

Are Hemorrhoids Related to Diet and Dysentery?

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Abstract

This article explores non-surgical treatment options for hemorrhoid symptoms caused by dysentery. The study aims to assess the possibility of fully recovering from dysentery induced hemorrhoid symptoms. Grade III and IV prolapsed hemorrhoids can potentially be managed through dietary changes, such as incorporating pomegranate and reducing the use of chemical medications. Patients should also avoid certain foods during treatment. Clinical trials are needed to evaluate the effectiveness of this approach, including determining the optimal dosage and timing.

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Introduction

Entamoeba histolytica is a pathogenic amoeba that can cause intestinal and extraintestinal infections in humans, resulting in dysentery. **Dan and Martínez (2007)** stated that fulminant colitis, toxic megacolon, and colonic ulcers can result from amoebic dysentery. This may indicate severe electrolyte imbalances and dehydration, which are the major causes of hemorrhagic bleeding from dysentery. Hemorrhoidal bleeding that persists could be a sign of a more serious underlying

medical issue. Thus, we propose that these symptoms may result in elevated rectal pressure; furthermore, your veins may become clogged, expand, or bulge, causing a variety of hemorrhagic symptoms soon after infection with this deadly amoeba. It is important to seek medical attention immediately if you experience any of these symptoms, as amoebic dysentery can be life-threatening if left untreated. Early diagnosis and treatment are crucial to preventing severe complications from developing. Hemorrhoids can present with different signs and symptoms depending on the type. External hemorrhoids, which are located beneath the skin surrounding the anus, may cause bleeding, swelling, discomfort, and itching. Internal hemorrhoids, which develop inside the rectum, may result in painless rectal bleeding when straining to pass stool. Prolapsed hemorrhoids can be painful and protrude from the anus, while thrombosed hemorrhoids can cause swelling, severe pain, inflammation, and the formation of a hard lump around the anus. However, it is likely that a diet containing pomegranate and salted foods can treat hemorrhoids resulting from dysentery within 5 - 40 days, depending on the patient's case. Traditional medicine has long used pomegranate for the treatment of hemorrhoids, diarrhea, and dysentery (**Mohammad and Kashani 2012**). According to ancient Egyptian customs, smoked herring, and salted raw fish (sardines) consumed in Egypt can alleviate pain, irritation, diarrhea, itching, and burning when hemorrhoids bleed without prolapse. Sodium chloride, the active ingredient in the salted fish industry, is absorbed through the intestines, which can aid in the recovery of Treitz's muscle by increasing the size of muscle fibers. Therefore, a deficiency in blood chlorine levels is expected to contribute to the spread of *Entamoeba histolytica* cysts in the small intestine as these cysts become resistant to chlorine when water is polluted.

Patients experience severe pain, itching, and discomfort when sitting. Hemorrhoids worsen when the supporting tissues of the anal cushions deteriorate, causing enlargement and displacement. These anal cushions consist of two located in the right anterior and right posterior/left lateral aspects of the anal canal, with a minor cushion between them (**Thomson, 1975**). The disease can be diagnosed through vascular hyperplasia (**Chung et al., 2004**) and inflammatory reaction (**Morgado et al., 1988**). Additionally, the anal cushions play a crucial role in maintaining anal continence (**Aigner et al., 2009**). Unfortunately, complications can occur after hemorrhoid surgery including infection, bleeding, and anal fistula. Dysentery can lead to symptoms such as anal fistula, which, if left untreated, can progress to hemorrhoids protruding outside the anal canal, possibility due to rectal mucosal prolapse. When hemorrhoids bleed but do not prolapsed, with small bulges visible in the lumen, it is classified as Grade I. Grade II refers to hemorrhoids that prolapse outside the anal canal but reduce spontaneously. Grade III represents hemorrhoids that protrude outside the anal canal and require surgery. Grade IV includes constantly prolapsed and irreducible hemorrhoids, or cases where rectal mucosal prolapse leads to acutely thrombosed. Hence, colorectal or general surgeons may need to modify their techniques for certain patients with hemorrhoids due to variations in hemorrhoid symptoms. **Nisar et al. (2004)** demonstrated that hemorrhoidectomy may result in more bleeding compared to other anorectal procedures. Additionally, both short-term and long-term complications can occur even if anorectal surgery is performed well (**Kunitake and Poylin, 2016**). Furthermore, freezing and laser therapy may have limited therapeutic effects and high costs, making them less preferable for treating hemorrhoids as mentioned by **Huang et al. (2016)**. They also noted that tying, binding, and fixing operations can lead to pain and bleeding. Moreover, postoperative pain can occur after open haemorrhoidectomy for most third- and fourth-degree hemorrhoids (**Davis et al., 2018**). Therefore, the main objective of this study was to investigate the possibility of recovering all symptoms of hemorrhoids resulting from dysentery.

