Benign prostate hypertrophy and Homoeopathic management: A case report

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Abstract
Benign prostatic hypertrophy is the inflammation of prostate gland. Symptoms may include frequent urination, trouble starting to urinate, inability to urinate or loss of bladder control. Overtime if untreated it may lead to urinary tract infection, renal stones and kidney failure.

Keywords: Benign prostate hypertrophy, Homoeopathy

1. Introduction
Benign prostatic hypertrophy, also called Prostate enlargement, is a noncancerous increase in size of the prostate. It is commonly seen in men over 50 years of age, most often between sixty and seventy.

2. Symptoms
Frequency of urination, usually first noted as nocturia. Difficulty in initiating urination, with variability and reduced forcefulness of the urinary stream and post-void dribbling, are often present. Acute retention of urine with overflow incontinence may occur. Occasionally, severe haematuria results from rupture of prostatic veins or stone disease [1].

3. Diagnosis
Diagnosis of benign prostate enlargement may include digital rectal examination, uroflowmetry and transrectal ultrasound biopsy [2].

4. Prevention
- Reduce intake of fluids especially before going to sleep.
- Reduce intake of caffeine and alcohol.
- Reduce stress by meditation, yoga and live walking.
- Beware of toilet facility while going to a new place.
- Kegel exercises can strengthen and train your pelvic floor muscles to help control urination [3].
5. Homoeopathic approach
Homoeopathy mainly works on the principle ‘similia similibus curantur’. Benign prostate hypertrophy can be treated effectively with homoeopathic medicines. As homoeopathy is not a science of therapeutics, it is concerned with totality of symptoms and individuality.

6. Case presentation
6.1 Presenting complaint
Mr. AN of age 55 came with the complaint of increased frequency of micturition and interrupted flow of micturition with pain since 1 year, on and off.

6.2 Past history: chicken pox at 10 years of age.

6.3 Treatment history: allopathic treatment for presenting complaint.

6.4 Family history: father- asthmatic.

6.5 Personal history
Appetite: good
Thirst: 2 litres of water/day
Craving: nil
Aversion: nil
Perspiration: increased on face
Bowel habit: once a day
Bladder habit: 10 times a day, 3 times at night
Sleep: Disturbed due to the complaint
Dreams: Unremembered
Thermal state: chilly patient

6.6 Analysis of the case
Perspiration increased on face
Increased frequency of micturition
Interrupted flow of urine
Enlarged prostate
Painful micturition

6.7 Repertory used: Synthesis repertory.

6.8 Reason: Updated repertory.

6.9 Rubrics taken

<table>
<thead>
<tr>
<th>Face</th>
<th>Perspiration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladder</td>
<td>Urination – frequent</td>
</tr>
<tr>
<td>Bladder</td>
<td>Urination – interrupted</td>
</tr>
<tr>
<td>Bladder</td>
<td>Urination – dysuria – painful</td>
</tr>
<tr>
<td>Prostate gland</td>
<td>Swelling</td>
</tr>
</tbody>
</table>

6.10 Prescription
CONIUM 30 I dose
SL PILLS (4-0-4)/2 weeks

6.11 Follow up

### Table 1.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Symptoms</th>
<th>Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Frequency of urine decreased</td>
<td>Rubrum 30 stat SL Pills (4-0-4)</td>
</tr>
<tr>
<td></td>
<td>Interrupted flow of urine is same</td>
<td></td>
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<tr>
<td></td>
<td>Painful micturition decreased</td>
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<tr>
<td>2.</td>
<td>Frequency of urine decreased</td>
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<tr>
<td>3.</td>
<td>Frequency of urine decreased</td>
<td>Rubrum 30 stat SL Pills (4-0-4)</td>
</tr>
<tr>
<td></td>
<td>Interrupted flow of urine is absent</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Painful micturition is absent</td>
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</tbody>
</table>

7. Conclusion
Benign prostate hypertrophy can be successfully treated with homoeopathic medicines based on detailed case taking. And further studies are suggested using different parameters and on large study sample.

8. References
3. www.webmd.com
5. RADAR Software.
6. www.ndnr.com