

## painful conditions of the anal and perianal region



### General Surgery

**KEYWORDS:** Pain, perianal region, common problem, day-to-day practice

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### ABSTRACT

Painful conditions of the anal and perianal region are commonly encountered problem and relatively simple to cure. The aim of this study is to enumerate the causes, age incidence, sex ratio and associated factors in patients presenting with pain in the peri-anal region. A prospective study was conducted in GMKMCH Salem from September 2010 to August 2012, and the most common cause of pain is fissure in-ano, with equal incidence in men and women and simple surgery can cure it.

### INTRODUCTION

Painful conditions of the anal and perianal region are commonly encountered problem in day to-day surgical practice. The anal and perianal skin are frequent site for disease which is painful, distressing, agonizing symptom causing much anxiety to the patient and associated with bleeding, mass, discharge, pruritis etc., yet relatively simple to cure if sensible measures are taken. This study is to enumerate the causes, frequency, age & sex incidence and the presence and absence of associated symptoms in the patient presenting with pain in the anal canal and perianal region.

### AIM OF THE STUDY

The aim of the study is to highlight the various painful conditions in the anal and perianal region. These lesions are usually emergency in nature drawing the attention of the patient as well as the surgeon. It also incapacitates the patient's routine life.

1. To review the anatomy and physiology of anal triangle
2. To study various disease presenting with pain in the anal and perianal region
3. To highlight the magnitude of the problem
4. To study the age incidence and sex ratio of the patients.
5. To study other associated clinical presentation
6. To study the diagnosis and management of the painful conditions.

### MATERIALS AND METHODS

This study of painful conditions of the anal and perianal region was conducted by collecting data from the patients who attending surgical outpatients and inpatients, between the period of sept 2010 to aug 2012, in GMKMCH, with complaints of pain in the anal and perianal region with or without associated conditions. A detailed history, physical examination including digital rectal examination, proctoscopy (where possible under anaesthesia) and relevant investigations were performed

### We studied 100 patients during the period as a prospective clinical study:

Cases of anorectal abscess were incised and drained and kept under observation for few hours and they were reviewed after 10 days.

Cases of fissure-in-ano were admitted and operated (lateral sphincterotomy) and discharged 4-5 days after the surgery and subsequently followed

Cases of perianal hematoma were evacuated under local anaesthesia  
Cases of fistula-in-ano admitted and operated (fistulectomy) and discharged

Cases of prolapsed and thrombosed internal haemorrhoids were admitted and operated (haemorrhoidectomy) and discharge after a

week

Cases of anal injury admitted in trauma ward and operated and discharged

Cases of hypertrophied anal papilla infection controlled with antibiotics, excision under local anaesthesia were carried out

### DISCUSSION

#### DISEASE FREQUENCY :

Of the hundred cases studied in the GMKMCH, Salem during the period of Sept 2010 to Aug 2012 the cases, which presented with pain in the anal and perianal region, with respective disease frequency are shown.

From the figure it is evident that the commonest condition presenting with pain in fissure-in-ano 45%. The cause of the pain is due to the spasm of internal sphincter.

The second most frequent condition as shown in fig is perianal abscess 19%. The cause of pain is increased tension due to accumulation of pus in a relatively unyielding space.

The third condition is fistula-in-ano 14%. The cause of pain is due to accumulation of pus. Out of 14 cases 2 cases are due to Tuberculosis. Though, hemorrhoids is common, pain is usually absent in uncomplicated internal hemorrhoids and patients with pain in strangulated thrombosed internal hemorrhoid accounts for 9%. Other less common condition are shown in fig is hypertrophied and papilla 4%, anal injury 3%, perianal hematoma 3%, CA anal canal 3%. We didn't come across other rare conditions presenting with pain in anal and perianal region.

#### AGE INCIDENCE:

The table shows age incidences for various painful condition of the anal and perianal region. As overall in our study we excluded paediatric age group (<12 years).

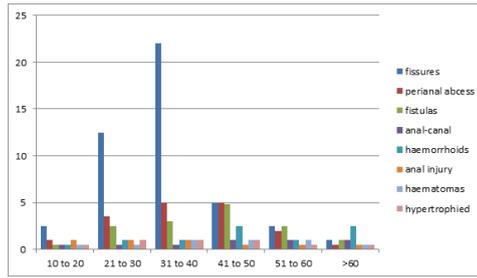
This figure-1 and table-1 shows the age incidence for the commonest 2 conditions.

