

Role of *Pathyapthya* and lifestyle management in *Parikartika* (fissure-in-ano): A literature review

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Abstract

In this present competitive world, due to sedentary life style, irregular and inappropriate diet, prolonged sitting work, psychological disturbances causing disturbances in digestive system (derangement of *jatharagani*/power of digestion) which leads to constipation along with anorectal pathology, *parikartika* (fissure-in-ano) is one of them. Acharya's have emphasized the significance of preventive elements and distinct records about *Dinacharya* (each day), *Ritucharya* (healthy seasonal regimen), *Ratricharya* (healthy night regimen) etc. This text particularly makes a speciality of preventive measures for the Anorectal illnesses with appropriate dietary recommendations and every day regimens. The Ayurveda particularly focuses on the preventive technique for the sicknesses. This text focuses around preventive and promotive measurements for the anorectal diseases such as *parikartika* (fissure-in-ano) which includes appropriate nutritional administrations, manner of lifestyles style regimes, Yogic sporting activities and pathya-Apathya. The little modifications in way of life can alternate the substance of the illness and the patient can be pretty benefited. The GUDA (anal) region is the essential *marma* of the body, if any infection related to this region can be tremendously fatal, consequently it must be ensured with complete endeavors to preserve a strategic distance from such illnesses.

Keywords: *Guda vikara*; Anorectal diseases; *Parikartika*; Fissure-In-Ano; Vihara; *Dinacharya*; *Ritucharya*; *Sadavritta*; *Ahara*.

1. Introduction

Illnesses occurring within the anus and rectum are collectively known as Anorectal illnesses. *Arsha* (haemorrhoid's), *gudagat vidradhi* (perianal abscess), *Bhagandar* (fistula-in-ano), *parikartika* (fissure-in-ano), *Gudbhramsha* (rectal prolapse), are the normally going on anorectal issues because of defective nutritional habits and lifestyle.

Parikartika is characterized with *tivra shoola*, *daha*, *vibandha*, *sapicchastrava*, *ruja* and *aruchi*.

Fissure-in-ano is elongated ulcer or crack in lower anal canal, severe pain before and after defecation, burning sensation, constipation, hard stool and blood drops or streak of blood along with stools¹.

The longitudinal tear in the lower end of anal canal leads to fissure-in-ano, this condition causes distress and daily routine work is hampered drastically and hence the condition must be taken under consideration².

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In males fissure usually occur in the middle posteriorly– 90% and much less commonly anteriorly-10%.In females, it occurs midline posteriorly are slightly common than anteriorly (60:40)

Due to sedentary lifestyle & bad eating habits of human beings such as junk food, which could be very low in nutrition and high amount of calories along with this long sitting work, day and late night shifts, lack of proper sleep etc. are the very common in fast-forward life. These types of bad conducts purpose vitiation of Vata, Pitta, and Kapha Dosha. This causes *Mandagni*. *Vagbhat* has mentioned, the foundation reason of all illnesses is *Mandagni*³.

Pradanyaparadha (intellectual mistakes) may be one of the causative factors for Ano-rectal issues. The state the mind is weak and orientated in the direction of the worldly desire because of this individual get attracted in the direction of the dangerous food regimen and life-style that is a prime cause of *Parikartika*. There are numerous remedy modalities defined within the control of *Parikartika* but in particular symptomatic remedy is available. In *Parikartika* primary motive is *Mandagni* caused via the *Hetu Sevan*⁴ as a result it's very crucial to treat the purpose of disease.

Ayurveda the science of life has mentioned the concept *Patha Pathya* concerning *Ahara Vihar* And *Sadavritta* (codes of accurate conducts).

Ahara (meals) is one of the *Trayopstambha*(three pliers of life) mentioned by Acharya Charak⁵. The *Ahara* Acts as the *Indhana* (fuel) for the *Jatharagni* and other *Agnis* inside the frame. This suggests the mutual relationship of *Ahara* and *Agni*. If meals aren't taken in proper schedule or not taken in proper quantity; due to the lack of *Indhana*, the *Agni* starts digesting the *Dhatu* of the body and these *Dhatu*s get depleted and as a result *Dosas* become aggravated, resulting inside the diseases⁶.

Vihara consists of *Dinacharya* (daily routine), *Ritucharya* (seasonal regimen). *Sadavritta* (Codes of proper behavior). In *Dinacharya*⁷ specified literature regarding practices (*Charya*) that one should comply with every day to establish the balance of *Tridosha* in our body has been mentioned which allows to alter a person's biological clock and synchronize to nature's circadian rhythms.

