

# SELF HELP IN THE MANAGEMENT OF HEMORRHOIDS (PILES)

Issued in Public Interest  
from the Makers of :-

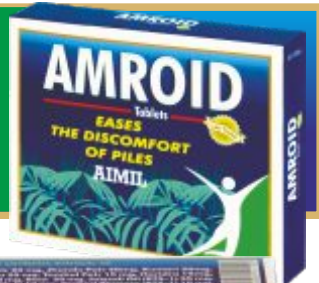
# AMROID



Ointment  
&  
Tablets

ACTING  
SYSTEMICALLY & LOCALLY

AIMIL



**YES FOLLOW** ✓  
for add on benefits!

**NO AVOID** ✕  
As prevention is better than cure!

	<b>VEGETABLES</b>	Green leafy vegetables, Cabbage, Spinach, Legumes, Fenugreek leaves, Turnips, Carrots etc. Rich source of fibers prevent constipation. One should take about 30 gms. of fiber every day.
	<b>FRUITS</b>	Increase fruit intake like that of Papaya, Plums, Chikoo Guava, Figs.
	<b>CEREALS &amp; SEEDS</b>	Whole grain wheat, whole wheat bread, cereals, oats, bran, psyllium and flax seeds - these act as stool softeners and stool bulking agents.
	<b>HIGH FLUID INTAKE</b>	At least 2 ltrs. per day of fluid should be taken. Sufficient quantity of fluid prevents constipation.
	<b>MILK PRODUCTS</b>	These are the good source of minerals. Fat free milk products and low fat dairy products are recommended. They are the excellent source of calcium.
	<b>LIGHT EXERCISE/YOGA</b>	Provides aid for proper functioning to the organs and accelerates the flow of lymph through the system by centripetal pressure over the vessels and glands.
	<b>GOOD HABITS</b>	Maintain personal hygiene, proper timings of sleep, avoiding stressful conditions, eating only when hungry in optimum quantity.

	<b>HIGH FAT, FRIED FOOD</b>	Like deep fried food, saturated fats like Butter, Cheese, Meat. High Intake of these lead to indigestion, leading to hemorrhoids.
	<b>HIGH SUGAR DIET</b>	Chocolate, sweet breads, cakes, cookies, etc. These products are Powerful constipating agents.
	<b>SPICY FOOD</b>	Pickles and red chilies and extremely spicy meals as these kind of foods just irritate and make the symptoms worse.
	<b>ALCOHOL INTAKE</b>	Many times hemorrhoids are related to liver disease caused by alcohol abuse. Its important to avoid alcohol intake.
	<b>STRONG TEA/COFFEE</b>	Caffeine has constipation as side effects and therefore, intake of tea or coffee should be restricted as these will dehydrate you and lead to hard stools and more straining.
	<b>LONG SITTING</b>	People who sit for long periods are more likely to develop hemorrhoids. Always stand or walk during breaks & try to shift frequently in your chair to avoid direct rectal pressure.
	<b>WRONG HABITS</b>	Do not strain while defecating and do not suppress natural urges eg. that for Urination and Defecation.

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