Fissure-in-ano present maximally 31 to 40 years of age group encountered 21 cases out of 45 cases. The incidence of the disease slowly comes down as the age advances and it correlates well with western study (John Goligher)

Peri-anal abscess present maximally between 31 to 50 years of age group, encountered 12 cases out of 19 cases.

Fistula-in-ano out of the 14 cases presented with pain 5 cases in 41 to 50 years.

#### Fig 1:



**TABLE 1 AGE INCIDENCE OF PAINFUL CONDITIONS OF THE ANAL AND PERIANAL REGION**

AGE GROUPS	10 -20	21-30	31-40	41-50	51-60	>60
FISSURE-IN-ANO	2	12	21	6	3	1
PERI ANAL ABCESS	1	4	6	6	2	0
FISTULA-IN-ANO	0	2	3	5	3	1
CA ANAL CANAL	0	0	0	1	1	1
HAEMORRHOIDS	0	1	2	2	1	3
PERI ANAL HAEMATOMAS	0	0	1	1	1	0
HYPERTROPHIED ANAL PAPILLA	0	2	1	1	0	0

**SEX INCIDENCE:**

Figure 1 and table 2 shows sex incidence of various diseases which presented with pain in anal and perianal region.

Fissure-in -ano out of 45 cases it is equally common in both sexes. Our study is well correlated with all other studies.

Peri-anal abscess out of 19 cases all cases are reported only in male group . So the male predominantly common as for our studies. It is very surprising to know that no cases in female is reported, the exact reason for such disparity is not known better it is due to actual increased incidence in men or social inhibition in spontaneous resolution is not known.

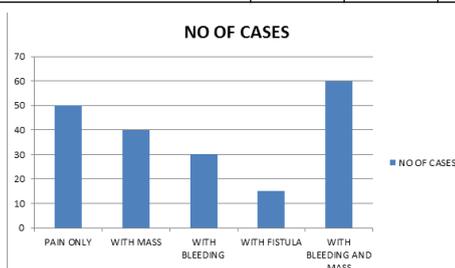
Fistula-in-ano out of 14 cases 10 belong to male group and 4 in female group.

Other rare conditions CA anal canal, hemorrhoids, haematomas, hypertrophied anal papilla were common in females as per our study.

Over all in the net shell , all the diseases which manifest with pain in the anal and perianal region predominantly in male group except fissure-in-ano were there is equal sex incidence.

**TABLE -2 SEX INCIDENCE**

DISEASES	MALE	FEMALE	TOTAL
FISSURE-IN-ANO	22	23	45
PERI-ANAL ABCESS	19	0	19
FISTULA-IN-ANO	10	4	14
CA ANAL CANAL	3	0	3
HEMORRHOIDS	6	3	9
ANAL INJURIES	3	0	3
PERIANAL HEMATOMAS	2	1	3
HYPERTROPHIED ANAL PAPILLA	3	1	4



**CONCLUSION**

Pain in the anal and perianal region is one of the common problems that one encounters in medical practice. This study is taken to highlight the magnitude of the problem.

In the study of 100 cases in GMKMCH, Salem during the period from September 2010 to August 2012, the following conclusion has been arrived

1. The most common condition presenting with pain alone is fissure-in-ano
2. The sex incidence is equal in both male and female. posterior fissure are much more common in both men and women
3. In chronic fissure the lateral internal sphincterotomy provides relief of pain in most of our cases.
4. In this study out of 14 cases of fistula-in-ano with pain, we encountered 2 cases are due to tuberculosis. We suggest excised fistula tract to be send routinely for histopathological examination to rule out tuberculosis, crohn's diseases and carcinoma anal canal
5. In this study all the diseases, which manifest with pain in the anal and perianal region predominantly found in men except in fissure where the sex incidence is equal
6. The commonest age group of patients who presented with painful conditions in anal and perianal region is 20-50 years
7. As the age advances the disease slowly comes down except carcinoma anal canal and haemorrhoids
8. In this study all these facts are well correlated with western and other studies

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