



## FISSURE-IN-ANO- A Review

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**ABSTRACT-** A fissure In ano a ulcer in the longitudinal axis of the lower anal canal. it is a very painfull disease caused by tear of anal mucosa . Acharya Sushruta has explained the Parikartika by Burning , cutting Pain in Guda, Nabhi, Medhra , Head of Basti, Vatasanga ,VayuVistambha & Aruchi (Anorexia).

Keywords- Ayurveda, Shalya,Fissure in ano.

### INTRODUCTION

Ano Rectal disorders are progressively increasing day by day in the society due to changing lifestyle, irregular and improper diet, prolonged sitting, sleep habits, psychological disturbances like anxiety and depression. Anal Fissure is one of them. It is a common disease of Anus and a painful condition which makes the patient anxious and embarrassed. This condition shows a considerable reluctance to heal.<sup>[1]</sup> Acharya Sushruta has explained the Parikartika by Burning , cutting Pain in Guda, Nabhi, Medhra & Head of Basti, Vatasanga ,VayuVistambha & Aruchi (Anorexia).<sup>[2]</sup> Parikartika can be compared with Fissure-In-Ano of modern science.

It is an ulcer in the longitudinal axis of the lower Anal Canal. <sup>[3]</sup> In modern Science fissure treatment is a challenging. Anal stretch, reintroduced in to anal fissure therapy in 1964 with significant success rate is however associated with recurrence rate varying from 2% to 80% <sup>[4]</sup> a high risk of incontinence (up to 51%)<sup>[5]</sup>.<sup>[6]</sup> Lateral internal sphincterectomy also carries a risk of Perianal infection, hemorrhage, fecal incontinence, urinary retention and Keyhole defects. <sup>[7][8]</sup> The prevalence of anal fissure among patients with ano rectal complaint was found to be around 18% [9] Common position of fissure is 95% of anal fissure in men are Posterior, 5% are anterior. 80% of anal fissure in female are Posterior, 20% are anterior <sup>[10]</sup>. Acharya Sushrut Indicate the application of Pratisarniya Kshar in Dusta Vrana <sup>[11]</sup> (Ulcer).

Kshar is alkaline in nature from a combination of Various herbs so, it is Tridoshanasak <sup>[12]</sup> Kshar is made up of Agniya aushadhi so, it has Rasa Katu, Virya Ushna, Guna Tikshan and Property of Panchan, Vilyan, Sodhana, Ropan, Shoshan, Stambhana and Lekan. <sup>[13]</sup>

## ETIOLOGY

- 1 .Constipation
- 2 .Diarrhea
3. Anal gland obstruction
- 4 .Eating fast food.
- 6 .Crohn's disease
- 7 .Anal stenosis
- 8 .Sexually transmitted disease

## SYMPTOMS

- 1 .Blood in stool and after stool.
- 2 .Burning sensation around the anal mucosa/region.
- 3 .Pricking ,cutting ,burning sensation around the anal.
- 4 .The skin break around the anus.
- 5 .A small lump or skin tag on the skin near the anal fissure.

## DIETARY REGIME

### PATHYA(DO'S)

- High Fibrous Diet.
- Thin Lentils such as Moong, Masoor, Arhar Dal,
- Vegetables like – Pumpki, Zucchini, Bottle gourd, Fenugreek, Cauliflower, Salad.
- Fruits like – Apple, Raspberry, Avoacdo, Orages, Pears, Kiwi, Grapefruit
- 1-2 Table Spoon Ghee with meals.
- Drink plenty of water/fresh fruit juices.
- Butter milk at day time .

- Exercise and timely sleep.

APATHYA(Don't)

- High fat diet.
- Non-Veg Food.
- Thick Lentils- Rajma, Chole, Urad.
- Curd at night.
- Fried food, Avoid junk food, Re-Heated Food.
- Hot spices like red chilli ,black pepper.
- Products made from White Flour like Bread, Pasta, Pizza, Biscuits, Cakes.
- Avoid Smoking, Alcohol, Strenuous exercise.

## TREATMENT

### CONSERVATIVE TREATMENT

- Lignocaine Ointment as local application
- Laxatives
- Sitz bath
- Jatayadi oil application

### OPERATIVE TREATMENT

- Kshar sutra ligation
- Application of prati
- Lord's Anal Dilatation
- Lateral anal sphincterotomy
- Dorsal fissurectomy and sphincterotomy.

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