Homeopathy and Prostate Disorders

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ABSTRACT

The review article explains that the BPH is associated with hormones that regulate prostate growth, such as testosterone, estrogen, and dihydrotestosterone etc. Benign prostate hyper trophy is an enlargement of the prostate gland that constricts the urethra, causing urinary symptoms and cancer etc. problems are attacked commonly men above the age of 50 years and its incidence approaches 75-80% in men above 80 years. It is one of the frequent reasons for elderly men undergoing surgery. BPH symptoms range from least voiding difficulties to urinary retention and renal failure. Homeopathy drugs are best for defiantly curing all Prostate problems.

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Introduction:
The health of the male reproductive system is a reflection of overall well-being as well as sexual habits. We cover common men’s health concerns, including sexually transmitted diseases, urethritis, prostate problems, irritation of the foreskin, and less common serious problems of the testicles.

Benign prostatic hyperplasia (BPH) problem not affecting elderly men, BPH are both much more common then might be expected in middle aged individuals. An enlarged prostate gland can cause uncomfortable urinary symptoms, such as blocking the flow of urine out of the bladder. It can also cause bladder, urinary tract or kidney problems.

As you age, your prostate can become larger. It’s a normal part of aging for most men. The normal prostate gland has measures 3 x 3 x 5 cm approximately or a volume of 25 ml.

Causes of enlarged prostate
BPH is associated with hormones that regulate prostate growth, such as testosterone, estrogen, and dihydrotestosterone. Other evidence suggests BPH is linked with aging and testes, since the disorder is more common and does not develop in men whose testes were removed before puberty. The major risk factors for BPH are older age and a family history of BPH.

Some complications related to untreated benign prostate hypertrophy
- Hydronephrosis
- Renal failure and systemic acidosis
- Recurrent urinary tract infection
- Acute urinary retention

Symptoms of Prostate Problems
- Frequent urge to urinate.
- Need to get up many times during the night to urinate.
- Blood in urine or semen.
- Pain or burning urination.
- Painful ejaculation.
- Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs.
- Dribbling of urine.

Early warning signs of prostate cancer
- Burning or pain during urination.
- Difficulty urinating, or trouble starting and stopping while urinating.
- More frequent urges to urinate at night.
- Loss of bladder control.
- Decreased flow or velocity of urine stream.
- Blood in urine (hematuria)
- Blood in semen.

boosting your prostate health by trying these six foods.
- Tomatoes. Tomatoes contain a powerful antioxidant called lycopene. ...
- Broccoli. ...
- Green tea. ...
- Legumes and soybeans. ...
- Pomegranate juice. ...
- Fish.

Homeopathic Medicines for Benign Prostate Hyperplasia (BPH)
Sabal Serrulata –Sabal Serrulata is one of the top grade medicines for benign prostate hyperplasia (BHP). There are many symptoms that guide the use of Sabal Serrulata. The first among them is difficulty and pain once you start urinating. The person also experiences a frequent desire to pass urine at night. Dribbling urine is another problem. Aching pain in the prostate that extends to the abdomen is another symptom indication for prescription of Sabal Serrulata. Retention of urine from prostate enlargement can also be treated well
with medicine Sabal Serrulata. It is also the treatment for emission of prostatic fluid during stool or urination. Last but not least, Sabal Serrulata effectively treats the complaint of erectile dysfunction from an enlarged prostate.

**Conium Maculatum** – (For Interrupted Urine Flow in BPH) Conium Maculatum is another extremely effective medicine for benign prostate hyperplasia. A major indication for use of Conium Maculatum is interrupted urine flow from enlarged prostate. Here the urine starts and stops several times before complete voiding. After passing urine, burning pain may be felt in the urethra.

**Cantharis Vesicatoria and Sarsaparilla Officinalis** – (For Burning Pain while Passing Urine) Cantharis Vesicatoria and Sarsaparilla Officinalis are top rated medicines for burning pain while passing urine in BPH. Cantharis Vesicatoria is prescribed if the burning in urethra is felt before, during or after passing urine. There is also a constant desire to pass urine in such cases. In some cases, the scalding sensation is extreme, with passing of urine in drops. Sarsaparilla Officinalis is taken when there is severe burning pain at the conclusion of urination.

