

Bleeding Hemorrhoids

So, what causes bleeding hemorrhoids?

Typically, if the hemorrhoid is inside and bleeding, then it has been more than likely scratched by a hard stool passing through, or very rough and hard toilet wiping.

If the hemorrhoid is outside and bleeding, it's likely cause is wiping too hard, or too long, or using a very hard toilet paper - or any combination of those. The hemorrhoid is scratched and grazed in the process, so it's normally pretty painful and uncomfortable as well.

The third type of bleeding hemorrhoid is an external hemorrhoid that's bleeding. Now an external hemorrhoid is different to a prolapsed hemorrhoid. Whereas a prolapsed one is an internal hemorrhoid that has come out, an external hemorrhoid is one that exists solely on the outside - it's a ballooned blood vessel that has occurred outside the anus, but is still reasonably close to it. These hemorrhoids are typically felt as a hard lump under the skin, that wont go away.

When external hemorrhoids bleed, it's normally because you have significantly damaged the skin over it or them, e.g. by bashing repeatedly when riding a bike with a small narrow seat, or hard rubbing with toilet paper.

Anyway, the basic understanding of bleeding hemorrhoids, is that they are your every day, ordinary and typical hemorrhoids that have been damaged - scratched and grazed. As hemorrhoids are very bloated with blood, you can easily get blood coming out of them when they are damaged.

I know one war veteran who contracted malaria when he was overseas back in the second world war. The malaria affected his liver, so he was unable to have a hemorrhoidectomy to remove the hemorrhoids, as when the liver is damaged, operations can become quite dangerous. However, if you looked in the toilet bowl after he had used it, it would be covered in blood - lots of blood. Not a pretty sight and it made one realise just how anaemic - lacking in iron - one could become from having uncontrolled hemorrhoid bleeding. From this perspective, bleeding hemorrhoids, although not much to be concerned about normally, could end up causing other health complaints that are far worse than all their discomfort and pain.

So, what is the treatment for bleeding hemorrhoids?

Internal hemorrhoids that are NOT prolapsed, can have their bleeding stopped or controlled by increasing dietary fibre - either through food or supplements - just remember to consume water with the fibre source, so that the fibre can soak up the water, thereby causing the stool to become quite bulky and soft. Having a soft bulky stool is far less likely to cause bleeding and should give the hemorrhoids a chance to heal up from their scratches and grazes.

Using gentle wiping, a soft toilet paper or wet face cloth can also go along way to lessening the symptoms, particularly if the hemorrhoids are poking through or external.

There are also operations you can have to remove those hemorrhoids, essential oils and herbs that can either be applied or taken orally - follow the directions on the container.

About the Author

Donald writes considerably about [hemorrhoids](#), and knows that [bleeding hemorrhoids](#) can be quite frightening. He also writes about many [hemorrhoids treatments](#).

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