



ANORECTAL FISTULA & ITS HOMEOPATHY REMEDIES

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ABSTRACT An anal fistula is a scratch or rupture in the skin near the anus. The anus is the peripheral opening of the rectum, where stool comes out of the body. An fistula is frequently reported subsequent to a rigid bowel movement passing all the way through the anal canal probably causing a stretching and tearing of the anal skin. It is very difficult for the patients to present themselves to the doctor for consultation. As per pathological studies the Anal Fistula is more common in 31 to 60 years age group. In this paper we have discussed about Anal Fistula and its homeopathic remedies.

KEYWORDS : Fistula, Anal Fistula, Anus, Rectum, Homeopathy, Treatment, Medicines Pain Pus etc.

Introduction:

A fistula is an unusual opening between organs that connects two or more organs or spaces within or external part of the body. Fistula is more frequent in the pelvic area but can occur in different parts of the body. An anal fistula is an uncharacteristic tunnel between the rectum and the external skin of anus.

A fistula is a situation in which there is an unusual link between two void spaces such as blood vessels and intestines. Fistulas are generally caused by wound or surgery, but they can also outcome from an infection or tenderness.

Usually, anal fistula is the outcome of an infection in an anal gland that spreads to the skin. In the interior of anus, there are numeral small glands. Jamming of one of these glands may leads to the development of tunnel that forms beneath the skin and connects the blocked stained glands to an abscess. Fistula can be there with or without abscess. It occurs in an around 50% of patients with anal abscesses.

In the majority of the patients, pain is unbearable and may be inconsistent to the relentlessness of the lesion (fissure). A number of patients explain the pain as passing pieces of wrecked glass when passing stools and a very strong pain, which remains for more than a few hours after passing stools. Small number of patients frequently information that the pain is so rigorous that they avoid going for defecation owing to the fear of relentless pain. This leads to the hardening of the stools, which further tear the lining of the anus in the next defecation. Fissure-in-ano can drastically influence the quality of life of the patient.

Types of Fistula:

- Extrashincteric Fistula
- Suprashincteric Fistula
- Transphincteric Fistula
- Intersphincteric Fistula
- Submucosal/ Superficial Fistula

Symptoms of Fistula:

- Pain in anal area particularly while sitting, coughing, once passing stool.
- Channel of release after stool which is frequently smelly and may be mixed with pus or blood or both.
- Irritation around the skin of anus.
- Puffiness and redness in region around the anus with softness if abscess is also there along with fever.
- Occasionally urination is also hurting due to abscess.

Causes of Fistula:

- An anal fistula is most commonly caused by an anal abscess.
- Occasionally fistula formation may come out as a complication of surgery done close to the anus.
- Piles or haemorrhoids
- Anal fissures
- Steroid therapy
- Diverticulitis
- Ulcerative colitis
- Crohn's disease

- Constipation
- Stress
- Cancer of rectum
- Tuberculosis
- Sexually transmitted diseases
- Patients who are immune compromised for any reason

Diagnosis of Fistula:

- Careful medical account with symptoms linked to fistula is sought after.
- Then physical assessment is done.
- In case of active abscess symptoms of fever, redness, tenderness on palpation and swelling is seen.
- Occasionally the abscess is not so noticeable from outside but rectal assessment is painful with medical history of rectal pain.
- Proctoscopy is done to inspect the rectum.
- Colonoscopy help in diagnosing abscess and also helps in determining the type of abscess.
- **Blue dye test**
- **Contrast tests**
- CT scan
- **MRI**
- **Anorectal ultrasound**
- **Fistulogram**

Home Remedies for Fistula:

- Maintain hygiene
- Sits Bath.
- **Avoid rubbing with dry toilet paper.**
- **Dry thoroughly.**
- **Wash with water.**
- **Avoid irritants.**
- **Wear cotton underwear and loose clothing.**
- **Apply a cream or powder.**
- Add fibre to the diet.
- Avoid constipation.

Homeopathic Remedies of Fistula:

As per our practice at Advanced Homeo Health Centre, Homeopathy is extremely efficient and suggested in treating all forms of the fissure in ano. Homeopathy is patient oriented system of medicines in which every individual gets different sets of remedies. Homeopathy work to manage the infection in the region thus preventing attacks of the abscess development. After controlling the infection, Homeopathic medicines will begin new tissue growth to close down the tract. Homeopathic treatment is a long-lasting procedure and the time taken varies from person to person, depending on the length and depth of the tract. A fistula typically takes almost six months to one year and sometime even more to completely heal. Hence patients should betolerance while on homeopathic treatment in order to attain a total and permanent cure.

In our clinic at Indore we have treated following patients of different age group:

Sr.No.	Age Group	Number of Patients
1	up to 29 years	18
2	30 to 60 years	68

As per the diagnosis of the patients following medicines were prescribed:

Sr. No.	Name of Medicine	Purpose
1	Merc Sol	It works well in those cases where there is pustular discharges with foul smelling & low threshold for pain
2	Causticum	Used to treat tearing pain in muscles and fibrous tissue constipation
3	Silicea Terra	For the treatment of abscesses, spasms, epilepsy and distended abdomen.
4	Hydrastis Canadensis	Elderly patients who get tired easily. With pustular discharge
5	Rathania	Those who get Fissure with anal fistula
6	Nitricum Acidum	Acts on all the areas in the body where the mucus membranes meet skin. Severe pain
7	Staphysagria	For the treatment of genito-urinary situation. After surgical Operation
8	Thuja Occidentalis	Feeling of Heaviness. Acts well on the skin, gastrointestinal tract, and genito-urinary organs.
9	Ignatia	To treat fistula with tension & depression
10	Paeonia Officinalis	To treat rectal ulcers, fistula with pustular discharge and situation that affect the rectum and anus

CONCLUSION:

Fistula is a common and disturbing situation that has intense impact on the child or young person's performance and their emotional and social life. It is possible to keep away from surgery in many cases of the Fistula, if Homeopathic Medicines are given at the proper time. As per our experience in treating diverse cases of the fissure in ano, around 72% cases, homeopathic treatment has proved helpful.

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