**Lycopodium Clavatum** – (For Frequent Urination at Night) For frequent urination at night from benign prostate hyperplasia, Lycopodium Clavatum works wonders. Besides frequent urination at night due to enlarged prostate, another guiding feature for use of Lycopodium Clavatum is the need to wait to start urinating. In short, a person who needs Lycopodium Clavatum passes scanty urine during the daytime and suffers profuse urination at night.

**Baryta Carb** – (For Dribbling Urine) Baryta Carb is known to effectively treat the problem of dribbling after urination in benign prostate hyperplasia cases. Another indication for using Baryta Carb in BPH is sudden urge to urinate, with the inability to retain urine. The urine may be scanty. Burning while passing urine may also be observed.

**Clematis Erecta and Chimaphila Umbellata** – (When there is Difficulty in Initiating Urine) Clematis Erecta and Chimaphila Umbellata are very helpful in treating benign prostate hyperplasia. Clematis Erecta is indicated when there is difficulty in starting to urinate due to prostate enlargement. The person needs to strain hard before urines start to flow. Intense burning may arise while passing the last drops of urine. Dribbling after urination may also be present in some cases. Chimaphila Umbellata is just as helpful where a person needs to strain hard to start passing urine. Urine is scanty and may also be offensive. Burning or scalding while passing urine may also be present. In extreme cases, the urine is passed with a lot of strain, with the body inclined forwards.

**Thuja Occidentalis** – (For Urgency to Urinate) In case of marked urgency to urinate in benign prostate hyperplasia, Thuja Occidentalis is the most appropriate prescription. The urine stream is small. Frequent urge to pass urine may be present. Burning or cutting pain while urinating may be observed. Thuja Occidentalis also effectively treats involuntary urination at night.

**Agnus Castus** – (For Sexual Complaints in BPH) Agnus Castus is a very well indicated medicine for treating sexual complaints in men from benign prostate hyperplasia. Agnus Castus can treat weak erections or complete loss of erections from prostate enlargement. Loss of sex drive in men who suffer BPH can also be treated well with Agnus Castus.

**Digitalis**: Digitalis is mostly used when the patient suffering from prostate gland enlargement also suffers from heart problems. Digitalis does make the pulse weak, slow or even intermittent, however it is worth note that oedema may also occur.

**Staphysagria**: Staphysagria is one of the best homeopathic medicines for various pains which occur in the urinary system in addition to prostate gland enlargement. Common pains which staphysagria cures include pain while urinating, burning sensation in the urethra, feeling like the bladder is not completely...
emptied as well as pain in the urethra when one is not urinating.

**Vesicaria, Prera Brava, Pulsatilla, Kali Bich etc...** Medicines also working all types of Prostate problems.

**Reviews:**

Brian W. MacLaughlin et al. (2006) significant that the stronger to *Sabal serrulata* than to controls BPH problems.

Chennabasavareddy (2010) indicated that the Sabal serculata Homeopathic mother tincture decrease the Prostate problems.

Oberai P et al. (2012) significant that the Homeopathic medicines significantly improved LUTS in men with BPH. Placebo-controlled trials are needed to evaluate the efficacy and effectiveness.

CCRH(2014) explain that the homeopathy help in constructing treatment strategy for BPH patients with lower urinary tract symptoms in improving their quality of life.

Abhijit Chakma et al (2018) shows that the Homoeopathy considers “man as a whole” and thus this patient too improved subjectively and as well as there was marked decrease in prostate size. Homoeopathic treatment is not only to treat BPH or other troubles but also to address its underlying cause, miasmatic background, individual susceptibility, etc.

Neeraj Gupta et al. (2019) suggested that the Homoeopathic medicines can prove to be an reduction in various symptoms of BPH like nocturia, straining, incomplete sensation after urination, interrupted flow of urination with dribbling of urine and urgency.

Jaysee John(2019) asked that the homeopathy is best treatment for Benign Hypertrophy of Prostate (BPH) or Adenomatous enlargement of the prostate is the nonmalignant enlargement of the prostate gland.

**CONCLUSION:**

Homoeopathy is a specialized system of medicine which treats BPH complaints. Homoeopathy believes in holistic individualized approach, and corrects disturbances in the vital force. However, use of therapeutically indicated medicines have been proved beneficial time to time.

**References:**