Dr. Gourav's Healing
Classical & Advanced Homeopathy

FREE PATIENT GUIDE

Piles (Bawasir) Diet & Lifestyle Guide

What to eat, what to avoid, and the daily habits that ease pain, bleeding and constipation — and help stop piles from coming back.

Inside this guide

- Foods to eat more of — and foods to avoid
- A simple one-day meal plan
- An ideal daily routine, morning to night
- 3 habits most people get wrong
- Gentle exercises and yoga
- Warning signs: when to see a doctor urgently

The goal is simple: soft, easy stools every day without straining. Almost every tip in this guide serves that one goal.



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1 · DIET

Eat to keep stools soft

Fibre and water work together. Fibre without enough water can make constipation worse — so increase both, slowly, over 1–2 weeks.

Eat more

Fruits
Papaya, guava, pear, apple (with peel), ripe banana, orange, soaked figs (anjeer) and raisins

Vegetables
Bottle gourd (lauki), ridge gourd, pumpkin, spinach & leafy greens, carrot, beetroot, cucumber

Whole grains
Whole-wheat atta with bran (chokar), daliya, oats, brown rice, jowar, bajra, ragi

Pulses & seeds
Moong dal, soaked chana, sprouts; 1 tsp flaxseed; isabgol husk with plenty of water (if advised)

Fluids
2.5–3 litres of water a day, buttermilk (chaach), coconut water, lemon water, clear soups

Healthy fat
A little ghee or oil in cooked food helps stools pass smoothly

Avoid or limit

Refined flour
Maida, white bread, biscuits, bakery items, noodles, pizza, burgers

Spicy & fried
Excess red chilli, pickles, deep-fried snacks, very oily food

Drinks
Alcohol, cold drinks, too much tea or coffee (they dry you out)

Heavy & processed
Excess red meat, processed meat, too much cheese and paneer

Habits
Smoking, skipping meals, late heavy dinners, eating in a hurry

A sample day	
On waking	1–2 glasses of warm water
Breakfast	Vegetable daliya or oats + a fruit (papaya / pear)
Mid-morning	Coconut water or a guava
Lunch	2 chokar rotis + green vegetable + moong dal + salad + buttermilk
Evening	Roasted chana or sprouts + lemon water
Dinner (by 8 PM)	Light khichdi or roti + lauki / pumpkin sabzi
Bedtime	Warm water; 2–3 soaked figs or raisins, or isabgol if advised

2 · DAILY ROUTINE

An ideal day for piles

6:00 AM	Wake up, 1–2 glasses of warm water
6:20 AM	Toilet at the same time daily — relaxed, no phone, max 5 minutes
6:45 AM	30-minute brisk walk or light yoga
Work hours	Stand up and move every 45 minutes; use a soft cushion
After stool	Warm sitz bath for 10–15 minutes (also in the evening)
8:00 PM	Light dinner, then a 10-minute walk
10:30 PM	Sleep — 7–8 hours of rest helps healing

3 habits most people get wrong

1

Sit right on the toilet

Rest your feet on a small stool so your knees are higher than your hips. This straightens the passage and stools come out with less effort.

2

Never strain or sit long

Go as soon as you feel the urge — don't hold it. If nothing comes in 5 minutes, get up and try later. Phones on the toilet are a major cause of piles.

3

Water + fibre, always together

Fibre needs water to work. Take isabgol or high-fibre food only with plenty of water, and spread your water through the day.

Gentle exercises

- Brisk walking — 30 minutes daily
- Pawanmuktasana and Malasana for bowel movement
- Pelvic-floor squeezes (Ashwini mudra): tighten and relax, 10 times, 3 times a day
- Vajrasana for 5 minutes after meals

Avoid heavy weight-lifting and long cycling during a flare-up.

3 · WHEN TO SEE A DOCTOR

Don't ignore these signs

- Heavy or continuous bleeding, dizziness or weakness
- Black, maroon or tarry stools
- Weight loss or a change in bowel habit after age 40
- A hard, very painful blue lump near the anus
- Fever with pain or swelling around the anus
- Pus or discharge from a hole near the anus (possible fistula)

These need prompt medical examination. Bleeding from the back passage should always be checked at least once by a doctor.

How homeopathy can help

In classical homeopathy, the medicine is chosen for you as a person — your type of piles, bleeding, pain, digestion and constitution — after a detailed case-taking and repertorization. The aim is to reduce bleeding and pain, improve bowel habit and lower the tendency for recurrence, so that surgery can be avoided in suitable cases.

Book a consultation with Dr. Gourav

30-minute online consultation · ₹600 · medicines delivered across India & abroad

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This guide is for general education only and is not a substitute for a personal medical consultation, diagnosis or treatment. Follow your doctor's advice about isabgol, diet and medicines, especially if you have diabetes, kidney disease or are pregnant.