

Role of Effectto and Ural BPH in the management of BPH

Enlarged prostate or BPH: An enlarged prostate is often called **benign prostatic hyperplasia (BPH)**. It is not cancer, and it does not raise risk for prostate cancer. BPH may be defined as non cancerous increase in the size of the prostate in middle-aged and elderly men.

Complications of BPH:

In BPH, as prostate enlarges the layer of tissues surrounding prostate stops it from expanding causing the gland to press against urethra like a clamp. Bladder wall becomes irritable and thick as a result bladder wall begins to contract even when it contains urine in small amount. Eventually bladder walls lose its ability to empty itself. Patients who have BPH try and minimize their discomfort by changing their lifestyle. This often happens unknowingly. Several problems may occur if an enlarged prostate is left untreated:

- There may be sudden, complete blockage of urine requiring a tube to be passed to empty the urinary bladder
- The urinary bladder may hold residual urine even after the person has evacuated. This pool of urine can get infected and stones may form in the bladder.
- With the passage of time, the back pressure due to the urinary obstruction can affect the kidney function and lead to renal failure.

Occurrence:

The cause of BPH is not well understood. No definite information on risk factors exists.

For centuries, it has been known that BPH occurs mainly in older men and that it doesn't develop in men whose testes were removed before puberty. For this reason, some researchers believe that factors related to aging and the testes may spur the development of BPH.

Throughout their lives, men produce both testosterone (male sex hormone), and small amounts of estrogen, a female hormone. As men age, the amount of active testosterone in the blood decreases, leaving a higher proportion of estrogen. Studies done on animals have suggested that BPH may occur because the higher amount of estrogen within the gland increases the activity of substances that promote cell growth.

Another theory focuses on dihydrotestosterone (DHT), a substance derived from testosterone in the prostate, which may help control its growth. Most animals lose their ability to produce DHT as they age. However, some research has indicated that even with a drop in the blood's testosterone level, older men continue to produce and accumulate high levels of DHT in the prostate. This accumulation of DHT may encourage the growth of cells. Scientists have also noted that men who do not produce DHT do not develop BPH.

Epidemiology of Prostate:

Enlarged prostate gland affects 20% of men at the age of 40 years, 70% at age 60 and 90% by the age of 80 years old. With an incidence so great, it has been

suggested that prostate enlargement (BPH) is a normal process of aging and does not reflect a disease process.

However, approximately 25% of men will require surgery for enlarged prostate symptoms treatment.

Symptoms:

In general, symptoms of BPH are due to interference of urine flow through urethra which leads to urine retention in bladder. A symptom of BPH doesn't directly depend on size of prostate, sometimes it is seen that men with greatly enlarged prostate don't have that severe symptoms and vice versa.

Symptoms of BPH could be broadly classified into two categories.

- 1) Obstructive Symptoms
- 2) Irritative Symptoms

1) Obstructive symptoms :

- a. Hesitancy or a delay in initiating micturition
- b. A poor or intermittent stream
- c. Straining to void
- d. Terminal dribbling (The flow of urine continues after the main stream has finished, sometimes in spurts or dribbles. Occasionally a second large volume of urine is passed)
- e. Post-micturition dribble
- f. A sensation of incomplete bladder emptying

2) Irritative symptoms :

These are the symptoms attributed to bladder irritability:

- a. Dysuria (painful urination)
- b. Urinary frequency
- c. Urgency
- d. Urge incontinence
- e. Nocturnal urinary frequency
- f. Nocturnal enuresis (involuntary urination occurring at night)

What would happen if BPH is left untreated?

If left untreated patient may develop complete urinary obstruction which may lead to RENAL FAILURE.

