

PROSTATE ENLARGEMENT (MUTRASHTHEELA)



Varuna

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is BPH (Prostate enlargement - Mutrashtheela)/ Urinary diseases (Mootra Roga)?

BPH (Benign Prostate Hypertrophy)

Vayu creating obstruction in urinary bladder and anal region and blowing them up produces a stony massmobile, protruded, extremely painful and causing obstruction in passage of urine and faeces.

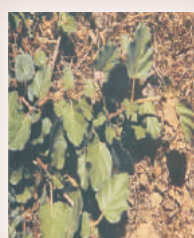
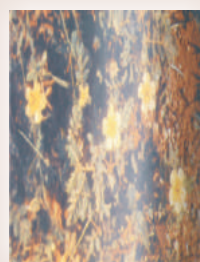
Urinary diseases

Diseases pertaining to the urinary tract result into burning, stinging pain and general discomfort while urination; these may be due to various reasons including infection.

What is the impact of BPH (Prostate enlargement - Mutrashtheela)/ Urinary diseases (Mootra Roga)?

BPH (Prostate enlargement)

- Inability to empty the bladder completely
- Nocturia (Urinating at night)
- Shorter voiding intervals
- Difficulty in initiation of urination
- Straining to void
- Weak urinary stream and dribbling



Punarnava

Urinary diseases

- Burning micturition
- Scalding pain is felt in the urethra during micturation
- Supra pubic pain (lower abdomen) during and for a few moments after voiding
- Pain and tenderness in loins and flanks
- Intense desire to pass more urine after bladder has been emptied
- Fever with rigors, nausea or vomiting
- Blood in the urine or pyuria (pus in the urine) can occasionally occur

Gokshura

How Ayurveda manages BPH (Prostate enlargement - Mutrashtheela)/ Urinary diseases (Mutra Roga)?

According to the predominance of doshas these should be treated with diuretics. Enema, urethral douche should be given in all cases.

- Snehana (Oleation)
- Swedana (Sudation)
- Virechana (Therapeutic purgation)
- Vasti (Medicated enema) according to the need

Some useful Ayurvedic Formulations:

- Chandraprabha vati
- Gokshuradi guggulu
- Varuna shigru kwatha
- Trinapanchamula kwatha
- Shweta parpati



Narikela

What are the useful medicinal plants for BPH (Prostate enlargement - Mutrashtheela)/ Urinary diseases (Mutra Roga)?

- Varuna (Crataeva nurvula)
- Gokshura (Tribulus terrestris)
- Punarnava (Boerhavia diffusa)
- Narikela (Cocos nucifera)
- Shigru (Moringa oleifera)
- Pashanabheda (Saxifraga ligulata)



Shigru

Specific Do's and Don'ts

Do's:

- Wheat, Old Rice, Mudga (green gram) juice, Kulatha (Horse gram), Yava (barley) water
- Usage of Garlic, Turmeric, Ginger, Patola (snake gourd), Shigru (drum stick), Coconut, Cucumber, Watermelon, Coriander, Cumin seed, Sugarcane, Grapes, Buttermilk, etc.
- Usage of adequate water
- Tub bath, cold bath, sudation, etc.



Pashanabheda

Don't's;

- Tomato, pea, black gram, spinach
- Jamun, mustard, sesame, Jaggery, excess hot and spicy food items etc.
- Suppression of natural urges
- Exposure to excess heat

Important Scientific References & Reading material

- Kaviraj Ambikadatta Shastri :Susruta Samhita Chaukhamba sanskrit samsthan, Varanasi, 10 th edition, 1996.
- Prof.P.V.Sharma:, Charaka Samhita Vol. 1 and 2 (Text with English Translation), Chaukhamba Orientalia, Gokul Bhawan, K-37/109, Gopal Mandir Lane, Varanasi-1 (India) 1st edition, 1983.
- Sapro Umesh Kumar et.al. " Recent Advances in the field of UTI in Ayurveda." The Journal of Research & education in Indian medicine, Vol- XIII-2, ISSN 0970-7700 April-June, 2007