2. Material and methods

All the references has been gathered from Brihatrayi, Laghutrayi, textual contents of modern books(Baileys & love, Somen das, Manipal etc.), magazines, internet searches, Dissertations, studies articles from famous web sites like PUBMED, and so on.

Combined eating of the devilish *Guru* (heavy to condensation), *Madhura* (candy), *Sheeta*(bloodless), *Abhishyandi* (which reasons inhibition inside the *Srotas*), *Vidahi* (which causes burning sensation) and consuming again earlier than former meal is digested, *Pramitaashana* (input of small volume of food and input of unwholesome meals), spare input of *Masha* (black gram), *Ekshurasa* (sugarcane juice), *Kilata* (rubbish), *Sankeerna Anna* (meals prepared by using the amalgamation of various details, like rice and meat), the input of *Mandaka* (immature, thick curd), drinking lower water at some stage in day, etc. The main cause of anorectal disorder is irregular bowel habit. People with busy lifestyle schedules suffer from constipation because of change in life-style, sleep pattern, and diet (Hurry and curry).

2.1. Causes of *Parikartika*

- Dietary causes
 - consumption of processed, Junk, baked and Dairy products.
 - intake of highly spiced and oily food.
 - extra tea and coffee intake
 - consumption of extra non-vegetarian weight-reduction plan
 - lack of fibrous food diet⁸
 - *Virudh-aahar*⁹
 - Irregular diet plan i.e. quantity of food is both too much/less or an excessive amount of, taking meal earlier than digestion of previous meal *adhyashan*.
- Lifestyle causes
 - *Pravahan*¹⁰ (excessive straining¹¹ or excess toileting time)
 - *Utkata-asana*¹⁰ (the posture which produces stress at anal location)
 - *Prishthayana*¹⁰ (sitting on difficult surface as automobile seat and horse driving etc).
 - poor hygiene, lack of cleanliness¹¹ and unawareness of per-anal care.
 - Suppression of natural urges of defecation and *apan vayu* (*Gudgat vata*)

- extra coitus¹⁰, anal intercourse.
- lack of sporting activities
- Increasing stress, disturbed sleep
- Addictions-Smoking, alcohol intake, tobacco chewing.
- intake of food regimen in Hurry, Curry and worry manners.
- Different reasons
 - *Ruksha durbala deha* (Roughness, loss of fats in Ischio-rectal fossa)¹¹
 - *Agnimandata* (weak digestive strength), *Ajeerna* (Indigestion)
 - Due to passing of hard stool¹¹ (constipation) and extra diarrhea.
 - Iatrogenic causes-damage at peri-anal region, perineal tear¹¹ during delivery and surgical fault.

Ayurvedic control via safety measure:

Following preventive measures can be used:

- Eating regimen modification
- lifestyle amendment
- smooth domestic methods
- Yogic physical activities

What to do

- Throughout the time of food consumption, pay interest to meals and eat slowly and proper chewing methods.
- Alter amount and frequency of food consumption as per need.
- Increase fiber intake in the food plan with proper water consumption¹². Food plan consists of- cereals wheat flour with choker, pulses, greens (leafy greens, carrot¹³, bottle guard¹⁴, cabbage, cucumber and lemon and so forth), fruits (papaya, pomegranate, apple, pear, berries, orange, guava and *amlaki* and so on), probiotic meals like curd, *Takra sevana*¹⁵ and vegetable salad consumption.
- Fox nut (Makhana) is wealthy in fiber and so may be utilized in digestion problems like constipation.
- Drink lukewarm milk after dinner.

What not to do

- Keep distance from junk food, highly spiced and oily food regimen because those meals disturb the digestive system and result in constipation.
- Maintaining distance from non-vegetarian food regimen Ayurveda has mentioned Agni i.e. digestive fire. If digestive power is imbalanced due to some reasons it will cause many diseases. Weakness of digestive power causes improper formation of *adya dhatu* i.e. rasa dhatu which gets accrued in the *amashaya* (belly) is referred to as aam.

When *doshas* and *dushyas* are combined with Aam it is called *saam dosha* which is a cause for production of sicknesses. To preserve health, one should have a balanced digestive strength.

2.1.1. *Samprapti (patho-physiology) of Parikartika*

All of the above causes lead to vitiation of *Vatadi Dosha* singly, dully or all related to blood reasons *Mandagni* which further causes constipation. lengthy-time constipation causes *Parikartika* (fissures-in-Ano) which further results in *Arsha* (haemorrhoid's), *Guda Kandu* (pruritus Ano), *Bhagandara* (fistula in Ano). In worse condition it causes *Gudabhamsha* (Rectal prolapse)

2.1.2. *According to Sushruta Samhita*¹⁶

If a person debilitates with *mridukoshta* or *mandagni*, the ingestion of *atirooksha*, *atiteekshna*, *atiushna*, *atilavanaahar*, causes *dushti* of pitta and *anila* and produces *parikartika*. The patient suffers from cutting pain with burning sensation in anus, umbilicus, penis and neck of bladder, retention of flatus and anorexia.

