



A SURVEY STUDY ON DIETARY HABITS RESPONSIBLE FOR FISTULA IN ANO

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Fistula in ano is a surgical disease. According to the modern medicine, it is an inflammation of the anal glands. Ayurveda texts mention the main cause for fistula in ano is improper dietary habits (su/chi/8 and su/ni/4 especially cha/chi/2, 17). Advising people regarding the dietary habits which they should follow for preventing the disease is vital. Therefore, the present cross sectional study was conducted to find the association between the fistula in ano and the dietary habits. A survey was carried out with the outdoor patients of Gampaha Wickramarachchi Ayurveda Teaching Hospital. Fifty patients clinically diagnosed as fistula in ano in shalya (surgery) were selected randomly as the study group, while another 50 patients attending the same clinic but who do not suffer from fistula in ano and do not have a history of fistula in ano were selected as the control group. Patients who suffer from fistula caused due to other diseases were excluded from the survey. The patients were interviewed personally and data collected based on a questionnaire which was designed relating to the improper dietary habits mentioned in Ayurveda texts. The time of diet and consumption of selected food items for more than 3 days per week were confirmed. Data were analyzed, using SAS software (9.1) version. Results indicated, odds ratios for fish, instant foods like noodles or tinned food, starchy foods, red rice, samba rice, basmati rice, prawns, cuttle fish, pineapple, kottu as 2.15, 23.1, 2.10, 0.46, 1.89, 4.26, 16.0, 30.0, 23.1, and 3.27 respectively. Odds ratios for sweet foods, chilly food, salt food and warm food were 0.68, 1.71, 5.1 and 4.5 respectively. When considering beverages odds ratios for tea, alcohol and any type of cool drink were 5.78, 27.56, and 4.93 respectively.

In conclusion it can be said that having fish, starch, cuttle fish, prawns, instant foods such as noodles or tinned food, kottu, basmati rice, pineapple, salt food, warm foods, alcohol, excessive tea and cool drinks, more than 3 days per week was responsible for the fistula in ano in patients in the study group.

Keywords: *Fistula in ano, Ayurveda, surgery, anal glands, inflammation*