with hemorrhoids that have them jerking and moving about in discomfort all day and night. Thankfully, there are some great successful home cures that can help alleviate hemorrhoids.

1. Apply aloe gel to the hemorrhoids. This is one of the simplest home remedies and will soothe the itching and burning associated with the condition.
2. Treat the hemorrhoids with yarrow tea. Brew yarrow tea and let it steep for half an hour to make sure it's strong. Then, dip a cotton ball into the tea and apply it to the hemorrhoids. Do this as many times a day as you feel is necessary. You can usually buy yarrow tea at health food stores.
3. Additionally, you can use witch hazel three times a day as a hemorrhoids home cure. Drench a cotton ball with witch hazel and add it to the hemorrhoids to lessen the swelling in the veins.
4. Mix 1 tsp. of powdered myrrh with 1 tsp. of water to form a thick paste. Apply this paste to the hemorrhoids and let it sit there for at least an hour to relieve the pain and swelling associated with the condition.
5. Steep two chopped up cloves of garlic in 2 cups of boiling water for half an hour, until the water comes to room temperature. Give yourself an enema with the garlic water once a day to relieve the pain of hemorrhoids.

Be aware that it is important to keep your rectal area clear, especially after going to the bathroom. You can use a damp towel or disposable wipes to clean the area. If you use wipes, do not use more than one per flush to avoid backing up the toilet.

Naturally, the best cure for hemorrhoids is to do what you can to stop them from happening in the first place; however, it is good to know that the majority of hemorrhoid issues go away with just some easy home cures and hints.

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Date: Sun, 6 Feb 2011 Time: 1:59 PM

Source: <http://articles.pro2sell.com/health/medicine/hemorrhoids-home-remedies-some-easy-steps-to-cure-hemorrhoids.html>