

AYURVEDA MANAGEMENT OF MOOTRASHTHILA (BENIGN PROSTATIC HYPERPLASIA)

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ABSTRACT

Mootrashthila (Benign Prostatic Hyperplasia) is usually seen in middle and old aged people. Males of more than 50 years old are more prone to this disease. According to a national survey, among males of above 50 years 50 % of population are suffering from BPH either associated with signs and symptoms or merely asymptotic .Frequency of micturition, dysurea, urgency , precipitancy, hasitancy, retention of urine with dribbling and overflow , lower abdominal pain, are the usual clinical features seen in these patients 1,2 . Muniprabha tablets, punarnavadi mandoora , varunadi kwatha , varuna shigru kashaya , gandhaka rasayana , gokshura beeja choorna and trinapancha moola kashaya are usually given in these patients . Ayurveda medicines are effective in BPH cases 3.

Key words : BPH, Mootrashthila , Ayurveda .

INTRODUCTION

Benign Prostatic hyperplasia is a degenerative disease seen in middle and old aged people. The increase in dihydro epiandrosterone levels stimulates the overgrowth and hyperplasia of prostate gland in male population . In these cases if prostate specific antigen is increased, then it is a case of malignant hyperplasia . BPH leads to retention of urine in the bladder. If it is not treated timely, it will lead to hydronephrosis, hydronephrosis and ultimately in chronic kidney disease and failure. So there is a urgent need to diagnosis and treatment of BPH by Ayurveda medicine . In modern medicine transurethral resection of prostate or radical prostatectomy is done depending on state and stage of the disease . Ayurveda medicine has a better role in the management of BPH cases.

The drugs and formulations used in the management of BPH are having the following actions .

1. Mootrala
2. Srotoshodhaka
3. Malavatanulomaka
4. Mruduvirechana
5. Vatahara
6. Increasing the tone of bladder detrussor muscles
7. Mootra virajaniya 4
8. Mootra virechaniya
9. Mootra sangrahaniya
10. Vibandhahara
11. Nadibalya
12. Nervine tonic for spinal nerves
13. Regenerative
14. Rasayana
15. Arbuda nashaka
16. Balya
17. Shothahara
18. Antiinflammatory
19. Mootrakricchrahara
20. Antiinfectives
21. Urinary antiseptics

Mootrala

1. Punarnavasava
2. Punarnavadi mandoora
3. Gokshura beeja choorna
4. Trina pancha moola kashaya
5. Sweta parpati

Srotoshodhaka

1. Shilajatwadi loha
2. Shiva gutika
3. Chandraprabha vati 5.
4. Muniprabha tablets
5. Gokshuradi guggulu
6. Pashana bheda choorna 6.

Mmalavatanulomaka

1. Triphala choorna
2. Triphala tablets
3. Shatsakara choorna
4. Abhayarista
5. Trivrutadi leha

Mrudu virechana

1. Pancha sakara choorna
2. Shatsakara choorna
3. Sonamukhi choorna
4. Trivrut leha

Vatahara

1. Gokshuradi guggulu – acts on Apana vayu vikriti.
2. Vidaryadi kashaya
3. Kulattha yoosha

Increasing the bladder tone

1. Varunadi kashaya
2. Shigru guggulu
3. Varuna shigru kashaya
4. Visha tinduka vati

Mootra virajaniya

1. Padma
2. Utpala
3. Nalina
4. Kumuda
5. Sougandhika

6. Pundarika
7. Shatapatra
8. Madhuka
9. Priyangu
10. Dhatakipushpa

Mootra virechaniya

1. Vrikshadani
2. Gokshura
3. Vasuka
4. Vashira
5. Pashana bheda
6. Darbha
7. Kusha
8. Kasha
9. Gundra
10. Utkata moola

Mootra sangrahaniya

1. Jambu
2. Amra
3. Plaksha
4. Vata
5. Kapitana
6. Udumbara
7. Ashwattha
8. Bhallataka
9. Ashmantaka
10. Somavalka

Vibandhahara

1. Triphala tablets
2. Triphala kashaya
3. Abhayarista
4. Haritaki choorna
5. Trivrut leha
6. Drakshavaleha

Nadi balya

These medicines give strength to spinal nerves connected to the bladder muscles

1. Visha tinduka vati
2. Tapyadi loha
3. Swarna malini vasanta
4. Swarna bhasma
5. Vasanta kusumakara rasa

6. Varunadi kashaya

Nervine tonic for bladder muscles

- Do -

Regenerative

1. Bala choorna
2. Chandraprabha vati
3. Punarnavadi mandoora
4. Usheerasava
5. Chandanadi loha
6. Shiva gutika
7. Shilajatwadi loha

Arbuda nashaka

Given in cases associated with malignancy . If PSA is above normal levels , it is considered as malignant condition and prostatectomy is advised .In initial cases we can give ayurveda anticancer drugs.

1. Chitrakasava
2. Bhallataka vati
3. Vajra bhasma
4. Vaikranta bhasma
5. Sadapushpa kashaya

Balya

1. Ashwagandha choorna
2. Ashwagandharishta
3. Balarishta
4. Shatavari guda
5. Kooshmandavaleha

Shothahara

1. Sarivadyasava
2. Usheerasava
3. Chandraprabha vati
4. Chandanasava

Rasayana

1. Gokshuradi guggulu
2. Chandraprabha vati
3. Punarnavadi mandoora
4. Usheerasava
5. Chandanadi loha
6. Shiva gutika
7. S shilajatwadi loha

Antiinflammatory to urinary tract

1. Sarivadi hima
2. Usheeradi peya
3. Vidaryadi kashaya
4. Chandanadi loha
5. Chandana arka

Mootrakricchratahara

1. Gandhaka rasayana
2. Chandraprabha vati
3. Varunadi kashaya
4. Kamadugha rasa with mouktika
5. Usheerasava
6. Chandanasava
7. Chandraprabha vati

Antiifectives

1. Mahatiktaka kashaya
2. Pancha tikta kashaya
3. Gandhaka rasayana
4. Shuddha gandhaka
5. Trivanga bhasma
6. Vanga bhasma

Urinary antiseptics

1. Chandanadi loha
2. Arka chandana
3. Usheeradi peya
4. Arka sariva
5. Usheerasava
6. Chandanasava
7. Pravala panchamrita rasa
8. Mukta panchamrita rasa
9. Kamadugha rasa
10. Pravala pishti
11. Muktapishti
12. Pravala bhasma
13. Mukta bhasma

DISCUSSION

Benign prostatic hyperplasia is commonly seen age of above 50 years in indian population . Usually middle lobe of the prostate gland undergoes hyperplasia thereby increasing the size of prostate and obliteration of prostatic urethra or narrowing its lumen . This will lead to dysuria and retention of

urine and distention of bladder . Further blockade of urine leads to bladder distention , hydroureter , hydronephrosis . Finally this will lead to CGN and CKD. As CKD is a major problem , it is wise to treat BPH at earlier stage. Muniprabha tablets, Varunadi kashaya and gandhaka rasayana tablets give good results in BPH. Pathyas like Kulattha yoosha, yava manda, tender coconut water, and avoidance of pungent, spicy food, items should be followed . The ahara dravyas with ushnaviryas can best be avoided in BPH as it may induce mooltra daha and dysuria and aggravate other signs and symptoms of BPH. Ayurveda medicines have good results in BPH cases.

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CONCLUSION

1. Ayurveda medicines have positive role in the management of BPH.
2. Strict pathyapathya is mandatory during the treatment of BPH.
3. Further development of complications like hydroureter , hydronephrosis and CKD can be checked by following ayurveda treatment in time.