

# 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 mass mobile, protruded, extremely painful and causing obstruction in passage of urine and faeces.

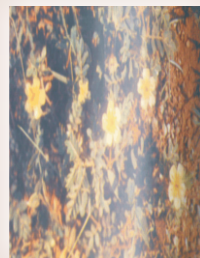
### Urinary diseases

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.

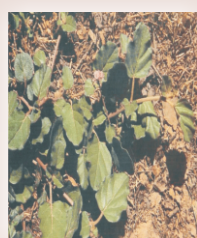
## What is the impact of BPH (Prostate enlargement - Mutrashtheela)/ Urinary diseases (Mootra Roga)?

### 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



Gokshura



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

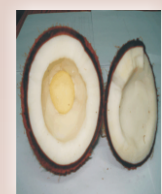
## How Ayurveda manages BPH (Prostate enlargement - Mutrashtheela)/ Urinary diseases (Mutra Roga)?

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:

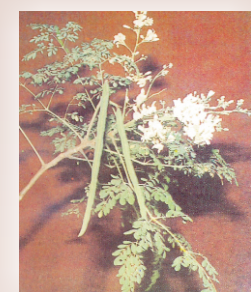
- Chandraprabha vati
- Gokshuradi guggulu
- Varuna shigru kwatha
- Trinapanchamula kwatha
- Shweta parpati



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)

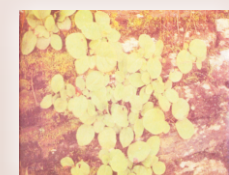


Shigru

### 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) 1<sup>st</sup> 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