

IMPOTENCE ASSOCIATED WITH PROSTATITIS TREATED WITH TWO AYURVEDIC DRUGS BANGSHIL AND FORTEGE (A Controlled Study)

By

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INTRODUCTION

When a young or a middle aged man who had normal sexual function before. complaints of impotence, prompt investigations must be done as to the presence of prostatitis. This is because a man is naughty at the age of forty and generally this leads to prostatitis and associated impotence.

Selection of Two Ayurvedic Drugs bangshil & Fortege

To treat prostatitis associated with impotence, we selected two Ayurvedic drugs Bangshil & Fortege.

COMPOSITION OF BANGSHIL: Each tablet contains:

Shilajit (Asphaltum): 60 mg. Guggul (Balsamodendron Mukul): 40 mg.: Svarnamakshika Bhasma (Iron-Sulphur Compound): 30 mg; Vanslochan (Bambusa aruninaecia): 12 mg; Bang Bhasma (Tin Bhasma): 80 mg., Sandalwood oil (Santalum album): 05 mg.; Kasis Bhasma (Ferri Sulphas) 30 mg. and Chandraprabha: 168 mg.

COMPOSITION OF FORTEGE : Each tablet contains:

Kamboji [Breyntia patens]: 56 mg: Kau-ncha beej [Mucuna pruriens): 30 mg.: Sudha Kachura [Detoxicated nux vomica]: 30 mg Samudrasosh beej (Argyria speciosa): 15 mg; Vardhara beej [Rorea santhaloides]: 15 mg: Asan [Whitania somnifera]: 15 mg.: Vardhara mool [Rourea Santaloides [root]: 15 mg. Laving [Caryophyllus aromaticus]: 7.5 mg.; Piper [Piper longum): 7.5 mg.: Vacha [Acorus calamus]: 7.5 mg.: Mari [Piper nigrum): 7.5 mg: Sunth [Zingiber officinarum): 7.5 mg.: Chini Kabab [Cubeb officinalia]: 7.5 mg Akalakare [Anocyclus pyrethrum): 7.5 mg. Sukhed ver [Santalum album): 7.5 mg.: Jaifal [Myristica fragrans): 4.5 mg. Javantri [Myristic fragrans-ars]: 3.0 mg.; and Jeevanti [Leptadenia reticulata): 56.5 mg.

Properties of Bangshil & Fortege:

BANGSHIL: It is anti-inflammatory, anti-bacterial, Urinary antiseptic, astringent, diuretic, healing and cooling. It raises general body resistance, gives muscular and nervine relaxation and a sense of well being. It detoxicates kidneys, ureters, bladder, urethra and prostate and tones up Genito-urinary system. It has no hazards of drug resistance and minimises recurrences and relapses common with antibiotics and sulphas Particularly useful in G.U.T.infections and prostatitis.

FORTEGE: It relieves prostatic congestion. Tones up neuroglandular, neuro-muscular and genito-urinary systems. Relieves Fatigue-nervous, muscular, sexual, Corrects constipation and dyspepsia. Makes one energetic, fresh and alert and gives a sense of well being and removes mental tension and anxiety.

Bangshil + Fortege:

This combination is particularly indicated in benign enlarged prostate, prostatic hyperplasia, prostatitis and post-

MATERIALS AND METHODS

This trial was conducted at the Stanley Medical College & Hospital, Madras, on patients attending the Out-Patient Urology Clinic. Fifty patients were randomly divided

into two groups A & B, consisting of 25 patients in each group only those cases of prostatitis associated with impotence and whose previous sexual history was normal, were included in this study.

Group A was treated with rotating anti-biotics and sulpha therapy for 40 days. Group B was treated with Bangshil + Fortege continuously for 40 days and no other drug was given.

Prostatic Massage

Prostatic massage per rectum was done for both the Groups. It was done twice, once at the beginning of treatment and a second time about the middle of treatment to help prostatic drainage.

