

## Role of URAL BPH in Management of Enlarged Prostate



BPH affects mainly elderly men. Treating or relieving symptoms of BPH is just one of the only requirements of the patients suffering from Benign Prostatic Hyperplasia (Enlarged Prostate). What they need is improvement in overall quality of life.

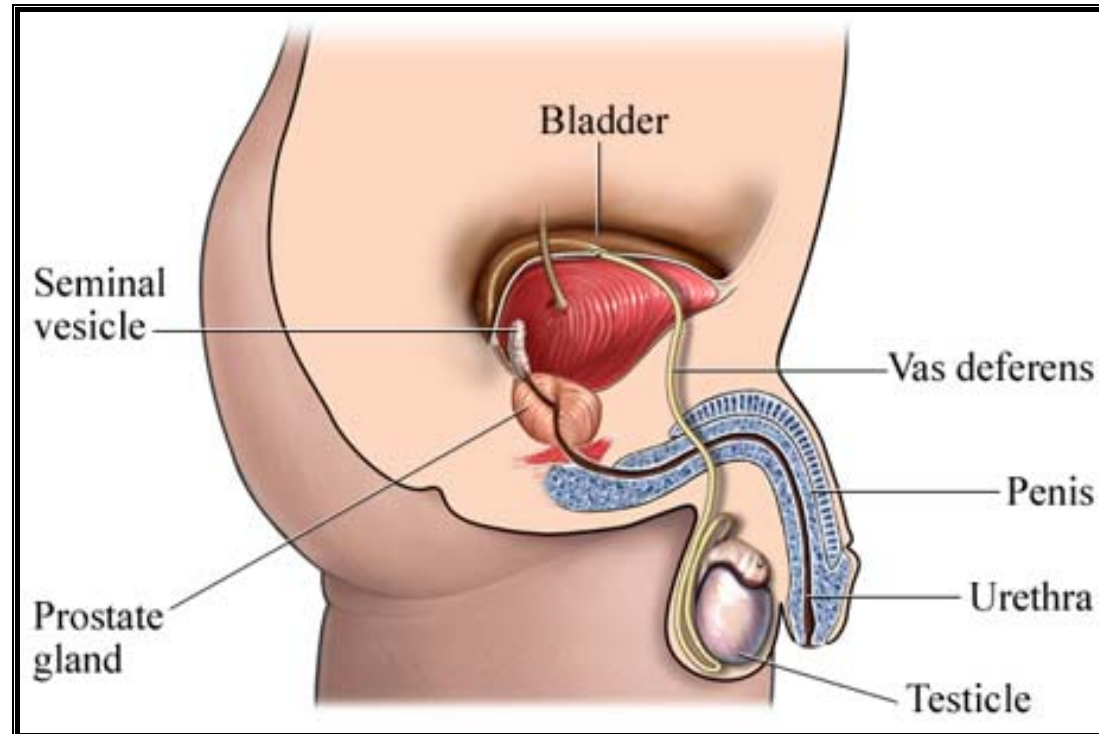
### **A) UNDERSTANDING PROSTATE:**

#### **1) What is Prostate?**

The prostate is a small gland that sits just below the bladder. It is approximately Walnut size & it is one of the important part of Male Reproductive System. It is located below the bladder, wrapped around the Urethra. It opens into the urethra and secretes an alkaline fluid that makes up a part of the semen that helps carry the sperms. During Orgasm (Climax of sexual excitement during intercourse), Prostate muscles contract & propel (encourage) ejaculate out of the penis. Under various stresses it can become swollen and this obstructs the flow of urine out of the bladder.

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(Picture of Male Reproductive system)