Materials and Methods

A review article was conducted in several well-known databases related to computer, surgery, diet, salted fish, and hemorrhoids. These keywords were used to find the basic aspects of this article. In total, 3,090,000 articles were found across all databases. A quick scan of the titles and summaries of each article was performed to highlight relevant technical details. As a result, these aspects have been clearly explained using a significant scientific method, which has positively contributed to the scientific content of this article. The relevant articles were sourced from the National Institute of Health (12), Semantic Scholar (4), Springer (4), Europe PMC (2), and bu.edu.eg (1).

Results and Discussion

Although symptoms of hemorrhoids can develop for various reasons such as chronic diarrhea or constipation, obesity, prolonged sitting, a low-fiber diet, recurrent pregnancy, and obesity, we propose that dysentery can be a dangerous factor that leads to the emergence of severe hemorrhoids symptoms within a short period of time. During the initial stages of a dysentery infection, the patient may experience a feeling of incomplete bowel emptying. If the diagnosis is delayed, symptoms can progress from pain during bowel movements to bleeding and the formation of clusters inside or around the anus, resulting in the development of hemorrhoids. It appears that individuals residing in rural areas and those with a higher socioeconomic background are more likely to be affected by hemorrhoids. In general, four countries, namely Mexico, China, Egypt, and Australia, have a high prevalence of dysentery and hemorrhoids (Fig. 1).

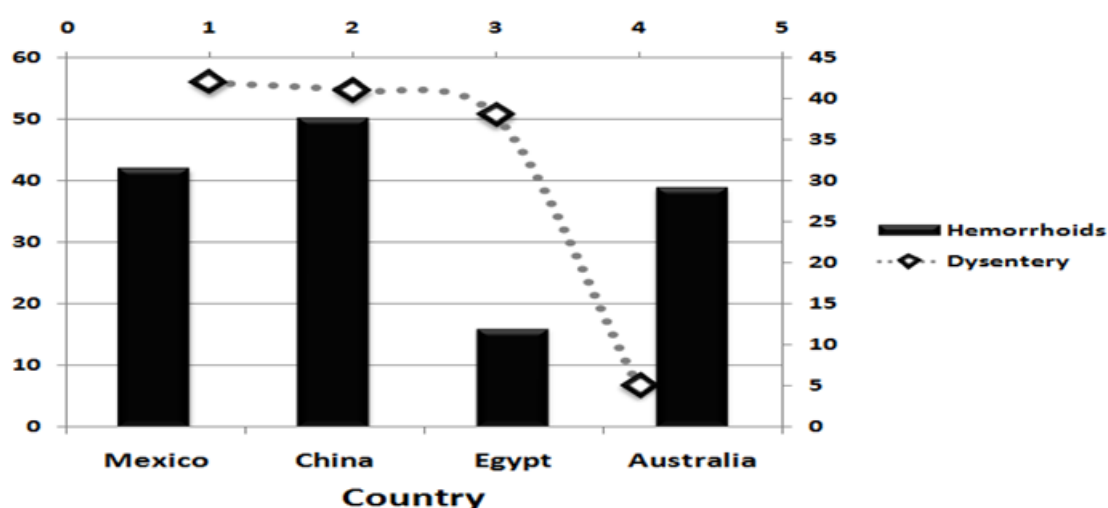


Fig. 1. Simple schematic showing the prevalence of dysentery and hemorrhoids in various countries