2.1.3. *Lifestyle modification*

Ushna-jala Avgahan sweda (hot sitz bath)¹⁷ almost little quantity of *sphatika* (fitkari) or *tankan* (borax powder) is introduced in lukewarm water used, two times in a day, at night time and in the morning after defecation.

Advice *matra basti* (about 5 ml *jatyadi taila* per rectal) often in a day or after defecation.

Yogic exercises Acharya *Sushruta* described within the context of *vyayama* that muscular tissues of the body become stable¹⁸ in the individual who does exercises habitually and dangerous food or improperly cooked food get digested without any trouble. So following yogic exercises need to be executed often in case of anorectal disorders.

The pelvic floor exercise with contraction and relaxation of anal opening is particularly beneficial in rectal prolapse and incontinence of stool.

Yogasana like -*Vajrasana*,, *Virasana*,, *Matsyashana*, *Pashchimottanasana*,, *Naukashana*, *Bhujangasana*,, *Dhanurasana*,, *Halasana*,, *Surya namaskar*.

Mudras- *Ashwanimudra*.

Bandha- *Moola*, *Uddiyana*, *Maha*.

Paranayam -*Anuloma-vilom*, *nadi sodhana*.

Mode of action of lifestyle (*Dincharya*, *Ritucharya*, *sadvritta*) & Ahara (Dietetic) changes in prevention and management of *Parikartika*.

Avoid following habits to improve digestive fire (*Jathar agni*)

- Intake of excess fast food, packed meals, highly spiced diet, maida and many others.
- Loss of fibrous meals in eating regimen, lack of herbal leafy vegetables.
- Abnormal and consumption of an extra non vegetarian diet.
- Ingestion of foreign bodies, *asthi shalya*, *krimi*(worm) and many others.
- Ingestion of *kashaya rasa*, *ruksha guna*, *vata prakopa* diet.
- *Viruddha ahara* (dietetic incompatibilities) abnormal diet/ amount of diet is both too less or too more,
- Taking a meal earlier than the digestion of the previous meal (*adhyashan*, *visamasan*) and many others.
- Improper chewing of food

3. Discussion

Advantages of modification in diet: Highly spiced diet, fast food, packed meals and fiber free diet digested with problems and beverages like coffee and cold drinks that include caffeine seem to have dehydration effect, resulting in constipation. Irregular bowel habits will increase the frequency of defecation and constipation and change the consistency of stool, rubbing the anal canal, pushing the anal cushion that creates many problems.

The food plan that's mild, smooth and fibrous aid in easy digestion and smooth defecation without causing constipation. Such a diet additionally allows in maintenance of *jatharagni* which plays a critical role in *parikartika* and many anorectal disorders; these easy measures of food plan can exchange the face of ailment with much relief.

Advantages of modification in lifestyle *Utkatashana*, excess straining and excess sitting may also cause extra strain at local sites through which the haemorrhoid's protrude out and will worsen pain and bleeding. *Ushnajala avgahan* keep the perianal region clean, reduces ache and swelling over there and additionally allows in pacific the vitiated *apaan vayu* which plays the key role in pathology help in improve the digestion and ordinary defecation.

4. Conclusion

To succeed, right guidance of prevention, it has been discovered to comply with up that patients cured earlier or delay the disease progression. The experience of each day of clinical care is proof of how the career & lifestyle affect public health. In society most of the patients are handled by slight remedy with proper guidance, hygiene & preventive measures by providing awareness & knowledge about anorectal problems.

The principal purpose of anorectal issues is *Mandagni* due to *Ahitakara* Ahara And Vihara. A suitable following of *Dinacharya*, *Ratricharya* and *Ritucharya* is beneficial in controlling the wrong way of life or unhealthy behavior of an individual. *Dinacharya* and *Ratricharya* make a person disciplined about each day's routine.

Seasonal variation affects the Agni of a person. Due to global warming, the season and climates are changing in an improper manner causing *Virudha-Ritucharya*, but nevertheless by means of analyzing the climatic modifications and digestive strength the diet and way of life may be controlled consequently. the right functioning of the digestive system is useful in relieving constipation which similarly prevents *parikartika*. This prevents the recurrence of sicknesses, shortens the course of therapy, economically beneficial, decreases clinic visits.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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