

Piles (Haemorrhoids)

Piles, also known as haemorrhoids, refer to the swelling of blood vessels in and around the anus. They can cause discomfort and various symptoms.

Types of Piles:

- **Internal Piles:** These involve enlarged blood vessels inside the anus.
- **External Piles:** These involve enlarged blood vessels outside the anus.

Grades of Internal Piles:

1. **Grade 1:** Small swellings inside the anus.
2. **Grade 2:** Swellings that stay inside the anus.
3. **Grade 3:** Swellings that come outside the anus but can be pushed back in.
4. **Grade 4:** Swellings that hang outside the anus.

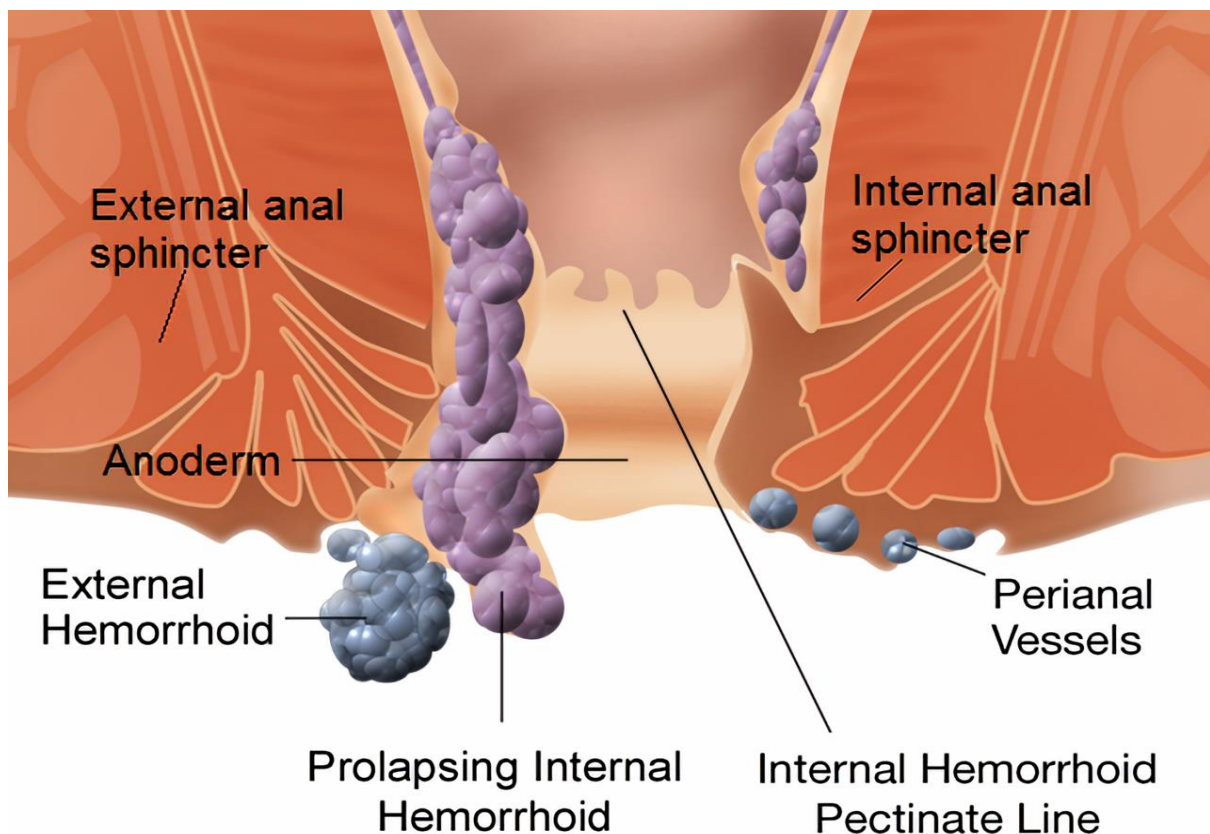


Image via www.wikipedia.org

Symptoms:

- Bleeding during bowel movements
- Difficulty in sitting comfortably
- Itching around the anus
- Pain and soreness

Risk Factors:

- Constipation
- Post-delivery in females

Investigations:

- Examination by a doctor
- Proctoscopy (visual examination of the anus and rectum)

Treatment Options:

- Increase fluid intake and consume a high-fibre diet
- Pain relief medications
- Injection sclerotherapy or electrotherapy
- Banding (placing a rubber band around the base of the haemorrhoid to cut off its blood supply)
- Surgery (for severe cases or persistent symptoms)

For further information and personalized advice, consult your healthcare provider.