

HOMEOPATHIC MEDICINES FOR BENIGN PROSTATE HYPERPLASIA (BPH)

Example Plan Of Care:

1. Iodine level [100- 380] --> unprocessed salt [bromide detox] + seaweed [iodine] to reduce risk for prostate CA.
2. Doctor's Data Toxic Element Profile for Cadmium [smelting, kidney dysfunction], lead, mercury [Candida]--> HM Detox: cilantro juice or tincture + chlorella x 1½ to 2 months
1. Chinese Herbs, Western herbs, and **Homeopathics**: symptom relief
2. Chinese Herbal Protocol from China: 1 to 3 months for prostate calcification
3. Acupuncture to regulate stress & hormone imbalance
4. Male Hormone Assay + Functional Medicine Male Hormone Balance Protocol: Supplements, Diet & Lifestyle

Best Homeopathic remedies for BPH.

- Sabal Serrulata** is one of the top grade Homeopathic medicines for BPH. There are many symptoms that guide its use. The first among them is difficulty & pain upon starting urination, frequent desire to pass urine at night, and Dribbling urine. PLUS Aching pain in prostate that extends to abdomen, urinary Retention, emission of prostatic fluid during stool or urination, and complaint of erectile dysfunction.
- Lycopodium Clavatum** for frequent urination at night. Another key note is the need to wait to start urinating. In short, a person who needs Lycopodium Clavatum passes scanty urine during the daytime and suffers profuse urination at night.
- Conium Maculatum**.

Difficulty initiating urine due to BPH:

- Clematis Erecta** is indicated when there is difficulty in starting to urinate. The person needs to strain hard before urine starts to flow. Intense burning may arise while passing the last drops of urine. Dribbling after urination may also be present in some cases.
- Chimaphila Umbellata** is just as helpful where a person needs to strain hard to start passing urine. Urine is scanty and may also be offensive. Burning or scalding while passing urine may also be present. In extreme cases, the urine is passed with a lot of strain, with the body inclined forwards.

Dribbling urine due to BPH:

- Baryta Carb** effectively treats dribbling after urination in BPH. Another indication is sudden urge to urinate, with the inability to retain urine. The urine may be scanty. Burning while passing urine may also be observed.

Interrupted urine stream from BPH:

- Conium Maculatum**. Extremely effective. A major indication is interrupted urine flow from enlarged prostate. Here the urine starts and stops several times before complete voiding. After passing urine, burning pain may be felt in the urethra.

Urinary urgency due to BPH:

- Thuja Occidentalis**. For marked urgency to urinate. The urine stream is small. Frequent urge to pass urine may be present. Burning or cutting pain while urinating, and involuntary urination at night.

Weak urinary stream due to BPH:

- Argentum Nitricum**
- Clematis Erecta**

Burning during urination due to BPH?

- Cantharis Vesicatoria** is prescribed if the burning in urethra is felt before, during or after passing urine. There is also a constant desire to pass urine in such cases. In some cases, the scalding sensation is extreme, with passing of urine in drops.
- Sarsaparilla Officinalis** is taken when there is severe burning pain at the conclusion of urination.

Erectile dysfunction due to BPH?

- Agnus Castus** is for treating sexual complaints in men from BPH. Agnus Castus can treat weak erections or complete loss of erections from prostate enlargement. Loss of sex drive in men who suffer BPH can also be treated well with Agnus Castus.

Western Prognosis & Complications of BPH

UNM <http://umm.edu/health/medical/altmed/condition/benign-prostatic-hyperplasia>.

While the majority of men get better with Western treatment of BPH, men with chronic BPH may develop: sudden inability to urinate, Urinary tract infections, Urinary stones, Damage to the kidneys, Blood in the urine.

Alpha blockers/ alpha-adrenergic antagonists, cause the muscles around bladder to relax, making it easier to urinate. Originally used to treat HBP, they seem to also work for men with moderately enlarged prostates. Common side effects include decreased ejaculation and *low back pain*. Should not be taken with medications for ED, such as Viagra or Cialis. Alpha blockers include:

- Terzosin (Hytrin)
- Doxazosin (Cardura)
- **Tamsulosin (Flomax)**
- Alfuzosin (Uroxatral)

Enzyme inhibitors/ 5-alpha-reductase inhibitors, shrink the prostate by reducing the amount of testosterone the body converts into DHT, a hormone the prostate needs to grow. These drugs take longer to work than alpha blockers. They also lower PSA levels making it harder to screen for prostate cancer. Enzyme inhibitors include:

- Finasteride (Proscar)
- Dutasteride (Avodart)
- Botulinum toxin (Botox)

Minimally invasive techniques

These techniques may be better at relieving symptoms than medications, but are often not as effective as surgery, they are less likely to cause side effects than surgery.

- **Transurethral microwave therapy.** Uses heat from microwaves to shrink the prostate. This procedure works best for men with moderate symptoms and enlargement of the prostate.
- **Transurethral needle ablation.** Uses radio waves to get rid of the part of the prostate that is blocking urine flow. It works best for men with mild-to-moderate enlargement of the prostate.
- **Interstitial laser therapy.** Uses a laser to destroy excess tissue and shrink the prostate. It works best for men who have mild-to-moderate enlargement of the prostate and do not experience urinary retention.