Diagnosis:

- **Digital Rectal Examination (DRE):**

- **Urine Flow Study:**
- **Cystoscopy:**
- **Rectal Ultrasound and Prostate Biopsy**
- **Prostate Specific Antigen (PSA) Blood Test: C) Modern Treatment for BPH:**

Treatment goal for the management of BPH are:

- 1) Shrinkage of Prostate Gland
- 2) Control of Urinary symptom associated with BPH

Drugs that help to achieve the desired goal are following:

- 1) 5-alpha reductase inhibitors– Shrinkage of Prostate Gland
- 2) Alpha1 – adrenergic antagonists (alpha blockers)– Control Lower Urinary Tract Symptoms (LUTS) associated with BPH

Medications for the treatment of BPH:

Possible adverse Effects- Modern Medicines:

- Impotence
- Abnormal Ejaculation
- Decreased Libido
- Breast Tenderness & Enlargement
- Insomnia
- Postural Hypotension
- Vertigo
- Fatigue
- Dizziness
- Headache

Surgical Treatment Options:

- **TURP (Transurethral Resection of Prostate)**
- **TUIP (Transurethral Incision of Prostate)**
- **Open Prostatectomy**

Herbal approach for the Management of BPH

In patients of BPH only treating symptoms is not sufficient. Modern treatment though effective has a number of side effects which doctor too is aware of. Similarly surgical techniques demand not only money factor but also socio economic disturbances. Also there can be many other complications after surgery.

As the condition of BPH is age related, Ayurveda looks at the modern problem in a different way. Ayurveda not only takes care of symptoms of BPH but also facilitate shrinkage of prostate hence improves quality of life of patient with Benign Prostatic Hyperplasia.

As Vasu is a dedicated company to super specialty like Urology has brought a better solution for BPH with:

EFFECTTO: To Reduce Prostate Size

URAL – BPH: To Control LUTS (Lower Urinary Tract Symptoms)

EFFECTTO: (to reduce prostate size)

Effectto is a poly-herbal formulation with a Unique Combination of BEST of Western and Best of Eastern Herbs to produce a synergistic action and facilitate shrinkage of Prostate. In other words Best of West + Best of East makes EFFECTTO the BEST choice in the treatment of enlarged prostate.

Active ingredients in EFFECTTO are

Ingredients	Concentration
Saw Palmetto (Serenoa Repens) –	160 mg
Varun -	12 mg
Punarnava -	9 mg
Kanchnara -	8 mg
Triphala Churna -	240 mg
Excipient	q.s.

Saw Palmetto (Serenoa Repens) - Evidences

Benign prostate enlargement appears to be triggered by abnormally high levels of the male hormones testosterone and dihydrotestosterone (DHT) in prostate tissue. Saw Palmetto reduces absorption of these hormones within the prostate gland, while reducing inflammation and swelling. All three actions serve to relieve bladder obstruction and improve urinary flow.

Article published in Journal “Prostate 1999”

“Saw palmetto was found to noncompetitively inhibit agonist binding to alpha1-adrenoceptors and prevent the formation of [3H] inositol. [This suggests a mechanism of action similar to Tamsulosin](#)”.

Article published in Journal of Urology, May 2000

“Use of Saw Palmetto extract led to epithelial contraction and possibly shrinkage of the gland. This suggests a [mechanism similar to Finasteride](#) and blockage of the 5-alpha reductase enzyme within the prostate. However, SPE does not effect PSA level, and this would suggest another mechanism in countering the effects of DHT”.

Talpur et al Molecular and Cellular Biochemistry

“SPE decreases the rate of DHT formation and blocks the ability of DHT to bind to target cells, preventing the action of the hormone.”

Dosage of Saw palmetto:

Therapeutic dose is 320 mg daily of Saw Palmetto extract (SPE). Alternatively, a dosage of 160 mg twice daily is also suggested.

Adverse Effects :

Currently there are no known adverse effects of SPE reported except some gastrointestinal distress reported with some patients in a study, however this decreased as the study progressed.

Contraindications:

There are no known contraindications except that due to its possible similarity to finasteride it should not be taken by patients using this medication. Dosage as high as 2 grams per day for 6 months were well tolerated in experimental rats and dogs with no mutagenic or teratogenic effects. There are no known drug interactions to date.

