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ANO-RECTAL PROBLEMS & INVINCIBLE LEVEL OF CONFIDENCE

Rajeshwari P. N.

Asst. Prof. of Shalya Tantra, Amrita School of Ayurveda, Vallickavu, Kerala, India

Corresponding Author: drrajeshwariphd@gmail.com

Ano-rectal complaints are having a high incidence now a days because of the lifestyle to which the population is adapted. Patients visit the Doctor with a set of complaints, predominantly pain, bleeding per rectum, constipation and mass per rectum. Pain and bleeding per rectum will be the most common complaints among the patient group. Patient having any of these symptoms come to the Doctor and names it as 'Haemorrhoids' or 'Piles', which may not be true always.

Ano-rectal problems are not uncommon, and can be due to wide spectrum of pathological conditions. Most of these conditions are benign and can be treated effectively by *Ayurveda*, provided a detailed history is a must and a thorough examination too, as mentioned in *Sushruta Samhita*, 'The concept of *Trividha Pareeksha* – Three fold Examination of the patient' viz.; '*Darshana*' – Inspection, '*Sparshana*'- Palpation and '*Prashna*' – Interaction with the patient for gathering the history of the ailment. These three methods of examination will help a physician to diagnose properly and treat accordingly. The history as well as Physical examination can distinguish Anal Pain due to Haemorrhoids, Fissure in Ano, Ano rectal Abscess, Proctalgia fugax and malignant conditions.

Most frequent cause for the bleeding per rectum is haemorrhoids, fissure in ano, polyps, complaints associated with difficulty in passing stool which includes Constipation and faecal incontinence etc.

Specifically an Ano-rectal case examination includes Inspection, Palpation and Proctoscopic examination. Inspection alone reveals the presence of Fissure, Fistula, Perianal dermatitis, thrombosed haemorrhoids and any tumours or growths. Unless the patient is experiencing severe pain a Digital/per rectal examination should be performed always. The finger sweep must include whole 360 degrees around the anal canal and any palpable mass must be noted for further examination. Proctoscopy is a primitive yet reliable examination procedure for Ano rectal conditions with some exceptions like Fissure in Ano where there is severe pain. With the help of Proctoscopy the whole circumference of anal canal and distal part rectum can be visualized. These steps of examining a patient will guide a physician to arrive at a confident diagnosis for which an effective surgical or non-surgical management can be planned.

The scope of an *Ayurvedic* Physician in treating Ano rectal disease is great if these Examination procedures are performed properly. Success lies in assessing the patient with the proper knowledge of examination and arriving at a diagnosis and planning an effective *Ayurvedic* management.

Treating without a proper examination of the patient, for a long duration may bring two situations, one is the invincible health and the other is invincible disease.
