

Anal Itching...

Persistent itching around the anal area, sometimes caused by fissure, hemorrhoids, discharge, eczema or a rash resulting from sweat accumulation, bad hygiene and sitting for long periods. Itching can sometimes be caused by worms, particularly in children.

TREATMENT

PRACTICAL ADVICE

* once an irritation has started and the skin becomes broken it is very difficult to heal the anal area. To prevent further irritation, use moist wipes instead of toilet paper. Wash the anal area gently, but regularly, and always after bowel movements, and pat dry with a towel. Avoid scented soaps and talcum powder.

* allow the area to air as much as possible.

* wear cotton underwear and avoid tight trousers and nylon tights.

* irritation is sometimes a reaction to the detergent you are using to wash your clothes. Try a different brand and ensure you rinse your underwear well.

* dab the infected area with olive oil; it will soothe the itching and make bowel movements easier.

DIETARY

* constipation can sometimes lead to anal irritation. To avoid constipation, introduce more fibre into your diet in the form of wholegrain cereals, fresh fruit and raw vegetables. Eat at least one large plateful of salad daily at least 8 glasses of water a day.

* anal itching is sometimes thought to be caused by a candida infection of the stomach and bowel. This can be counteracted by inserting in to rectum a plastic syringe applicator filled with live yoghurt. This should be carried out daily.

AROMATHERAPY

* before going to bed, run a warm bath, add 300g of bicarbonate of soda and 5-8 drops of chamomile. Sit in the bath for at least 10 minutes to relieve and promote healing.

HOMOEOPATHY

* paeonic 6c, daily for up to 7 days and repeat if needed.

ORTHODOX

* doctors often prescribe hydrocortisone cream for this complaint. It is effective in relieving itching and mending broken skin, but can mask the presence of infection. When used continuously it thins the skin. Therefore it should be used with caution.