

Case of Benign Prostatic Hyperplasia by Homoeopathy: A Case Report

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ABSTRACT

Introduction: The prostate gland is the male organ that produces semen, the milky-colored fluid that nourishes and transports sperm during ejaculation. It sits beneath the bladder and surrounds urethra, the tube that drains urine from the bladder. When it becomes enlarged, the prostate can put pressure on urethra and cause difficulty in passing urine. Most men have a period of prostate growth in their mid- to late 40s. At this time, cells in the central portion reproduce more rapidly, resulting in prostate gland enlargement. As tissues in the area enlarge, they often compress the urethra and partially block urine flow. Benign prostatic hyperplasia (BPH) is the medical term for prostate gland enlargement. Treatment of prostate gland enlargement depends on the signs and symptoms and may include medications, surgery or nonsurgical therapies. Prostate gland enlargement is not related to the development of prostate cancer.

Case Summary: A 58-year-old men presented at an outpatient clinic with dribbling of urine with frequent desire of urine and patient always feel to urgent need to urinate every time. Sebal Serrulata was prescribed initially in mother tincture form and later Lycopodium 200 was prescribed as per the homoeopathic principles. The case was followed up fortnightly for 4 months. The patient was successfully treated with marked improvement in signs and symptoms.

Conclusion: Homoeopathy not only treat the physical complaints but treats the patient holistically and as a whole. It resolves the mental trauma due to the physical complaints which master Hahnemann differentiated as somato-psychic disorders. Homoeopathy has its bang on results in the geriatric diseases and can be treated as speedily as treated by other schools of medicines and in more gentle way with humanistic approach.

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KEYWORDS: Prostatic, Benign, Hyperplasia, Sebal Serrulata, Homoeopathy and Psychological

INTRODUCTION

Prostate Enlargement

The prostate gland is the male organ that produces semen, the milky-colored fluid that nourishes and transports sperm during ejaculation. It sits beneath the bladder and surrounds urethra, the tube that drains urine from the bladder. When it becomes enlarged, the prostate can put pressure on urethra and cause difficulty in passing urine. Most men have a period of prostate growth in their mid- to late 40s. At this time, cells in the central portion reproduce more rapidly, resulting in prostate gland enlargement. As tissues in the area enlarge, they often compress the urethra and partially block urine flow. Benign prostatic hyperplasia (BPH) is the medical term for prostate

gland enlargement. Treatment of prostate gland enlargement depends on the signs and symptoms and may include medications, surgery or nonsurgical therapies. Prostate gland enlargement is not related to the development of prostate cancer. The commonly experienced symptoms of BPH as follows:

- Weak urine stream
- Stopping and starting while urinating
- Dribbling at the end of urination
- Frequent need to urinate
- Increased frequency of urination at night
- Urgent need to urinate
- Not being able to completely empty the bladder

- Blood in the urine
- Urinary tract infection

At the time of birth, the prostate gland is about the size of a pea. It grows slightly during childhood and then at puberty undergoes a rapid growth spurt. By age 25, the prostate is fully developed and is about the size of a walnut. Changes in the ratio of male hormone (testosterone) and female hormone (estrogen) levels in men may stimulate the prostate to grow. Another possibility is that with growing age the prostate gland becomes more sensitive or responsive to normal levels of male hormone and grows more rapidly. The main risk factors for prostate gland enlargement include aging, heredity and geographical origin. Prostate gland enlargement becomes a serious health threat only if it interferes with our ability to empty bladder. A bladder that's continuously full can interfere with our sleep, it can cause recurrent bladder infection or result in kidney damage. Men who have an enlarged prostate are at increased risk of:

- Acute urinary retention (AUR)
- Urinary tract infections (UTIs)
- Bladder stones
- Bladder damage
- Kidney damage

Any treatment for prostate gland enlargement is not a preventive treatment for prostate cancer. With your regular treatment for BPH you must go through the regular prostate gland examination screen for cancer. Making some changes in your living habits can give relief in the symptoms of BPH which are as follows:

- Avoid taking beverages in the evening.
- Reduce intake of caffeine or alcohol
- Reduce dose of diuretics
- Avoid taking decongestants or anti allergic drugs
- Attend your call for urination whenever there is urging

Important Homeopathic medicines for Prostate Enlargement:

- Conium Maculatum
- Digitalis Purpurea
- Ferrum Picricum
- Hydrangea Arborescens
- Iodium Purum
- Kali Iodatum
- Melastama Ackermanni
- Pulsatilla Nigricans
- Sabal Serrulatum
- Selenium
- Solidago Virgaurea
- Staphysagria
- Thuja Occidentalis

Role of Homeopathy in Prostate enlargement or Benign Prostatic Hyperplasia:

Specific homeopathic remedies which are known to act on prostate gland are found helpful in reducing swelling and obstruction of urethra. This action of homeopathic medicine helps in reducing the symptoms of BPH. Patient experiences better flow and less strain at urine. Constitutional treatment with homeopathic medicine may help in restricting the progress of the complains. Homeopathic medicines are safe and do not warrant any side effects. Homeopathy cannot revert the swelling of prostate of long standing cases. But initial stages have shown good hope in complains of prostate enlargement.

