

PILES

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GUIDELINE BY SANJAY G.M.

- **CAUSES**
 - Excess straining leads to piles
 - If sat for more time when passing stool
 - Stress
 - Lifting heavy weight
 - Vitamin D deficiency
- **SYMPTOMS** –
 - Anal pain
 - Anal muscular swollen
- **SOLUTION** –
 - FIRST AID: Stop eating heavy non-veg food, apply oil OR ghee as a lubricant, hold ice pad, sit in hot water pot, drink subja water.
 - Generally, Ayurvedic medicine is more effective so contact any Ayurvedic doctor who is well known for piles. In my contact one of the doctor is Mr. Amol [ph no. 8411023339/9870811159] who has good effective medicine.
 - Try to sit for less time in toilet, don't continuously strain for stool.
 - Have dinner 2 hours before you sleep for easy digestion.
 - Include cucumber & watermelon in your food.
 - By taking light sunlight cover vitamin D deficiency.
 - For good digestion don't talk & chow properly with Concentration & meditation while taking meal.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.

