

## **PILES / FISSURES / FISTULA**

Piles are caused by swollen veins inside or outside the anus.  
Anal fissure is an elongated ulcer in the long axis of the lower anal canal.  
Anal fistula is an abnormal passage formed rectum to the vagina.

### **CAUSES**

1. Straining to evacuate stool in constipation.
2. Over purgation - Diarrhoea of colitis, dysentery etc.
3. Low roughage diet.
4. Pregnancy.
5. Cancer of rectum.

### **PILES**

1. Straining to urinate - in case of stricture of urethra or enlarged prostate (piles).
2. Hereditary tendency.
3. Sedentary life.
4. Obesity.
5. Fistula/ fissure:
6. Granulomatous infection e.g. Crohn's disease or Syphilis

### **DIETARY MANAGEMENT**

1. Avoid hot spicy and highly seasoned food.
2. Consume more apples, pears, watermelons, papaya, grapes, strawberries, pomegranates, rose petals, kiwis, pineapples, and Coconut water.
3. Have high fibre diet - whole grains, bran, oat, green leafy vegetables, peas, beans, potatoes, raw vegetables, salads, dried fruits and fresh fruits.
4. If possible stick to vegetarian diet.
5. Eat bitter gourd, black musale (Kali musli), Kareer (ker) are said to be beneficial.
6. Drink sufficient water to avoid constipation.
7. If over-weight reduce weight.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**