

# Fissures & Piles

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Haemorrhoids & Fissures

I was suffering from this problem from last 2-3 yrs. when the problem got more acute that time I consulted the doctor. The pain was unbearable for me, but after taking medicines the pain was 50% less in two days & in 7 days everything was fine. But doctor advice me to have control on your diet & to have lots of salads, fruits, water & leafy vegetables. As all this food items contain fibre & so it will be helpful in curing my problem upto 100%. Though I am still under medication now, cause my degree was 2<sup>nd</sup> & now it has come to 1<sup>st</sup>. Haemorrhoids is all about proper medicine & good diet. Even doctor taught me yoga which is equally important along with medicines. The duration of my treatment was almost 8-9 months but with an assurance that in my life I am not going to have this problem. [with proper diet] It has totally changed my style of living.

Manokamna