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A Conceptual Study on Prostatic Disease and Its Ayurvedic Management

Dr Smrithy P R, final year PG scholar, Department of Kayachikitsa, Government Ayurveda College Tripunithura, Kerala

Dr Asha Karunakaran K, Associate Professor, Department of Kayachikitsa, Government Ayurveda College Tripunithura, Kerala

Email Id: serviceheb@gmail.com

Abstract

A momentous number of men over 50 years of age suffer from prostatic diseases. The prostate gland is a male gland situated at the base of the urinary bladder and around the beginning of the urethra. Benign prostatic hyperplasia (BPH) is the most prevalent type of prostatic illness, characterized by an enlarged prostate that compresses the urethra and irritates the bladder walls, interfering with proper urination. There are two warning signals to indicate the possibility of prostate disorder. The first is the interference with the passage and the second is the recurrent voiding during the night. In modern medicine, the management of BPH is either by conservative treatment using drugs (e.g., hormonal therapy, chemotherapy, etc.) or through a surgical approach (e.g., open prostatectomy, transurethral resection of prostate-TURP, cryotherapy, etc.)^{1,2}. In old age, surgery is associated with complications like postoperative morbidity, impotence, and retrograde ejaculation³. The pathology can be correlated with *sanga of mutravaha srothas*. Considering it as *apana vaigunya*, *vasti*, *avagaha* etc can be performed. Concepts like *sopha*, *antavidradi* also can be taken here. Treatment based on the above provides at least symptomatic relief. Here *yukti pramana* is the base for all these concepts. Proper use of *nidana panchaka* and treatment according to the *lakshana* will give good results. *Vasthi* is one of the trimarma, and the illness it brings on comes under *madhyama rogamarga*. BPH leads to derangement in the normal function of *Vasthi* and improper voiding of urine from *vasthi*.

Key words: Benign prostatic hyperplasia, *Mutra vaha srothas*, *Apana vaigunya*, *Sopha*, *Antarvidradi*.

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