



# A Holistic Approach in the Management of *Vatastheela* with special reference to Benign Prostate Hyperplasia: A Review Article

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## ABSTRACT

Benign Prostate hyperplasia (BPH) also called prostate gland enlargement is a common condition as man get older. BPH usually involves median and lateral lobes or one of them. BPH is a benign neoplasm called as fibromyodnoma. Enlarge prostate gland can cause uncomfortable urinary symptoms, such as blocking the flow of urine out the bladder. Prostatism is a combination of symptoms like frequency both at the day and night, poor stream, delay in starting and difficulty in micturition. The majority of men over the age of 50 years are considered to have urinary symptoms pertaining to mutraghata. Mutraghata can be equated with the group of an obstructive uropathy disorder. In Ayurveda Samhitas, symptom of benign prostate hyperplasia is described under *vatastheela*. As explained in Sushruta-Samhita, there are 12 types and *vatastheela* is one among of them, which is closely similar to benign prostatic hyperplasia (BPH).

## Key Words

*Benign Prostate Hyperplasia, Mutraghata, Vatastheela, Ayurvedic Management of BPH*

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## INTRODUCTION

The prostate is composed of glandular tissue in a fibromuscular stroma. It surrounds the first part of the urethra (prostatic urethra). Its measure about 3cm in vertical diameter, 4cm transversally at the base and about 2cm anteroposterior. A few names have been given to this condition. These are senile enlargement of the prostate, adenoma, adenomyoma, benign prostate hyperplasia, or hypertrophy and nodular hyperplasia. Two theories have been put forward to indicate the

cause of such hypertrophy of prostatic first one is hormone theory, and second one is the neoplastic theory. Clinical symptoms are hesitancy, dysuria, urgency, hematuria, retention of urine.<sup>2</sup>

Ayurveda deals with healthy life of human being. Sushruta-Samhita, one among the *brihatrayee* (three main important literatures of Ayurveda) describe twelve types of *mutraghata*. The sign and symptoms of *mutraghata* are closely resemble with the BPH. Hard consistency of the gland mainly obstructs the urine flow which

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gives rise to prostatism symptoms. In the treatment of mutraghata, various decoctions, medicated ghreet, kshar, madya, asav, uttarvasti are described in Uttar Tantra by Sushruta. These are enriched with various drugs, which can be used for treatment of mutraghata. In all types of retention of urine, generally Vayu is the causative factor and pitta and Kapha collaborate as covering agents. Because of this, here general treatment is mentioned which should be applied after considering dosa, drugs and disease carefully that is why the epithet man man. In the treatment of retention of urine, the wise should apply decoctions paste, ghrtas, edibles,

electuaries, milks, alkali, wine, asavas, sudation, urethral douches and other procedures which remove calculus.<sup>3</sup>

**Diagnosis:** All patients should undergo a physical examination including a careful digital rectal examination (DRE). Other test such as; **ultrasound of lower abdomen, urine flow study, prostate specific antigen (PSA) blood test, CBC, ESR, KFT, urine routine with culture and sensitivity, cystoscopy or prostate MRI** may be used to confirm the diagnosis. Treatment for BPH may depend on the severity of the symptoms and range from no treatment to medication or surgery.

**As per IPSS-International Prostate Symptom Scoring**

In the past month:	Not at all	Less than 1 in 5 time	Less than half the time	About half the time	More than Half the time	Almost always	Your Score
1. Incomplete Emptying <b>How often have you had the sensation of not emptying your bladder?</b>	0	1	2	3	4	5	
2. Frequency <b>How often have you had to urinate less than every two hours?</b>	0	1	2	3	4	5	
3. Intermittency <b>How often have you had found you stopped and started again several times when you urinated?</b>	0	1	2	3	4	5	
4. Urgency <b>How often have you found it difficult to postpone urination?</b>	0	1	2	3	4	5	
5. Weak Stream <b>How often have you had a weak urinary stream?</b>	0	1	2	3	4	5	
6. Straining <b>How often have you had to strain to start urination?</b>	0	1	2	3	4	5	
7. Nocturia <b>How many times did you typically get up at night to urinate?</b>	0	1	2	3	4	5	
<b>Total I-PSSScore</b>							

SCORE: 1-7: Mild 8-19: Moderate 20-35: Severe

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**OBJECTIVE CRITERIA:** Most of the research studies followed following objective criteria.

Digital Rectal Examination

Ultrasonography Lower Abdomen

Size of the prostate can be classified into:

1. Small prostate-<20gm

Medium prostate-20-40gm

3. Large prostate->40gm

Intravesical protrusion of prostate can be graded into:

1. Grade 1- 0-5mm

2. Grade II- 6-10mm

3. Grade III- >10mm

**Treatment option for BPH:** The main treatment of BPH over the last 60 years has been based on surgical approach. Prostate artery embolization (PAE) is a new treatment for benign prostatic hyperplasia. In modern medicine, management of benign prostate hyperplasia is either by surgical approach or by hormonal therapy and alpha blockers etc. which has many complications. Thus, there is a need to update of ayurvedic medications for the treatment of BPH.