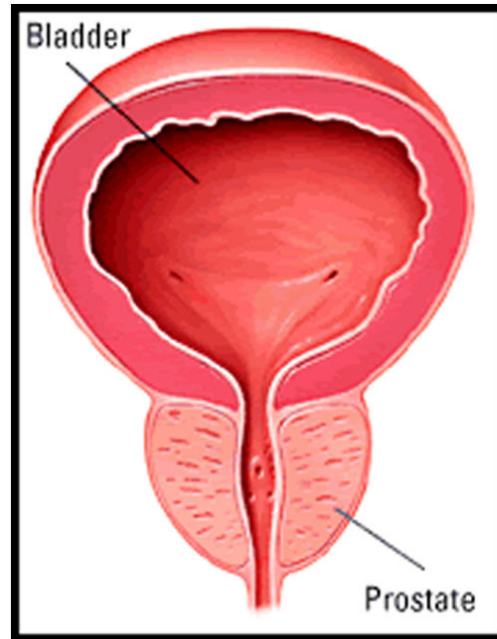


### 2) What is enlarged Prostate?

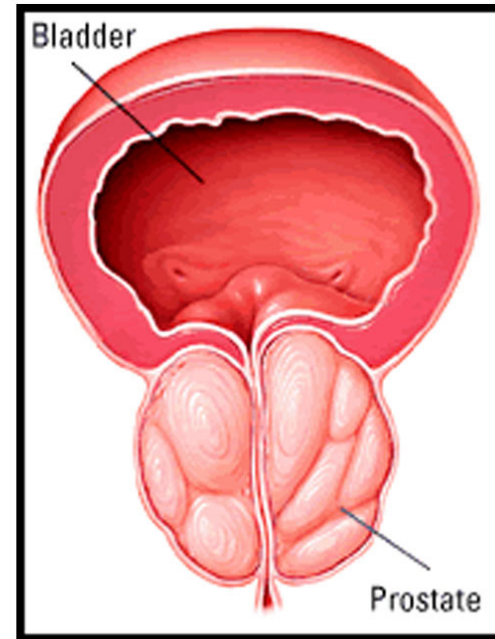
As men age, their prostate enlarges. This condition is non-cancerous & is called enlarged prostate or Benign Prostatic Hyperplasia (BPH). Benign Prostatic Hyperplasia is a non-malignant of the prostate gland affecting aging men and it is responsible for great compromises in the quality of life in geriatric population.

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(Picture of Normal and Enlarged Prostate)



Normal Prostate



Enlarged Prostate (BPH)

### 3) Risk factors in BPH:

Increasing age & hormonal status are the risk factors for BPH.

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### 4) At what age BPH occurs?

The prostate often starts enlarging when a man is past forty. One in four men over 40 and one in three men over 60 has BPH. However the chances are even more as man grows older & hence 80% of men above 80 years have evidence of BPH.

### 5) How does BPH occur?

In BPH there is cellular Proliferation, which leads to Hyperplasia as a result of an **imbalance between excessive cell division & reduced apoptosis**. When the prostate grows larger, it may pressure on urethra. The narrowing of the urethra can cause some men with BPH to have trouble with urination.

### 6) Symptoms of BPH:

The urinary symptoms like Urgency, hesitancy, straining, intermittency & frequency of urine, Nocturia (Excessive Urination during night), terminal dribbling & sensation of incomplete voiding.

### 7) Warning signs of BPH:

- A weak stream of urine or stopping & starting of the stream
- Leaking of urine
- Dribbling of urine, specially after urinating
- A sense of not emptying of bladder

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- Difficulty in starting urination
- Frequent urination specially at night
- A strong & sudden desire to urinate
- Blood in the urine

### **B) INVESTIGATIONS RECOMMENDED:**

- Routine biochemical blood tests (Hb, TLC & DLC)
- Specific tests like Uroflowmetry (non-invasive urodynamic test for recording the urinary flow rate)
- Abdominal ultrasound scan ( Non-invasive method of checking the upper Urinary tract for evidence of Obstructive uropathy, the bladder for residual urine & the prostate for size & consistency)
- Transrectal Ultrasonography
- DRE (Digital Rectal Examination)- Determining size of prostate, presence of nodule, asymmetry & tenderness..

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### C) AVAILABLE TREATMENTS:

i) **Goal/Aim of BPH treatment:** Reduce excessive cell growth by inhibiting the conversion of testosterone into DHT (Dihydrotestosterone) and by preventing the attachment of estrogen to its receptors in the prostate tissue.

### ii) Type of Modern treatment:

- **5  $\alpha$  -Reductase Enzyme Inhibitors:** Inhibit the production of the hormone (DHT) that is involved with Prostate enlargement, causing the gland to shrink. Most effective when the Prostate is enlarged.
- Relaxes the muscles of the Prostate & Bladder neck, improving the flow of urine.

### iii) Side effects of Modern treatments:

Side Effects	Duration	Cost
Reduced sperm count, Breast tenderness & Enlargement, Reduced libido, Impotence, Hypotension, Fatigue	Complete treatment is of 6 months	Very costly as the duration is also very long

### iv) Operative Treatment:

Transurethral Prostatectomy ( Surgical removal of the Prostate gland. performed through Urethral canal of the Penis), Retro pubic or open Prostatectomy, Laser Prostatectomy, balloon dilation of the Prostate, etc. are some of the operative treatments.