Patient information:

A 58-year-old men presented at an outpatient clinic with dribbling of urine with frequent desire of urine and patient always feel to urgent need to urinate every time. Sebal Serrulata was prescribed initially in mother tincture form and later Lycopodium 200 was prescribed as per the homoeopathic principles. The case was followed up fortnightly for 4 months. The patient was successfully treated with marked improvement in signs and symptoms.

Past history:-

Jaundice 12 years back

Family history:-

Father- Hypertension
 Mother - Diabetes mellitus
 Younger brother- Paralysis

Physical generals:-

Appetite- 3 chapatis/ meal
 Thirst- Thirsty(of cold water at short interval)
 Sleep- Sleeplessness (Due to persistent thoughts)
 Desire- Spicy ++
 Stool- 1/0- D/N
 Urine- 8-9/0 - D/N
 Thermal – Hot
 Perspiration- Not specific

Mental generals: -

Restlessness, Anxious
 Dreams of snakes
 Dreams of death of family members
 Extrovert++
 Loquacity+++
 Witty+++

Totality of symptoms:-

Dreams of snakes ++
 Dreams of death++,
 loquacity +++,
 Witty +++,
 Blackish discolouration on left side of abdomen +++,
 Sleeplessness due to persistent thoughts++,

Hot patient++

Prescription: -

23/06/2018- PSA- 19.0 ng/dl

Rx:- Sebal Serrulata Q 10 drop TDS in Lukewarm water

SAC LAC 4 pills BD for 15 days

Follow-up:-

18/07/2018- PSA- 15.1 ng/dl

Rx:- Sebal Serrulata Q 10 drop TDS in Lukewarm water

Lycopodium 200 4 pills OD for 15 days

15/10/2018: -PSA- 8.8 ng/dl

Rx:- Sebal Serrulata Q 10 drop TDS in Lukewarm water

Lycopodium 200 4 pills OD for 15 days

15/11/2018: - PSA- 3.5 ng/dl. All complaints recover.

Clinical findings:

PSA- 19.0 ng/dl

Diagnostic assessment:

- According to PSA (Prostate Specific Antigen),
- And Symptomatic assessment- according to improvement of sign and symptoms.

Miasmatic analysis:

Benign prostate hypertrophy is a condition where there is excessive accumulation of tissue in the prostate and swelling of the gland. Hence it is purely a state in SYCOTIC MIASM. If this condition is untreated, it may proceed to SYPHILITIC MIASM (malignant condition).

Therapeutic intervention:

Taking medicine is the most common treatment for mild to moderate symptoms of an enlarged prostate.

1. **Baryta carb:** Baryta carb is one of the best homeopathic remedies for prostate gland enlargement in the elderly. Common conditions which may indicate that Baryta carb is the best remedy for your prostate gland enlargement patient include degenerative diseases such as losing memory, cardiovascular problems and other problems besides losing memory in the cerebral system.
2. **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.

3. **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.

4. **Conium:** Frequent urination is yet another symptom of prostate gland enlargement. This problem is caused by an injury to the area where the prostate glands are located. This injury hardens the glands. The passage of urine will be extremely difficult with urine starting to pass and then stopping again. There is also dribbling of urine after completion of urinating.

5. **Sabal Serrulata:** Sabal Serrulata is one of the most popular homeopathic medicines for prostate gland enlargement with many patients having consumed it reported great results. It works for most causes of prostate gland enlargement as well.

Conclusion:

Homeopathy is a very safe and gentle mode of therapy, which aims at stimulating the patient's immune system so it can clear out the infection on its own. These medicines are prepared from natural sources and are hence devoid of side effects and suitable for all age groups. Homeopathic medicines help control fungal growth, reduce the inflammation, redness and itching and help restore normal healthy skin. They also prevent future recurrences of the condition.

Specific homeopathic remedies which are known to act on prostate gland are found helpful in reducing swelling and obstruction of urethra. This action of homeopathic medicine helps in reducing the symptoms of BPH. Patient experiences better flow and less strain at urine. Constitutional treatment with homeopathic medicine may help in restricting the progress of the complains. Homeopathic medicines are safe and do not warrant any side effects. Homeopathy cannot revert the swelling of prostate of long standing cases. But initial stages have shown good hope in complains of prostate enlargement.



**1st VISIT 2nd VISIT 3rd VISIT 4th VISIT
Follow Up of Case**

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