

Role of Homoeopathic Mother Tincture in Management of Benign Prostatic Hyperplasia - A Review

Dr. Bhavesh Kumar Bisen M.D.(Hom), M.Sc. (Dietetics)^{1*}

¹Assistant Professor, Department of Practice of Medicine Ram Krishna College of Homoeopathy & Medical Sciences, RKDF, University Campus, Bhopal MP -462033, India

***Corresponding Author:** Dr. Bhavesh Kumar Bisen

Assistant Professor, Department of Practice of Medicine Ram Krishna College of Homoeopathy & Medical Sciences, RKDF, University Campus, Bhopal MP -462033, India

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Abstract: Benign prostatic hyperplasia (BPH) is also called enlargement of the prostate. It is an old age disease. It is found in males. It is mostly found above the age of 50. Due to the increase in the size of the prostate, there found various symptoms like difficulty in micturition, and painful urination. Nocturia, lower abdominal pain, incontinence, intermittent. The main cause of Benign prostatic hyperplasia is testosterone excess, which converts into Dihydrotestosterone (DHT) by 5 alpha reductases enzyme. Dihydrotestosterone is an active form of testosterone. Which binds with the glandular tissue of the prostate gland and is responsible for increasing the size of the prostate gland. The homeopathic mother tincture is very effective in treating Benign prostatic hyperplasia. Different types of homeopathic literature present about effects of homeopathic medicine. This article tries to present information for homeopathic physicians and homeopathic practitioners to treat and manage cases of Benign prostatic hyperplasia. This article also helps to reduce complications and severity of symptoms of Benign prostatic hyperplasia. Homeopathic Mother Tincture is effective in treating prostate and helps in avoiding surgery. This search strategy for this review article included all clinical trials, observational studies, and reviews published in the past years. Google, Homeopathic Materia Medica, websites and books, and Wikipedia were also searched to enrich the review. This review has attempted to present this information.

Keywords: Homoeopathy Medicines, Benign Prostatic Hyperplasia, Homoeopathy, Review, Prostate, Homeopathic Mother Tincture.

INTRODUCTION

The prostate is the most important gland of the male genital organ [1]. Benign prostatic hyperplasia (BPH) is a clinical condition in which enlargement of the prostate gland is due to the proliferation of glandular tissue [3, 5]. It is commonly found at the age of 40 [1]. The prostate gland is made up of stromal and epithelial elements [4]. It is tubuloalveolar in nature [1]. It is present in the male genital organ [1, 3, 4]. The weight of the prostate is about 20 grams [1], the length is 3 cm, and the width of the gland is 3.8 cm [4].

It has five lobes [6]

- Anterior lobe – It is present in front of the urethra. There is no glandular tissue due to no benign hypertrophy [3].
- Posterior lobe – it is posterior to the urethra.
- Middle lobe – It is present between the urethra and ejaculatory duct. Most glandular tissue of the prostate is present. It is a common site of benign hypertrophy. There is a small projection of the middle lobe on the urethra, called the verumontanum.
- Two lateral lobes – There is a very common adenoma.

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It has five surfaces [6]

- Superior surface
- Posterior surface
- Apex
- Two Inferior lateral surface

It has three-zone [6]

Central zone – it is a cone-like shape area. It surrounds the ejaculatory duct. There is found 25 percent prostatic tissue.

Peripheral zone – it is the Posterolateral area of the zone. There is found maximum prostatic tissue. 70 percent of cancer originated from this zone. It is a common site for prostate cancer.

Transitional zone – It is found in the middle lobe of the prostate. It is a common site of benign hypertrophy.

Benign Prostatic Hyperplasia (BPH)

The enlargement of the prostate gland is called Benign prostatic hyperplasia (BPH) [6]. It is a common benign clinical condition in males [5, 6]. It is commonly found at the old age of males [6]. It is not a malignant condition [6]. In which enlargement of the prostate gland is due to an increased number of cells in the prostate [6]. 50 percent of prostate cases require medicinal treatment. There may be the following symptoms dysuria, nocturia, incontinence, poor stream, etc.

Etiology:

The common cause of Benign prostatic hyperplasia is excessive androgen-dependent of the stromal cell and epithelial cell of the prostate gland [3]. It is not found in the puberty age of males because it blocks testosterone activity[3].

In BPH overactivity of the hypothalamic-pituitary-gonadal axis and increased conversion of testosterone into dihydrotestosterone, which acts on the prostate gland's stromal cell and epithelial cells.

Other causes like obesity, type 2 diabetes, erectile dysfunction, calcium channel blockers, and anticholinergics drugs [5].