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**v) Ayurvedic Medicaments:** This not only helps in symptom relief but also takes care of the Prostate health, naturally.

### **D) What happens if BPH symptoms are ignored?**

It can lead to **AUR** (Acute Urinary Retention), UTI, Bladder Calculus, Acute Renal Failure, Hematuria (Presence of blood in Urine) & Upper Urinary Tract Obstruction.

### **E) Steps for reducing the symptoms & have a Healthy Prostate:**

- Diet control- Intake of sugar, tobacco, spicy food, coffee, alcohol to be avoided. Intake of more of vegetables, Dals, beans & fresh fish can help the patients reduce symptoms.
- Intake of Caffeine & alcohol content drinks to be avoided during late evening
- Exercise is also recommended to strengthen the pelvic muscles.

Modern medicaments take care of the symptoms, inhibiting the production of the hormone (DHT) that is involved in prostatic enlargement, causing the gland to shrink, relaxing the muscles of the Prostate & Bladder neck and thus improving the flow of urine. Ayurveda on the other hand has an answer that goes much beyond treating symptoms. There are certain drugs in Ayurveda, which relieve symptoms and take care of the prostate health, thereby improving the quality of life.

URAL-BPH Capsule is a unique formulation, specially designed to ameliorate symptoms associated with enlargement of prostate and boost overall health, ultimately improving the quality of life of patients.

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### Therapeutic Functions of the ingredients:

#### 1. **Crateeva nurvala (Varun bark) - 800 mg:**

Bark or decoction of roots is used in treating renal calculi, dysuria and pain in bladder. Its extract in alcohol is having anti-inflammatory property comparable to corticosteroids. Decoction of 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, stagnation of urine is reduced and thereby anti septic action is evident. It also gives marked relief in symptoms like frequency, incontinence, pain & retention of urine. The expulsive force of urination also increases with Varuna.

#### **a) Benefits in Prostatic Disorders:**

Dr PJ Deshpande et al, Deptt of Shalya Shalakya, Institute Of Medical Sciences B.H.U Varanasi. Indian Journal of Medical Research 76(Suppl) December 1982,pp 46-53

- Urinary disorders find a reference in Vedic literature( Atharva Veda 1:1:3:6-9)
  - Varuna is acclaimed highly for its use in the management of uropathies
- ( \*Sushruta Samhita & Bhavprakash Nighantu)

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### **b) Results of Animal Studies:**

Prasad D.N. et al, BHU, J Res Ind Med 1, (1966) 120:

- Water Extract of Varun Bark increases the tone of smooth muscle.
- Petroleum ether extract of Varun Bark has inhibitory effect on acute, subacute and chronic inflammation induced in albino rats by carragenin, histamine, croton oil and formaldehyde. The effect is similar to betamethasone without the side effects associated with latter.

### **c) Experimentally Induced Urolithiasis Model In animals:**

Silicon glass beads were implanted in the bladder of albino rats to act as a nidus for precipitation of calculus. Group of rats treated with Varun showed stones significantly less in weight as compared to control group. Histopathological studies of Bladder mucosa of the treated animals showed less oedema, ulceration and cellular infiltration, compared to controls.

### **d) Effect on Bladder Tone in Dogs:**

Effect of Varun on the bladder functions of 10 dogs was studied. After 40 days of treatment, Cystometry revealed a hypertonic change in the Cystometry curve.

### **e) Clinical Studies:**

Decoction of powdered stem bark of Varun mixed with water in a 1:16 ratio was used for treatment of 13 cases of Prostratic Hypertrophy and 17 cases of hypotonic bladder.

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### f) Effect on Bladder Tone:

In cases of hypotonic bladder due to prostatic hypertrophy the total bladder capacity is known to increase markedly. Cystometric studies after 3/ 6 weeks showed marked relief in symptoms like frequency, incontinence, pain and retention of urine following treatment with Varuna decoction. There was a significant increase in bladder tone after therapy. Both in Prostatic Hypertrophy and in Hypotonic Bladder patients, volume of treatment was reduced after treatment.