Age Groups

All the 50 patients were found to be in the age group of 20-40 years. There were 13 patients (26%) in the Age Group of 20-30 years and 37 patients (74%) in the Age Group of 31-40 years (Table 1).

TABLE - I : Age Groups

Age Group	Group A (Antibiotics) N=25	Group B (Bangshil + Fortege) N=25	Total N=50	%
20-30 years	7	6	13	26
31-40 years	18	19	37	74
Total	25	25	50	100

Signs & Symptoms

All the 50 patients had secondary impotence, prostatic tenderness, burning micturition, frequency of micturition and pain over perinium [100%]; pain hypogastrium was present in 78%; pain and discomfort penis in 38%; trigonitis in 30%; Bleeding from Prostatic Urethra in 14%.

TABLE - II : Signs & Symptoms (Each Patient Had More Than One Symptom)

Sign/Symptom	Group A (Antibiotics)N=25	Group B (Bangshil + Fortege)N=25	Total N=50	%
Prostatic tenderness	25	25	50	100
Associated Impotence	25	25	50	100
Burning Micturition	25	25	50	100
Frequency of Micturition	25	25	50	100
Pain over perinium	25	25	50	100
Pain Hypogastrium	21	18	39	78
Pain & Discomfort Penis	8	11	19	38
Trigonitis	7	8	15	30
Orchalgia	6	5	11	22
Bleeding from Prostatic Urethra	3	4	7	14

Investigations Done

1. Urine routine, culture and sensitivity tests in all 50 cases.
2. Cystoscopy in all 50 cases.

Cystoscopy

All the 50 cases (100%) showed intense hyperaemia of the prostatic urethra and prominent verumontanum. Fifteen patients (30%) showed intense trigonitis and 14% (7) showed oozing of blood from the prostatic urethra. Cystoscopy was repeated in all the patients after treatment.

Prostatic Biopsy

Prostatic biopsy was done only in 5 cases. It showed inflammatory process. Prostatic Biopsy was repeated in these five cases after treatment. (Table III)

TABLE – III : Investigations: Findings Before Treatment. N=50

URINE CULTURE	Finding	Group A	Group B	Total	%
		Positive (E. coli etc.)	10	11	21
	Negative (Sterile)	15	14	29	58
CYSTOSCOPY	Finding	Group A	Group B	Total	%
	Hyperaemia	25	25	50	
	Bleeding from prostatic urethra	3	4	7	14
	Trigonitis	7	8	15	30
PROSTATIC BIOPSY (done in 5 cases only)	Finding	Group A	Group B	Total	%
	Inflammatory processes	3	2	5	

Treatment: Group A: Antibiotics Co-Trimoxazol, Rotating Therapy; Massage

In Group A consisting of 25 patients, rotating therapy was used so as to avoid drug resistance to any one drug. Tetracycline or erythromycin 250 mg. four times a day was given during the first 10 days. This was followed by co-trimoxazol, 2 tabs three times a day for the next 10 days. This was followed by chloramphenicol 250 mg. four times a day for the next 10 days. Finally, for last 10 days, ampicillin 500 mg. three times a day was given, thus completing 40 days of rotating antibiotic and sulpha therapy.

Prostatic Massage

Prostatic Massage was done twice during the course of 40 days of treatment once at beginning of treatment and a second time about the middle of treatment. Prostatic massage was given to improve prostatic drainage.

Treatment: Group B: Bangshil + Fortege: Prostatic Massage:

Patients of Group B numbering 25, were given Bangshil + Fortege 2 tabs. each three times a day for 40 days of the trial period. No other drug was used. PROSTATIC MASSAGE was given to these patients similarly as in Group A.

Assessment of Results

Results were assessed after each patient received 40 days of treatment.

GOOD: Complete relief of symptoms. Negative urine culture. Repeat cystoscopy showed no hyperaemia. There was no bleeding from prostatic urethra.

MODERATE: When there was moderate relief while some symptoms persisted. Urine culture and cystoscopy showed similar patterns.

