

Treating Enlarged Prostate With Homoeopathy

Dr Shivani Lakhtakia

Symptoms

Most commonly seen symptoms are as follows:

- ◆ Frequency of urination is usually more in the nights
- ◆ Urgency of urination - there is an inability to delay urination
- ◆ Trouble starting a urine stream
- ◆ A weak or interrupted urine stream
- ◆ Sensation of incomplete emptying, terminal dribbling at the end of urination
- ◆ Urinary retention - the inability to empty the bladder completely
- ◆ Urinary incontinence - the accidental loss of urine
- ◆ Urine that has an unusual colour or smell due to secondary changes
- ◆ Recurrent UTI

Though BPH is a painless condition but pain can be due to secondary changes like cystitis, acute retention and sensation of fullness in rectum.

Causes

- ◆ Factors responsible for BPH are not well documented. However, it is considered a condition of male ageing process. It is probably caused by hormonal imbalance. Researchers have found that there is no role of any kind of diet or nutrition in causing or prevention of BPH.
- ◆ BPH is a non malignant (non cancerous) condition and does not affect a men's sexual life.

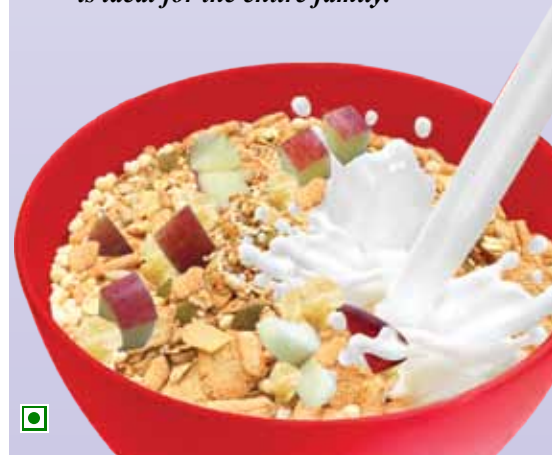
Prasad is a 57-year-old gentleman and a regular patient of mine. He would visit the clinic for many of his complaints. During one of his visits, he complained that he urinates frequently and sometimes he feels difficulty while passing urine. After taking his history, I advised him to undergo a few tests. Reports showed that his prostate was enlarged which is known as Benign Prostatic Hyperplasia (BPH). It is a condition in which there is an enlargement of the prostate gland. Prostate gland enlargement is most commonly found among men over 50 years of age. Prostate is the gland of male reproductive system and it is of the size of a walnut. The function of this gland is to secrete a fluid which helps nourish the sperms. As age advances, it grows larger in size and puts pressure on the urethra which courses through the centre of the prostate. This results in the narrowing of the urethra and can impede the flow of urine.

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Role Of Homoeopathy

Conventional treatments have very limited scope in treating BPH. The homoeopathic approach towards treatment of BPH depends upon the following factors:

- ◆ Age of the patient
- ◆ Duration of disease
- ◆ Extent of enlargement of prostate
- ◆ Underlying infection and severity of the symptoms
- ◆ Associated diseases such as diabetes, hypertension etc

Homoeopathic medicines are safe and have no side-effects. Homeopathic medicines can be used in mild to moderate symptoms of prostate enlargement. They are effective in reducing the size of the prostate without undergoing the stress and complication of surgery. Homeopathic treatment helps in reducing the symptoms of prostate enlargement such as urinary frequency, urinary infections and also improves urine flow. Homoeopathy can be a very good alternative if administered timely in elderly patients who believe there is no alternative to surgery. Homoeopathy not only has a

therapeutic effect but has a preventive aspect also.

In homoeopathy, there are several medicines which help in reducing the tendency of growth formation in the body. The approach towards treatment is to take detailed case history and prescribe constitutional medicines once the acuteness of symptoms is reduced.

Some of the most commonly used medicines for BPH are:

- ◆ Conium
- ◆ Calcarea Carb
- ◆ Copaiva
- ◆ Thuja
- ◆ Pulsatilla
- ◆ Sabal Serr
- ◆ Baryta Carb
- ◆ Ferrum Pic
- ◆ Selenium
- ◆ Lycopodium
- ◆ Chimaphila
- ◆ Clematis

If you are experiencing any of the symptoms mentioned in this article, then visit a homeopathy expert for a detailed check-up and treatment.