Source: Correa-Rovelo *et al.* (2002), Shirley *et al.* (2018), Huang *et al.* (2021), Kibret *et al.* (2021)

The high proportion of hemorrhoids in Australia may be attributed to immigrants from certain developing countries, men engaging in sexual activity with other men, or infection from an infected person. This suggests that most hemorrhoid

symptoms are not associated with dysentery. In contrast, the high prevalence of dysentery and hemorrhoids in China is likely caused by men engaging in sexual activity with other men, unhealthy behavior in certain rural areas (such as poor sanitation), food contamination, or infection from an infected person. This indicates that most hemorrhoid symptoms can be linked to dysentery infection. As for Egypt, the high proportion of dysentery is probably due to unhealthy behavior in certain rural regions (such as poor sanitation), food contamination, or infection from an infected person. This suggests that dysentery significantly contributes to hemorrhoid symptoms. In the case of Mexico, the high prevalence of dysentery and hemorrhoids is probably caused by unhealthy behavior in certain rural regions (such as poor sanitation), or infection from an infected person. This indicates that hemorrhoid symptoms are associated with dysentery.

The following figure shows four symptoms of hemorrhoids, and one of them can occur in different positions: anterior (the 12 o'clock position), posterior (the 6 o'clock position), left lateral (the 9 o'clock position), or right lateral (the 3 o'clock position). Dysentery can infect the intestines and lead to diarrhea that contains blood or mucus. This is likely caused by food contamination with germs or parasites. There are two types of dysentery bacillary dysentery and amoebic dysentery. If dysentery continues for a long period, it can result in severe dehydration due to diarrhea mixed with blood. As the disease progresses, you will experience severe abdominal pain.