Results : Group A : Antibiotics, Co-Trimoxazol-Rotating Therapy :

After 40 days of treatment with antibiotics and co-trimoxazole, given in rotation, prostatic tenderness disappeared in 17 patients (68%) and associated impotence completely disappeared in 16 patients (64%). There was relief from Burning Micturition in 16 patients (64%), and from frequency of Micturition in 17 patients (68%). Similarly there was relief from other symptoms and it correlated with the results of repeat urine culture and repeat cystoscopy.

Overall, the results were GOOD in 68% (17 cases), MODERATE in 16% (4 cases), and POOR in 16% (4 cases). (Table IV).

TABLE – IV
RESULTS AFTER ROTATING TREATMENT WITH ANTIBIOTICS & CO-TRIMOXAZOL
GROUP A : N = 25

Sign/Symptom/Report	No. of Cases	Good	Good %	Moderate	Moderate %	Poor	Poor %
Prostatic tenderness	25	17	68	4	16	4	16
Associated Impotence	25	16	64	4	16	5	20
Burning Micturition	25	16	64	5	20	4	16
Frequency of Micturition	25	17	68	4	16	4	16
Pain over perinium	25	17	68	4	16	4	16
Pain hypogastrium	21	11	52.4	7	33.3	3	14.3
Pain & discomfort Penis	8	4	50	2	25	2	25
Trigonitis	7	5	71.4	1	14.3	1	14.3
Orchalgia	6	4	66.6	1	16.7	1	16.7
Bleeding from Prostatic Urethra	3	3	100.0	-	-	-	-
Urine culture	10	10	100.0	-	-	-	-
Hyperaemia	25	17	68	4	16	4	16

Mean : 25 | 17 | 68 | 4 | 16 | 4 | 16

Results : Group B : Bangshil + Fortege

After 40 days of Bangshil + Fortege treatment, prostatic tenderness and associated impotence disappeared in 19 patients (76%). There was relief from Burning Micturition in 17 patients (68%) and from Frequency of Micturition in 19 patients (76%). Similarly there was relief from other symptoms and it correlated with the results of repeat urine culture and repeat cystoscopy.

Overall, the results were Good in 76% Overall, the results were GOOD in 76% (19 cases), MODERATE in 16% (4 cases) and POOR in 8% (2 cases) (Table V).

TABLE – V
RESULTS AFTER TREATMENT WITH BANGSHIL + FORTEGE
GROUP B : N = 25

Sign/Symptom/Report	No. of Cases	Good	Good %	Moderate	Moderate %	Poor	Poor %
Prostatic Tenderness	25	19	76	4	16	2	8
Associated Impotence	25	19	76	4	16	2	8
Burning Micturition	25	17	68	5	20	3	12
Frequency of Micturition	25	19	76	4	16	2	8
Pain over perinium	25	19	76	4	16	2	8
Pain hypogastrium	18	11	61.1	4	22.2	3	16.7
Pain & Discomfort Penis	11	11	100	-	-	-	-
Trigonitis	8	6	75	1	12.5	1	12.5

CONCLUSIONS

1. Prostatitis as a cause of secondary impotence is more common than generally expected.
2. While antibiotics and chemotherapy are helpful in controlling prostatitis and thus helping restoration of normal sexual function, it has no two-pronged attack on impotence associated with prostatitis.
3. Bangshil + Fortege, two Ayurvedic drugs are found to be useful both in controlling prostatitis and also in toning up neuro-glandular, neuro-muscular and genito-urinary systems and positively help in the restoration of lost sexual function.
4. Complete relief from prostatitis and restoration of sexual function was obtained 17 patients (68%) with rotating anti-biotic and sulpha treatment. With Bangshil Fortege, there was complete relief from prostatitis and restoration of sexual function in 19 patients (76%).
5. No toxic or side effects were seen with the use of Bangshil Fortege.
6. In the use of Bangshil + Fortege, there is no fear of secondary infections and other hazards usually seen in the use of antibiotics and sulpha drugs.

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