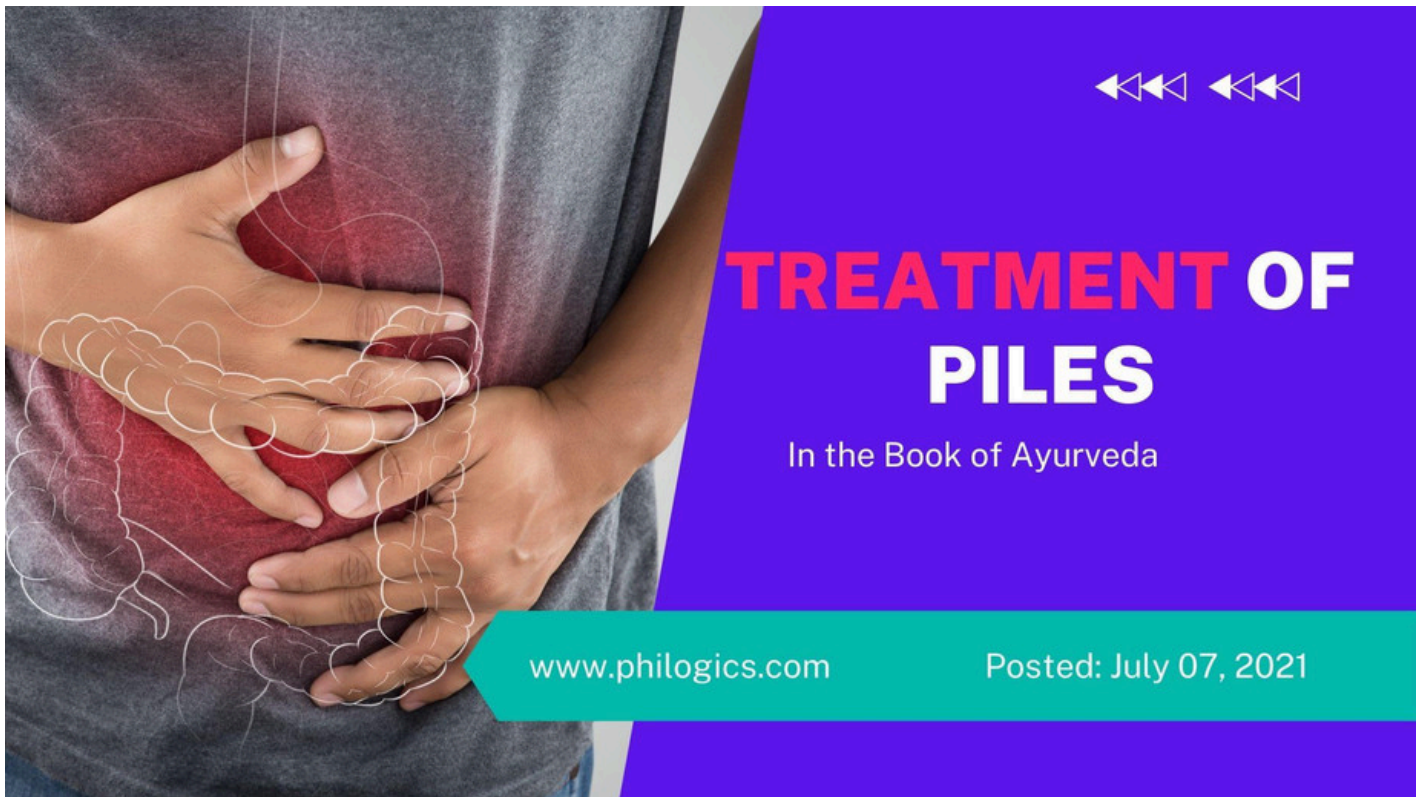




## Ayurvedic piles treatment



If it is not possible to tolerate the oil, a herbal alternative can be tried. One such agent is asafoetida (a bitter tasting substance), which should be soaked in warm water for 15 minutes before use and placed on the affected area for a few minutes. However, this can aggravate the condition and so it should only be used as a last resort for those who are extremely sensitive to its pungent smell. It is advisable to take a herbal detoxification tablet and a general tonic or an iron tonic as well as a laxative two days before the treatment.

The other commonly used [Ayurvedic medicine](#) for piles is Rajrechan Churna, which can be taken along with warm water every morning. This medicine has to be continued for 3 months. A better alternative for long-term use is a solution of 10ml each of Rajrechan Churna and Dashamoola in 2 litres of water. This should be drunk twice daily, morning and evening, before breakfast and dinner respectively. It can also be taken hot or warm. However, for those people who find this bitter, adding 10ml of honey to the solution and drinking it mixed with warm water will help increase its palatability.

Gastric lavage (stomach wash) with castor oil can be used as a last resort if all else fails. This can also be repeated every day for 2-3 weeks if required (except when there are any bleeding tendencies). It is important to follow this up with the precaution of taking iron and laxative tonics [to](#) avoid electrolyte imbalance.

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