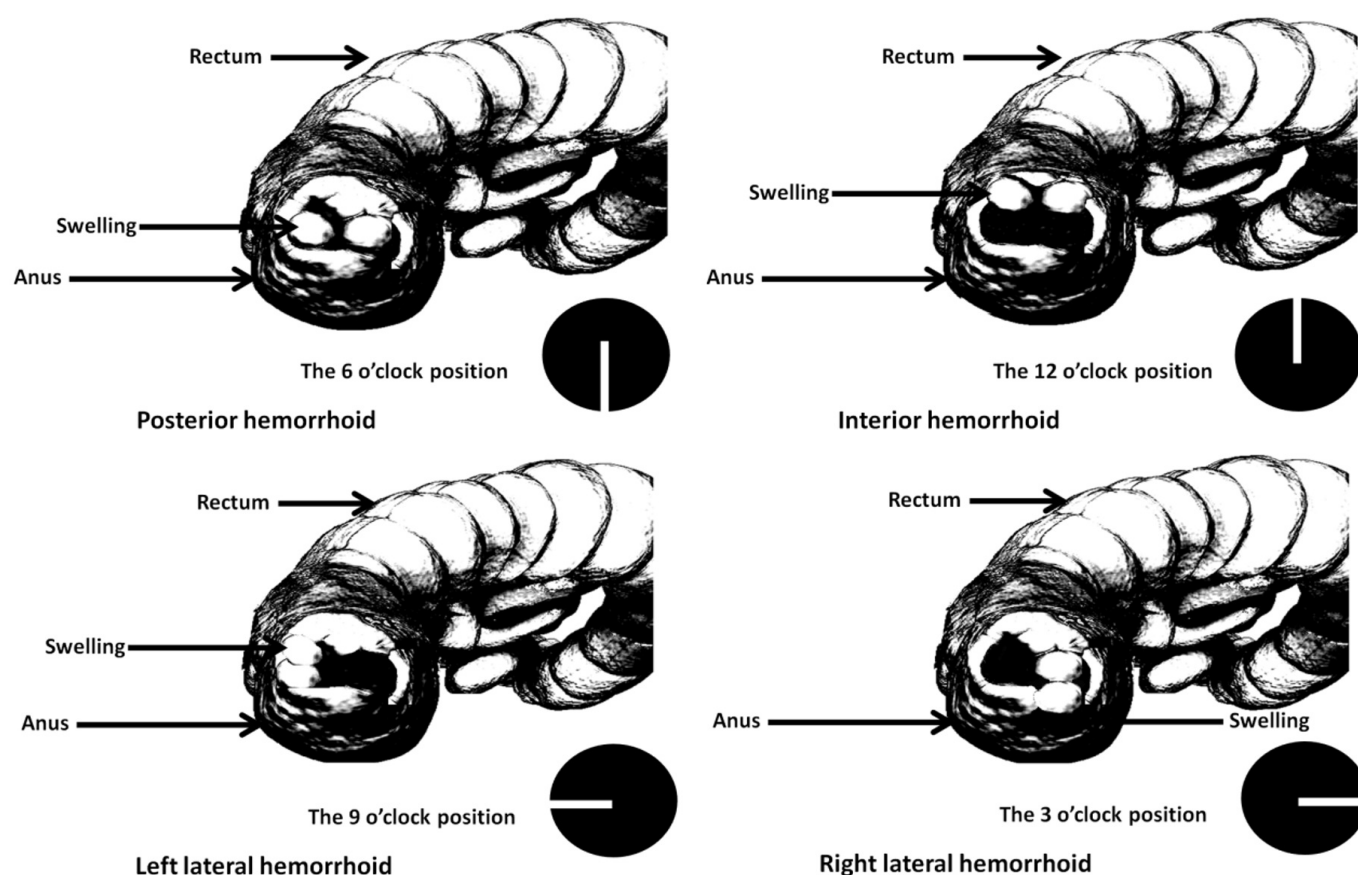


Fig. 2. A concise schematic displaying four common symptoms of hemorrhoids in a single position

Accordingly, prolapse can occur when the supportive anal ligament (Treitz's muscle) is disrupted in this area. Therefore, metronidazole can impact the growth of various parasites and bacteria, making it useful for pain relief after

haemorrhoidectomy (**Sammour *et al.*, 2017**). Although no clinical trials have been conducted on a single technique for treating all symptoms resulting from hemorrhoids, our suggested approaches may offer an easy and effective solution for most of these symptoms without the need for surgery. These approaches involve following a specific diet for period of 5-40 days, along with drug treatment based on the severity of the symptoms. Pomegranate is known for its high content of polyphenols such as punicalagin, punicalin A and B (**Wang *et al.*, 2004; Santiago *et al.*, 2014; Vučić *et al.*, 2019**). These compounds possess antioxidant, anti-hypertensive, anti-hyperlipidemic, and anti-inflammatory properties (**Eghbaliferiz and Iranshahi, 2016**). According to **Rickards *et al.* (2021)**, polyphenols can effectively aid in the recovery of overworked or relaxed muscles in the human body.

- **The proposed approach to treat Grades I and II of hemorrhoids symptoms within a period of 5 to 15 days**

If you have mild or moderate symptoms of hemorrhoids (Grade I or II), it is recommended that you take two tablespoons of olive oil before breakfast daily until the symptoms disappear, which typically takes 5 to 15 days. In the morning and at night, consume one cup (about 75 ml) of boiling pomegranate with its peel (dried or fresh) each day. Additionally, drink plenty of water and fluids to ensure clear-to-light yellow urine every 3 to 4 hours. For breakfast, have an apple or a banana followed by one cup of yogurt with a boiled egg. You can also enjoy one cup of fresh pomegranate seeds and one piece of toast. During lunch, it is beneficial to include a dish of smoked herring or salted raw fish with a variety of vegetables. Salted foods have a negative effect on the growth of parasites and bacteria. It appears that a decrease in chloride levels in the blood can cause the muscles surrounding the anus to relax and protrude. For lunch, consider having a dish of salmon with three tablespoons of salad. Alternatively, you can have a dish of chicken soup with three tablespoons of carrot salad. Another option is a dish of seafood soup with three tablespoons of salad. Soups are known to be easily digested. For dinner, it is recommended to consume chicken or rabbit with a generous portion of vegetables daily until the hemorrhoids symptoms have resolved. If you prefer, you can substitute beans with a salad consisting of cucumber, carrot, and broccoli. Before bed, have one cup of yogurt with an apple. This diet is expected to alleviate symptoms of Grade I or II hemorrhoids, and surgery may not be necessary after approximately 5 to 15 days.

