

CONSTIPATION AS A CAUSE OF ANAL FISSURE, MYTH OR TRUTH

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A study was done to find correlation between constipation and Anal Fissure. Performa were distributed among 100 people asking them history of constipation and Anal Fissure. In our study 14 people had Anal Fissure with 11 out of them having constipation which strongly supports the hypothesis that constipation is cause or precipitating factor for Anal Fissure.

INTRODUCTION

Normal bowel habit ranges from once every 8 hrs to every 2-3 days, with each bowel movement containing in average 300 ml of fluid. Anything more than this is defined as diarrhoea¹.

Constipation has different meaning to different people. Some imply infrequency of bowel movement, other consider it as consistency of stools yet other name it to difficult expulsion of stools.

Anal fissure is defined as an elongated ulcer in the long axis of lower anal canal in the midline usually posteriorly (90%)".

The common belief has been that Anal Fissure develops due to passage of hard stools where by posterior Anal Wall is torn leading to Anal Fissure².

A part from this other factors are also supposed to be responsible for Anal Fissure. One of which is (High maximum resting Anal Pressure) which lead to ischemia of the local Anal tissue⁴.

The aim of this study was to find relationship between constipation and Anal Fissure if any).

PATIENTS AND METHODS

A written Performa was distributed among 100 hospital-based volunteers including doctors, nurses, paramedical, patients and administrative staff at random. Data was collected regarding the consistency of stool any previous or present anorectal diseases including Anal Fissure.

This also included their educational status type of job and dietary habits were also collected.

A scoring system was devised as per (Table-1).

Passing hard stools daily with difficulty due to hardness or passage of stools after more than three days even it is comfortable w-as taken as criteria for constipation.

(Reference Table-2)

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Table-1: Scoring System for Stool Consistency, Ease of Evacuation and Frequency.

<u>Stool Consistency:</u>	<u>Frequency:</u>
1. Hard Pellets	Once daily
2. Hard and Solid	Twice daily
3. Soft and Solid	Thrice daily
4. Loose	Alternate day
	Every third day
	>Every third day

Ease of Evacuation:

1. Difficult and Painful
2. Some difficulty
3. Easy or comfortable
4. Difficult to control
5. No control

Table-2: Presenting complaints

History	Yes	No
Constipation	44	54
Hemorrhoids	21	79
Anal Fissure	14	86
Fistula in Ano	01	99
Total No of Anal Pathology	36	64

RESULTS

Out of 100 people 63 were male and 37 females. Male and female ratio was 2.1:1.2. Age range was from 18 years to 70 years with mean age of 37.66.

Out of 14 people who had Anal Fissure 11 had history of chronic constipation (78.57 %) where as 3 people had no constipation (21.42 %) 21 people had present or past history of hemorrhoids and one had history of fistula in Ano. Total 36 people had history of some kind of Anal Pathology (Fissure + Hemorrhoids + Fistula) whereas 64 had no history of present or past Anal Pathology-

In our study 78.57% of the people who had Anal Fissure were constipated where as 21.42% had no constipation.

DISCUSSION

After searching through all the available medical data with the help of C.D. Rom we could not come across any study which been conducted to establish any relationship between anal fissure and constipation although other studies have been done to evaluate the relationship of Fissure and Anal tone by Manotric studies⁵.

In our study 40% of the people had Anal Fissure which is consisted with study done in Italy by “Giorgio Maria, Alberto Albanese” according to which 10% people out of 15161 had Anal Fissure’.

Although 100 people is a small sample but co-existent constipation in 78.51% age in our opinion strongly support the hypothesis that constipation is one of the causes of Anal Fissure. Further study with more objective criteria is suggested to evaluate the correlation.

We hope that this small study will be a source of inspiration for the future researchers interested in this Field.

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