Surgery

Recommended if you have: Incontinence, Recurrent blood in the urine, Urinary retention, Recurrent urinary tract infections. Which procedure is best for you depends on the severity of symptoms and the size & shape of prostate gland. Surgery is the most effective way to reduce symptoms, with most men experiencing improvement in urine flow rates & symptoms. Potential side effects of surgery include a small risk of erectile dysfunction or urinary incontinence, impotence, retrograde ejaculation, infertility, and urethral stricture (narrowing):

- **Transurethral resection of the prostate (TURP).** TURP is the most common surgical treatment for BPH. Doctors perform TURP by inserting a scope through the penis. The primary advantage of this procedure is that it does not involve an incision, reducing the risk of infection. One potential side effect is retrograde ejaculation, where semen goes into the bladder instead of out the urethra.
- **Transurethral incision of the prostate (TUIP).** TUIP is similar to TURP, but is usually performed in men who have a relatively small prostate. Like the TURP, a scope is inserted through the penis until the prostate is reached. Then, rather than removing prostate tissue, a small incision is made in the tissue to let the urethra expand and make urination easier. This procedure is usually performed on an outpatient basis and does not require a hospital stay.
- **Laser surgery.** Two types of laser surgery are used to destroy excess prostate tissue. Photosensitive vaporization of the prostate (PVP) is used for men with mild-to-moderate prostate enlargement, while holmium laser enucleation of the prostate (HoLEP) is usually used for men with severely enlarged prostates. Side effects can include retrograde ejaculation.
- **Open prostatectomy.** An open prostatectomy is usually performed using general or spinal anesthesia. An incision is made through the abdomen or perineal area (through the pelvic floor, including the region between the scrotum and the anus). This is a lengthy procedure, and usually requires a hospital stay of 5 to 10 days.

Common Western Herbs & Supplements for BPH

- **Beta-sitosterol.** Beta-sitosterol is a cholesterol-like compound found in plants. It has been studied for BPH and found to significantly improve urinary flow and decrease the amount of urine left in the bladder. It does not shrink the prostate. Beta-sitosterol is also used to lower cholesterol, making it a good option for men whose cholesterol levels are high. Plants that are high in beta-sitosterol, such as **pumpkin seeds** (*Cucurbita pepo*), are sometimes suggested for BPH.
- **Saw palmetto (*Serenoa repens*).** Several studies have examined whether saw palmetto can relieve BPH symptoms, and many (though not all) showed positive results. Saw palmetto appears to work like Proscar and Avodart, which prevent testosterone from being converted into dihydrotestosterone (needed for prostate growth) in the body. Some studies have shown saw palmetto to be as effective as Proscar and finasteride and with fewer side effects. A European study showed that

half of German urologists preferred saw palmetto over pharmaceuticals for treatment of BPH. However, it does not shrink the overall prostate, but shrinks the inner lining of the gland. It should be noted that, unlike previous studies, a newer, high-quality study found that saw palmetto had no effect on BPH symptoms. Talk to your doctor if you want to try saw palmetto for your symptoms, and look for a fat soluble saw palmetto extract that has been standardized to contain 85 to 95% fatty acids and sterols. Saw palmetto may react with blood-thinning medications as well as hormone-related medications and conditions.

- **Pygeum or African plum extract (*Pygeum africanum*)** Pygeum has been used historically for urinary problems. In several scientific studies, pygeum relieved BPH symptoms including nocturia (increased urination at night) and improved urine flow.
- **Grass pollen (*Secale cereale*)** 500 mg daily, or divided into 3 times daily x 6 months, or BPH & Non Bacterial Prostatitis - 63 mg, 2x daily of cernitin pollen extract. inhibition of prostaglandin and LOX biosynthesis. specifically inhibits the 5-LOX and COX cyclo-oxygenase enzymes, inhibiting the arachidonic cascade from converting arachidonic acid to inflammatory prostaglandin and leukotriene hormones at a local tissue level. In turn, this helps to reverse or prevent intra-prostatic tissue edema and fibrosis. No drug-nutrient interactions for cernitin pollen extract are known at this time. and no s/e, **should not take bee pollen if you are allergic to pollen.** Chronic Prostatitis (CP)/CPPS patients because this type of prostatitis is not generally caused by bacteria. Two studies that compared a standardized extract of rye grass pollen to a placebo found that the grass pollen improved BPH symptoms, including reducing frequency of nighttime urination and the amount of urine left in the bladder. One study also indicated that grass pollen decreased the size of the prostate as measured by an ultrasound exam. The brand of rye grass pollen most often used in studies is Cernilton. Persons who have allergies to grass pollens should not take grass pollen supplements.
- <https://www.ahcmedia.com/articles/26447-rye-grass-pollen-for-benign-prostatic-hyperplasia-prostatitis-and-prostatodynia>
- <https://www.ncbi.nlm.nih.gov/pubmed/10792162>
- http://www.meschinohealth.com/books/cernitin_pollen_extract
- <http://prostatitis.net/prostatitis-supplements/graminex-pollen-prostatitis/>