- **The proposed approach to treat Grades III and IV of hemorrhoids symptoms within a period of 25 to 40 days**

When suffering from Grade III or IV hemorrhoids (Fig. 3), patients should follow the same diet as mentioned for Grade I or II, along with additional treatment instructions and directions. It is important to avoid sitting on the toilet for extended periods of time. Using warm sitz baths after defecation can help alleviate pain.

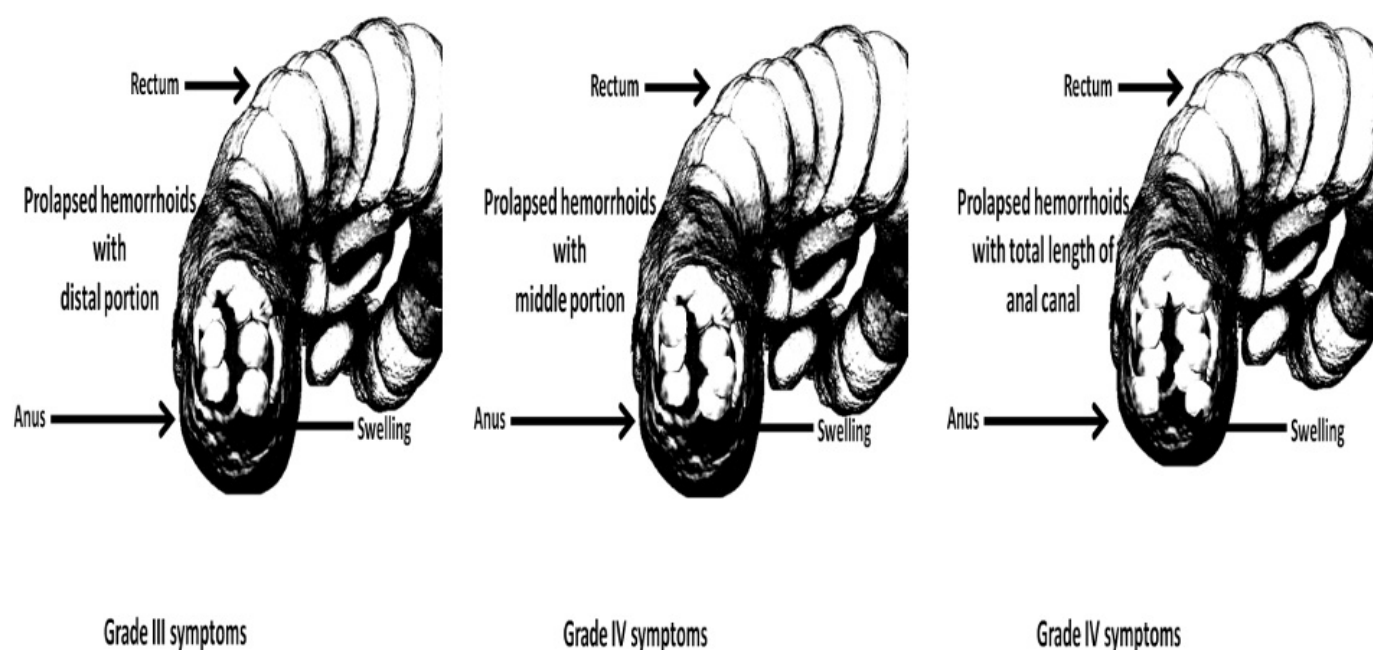


Fig. 3. A simple schematic depicting the grade III and IV symptoms of hemorrhoids

