

BENIGN ENLARGED PROSTATE & ITS TREATMENT

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INTRODUCTION

Benign enlarged prostate is a geriatric problem of men, the complaint generally appearing about the age of 50 years. Hypertrophic changes occur in the prostate causing it to enlarge and due to this enlargement it exerts around pressure on the urethra as the latter passes through the prostate gland. As such the easy outward flow of urine through the urethra hindered giving rise to micturition complaints like hesitancy, burning frequency of micturition, dribbling, incontinence, dysuria, etc. Occasionally, pressure on the urethra is so much that not a drop of urine comes out causing complete retention of urine in the bladder requiring immediate catheterization to give relief from the unbearable distress caused by the increasing fullness of bladder.

Prostatic enlargement is generally a gradual process increasing with old age. It is considered progressive and the condition irreversible. At present there is no satisfactory conventional drug to cure or to control prostatic hypertrophy or to give relief to micturition complaints arising out of it. As such surgical removal of the prostate is considered the best remedy, though a radical one.

However, there will be some cases where surgery may be contra-indicated, or the patient may be in a poor state of health requiring postponement of prostatectomy or the patient may not opt for surgery for his own reasons inspite of assurances from the consulting surgeon. In these circumstances medical management of the enlarged prostate and its associated symptoms becomes imperative. This may be for a short time or for a long time and in some cases may be life-long de-pending upon the individual case.

Having no satisfactory drug for conventional treatment, we reviewed the literature of Bangshil (Alarsin) and Fortege (Alarsin) which together are indicated for the management of enlarged prostate and its associated micturition complaints. Surrinder Singh T.B. Singh Joseph and Jagadisan have all tried Bangshil and Fortege in enlarged prostate and observed that these two Ayurvedic drugs did not show any toxic or side effects during their clinical trials. This encouraged us to take up these two drugs for clinical trial in the treatment of enlarged prostate and the associated micturition complaints.

Properties as Mentioned in the Literature:

Bangshil fortifies inherent defence mechanism of genitourinary tract and raises body resistance to infections. It is a good alternative to antibiotics and sulpha drugs in the management of UTI (Urinary Tract Infections) when these drugs are not tolerated or contra-indicated or, as an adjuvant therapy. It has antibacterial and anti-inflammatory effects, gives relief from burning micturition, incontinence and other micturition complaints.

Fortege tones up neuro-glandular, neuro-muscular, genitourinary and gastro-intestinal systems, acts as a metabolic tonic relieves fatigue, gives a sense of well-being and relieves prostatic congestion.

Bangshil and Fortege in combination give relief in acute prostatitis which is common in the age group of 20-40 years. There is relief in prostatic congestion. In micturition complaints caused by enlarged prostate onset of relief is observed in 7 days of treatment. The patient feels fresh and vigorous. There is a sense of well-being.

Materials and Methods:

This clinical trial was conducted during the period of December, 1983 to December, 1984. Only those patients of enlarged prostate with micturition complaints of not less than one year and where surgical operation for prostatectomy was not indicated and those patients who did not accept prostatectomy were included in this trial. Patients were taken from O.P.D. or hospitalised patients of Wadia Charitable Hospital, Solapur, and from the author's own Consulting Room. Among the total of 46 patients, 31 patients belonged to the Wadia Charitable Hospital, and 15 cases were from the author's Consulting Room. Each patient received Bangshil and Fortege for a minimum of 8 weeks and a maximum of 12 weeks. Routine investigations were done in all the cases before starting the drug trial.

Investigations:

Before the trial all patients were subjected to routine examinations of urine, Hb%, Blood urea, Serum alkaline phosphatase and Serum acid phosphatase. Blood pressure was recorded. P. R. examination was done in all cases.

Age Groups:

The patients of enlarged prostate were aged between 45 years to 85 years. The largest number of patients, namely 25 (54.3%) belonged to the age group of 56-65 years (Table I).

TABLE I: Age Groups

| Age Group | No. of Cases | % |
|-------------|--------------|------|
| 45-55 Years | 5 | 10.9 |
| 56-65 Years | 25 | 54.3 |
| 66-75 Years | 12 | 26.1 |
| 76-85 Years | 4 | 8.7 |

Micturition Complaints:

Each patient had more than one symptom. Frequency of micturition was present in 36 patients (78.3%), Hesitancy of micturition in 5 patients (10.9%), Dribbling in 6 patients (13.0%), Painful urination in 6 patients (13.0%) and Haematuria in 8 patients (17.4%). There were 11 cases (23.9%) with complete retention of urine and catheterization was done immediately and afterwards these were treated with the other cases (Table II).

TABLE II: Presenting Symptoms

| Symptom | No. of Cases | % |
|-----------------------|--------------|------|
| Frequency (Nocturnal) | 36 | 78.3 |
| Hesitancy | 5 | 10.9 |
| Dribbling | 6 | 13.0 |
| Painful urination | 6 | 13.0 |
| Haematuria | 8 | 17.4 |
| *Retention of urine | 11 | 23.9 |

Catheterisation was immediately done. After retaining the Foley's catheter for about a week, it was removed and the cases were started with Bangshil and Fortege, as with others.

Associated Systemic Disease:

There was an associated systemic disease in 23 patients (50%) where surgery could not be undertaken and they were treated with Bangshil and Fortege.

TABLE III : Associated Systemic Disease

| Systemic Disease | No. of Cases | % |
|-----------------------|--------------|------|
| Chronic bronchitis | 9 | 19.6 |
| Diabetes | 4 | 8.7 |
| Hypertension | 4 | 8.7 |
| Peptic ulcer | 1 | 2.2 |
| Cardiac disease | 2 | 4.3 |
| Anaemia | 2 | 4.3 |
| Hypoproteinaemia | 1 | 2.2 |
| No systemic complaint | 23 | 50.0 |

Grading of Enlarged Prostate:

TABLE IV : Grading of Enlarged Prostate

| Grade of Enlarged Prostate | No. of Cases | % |
|----------------------------|--------------|------|
| Grade I (Slight) | 1 | 2.2 |
| Grade II (Moderate) | 32 | 69.6 |
| Grade III (+++) | 13 | 28.2 |

Dosage of Bangshil and Fortege:

Irrespective of the Grade of enlarged prostate, all patients were given Bangshil and Fortege, 2 tabs. each, two times a day for a minimum of 8 weeks and a maximum of 12 weeks.

Assessment of Results:

Results were assessed as Good where the relief of symptoms ranged from 75% to 100%; Moderate when the relief was between 50% to 75%; Poor when the relief was less than 50%.

TABLE V : Results of Bangshil + Fortege Treatment

| Result | No. of Cases | % |
|----------|--------------|------|
| Good | 19 | 41.4 |
| Moderate | 25 | 54.3 |
| Poor | 2 | 4.3 |

Follow-up:

Those 19 patients who had Good relief were followed-up for three months and there was no relapse of symptoms. Longer follow-up was not possible. Patients (25) who had Moderate relief were advised to continue Bangshil and Fortege till their condition improved to Good.

Side Effects:

No toxic or side effects were observed with the use of Bangshil and Fortege.

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