### g) Other Benefits:

Improvement was noticed in the following conditions, clinically:

- Persistent Hypotonia following Prostatectomy: Cystometry showed significant improvement after 3 months of therapy with Varun Bark decoction.
- Neurogenic bladder & post Prostatectomy atony of bladder: significant improvement in symptoms & increase in bladder tone was observed. Cystometric studies showed significant decrease in residual volume of urine & normalization of bladder tone

In cases of persistent hypotonia, after prostatectomy improvement of bladder tone was observed after C. nurvala therapy. Hypotonia of the bladder can occur as a complication of long standing cases of pelvic swellings such as ovarian cyst, tumour or fibroid of uterus. Even after surgical removal of the lump, Hypotonia persists. After three months of therapy with C. nurvala decoction, significant improvement was observed in cystometric readings as shown in [Table I](#)

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**Table I.** Changes in the mean values of cystometric readings before and after treatment with C. nurvala in patients of hypotonic bladder.

Parameter	Non-operated cases of hypotonic bladder (5 cases)			Operated cases of hypotonic bladder (5 cases)			
	Before treatment	After 1 month of treatment	After 3 months of treatment	Before treatment	Before operation	After 1 month	After 3 months
<b>Total bladder capacity</b>	790	660	500	933	766	650	533
<b>Volume at first desire to void in ml</b>	550	430	260	650	516	416	250
<b>Volume at acute desire to void in ml</b>	790	640	590	866	633	650	500
<b>Volume of residual urine in ml</b>	260	168	040	450	333	233	033
<b>Maximum voiding pressure in cm of water</b>	034	039	049	035	038	043	050

C. nurvala also showed beneficial effects on neurogenic bladder and post-prostatectomy atony of bladder. In neurogenic bladder, symptomatic improvement and increase in bladder tone were observed<sup>7</sup>.

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### **2. Boerhavia diffusa (Punarnava) kwath – 320 mg:**

Punarnava helps reducing the inflammation in urethritis. It also increases the urine volume. It is very effective in UTI. Its anti-inflammatory & analgesic properties are comparable to those of ibuprofen.

Punarnava is used in bladder infections and systemic edema. It has remarkable property to dry excess dry fluid & congestion from excess Kapha. The rejuvenating action is via its opening and cleansing activity allowing effective nourishment to reach the tissues. It balances all the doshas (Vata, Pitta & Kapha) in the body.

Besides potassium it also contains alkaloid which is known as punarnavine. Experimental studies have confirmed the diuretic properties of punarnava. It also improves the functioning of body metabolism and also aids in overall health & vitality.

### **3. Curcuma longa (Haridra) – 100 mg:**

It has significant anti-inflammatory & anti-septic properties. It is also helpful in cases of general debility. It also possesses antibacterial activity against gram positive and gram negative organisms. Its role in preventing Alzheimer Disease (Degenerative organic mental disease) is currently under investigation.

The extracts of petroleum ether, alcohol, water showed significant anti-inflammatory activity in both exudative and proliferative inflammation. All the three extracts showed the presence of steroids and it is likely that steroids are responsible for the anti-

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inflammatory activity. The presence of curcumin in alcoholic and water extracts may also be contributing to their anti-inflammatory activity. In carrageenin induced oedema, 80 mg/kg of the water extract almost completely suppressed inflammation. In the granuloma pouch method, the extract was the most potent and its activity was similar to that of hydrocortisone. In the cotton pellet test, the petroleum ether extract was most potent and the activity was similar to that of indomethacin.

Lutomski et al (1974), reported that the alcohol extract and essential oil from curcuma longa showed bactericidal activity whereas curcumin acted as a bacterio-static agent with respect to staphylococci.

In vitro screening of the oil against some representative bacteria and fungi, including plant and human pathogens shows that the oil has potent anti-microbial effect (Banerjee et al, 1978)

The alcoholic extract of the rhizomes showed anti-protozoal activity against *Entamoeba histolytica* (Dhar et al, 1968).

Ayurvedic texts have mentioned Haridra as a versatile herb with multiple uses.

### **4. Chandraprabha – 250 mg:**

Main function of Chandraprabha is to regularize the functions of kidneys, bladder and testicles. It also regularizes metabolism process of body. In case of damage of urinary tissue due to any reason, with Chandraprabha, formation of normal healthy tissue starts.

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Due to consumption of certain drugs or due to addiction of nicotine or alcohol, some harmful metabolites cause injurious effects on urinary system while getting excreted. Persons exposed to sunlight or in extreme heat conditions also get reduced urine volume, there by causing irritating effect on urinary system urine being in highly concentrated form.

