PROSTATE ENLARGEMENT (MUTRASHTHEEALA)

Varuna

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

BPH (Benign Prostatic Hypertrophy)

Vayu creating obstruction in urinary bladder and anal region and blowing them up produces a story masayamala, produces, extremely painful and causing obstruction in passage of urine and feces.

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 - Mutrashttheela)/ Urinary diseases (Mootra Roga)?

BPH (Prostate enlargement)

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

Urinary diseases

- Burning micturition
- Scalding pain is felt in the urethra during micturition
- 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

How Ayurveda manages BPH (Prostate enlargement - Mutrashttheela)/ Urinary diseases (Mootra Roga)?

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

- Snanana (Oleation)
- Swadana (Sudation)
- Virechana (Therapeutic purgation)
- Vasti (Medicated enema) according to the need

Some useful Ayurvedic Formulations:

- Chandrasparsha vati
- Gokshuradi guggulu
- Varuna shilajit kwatha
- Tribulanchurula kwatha
- Shvetta parpad

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

- Varuna (Crailea nervosum)
- Gokshura (Trilobulus terrestris)
- Punarnava (Boernheria diffusla)
- Narikela (Cocus nucifera)
- Shigru (Moringa oleifera)
- Pashanarshna (Saxifraga ligulata)

Specific Do’s and Don’ts

Do’s:

- Wheat, Oat Rice, Mudga (green gram) juice, Kuletha (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.

Don’ts:

- 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

- Sapra Umesh Kumar etal: 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