In 2008, Gat *et al.*, published a paper showing local testosterone levels increased more than 100-fold above serum levels[11].

BPH is also associated with metabolic syndrome [5].

Clinical presentation of BPH: Clinical presentation into two components

- **Mechanical component** – Due to enlargement of the prostate gland, urethral obstruction, and lower urinary tract infection.
- **Dynamic component** - Due to contraction of smooth muscles of the prostate gland at the level of the neck of the urinary bladder, which causes contraction of the neck of the bladder and produces obstruction.

Clinical features:

- **Irritative symptoms [3]-**
 - Dysuria
 - Increase urine frequency
 - Nocturia
 - Increase urgency
 - Incontinence
- **Obstructive symptoms [3]-**
 - Poor stream
 - Hesitancy
 - Intermittent interruption of the urinary stream
 - Incomplete empty
 - Post-void urination
 - Urine retention

Diagnosis [3, 5]:

- History of patient
- Examination of patient
 - Abdominal examination – palpitation of bladder

- Digital rectal examination
- Neurological examination
- Blood test – urea and electrolytes
- Urine examination – routine and microscopic
- Ultrasonography- the most important diagnostic test
- Prostate-specific antigen (PSA)
- Urodynamic test
- Cystourethroscopy

Management of Benign prostatic hyperplasia (BPH)

The objective of the treatment and management of BPH is to reduce complications and severity of symptoms. In this article, we will discuss the use of homeopathic mother tinctures to treat BPH.

Clinical Indication of Homeopathic Mother Tincture:

Alfa Alfa Mother Tincture [8]:

- Enlargement of prostate with polyuria
- Frequent urging of micturition
- Kidney dysfunction
- Help to eliminate of urea and phosphate

Chimaphila umbellata Mother Tincture [8]:

- Enlargement of the prostate with irritation
- Sensation of a ball in the perineum
- Urging to micturate
- Being unable to urinate without standing with legs extended and body bent forward.
- Strain before flow comes
- Scanty urination
- Buring during micturition
- Urine – offensive, bloody, turbid.
- Pain in the urethra due to prostate enlargement
- Inflammation of prostate

Hydrangea Mother Tinture [8]:

- Enlargement of the prostate with severe back pain especially on the left side.
- Burning in urethra
- Frequent desire of urination
- Urine is hard to start
- Great thirst
- Urine – bloody, mucus, white amorphous salt
- Pain in the lumber region

Pareira Brava Mother Tinture [8]:

- Enlargement of the prostate with constant urging.
- Great straining
- Pain going down the thigh during urination.
- He can urinate only if he sits on his knees and presses his head firmly on the ground.
- Dribbling after urination
- Violent pain in the penis
- Urethral pain during urination

Sabal serrulata Mother Tinture [8]:

- Chronic and Acute Enlargement of the prostate with difficulty in urination.
- Constant desire to pass w=urine at night
- Nocturia
- Painful urination
- Inflammation of urethra and urinary bladder
- Wasting of testes
- Loss of sexual power

- Painful intercourse
- Impotence

Solidago Mother Tincture [8]:

- Enlargement of the prostate with difficulty in urination.
- Painful urination
- Urine – Scanty, bloody, reddish- brownish, thick, albuminous, slime, clear and offensive.
- Sometimes the use of a catheter becomes unnecessary

Stigmata Mother Tincture [8]:

- Enlargement of the prostate with suppression and retention of urine.
- Painful urination
- Scanty micturition
- Tenesmus after urination
- Urine – scanty, bloody.
- Abdominal pain
- Inflammation of bladder

CONCLUSION

Benign prostatic hyperplasia (BPH) is a male old age problem [2]. It is a normal aging process [2]. It is mostly found above the age of 50. There are common symptoms like urinary tract obstruction [2, 3]. In BPH, the severity of symptoms is due to enlargement of the middle lobe of the prostate [10]. There are various types of homeopathic mother tinctures that are very useful for treating benign prostatic hyperplasia [10]. This review article is about the treatment of Benign Prostatic Hyperplasia. In this article, we discuss various homeopathic mother tinctures. These homeopathic mother tinctures are very useful in treating prostate problems [12]. Based on symptom similarities we use mother tinctures for treating benign prostatic hyperplasia. This article helps physicians understand benign prostatic hyperplasia and its treatment by homeopathic mother tincture. This article also shows the importance of homeopathic mother tinctures in the treatment of benign prostatic hyperplasia [10]. Homeopathic Mother Tincture is useful in the treatment of prostate and helps to avoid surgery.

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