**Watch-full waiting:** Watch full waiting is a time-honored approach to the management of patients with early BPH and minimal symptoms. The ability to a patient with BPH by a watch full waiting approach is dependent on our understanding of the natural history of the disease.

**Drug mono therapy:** These are several treatment options for an enlarged prostate such as terazosin, tamsulosin to help relax the prostate and bladder muscles. Alpha blockers are

recommended as first line treatment for BPH. A fixed dose combination of capsule of Tamsulosin 0.4mg and Dutasteride 0.5mg is approved by the US food and drug administration (FDA) for treatment of symptomatic BPH in men with an enlarged prostate.

**Combination therapies:** To assess the safety and efficacy of combination therapies for LUTS associated with BPH. Combination therapy with (tamsulosin and dutasteride), (doxazosin and finasteride) have shown to provide fast symptom relief, reduced prostate growth, reduced risk of acute urinary retention.

**Desmopressin:** Low dose oral desmopressin therapy alone is an effective treatment for nocturia associated with lower urinary tract symptom in patients with benign prostate hyperplasia. Oral desmopressin combined with alpha blockers is well tolerated and beneficial for improving the international prostate symptom score and nocturnal symptoms.

**Minimally invasive therapies:** Usually involve heating the prostate gland by various means (electrical, microwave, laser). All of these uses radio frequency to heat and destroy tissue of the enlarged prostate. According to different clinical studies TUMT (transurethral microwave thermo therapy) proved to be an effective, safe, and durable therapy for the treatment of LUTS, secondary to BPH. Other treatment option is (TUNA) Trans-Urethral Needle Ablation, (HIFU) High-intensity focused ultrasound, (WITT) Water-induced thermotherapy.<sup>4</sup>

**Review of previous research study;**  
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In the present research there are many research studies have been carried out to find the better solution in the management of vatastheela. Which are summarized as below;

More than 26 research studies have been conducted at various institutions of all over India on mutraghata, on vatastheela and or bph. Among then, total research work at PG level have been carried out.<sup>5</sup>

Rest of research studies were conducted as follow.

**Uttarvasti karma medicine:** Ushiradya tailam,<sup>6</sup> shacharadi tailam, ksirabala tailam,

**Matra vasti karma medicine:** Bala tailam,<sup>15</sup> Dhanvantram tailam

**Only internal medicine:** Dashmooladiwati, Dashmoolkwath, Dashmoolghrita, Gokshurakwath<sup>10</sup>, Gokshuradigugglu, Laghupanchmooladikwath,<sup>14</sup> Varunadikwath, Varunshigrugugglu<sup>15</sup>, Trikanthkadigugglu, Virtarwadi Gan Kashaya, Ushira, Swet Chandan, Khadir, Shatavri, Punarnavadigugglu, Gorakhmundi, Salam mishri, Lata karanj, Chandraprabha vati, Varunadi chooran<sup>8</sup> & vati, Kanchanar guggul,<sup>8</sup> Chandraprabha vati, Dashmoolharitki,

**BPH and Ayurveda:** According to WHO, 80% of world populations depends on herbal medicine for their primary health care. Natural medicines and therapies have a long history of use in India to support best possible prostate health. Herbal medicines have been as an important option for prevention and treatment of benign prostate hyperplasia (BPH). Very limited number of

herbal medicine and compound medicine of Ayurveda show efficacy against benign prostate hyperplasia and lower urinary tract symptom by its inflammatory and anti-septic properties.<sup>7</sup>

Ushira, Swet Chandan, Khadir, Shatavri, Mustkadi kalp<sup>14</sup>, Punarnavadi gugglu, Gorakhmundi, Salam mishri, Lata karanj, Chandraprabha vati<sup>11</sup>, Varunadi vati, Kanchanar guggul, Shigru, Gokshuradikwath<sup>10</sup> & gokshurudiGugglu, mustakadikalpa<sup>13</sup>, Dashmooladikwath, Dashmooladiwati, Dasmooladighrita, Dashmoolharitki, Trikanthkadigugglu, Shivagutika,

The medicinal properties of all above written drugs are useful in all irritation of the urinary organs. All of these are very useful drugs in kidney and urinary troubles; calculus, dysuria, frequency, urgency, intermittence, weak stream, nocturia and their applied complications. Traditionally useful in reduce in enlarge prostate, helps inflammation and improves urination including urine retention. Ayurveda is an age old traditional medical system still in practice in India and recognized by the WHO. Hormonal ayurvedic medicine that treats BPH by reducing prostate weight. it improves the urinary flow rate as reducing post void residual urine.<sup>9</sup>

## CONCLUSION

Sign and symptoms of bph can be compared to Vatastheela due to the age and sthanashamshray Acharya sushruta has described vaatharchikitsha as pana, abhyanga and vasti. Many research activities have shown positive effect in various  
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symptom of BPH with use of vaatharchikitsha.

We can conclude that ayurvedic line of treatment give relief and effects to the patients as ayurvedic treatment does the local treatment along with root cause in grade second bph.<sup>12</sup>

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