Chandraprabha has cooling effect on urinary system and it is found very useful in treating above-mentioned conditions. Whenever there is a disturbance in metabolism process leading to disturbance in urine quality and quantity, Chandraprabha brings about normalcy in this situation.

Due to any reason, if pitta secretion is disturbed, this causes inflammation in kidney tissues. This causes redness in urine and presence of albumin in urine. Chandraprabha has a role to play in this situation in reducing inflammation of kidney tissues.

In situations of damage of epithelial tissues of ureter, urinary bladder or urethra, urine gets red or yellow color and also gets foul smell. Sometimes this gets further worsened by presence of salts, sugar or epithelial cells. Chandraprabha also can treat such a situation very well.

In situations of reduced urine output due to any reason, the excretory matter of urine such as urea, uric acid creatinine etc remain in body and cause overall harmful effects on various organs or systems of body. Chandraprabha, by virtue of having diuretic action, brings about favorable results in such a vicious condition.

It has Anti-aging properties. This removes toxins from body without causing any adverse action on body systems, as gentle as moon as the name suggests. It is also considered as an excellent body rejuvenator. It increases strength of body. It is useful as diuretic in

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conditions albuminuria and renal calculi. It also works as nutritive tonic.

### 5. Mimosa pudica (Lajjalu) – 100 mg.

It is mild diuretic in nature and its decoction is useful in renal calculi and other urinary complaints. It also reduces edema.

**Animal Studies:** In experimental animals a crude extract from the plant showed a mild to moderate diuretic response. In a study of the effect of Lajjalu on regeneration of nerve in experimental animals it was seen that the plant enhances regeneration by 30-40%. The medicinal use of the plant *Mimosa pudica* dates back to Charaka and Sushruta. Its action on small blood vessels is implicated in its haemostatic property.

A clinical study showed that the plant was well tolerated. It was given in the form of micronized root powder made from the dry extract.

### 6. Rasayan Churna – 150 mg.

On prolonged use of Rasayan churna, all diseases of urinary system get cured. Weakness due to aging gets reduced (Ref: Aryabhishak). Rasayan churna increases the urine volume. All the three doshas i.e. Vata., Pitta & Kapha are normalized which helps control the symptoms of BPH. In general, Rasayan Churna works as a body rejuvenator; however it is a specific urinary system normalizer.

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Rasayan churna helps prolonged healthy life as it works as a Nutritive & energy vitalizer. Rasayan churna also strengthens the immune system of the body.

### 7. Shuddha Shilajit – 25 mg.

#### 1. Energy Metabolism & Aging Process:

From the time we are born our internal organs are continuously at work without rest. This causes wear and tear of internal organs and decay of the body cells.

Electrical potency of the Cell is the single most aspect of body cells survival. Along with the chronological age the electrical potential of the cell continuously decreases leading to weakness and decreased power of the body cells. Ultimately when the electrical potential of the cells become zero the cell disintegrates and dies.

Decrease in electrical potential of the Cells brings about decrease in Energy Metabolism. This Energy metabolism is the internal Biological reaction in our body cells - deep in the mitochondria and protoplasm of our cells converting mass into energy. Metabolism is generally divided into two functions

- **Anabolism or Constructive Metabolism** where the food we eat - Carbohydrates, fats, proteins, minerals and Vitamins go into building up of new cells and tissues.
- **Catabolism or destructive metabolism** which involves breaking down of old and worn out tissues. This process of metabolism releases energy in every step.



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It is widely accepted and proven that for men the energy level, stamina, potency and functioning of the internal organs peaks at the age of 21 years. From then on a wear and tear sets in the internal organs of the body. In the case of men starting from age of 21 there is a continuous decrease in electrical potency of the body cells.

For women youthfulness peaks at the age of 18 years - as women's body generates far greater amount of fluids than that of men. Starting from 18 years onwards there is a decrease in hormonal levels, lower secretion of body fluids, rapid slowing of metabolism, low levels of stamina, and high levels of fat build up and greater wear and tear of internal organs.

The stress of Modern day life, pollution, lack of exercise and orientation towards junk food aggravates the process of aging further. The body cells loose their electrical potency faster leading to decreasing levels of energy metabolism.

Another major reason for many modern day diseases and faster aging process is chemical farming. Modern day chemical farming depletes the soil and the plants we consume of naturally available Minerals. The animal products we consume too is deficient in minerals as the main source of animal products is Plant life

Wrinkles on skin, thinning hair, receding hemlines, tendency to put on more weight inspite of consuming less food, decreasing energy & stamina, decrease in level of sexual life, susceptibility to various ailments are the signs that mean that aging process is setting in our body.

