

## Diet for Anal Fistula Patients

The patients of anal fistula must strictly follow the following diet. This takes a virtual role in the treatment of anal fistula. This painful disorder is quite common these days. The patients might have to suffer from bleeding and discharge problems while suffering from the complication of anal fistula and this is a painful situation. This gives rise to discomfort and irritation. After the problem becomes severe, the pain is irresistible. The symptoms of the problem can be controlled with the diet and if the problem persists, then the patient must rely on the medicines, which are Ayurvedic.

A healthy and perfect diet is most important for the patient to follow while suffering from anal fistula:

A healthy diet plan is required for healthy body. Patients must have to follow the recommend diet to get fast recovery from this problem. All the products of the diet are very important for the treatment of anal fistula. Here, the patients can easily reduce their complications and symptoms by following the diet plan that is mentioned below. These are very essential that makes people fit and healthy.

Just follow diet plan for anal fistula from the Chart:

<b>Avoid these Food Products</b>	<b>Consume these Food Products</b>
<b>Food products to be avoided</b>	<b>Food products to be consumed</b>
<ul style="list-style-type: none"><li>× Spices</li><li>× Sour items</li><li>× Refined flour</li><li>× Tea</li><li>× Coffee</li><li>× Fatty food</li><li>× Chocolate</li><li>× Alcohol</li><li>× Oily, spicy, junk and fried food</li><li>× Too much use of salt and</li></ul>	<ul style="list-style-type: none"><li>✓ Fruit juice</li><li>✓ Vegetable juice</li><li>✓ Milk</li><li>✓ Aloe Vera juice</li><li>✓ Cereals</li><li>✓ Vitamins</li><li>✓ Almonds</li><li>✓ Radish leaves and its juice</li><li>✓ Lots and lots of water</li><li>✓ Herbal tea mixed with honey</li><li>✓ Brown rice</li></ul>

<p>sugar</p> <ul style="list-style-type: none"> <li>× Tobacco</li> <li>× Non vegetarian food</li> <li>× Soft drinks</li> <li>× Pizza</li> <li>× Noodles</li> <li>× Biscuits</li> </ul>	
<p><b>Vegetables</b></p>	<p><b>Vegetables</b></p>
	<ul style="list-style-type: none"> <li>✓ Green/leafy vegetables</li> <li>✓ Peas</li> <li>✓ Beans</li> <li>✓ Potatoes</li> <li>✓ Raw Vegetables</li> <li>✓ Ginger</li> <li>✓ Steamed Onions</li> <li>✓ Tomatoes</li> <li>✓ Radish</li> <li>✓ Turnip</li> <li>✓ Papaya</li> <li>✓ Beet Root</li> <li>✓ Carrot</li> <li>✓ Spinach</li> <li>✓ Cauliflower</li> <li>✓ Cabbage</li> </ul>
<p><b>Fruits</b></p>	<p><b>Fruits</b></p>
<p>Bananas in some when cause constipation.</p>	<ul style="list-style-type: none"> <li>✓ Papaya</li> <li>✓ Apple</li> <li>✓ Pear</li> <li>✓ Citrus fruits</li> <li>✓ Apple</li> <li>✓ Coconut</li> <li>✓ Watermelon</li> <li>✓ Litchi</li> </ul>

<b>Fibrous Food items</b>	<b>Fibrous food products</b>
	<ul style="list-style-type: none"> <li>✓ Whole grains</li> <li>✓ Wheat</li> <li>✓ Grams</li> <li>✓ Bran</li> <li>✓ Soybeans</li> <li>✓ Oats</li> <li>✓ Cow ghee</li> </ul>
<b>Avoid all kind of Non Veg or limit</b>	

These are very important to maintain a healthy body. For the treatment of anal fistula, apart from the diet, certain things provide relief such as exercise. Water also plays an important role to keep the body hydrated and remove the unwanted particles from the body. The patients must take care of the diet because if they miss it they can develop some complications like obesity and constipation, which further increase the vulnerability of this disorder known as anal fistula. In other words, if the problem of anal fistula increases then only one option is left and that is surgery. The patients must follow the diet plan on time and on regular basis to escape from the later stages.