

Benign prostatic hyperplasia (BPH) and it's ayurvedic management

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ABSTRACT:

BPH Benign prostatic hyperplasia is a condition occurs in men after age of 50. It gives symptoms like frequency of micturation, hesistancy, urgency of micturation and nocturia .

In modern sciences only alpha blocker, 5- *Alpha-reductase inhibitors (5-ARIs)* are used. if it not gives result the surgical option is preferred i.e. TURP Freyer's suprapubic transvesical prostatectomy. Millions retropubic prostatectomy.

To avoid the surgery and for getting satisfactory result & also reduce the price of treatment, *ayurvedic* view towards BPH treatment is useful .here researcher gathering the *ayurvedic* treatment for BPH or *Vatshthila (mutraghat)* .

Key words: BPH, *Vatshthila* , *mutraghat* .

INTRODUCTION -

Benign prostatic hyperplasia is a condition that occurs when the prostate gland enlarges, which significantly slowing or blocking the urine stream. Other names for

benign prostatic hyperplasia include benign prostatic hypertrophy, an enlarged prostate, and BPH. Approximately 8 percent of men aged 31 to 40 have BPH. In men over age 80, more than 80 percent have BPH.

Many men with BPH have no symptoms. In men with symptoms, the most common include need to urinate frequently (during the day and night) and a weak urine stream leaking or dribbling of urine. ^[1]

These symptoms tend to appear over long time and may gradually worsen over the years. But , some men have an enlarged prostate that causes few or no symptoms, while other men have symptoms of BPH that later improve or stay the same. Some men are not give their symptoms, while others are bothered by it .

In a small percentage of men, untreated BPH can cause urinary retention, which means that the man is unable to empty the bladder proprly. The risk of urinary retention increases with the age, and symptoms are worsen.

Symptoms of BPH also can be caused by other conditions, including, kidney stones

prostate or bladder cancer. Overactive bladder causes a strong, frequent, uncomfortable need to urinate immediately.

For these reasons researcher gathering the treatment related to symptoms related to BPH.

ETIOLOGY:

There are some theories related to BPH.

1. Hypothalamus → release of LHRH → release of LH from anterior Pituitary stimulate → Leydig cells of testis release testosterone convert TS to DHT
2. With age TS level drops slowly but fall of estrogen level is not equal, so prostate enlarges through intermediate peptide growth factor .

PATHOLOGY -

- BPH usually involves median & lateral lobes or one of them.
- It involves adenomatous zone of prostate.
- Lateral lobes narrow the urethra causing obstruction.
- Urethra above the *veru montanum* gets elongated and narrowed.
- Bladder initially takes the pressure burden causing trabeculations, accusations and later diverticula formation.
- Often severe obstruction causes obstructive uropathy with renal failure.

BENIGN PROSTATIC HYPERPLASIA SYMPTOMS –

The symptoms of BPH usually begin after age 50. The most common symptoms of BPH include:

Frequent urination, especially at night
A hesitant, interrupted, or weak stream of urine
Urinate frequently
Dribbling of urine
Prostatism is a combination of systems like frequency both at day & night, poor stream, delay in starting & difficulty in micturation .

DIFFERENTIAL DIAGNOSIS –

- Stricture urethra
- Bladder Ca .
- Neurological cause of retention of urine
- Idiopathic detrusor activity
- Bladder neck stenosis .

INVESTIGATIONS –

- Urine for microscopy and C/S
- Blood Urea ,Sr. Creatinine .
- Urodynamics
- Cystoscopy
- Trans rectal US
- PSA (prostate specific antigen)
- IVU
- Sr.electrolytes.

TREATMENT –

A. Surgical treatment -

1. Transurethral resection of prostate (TURP)
2. Freyer's suprapubic transvesical prostatectomy .

3. Millins retropubic prostatectomy.
B. Medicinal treatment -
4. *Alpha-Blockers*- Alfuzosin
5. Doxazosin
6. Tamsulosin
7. Terazosin
8. Silodosin*
9. *5- Alpha-reductase inhibitors (5-ARIs)*
10. Dutasteride
11. Finasteride
12. *Combination Therapy*
13. Alpha blocker and 5-alpha-reductase inhibitor
14. Alpha blocker and anticholinergics

BPH gives clinical features like VATSHTILA in ayurveda .

TREATMENT _According to ayurveda

- *Mutrakruchahar kalka*
- *Mutrakruchahar Yog*

- *Amlikrut Surayog*
- *Kumkum-madhudak yog*
- *Ashmari nashak yog*
- *Uttar Basti*
- *Mutral drugs like gokshur, varun, pashanbheda .etc*

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