The best way to clean the anus after defecating is to gently pat it with moist toilet paper and olive oil. Eating high-fiber foods and staying hydrated are preferable. The thrombosed hemorrhoid is often excruciatingly painful. As a result, for a brief period, you may take analgesics like Anadin or Paracetamol twice daily (but no more than once per week). You should take three tablespoons of olive oil with an apple every day before breakfast and dinner during the first week. You can take two teaspoons of olive oil every day before breakfast and dinner during the second week. A chemical medication like metronidazole should also be taken orally twice a day (every 12 hours) for five days, and then once a day for an additional five days. That's why, when the thrombosed hemorrhoid pops during this time, you'll experience immediate relief from the symptoms of hemorrhoids. Zinc oxide rectal suppositories can be used to alleviate burning, irritation, and itching when the pain doesn't go away. Additionally, increasing fiber intake and staying hydrated can help prevent constipation, which can worsen hemorrhoid symptoms. It's important to consult with a healthcare provider before starting any new treatment regimen for hemorrhoids. Every twelve hours, following a bowel movement, we advise using a zinc oxide-containing suppository that is put into the rectum. Not only may hemorrhoids be used to cure infections, but they can also cause hemorrhoids to re-emerge. To prevent this, apply a thin layer of olive oil to your skin right before using zinc oxide suppositories. Your hemorrhoids may push back in for a brief period of time, causing tingling pain. At this point, there can be a small amount of bleeding visible. This does not mean that the prolapsed component will not rise again; rather, it means that the wet tissue is starting to dry out. Given that hemorrhoids can be pushed back without surgery after approximately 25 to 40 days, it is anticipated that this diet and the use of chemical medications will be able to alleviate the symptoms of hemorrhoids of Grade III or even IV.

- **The proposed cautions for patients in the therapy stage**

It is recommended that patients consider the following safety measures: Whenever you use the restroom, you should

carefully wash your hands with soap and water or a disinfectant during the therapy phase. Together with them, you should stay away from processed and quick meals, dishes cooked in butter or ghee, nuts, chocolate, onions, garlic, tomatoes, sauces, mustards, and spices like cumin, ground black pepper, and chile. In the event that you have the disease, you should consume fewer pastes. Also, at this crucial phase, stay away from milk products, coffee, and alcohol. During the therapy stage, it is important to prioritize your health by avoiding certain foods that may worsen your condition. Additionally, staying hydrated and getting enough rest can also aid in the healing process. You need to purchase smoked herring or salted sardines from a reputable vendor. When incorrect hygienic precautions are taken during the salting process, fish might become infected with several kinds of bacteria (**Edris *et al.*, 2014**). If you use disulfiram (Antabuse) or consume alcohol, you shouldn't start metronidazole until two weeks have elapsed. You should refrain from consuming alcohol, foods that contain propylene glycol (such as salad dressings, soft drinks, flavored teas, cakes, ice cream, and muffins), and medications (such as cyclobenzaprine hydrochloride 10 mg, acetaminophen extended-release 650 mg, acetaminophen 500 mg, and cetirizine hydrochloride 10 mg) for at least three days after stopping metronidazole. It is important to follow these guidelines to avoid a disulfiram-like reaction, which can cause symptoms such as nausea, vomiting, headaches, and flushing. Many packaged meals, dairy products, and dressings include the artificial food ingredient propylene glycol (**McGowan *et al.*, 2018**). In all commercial brands of ice cream, it serves as a type of antifreeze. In your body, it decomposes after roughly two days. You should cease taking metronidazole right away if you experience any of the following symptoms: tingling, headaches, visual changes, weakness, seizures, or numbness. Use the zinc oxide suppository exactly as prescribed by your doctor, and don't use it for longer than necessary. If, after a week, the hemorrhoidal symptoms do not get better, you should see your physician right away. Analgesics containing hydrocortisone should not be used for longer than a week if you are unable to see your doctor within that week.

Conclusion

It can be concluded that mild to moderate hemorrhoid symptoms caused by dysentery can be treated with pomegranate, olive oil, and sodium chloride. However, severe symptoms require oral metronidazole and a zinc oxide suppository with olive oil, along with a suitable diet. Clinical trials are needed to confirm the effectiveness of this treatment and to minimize potential side effects.

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