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IMPORTANCE OF DIET AND LIFESTYLE ON IMPROVING THE QUALITY OF LIFE OF FISSURE IN ANO PATIENTS

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ABSTRACT:

As we know that fissure in ano is very pain full anorectal disorders, which is mainly caused by constipation. In today life, constipation is a big problem which is mainly created by faulty diet and life style. If we see in ancient era there was no any disease as like fissure in ano. Although Parikartika is defined in our text which can take same as fissure in ano. Many Ayurvedic Sages defined the Parikartika as a complication of Panchkarma Therapy (Basti therapy or virechan therapy). But now a days Fissure in ano is described as separate disease. If our younger generation is taking interest as such in flawed Diet (fast food, junk food, spicy food, artificial drinks etc.) and Life style (not performing exercise or Yoga, late night sleep, late morning awake, excess use of smartphone for entertainment, not follow the seasonal regimen, spend more time in toilet and stain during toilet etc.) than there is no such time away when constipation will be count as a separate disease in separate chapter rather than symptoms of anorectal disorders. Constipation is also affected the social and mental status of the person. Ayurveda mainly emphasize on Aahar (Diet) and Vihar (Life style) in each and every disease, which is altered in modern scenario and produces so many anorectal disorders, not only the Anorectal disorders, produces systemic disorders also. So, we can cure the Fissure in Ano (mainly caused by primary cause like constipation) by modification in Diet and life style and also improve the quality of life of patients.

Keywords: Diet (Aahar), Life style (Vihaar), Constipation, Fissure in ano and quality of life etc.

INTRODUCTION:

The word "Ayur" means "knowledge/wisdom," and the word "Veda" means "life." So "Ayurveda" translates to the "knowledge or wisdom of life." Ayurveda's wisdom depends your connection to who you are and aligns you with the natural world. According to Ayurveda there are three main pillars of life ahar, nidra, brahmcharya, which are important factor of healthy person. We were born with a unique combination of Vata, Pitta, and Kapha in our body. The knowledge and understanding of this unique combination are important in optimizing our health, well-being, and immunity. The qualities in your body and mind that are most likely to go out of balance (Dosha), Our body incorporate foods, routines, and activities of the opposite qualities to restore balance and energy.

Ayurveda is based on the five elements of Nature: Earth, Water, Fire, Air, and Ether (Space).[1] Each element has an associated set of qualities. For example:

- Earth is heavy, cool, static, and dense.
- Water is cool, liquid, and heavy.
- Fire is hot, sharp, and light. Air is mobile, cold, rough, and dry.
- Ether is subtle, clear, and light

Healthy diet is mainly variety of food (combination of dietary fiber, fat, protein, vitamins, minerals) are important to our healthy life and healthy body. A healthy eating pattern protects us to deficiency disease, i.e., anemia, scurvy, rickets, etc. In fissure in ano diseases mainly important role of dietary fiber. Protective foods like vegetables and fruits are main source of dietary fiber. Dietary fibers are increased bowel movements and protects us constipation and ano rectal disorders.[2] The best way to increased life expectancy by good nutrition, healthy eating pattern, healthy life style. The causes of fissure in ano are mainly originated from irregular bowel movement, and long-term having constipation [1]. Constipation is awkward problem that a lot of men and women suffer from the daily basis. In western food are main causes of ano rectal disorders.

A fissure in ano is a small tear of mucosa that lines the anus. Anal fissure may occur when passes hard or large stools during a bowel movement [4]. Anal fissures typically cause pain and bleeding with bowel movements. You also may experience spasms in

the ring of muscle at the end of your anus (anal sphincter) ^[5]. Anal fissures are very common in young infants but can affect people of any age ^[5]. Most of the anal fissures get better with simple treatment, such as sitz baths and intake of fiber diet. Some people with anal fissures may need medication as well as surgery depends upon the severity of disease.

SYMPTOMS OF AN ANAL FISSURE INCLUDED^{11,12}:

- Severe pain during defecation
- Pain after defecation may persist for several hours
- Bright red blood on the stool or toilet paper after defecation
- Crack in the skin around the anus
- A skin tag may be present at anal verge near the anal fissure, shows the chronicity of Fissure in Ano.

