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Disease Review on Piles, Fissures and Fisula in Ano**Dr. Kengar Rajendra P.**P.G. (Sch.) Shalyatantra
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Severe pain and embarrassing feeling, during litter; rigorous pain and bleeding after going to the toilet to pass stools and constipation are some of major problems seen in various individuals. The reason for all these problems is piles or fissures and fistula. Due to the changes in the individual's life style and food habits these diseases are increasing drastically.

- **Piles:** The swellings that can occur inside and around the back passage (anus) and the anal canal and bleeding after going to the toilet is called as piles.

Causes of piles and the items that increase the piles problems:

- Long-term constipation
- Stress on abdomen for longer periods
- Chronic cough
- Pregnancy

The possibility of piles problems is more in individuals suffering from liver problems. Due to the above said reasons, an increased pressure in and around blood cells of the back passage (anus) in seen and valves gets damaged and blood gets stored in blood cells and while going to the toilet to pass stools due to pressure at anus, a severe pain is experienced and blood cells gets broken and starts bleeding.

Types of Piles: Piles are classified into two types' internal piles and external piles.

1. Internal piles : Internal piles lie far enough inside the rectum. It is caused due to the swelling of blood cells in the rectum. They don't usually hurt as there are few pain-sensing nerves in the rectum. Bleeding may be the only sign that they are there.

2. External piles : The swelling of blood cells lie within the anus and outcome of mucous membrane is called as External piles. Usually, it is very painful and high amount of bleeding is seen.

- **Fissures :**

A fissure is a small tear in the skin around the opening of your anus. It can cause severe pain and even sometimes bleeding.

Causes :

- Constipation.
- While littering due to the pressure on anus Fissures may cause.
- Fissures are also caused due to frequent diarrhoea.
- Pregnancy is also another cause of fissures.
- The probability of fissures disease is more in people suffering from Crohn's disease (ulcerative colitis).

• Fistula :

The presence of tubular organs between two epithelial tissues is called as fistula. In human body fistula can be formed anywhere. However, the most common Fistula is anal fistula. It is mainly seen in individuals suffering from obesity. It mostly forms next to the middle of the anus present in between the two buttocks. Due to this, small pimples will be formed on the skin and it tends to severe pain and swell, after two to three days it breaks and pus seeps from it. During this disease, people suffer from severe pain, pus and fever symptoms. Based on its severity, it occurs weekly or monthly once or twice and shows a major impact on individuals' life style. Sometimes, as fistula opens to anus, stool comes from it. It is called as fistula ano. The probability of fistula recurrence is almost 90%, even after successful operation.

Causes:

- Obesity
- Sitting in a same place continuously for a longer period
- Individuals suffering from severe constipation
- People suffering from crohn's disease or ulcerative colitis are suffer from fistula diseases.

Confirmation Tests:

- CBP
- ENR
- Fistulograph
- MRI
- CT Scan
- Colonoscopy and so on is some of the confirmation tests used to indentify other chronic diseases and its severity.

Piles, fistula and fissures are considered as small problems by most of the people but, in fact these diseases show a major impact on individual's daily life style. Many of the patients undergo various treatments and then get irrigated and finally prefer to undergo surgery. However, in most of the cases the recurrences of these diseases are most commonly seen.

Managements of Piles, Fissure and Fistula in Ano:

- **Piles:** It has two types of management
 1. **Conservative:**
 - a. Plenty of fluid intake
 - b. High Fibre Diet.
 - c. Use of laxatives.
 - d. Use of Analgesics, Antibiotics and local ointments.
 2. **Surgical:**
 - a. Rubber band Ligation
 - b. Haemorrhoidopexy.
 - c. Haemorrhoidectomy
- **Fissures:** It has also two types of managements.
 1. **Medical Management:**
 - a. Plenty of fluids, fibre diet
 - b. Sitz bath
 - c. Laxatives

- d. Local ointments:
 - A. Local anaesthetics ointment with topical antibiotics
 - B. Use of Glycerine Trinitrates.
 - C. Use of Calcium channel blockers topically.
2. Surgical Management:
 - a. Lords Dilatation
 - b. Lords Dilatation with Fissurectomy
 - c. Fissurectomy with Lateral Sphincterectomy.
 - **Fistula in Ano:** There are again two types of managements.
1. Conservative:
 - a. Local Hygiene.
 - b. Sitz Bath
 - c. Local antibiotics ointment
 - d. Local Antiseptics .
 - e. High fibre diet.
 - f. Laxatives.
2. Surgical :
 - a. I and D
 - b. Partial or Total fistulectomy.

Preventive measures of Ano-Rectal diseases:

- Intake of proper protein food
- Mostly prefer to intake of fiber food
- Less intake of non-vegetarian food
- Regular or daily litter
- Daily exercise
- Avoid food that results to obesity.

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