### **2. Arresting and Reversing the aging Process:**

It is important that our body is fortified against the ravages of time and aging. The internal organs and glands are to be rejuvenated to reverse the aging process. This can only be done by restoring the Electrical potency of our body cells.

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We are what we eat - Our body needs vitamins, proteins, carbohydrates and fats which are normally available in the food we intake. Our body cell needs minerals more than anything else if we have to arrest the natural aging process and stay young for a very long time. Minerals act as catalysts for metabolic reactions and biological functions within the body and are required for the assimilation of all vitamins.

**Shilajit** contains **84 types of minerals** in natural ionic form which are very vital for maintaining the equilibrium of energy metabolism in our body. The minerals in Shilajit are not similar to the mineral supplements available in market. These minerals are in ionic form and have previously been absorbed by rich plant life and returned back to earth. So they are easily and completely absorbed by the body cells.

Merely taking minerals are not sufficient. They have to ultimately be absorbed by cells. It is estimated that almost **97% of Americans have mineral deficiency**. This is not withstanding the fact that various packaged minerals are consumed in

large numbers. This is not of much use as most of the minerals consumed are not being absorbed by the cells but are merely flushed away and they cause more harm than good. There are two main reasons for this

- The minerals that are taken as form of over the counter tablets, tonics etc. are in pure inorganic -metallic form also known as colloidal form. For example you can get calcium directly from earth as well as from eggs. The Calcium in eggs is in Ionic form and is absorbed much better than the raw calcium. Moreover raw calcium if taken in excess will cause more damage than any benefit. The minerals we find in all the tablets and pills are in raw (rock) form. The Calcium example applies to all the **85 Vital minerals** our body cell need.
- Even if the minerals are in Ionic form they have to be absorbed by the cells. As the body ages the cell walls become thick and it becomes increasingly difficult for the minerals to be transported into the cells - to Protoplasm.

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The conditions of Diabetes may be noted at this juncture. We all know Glucose is the main source of energy for our cells and body. In Diabetics the food that is ingested is converted into glucose but it does not reach the body cells. It is because there is a deficiency or absence of Insulin the hormone which makes the cells absorb Glucose.

So it is important that sufficient quantity of Minerals is carried to the final destination - body cells.

This is where **FULVIC ACID** a major ingredient of **Shilajit** plays a vital role. **Shilajit** contains around **50% FULVIC ACID**.

Fulvic acid is rapidly on its way to developing into the health of healing miracle of the 21st century. Scientists and doctors throughout the world are beginning to discover Fulvic Acid and are starting to recognize its extraordinary potential. Interest in the medical community has been escalating rapidly in the past few years.

Fulvic Acid is created in soil in the presence of micro organisms and humus (decayed plant life) so that minerals can be transported from soil to the plants in faster and easier manner. Fulvic Acid is the best ever known electrolyte.

The power of an electrolyte has been shown in separate tests on animal cells (giant amoebae), to be able to restore life in what researchers termed "a beautiful demonstration" and "astonishing". When the electrolyte potential was taken away from the cell during the test, the cell ruptured and disintegrated into the surrounding fluid causing death.

The Electrical Potential of the Body cell is reduced to zero at death.

These studies show convincingly the physical well being upon reintroducing electrical potential. The cell reconstructed and became active and healthy.



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It means that with increase in Chronological age there is a gradual decay and death of human cells as minerals do not reach cells. The decay and death of cell is rapid in the case of women than compared to men due to inherent Biological composition. This is why we see Women aging and losing their Youthfulness faster as compared to men.

### Role of Shilajit:

- SHILAJIT contains 85 minerals essentially derived from plant life in ionic form.
- The FULVIC ACID in Shilajit transports these Minerals to cells thereby maintaining and restoring their Electric potency.
- Once Electric potency of the cells is maintained it prevents the decay and death of cells.
- Finally the Energy Metabolism Process - Catabolism and Anabolism is maintained to equilibrium condition.

This means that aging process is effectively arrested and reversed by Shilajit. A patient suffering from BPH is already affected by the aging process along with the symptoms of BPH. Here, Shilajit helps such patients to restore his normal health conditions by improving the overall quality of life.

### **URAL-BPH Capsule:**

**Dosage:** 1 capsule two times a day or as directed by the physician

**Indication:** Benign Prostatic Hyperplasia