

# Homoeopathic Approach to Benign Prostate Hypertrophy

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## ABSTRACT

Benign prostatic hyperplasia is one of the common medical conditions affecting the geriatric male. This causes dysuria, constant urgency to urinate, frequent urination and retention of urine, which makes it difficult to carry out daily tasks as usual. BPH can develop when the transitional zone of the prostate's stromal and epithelial cells proliferates due to processes through to be driven by inflammation and sex hormones leading to prostate enlargement for the majority of patient. Treatment options for men with BPH begin with careful wating and continue from medication to surgical intervention. The beginning point on the treatment pathway will be determined by the patient's symptoms and the severity. With Homeopathy, we can reduce the conversion of testosterone into Dihydrotestosterone and increasing level of estrogen.

**Keywords:** Benign prostate hypertrophy, Homoeopathy, Prostate, Benign prostatic enlargement.

## INTRODUCTION

Benign prostatic enlargement (BPE) is extremely frequent. It has been anticipated that nearly half of the men aged 80years and beyond will experience lower urinary tract

symptoms related with bladder outlet obstruction owing to BPE, Benign prostatic hyperplasia is the histological condition that underlying BPE. Benign prostatic enlargement is common. The prevalence of lower urinary tract symptoms linked to bladder outlet obstruction caused by BPE in males 80 years and older is believed to be around 50%. The underlying histological anomaly of BPE is benign prostatic hyperplasia.

## Risk Factors

On population level, there are 2 broad categories of risk factors.

Non-modifiable – Age

Geography

Genetic

Modifiable – Sex steroid hormones

The metabolic syndrome

Obesity

Diabetes

Physical activity

Diet

Inflammation

## Clinical feature

1. Hesitancy, weak urinary flow, and a feeling of incomplete emptying are the

main symptoms of BPE that result from difficulty voiding urinate due to urethral obstruction by the prostate.

2. Urinary frequency, Micturition urgency, and urge incontinence are additional storage symptoms. Some patients acquire a painful, enlargement bladder and are unable to micturate as a result of acute urine retention.
3. Constipation, heavy alcohol consumption or a prostatic infection frequently cause this.
4. Chronic urine retention may also be observed in the patient. Here the bladder steadily swells as a result of prolonged, insufficient emptying.
5. Acute retention, also known as acute-on-chronic retention, can occur in patient with chronic urine incontinence.
6. Nocturnal incontinence is a pathognomonic symptom of this illness, which is characterized by painless bladder distention that can lead to Hydroureters, Hydronephrosis, and Renal failure (high pressure nephrosis, and renal failure).
7. The patient with BPE has a smooth prostate gland and evidence of prostatic enlargement on digital rectal examination.
8. Patient with urine retention may also show signs of bladder enlargement during an abdominal exam.

### Complications

- Hydronephrosis in severe cases kidney malfunctioning
- Patients with immunocompromised infections that may lead to death
- Other complications include acute retention of urine, bladder stones, nephrolithiasis, and gross haematuria.

### Homoeopathic approach

Homeopathy manages the symptoms of BPH which is

1. Dribbling of urine after urination
2. Burning micturition
3. Sense of incomplete bladder

4. Weak urinary stream
5. Incontinence or sexual dysfunction and avoiding surgery in many cases.

Homeopathy, being both natural and effective, is one of the most popular methods of prevention.

### Rubrics

- KENT-[Prostate gland]-enlargement-Dribbling urine after stool.
- KENT-[Prostate gland]-Pain-coition after.
- KENT-[Prostate gland]-pain-urination during.
- KENT-[Prostate gland]-pain-urination after.
- KENT-[Prostate gland]-pain-urinate, urging to.
- KENT-[Prostate gland]-emission prostatic fluid, dribbling.

### Homoeopathic Management

#### 1. Aloes Socotrina

Sensation as if a plug were wedged between symphysis and coccyx, pressing downwards incontinence of urine from enlarged prostate intense pain and soreness in rectum after stool with protrusion of piles < from touch and temporarily> by cold water incontinence in aged in the rectum down sensation and enlarged prostrated in scanty and highly colour and urine. Burning when urinating.

#### 2. Baryta Carbonica

Enlargement of prostate, sensibility of bladder with mucopurulent discharge; dysuria Sanelisiwe loins when the gravel is tariffing urine of a repulsive odour, formication at anus. too frequent desire to evacuated bladder urine normal profuse urine very debilitating urine. Urine contains mucus and pus.

#### 3. Cantharis

One of the medicines for BPH with burning urination. Burning pain and an intolerable, constant urge to urinate while only losing a few drops of urine. All pains are sore raw,

burning, cutting, biting and smarting, intense sexual desire arises from the inflamed pelvic region. Few bloody drops will pass at a time and the pain in urethra and bladder are intense burning, cutting and itching.

#### 4. Conium Maculatum

Enlargement and induration of prostate cause intermittent urination in old people, urine flows and stops discharge of prostatic fluid on every change of emotion, without voluptuous thoughts or while expelling faeces with itching prepuce, pressure in neck of bladder with stitches < when walking > when sitting weight like stone in perineum. Very hard prostate, itching of the skin, enlarged lymphatic glands.

#### 5. Ferrum Picricum

Enlarged prostate frequent attacks of acute congestion in younger prostatic patients resulting in acute complete retention of urine. Pain along entire urethra. Frequent micturition at night with full feeling and pressure in rectum. Retention of urine.

#### 6. Iodium

Swelling and induration of prostate and of testicles incontinence of urine stricture of urethra in the aged with uremia symptom urine dark, thick, ammoniacal very hard enlarged lymphatic gland emaciated patient with dark hair.

#### 7. Natrum Muriaticum

Irregular enlarged prostate in anaemic patient burning, cutting pain when passing the urine purulent urine. Frequent and urgent want to urinate day and night sometimes every hour with copious emission. Involuntary emission of urine sometime on coughing, walking, laughing or sneezing. Nocturnal emission of urine. Clear urine with red sediment, resembling brick-dust discharge of mucus from urethra after the emission of urine. Urine is dark like coffee or black.

#### 8. Oleum Sandal

Sensation of pain and uneasiness deep in perineum, desire to change position to get relief stream small and passed with hesitation feeling of a ball pressing against urethra pain > while walking < when standing sometime, heaviness of full in the morning when first rising from bed sexual power weak, erections feeble the urine red and scanty.

#### 9. Sabal Serrulata

Main action is on Genito-urinary organs promotes nutrition and tissue building. Fear of going to sleep constant desire to pass water at night. Enuresis paresis of sphincter vesicae. chronic gonorrhoea. Cystitis with prostatic hypertrophy. Easing of testes and loss of sexual power coitus painful at the time of emission.

### CONCLUSION

Homeopathy is a safe and effective tool that can easily be integrated into a practicing clinicians' armamentaria as either first-line therapy or adjunctive treatment.

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