URAL- BPH (to control LUTS)

Ural-BPH is a poly herbal formulation of excellent Indian herbs well known to normalize the urinary systems and have revitalizing property and relieves lower urinary tract symptoms associated with BPH.

Composition of URAL – BPH

Ingredients	Concentration
Crataeva Nurvala (Varun Bark)	- 800 mg
Boerhavia Diffusa (Punarnava kwath)	- 320 mg
Curcuma Longa (Haridra)	- 100 mg
Mimosa Pudica (Lajjalu)	- 150 mg
Shuddha Shilajit	- 25 mg
Excipients	q.s

1) Crataeva Nurvala (Varun Bark) - 800 mg

- Varuna increases the force of detrussor contraction, reducing the volume of residual urine in patients with Prostatic Hypertrophy
- Due to this action and combined with anti-Inflammatory action, retention of urine is reduced.
- It also gives marked relief in symptoms like frequency, incontinence, pain and retention of urine
- The expulsive force of urination also increases with varuna.

Comparison between Non-operated and Operated cases of Hypotonic Bladder (Weakening of muscles of urinary bladder).

2) Boerhavia Diffusa (Punarnava) Kwath – 320 mg

- Anti-Inflammatory & Analgesic properties
- Punarnava is used in bladder infections and systemic edema. It has remarkable property to reduce excess dry fluid and congestion
- Rejuvenating action is via its opening and cleansing activity allowing effective nourishment to reach the tissues.

3) Curcuma Longa (Haridra) – 100 mg

- It has significant anti-Inflammatory & Antiseptic properties. It also possesses antibacterial activity against gram positive and gram negative organisms.

4) Chandraprabha - 250 mg

- Main function of Chandraprabha is to regularize the functions bladder and testicles. It also regularizes metabolic process of the body. In case of damage of urinary tissue due to any reason, with Chandraprabha, formation of normal healthy tissue starts.
- Whenever there is disturbance in metabolic process leading to disturbance in urine quality and quantity, Chandraprabha restores normalcy.
- In situations of restored urine outputs due to any reason, excretory matter of urine such as urea, uric acid, creatinine etc remain in the body and cause harmful effects on various other organs or systems of the body.
- It has anti-aging properties
- Chandraprabha removes toxin from body without causing any adverse action on body systems
- It increases strength of the body. It also works as a nutritive tonic

5) Mimosa Pudica (Lajalu) - 100 mg

- It reduces edema.

6) Rasayan Churna - 150 mg

- Rasayan Churna is a combination of 3 major ingredients like Guduchi, Gokshurak and Amla. Rasayan Churna works as a body rejuvenator; however it is a specific urinary system normalizer.
- Rasayan Churna helps prolong healthy life as it works as a Nutritive & Energy vitalizer. Rasayan Churna also strengthens the immune system of the body

7) Shudha Shilajit - 25 mg

- It has significant anti-inflammatory and analgesic activity
- Shilajit contains more than 85 minerals in Ionic form and FULVIC ACID

The recommended dosage schedule for both these products are mentioned below:

- **Dosage :**
 - In Mild to Moderate BPH with confirmed Enlarged Prostate :
 - EFFECTTO 1BID for 8-12 weeks + URAL- BPH for 8-12 weeks
 - In Mild to Moderate asymptomatic BPH :
 - EFFECTTO 1 BID for 8-12 weeks
 - In LUTS :
 - URAL-BPH for 8-12 weeks

The Combo therapy of EFFECTTO and URAL-BPH not only improves the urinary symptoms associated with BPH but also facilitates shrinkage of prostate gland. Hence offers complete solution for the treatment of BPH. The benefits of Best of Western Herb (Saw Palmetto) and Best of Eastern Herb Varuna, Kanchnara etc, make this combo therapy the best choice in the treatment of BPH.