PRIMARY CAUSES OF ANAL FISSURE INCLUDE^{11,12}:

- Passing large or hard stools
- Constipation and straining during bowel movements
- Chronic diarrhea
- Anal intercourse
- Childbirth

SECONDARY CAUSES:

- Crohn's disease or another inflammatory bowel disease
- Anal cancer
- HIV
- Tuberculosis
- Syphilis

RISK FACTORS OF ANAL FISSURE:¹¹

- **Constipation.** Straining during the bowel movements and passing hard stools
- **Childbirth.** Anal fissures are more common in parous women.
- **Crohn's disease.** This inflammatory bowel disease arecauses chronic inflammation of the intestinal tract.
- **Ulcerative colitis.**In Ulcerative colitis also chronic inflammation of Large gut present.
- **Anal intercourse.**
- **Age.** Anal fissures can occur in any age, but are more common in infants and middle-aged group.

COMPLICATIONS³:

- **Sentinel Tag:** As the result of a fissure wound within the anal canal, the surrounding skin becomes persistently inflamed and forms a **skin tag** (“sentinel tag”). These types of skin tags are often mis-diagnosed as “haemorrhoids”.
- **Anal Papilla:** Hypertrophied anal papillae are essentially skin tags that project up from the dentate line, or the junction between the skin and the epithelial lining of the anus ^[17].
- **Fistula in Ano:** As a result of a chronic fissure in ano, which have a fissure bed becomes infected and arises a **fistula in ano.**
- **Failure to heal.** If Anal fissure fails to heal within eight weeks is considered chronic and may need treatment.
- **Recurrence. Recurrence rate can be reduced to 15 to 20%. If patients remain increased intake of high fiber diet and water.**
- **A tear that extends to surrounding muscles.** Anal fissure may extend into the ring of muscle that holds the anus closed (internal anal sphincter), making it more difficult for anal fissure to heal. Anchronic fissure can trigger a cycle of discomfort that may require surgery to reduce the pain and to repair or remove the fissure.

PREVENTIVE MEASUREMENT OF ANAL FISSURE⁶:

Follow these simple steps to getting well.

FIBER RICH DIET⁷

Getting plenty of fiber in your diet, especially fruits, dry fruits, green vegetable and fiber rich diet can help to prevent constipation. Fibers richfoods are include:

- Wheat bran
- Oat bran
- Whole grains
- Peas and beans
- Seeds and nuts
- Citrus fruits
- Prunes and prune juice

STAY HYDRATED.⁹

Drinking plenty of liquid fluids in the diet, which can make stools softer and easier to pass. Be sure to drink more when the weather gets warmer or as become more physically active.

Not all type of drinks are good choices for staying hydrated. Too much alcohol consumption can dehydrate the body;also a caffeinated drink can also dehydrate as well.

EXERCISE¹³

One of the most common causes of constipation is a lack of physical activity. Exercise for at least 30 minutes most days to help digestive system moving and in good shape. Work toward 150 minutes or more per week. Do yoga practices daily like pranayama, Anuloma- Viloma & Asana's. Yoga is much more effective in curing the bowel habits.

PRACTICE HEALTHY BOWEL HABITS.¹⁰

These tips can help reduced the risk of constipation and strain on the anal canal. These habits regularly to getthe lower risk of painful anal fissure:

- Avoid long sitting in the toilet.
- Avoid strain while passing stools.
- Keep the anal area dry.
- Gently clean yourself after each bowel movement.
- Get treatment for ongoing diarrhea.

A healthy lifestyle must be preventing the various diseases like diabetes, hypertension, cholesterol, live diseases, heart diseases, COPD, metabolic disorders etc ^[14]. Ayurveda analyzes the body constitution and the existing health problems of the individual before suggesting a proper food and lifestyle advice. Ayurvedic principles of health and disease revolve around the concept of threedoshas - Vata, Pitta and Kapha. These are three active energy forces that govern the functions of our body and mind. Although every individual has the three doshas, each of us inherits them in differing proportions ^[15].A Lifestyle modification differs from person to person as per their body type. The basic knowledge of the body type helps one to determine the most auspicious lifestyle that will ensure the health and longevity, appropriate foods, herbs, exercise regimes, medicines, therapies and even suitable professions ^[12]. Ayurveda offers the various methods to manage lifestyle disorders by following daily regimens, seasonal regimens, herbal medicines, Panchakarma (detox therapies) and use of Rasayana (Tonics)^[15].

CONCLUSION:

As we know that Fissure in Ano is very agonizing painful Anorectal Disorder's, which is most common in today life. Because,In Today scenario our Diet and Life style pattern are so faulty which affects our health (metabolic system), which ultimately disturb the bowel habits and produces the constipation. Constipation is the most common primary cause of Anal Fissure, in which patients' quality of life (mainly social & mental health) affected. If we improve the patient's bowel habits with the help of improving diet and life style pattern then we can also achieve good quality of life of patients of Anal fissure and also cure the disease.

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